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Tom Clark:

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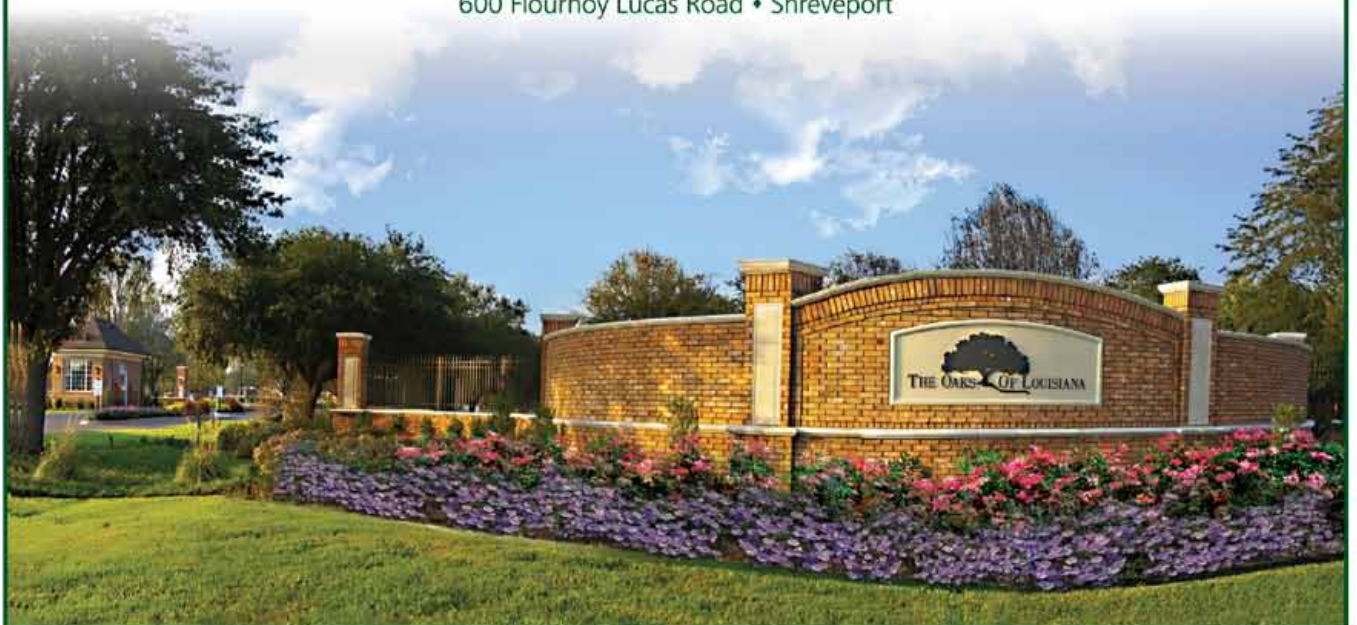
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**4. Spread the word.**

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**APRIL 2, 2011**

"Protecting Seniors from  
Scams and Fraud"  
*Sanettria Pleasant and Sharon  
Kleinpeter with the Louisiana  
Attorney General's Office*

**APRIL 9, 2011**

"Fair Housing Month"  
*Gary Sweeney,  
FHEO Director for Region 6*

**APRIL 16, 2011**

Remote Live  
Broadcast from  
Safety Town at  
8910 Jewella Ave.  
*Richard Corbett,  
Caddo Parish Deputy*

**SPECIAL  
BROADCAST**

**APRIL 23, 2011**

"Senior Olympics"  
*Doyle Blasingame and  
Gerry Robichaux*

**APRIL 30, 2011**

"Your Mind at Its Best - 40 Ways  
to Keep Your Brain Sharp"  
*David Biebel, Author*

## Search and Win!

In this issue are 6 "hidden" Easter Eggs (*not counting the ones on this page*). Find all 6 and you could win a prize package valued at \$387.

### Prize package:

- Sci-port Discovery Annual Pass Membership (up to 5 people) - \$125 value
- 2 Tickets to the Shreveport Symphony concert on May 14<sup>th</sup> - \$82 value
- 4 buffets at DiamondJacks Casino and Resort - \$80 value
- 4 tickets to an IMAX movie at Sciport - \$60 value
- Gift Certificate to Windrush Grill in Shreveport - \$25 value
- Subscription to *The Best of Times* - \$15 value

**BONUS:** All participants in this contest will be automatically entered into our 10<sup>th</sup> Anniversary Mega Giveaway Contest in October. First prize in that contest is **2 FREE** airline tickets on *Allegiant Air*.

### Here's what to do:

Look for Easter Eggs on *every* page. No need to pull out a magnifying glass - they're all there in plain sight. Note the page numbers, then email us at [editor.calligas@gmail.com](mailto:editor.calligas@gmail.com) or mail your submission to TBT Egg Hunt, PO Box 19510, Shreveport, LA 71149. On April 22<sup>nd</sup> one winner will be selected in a random drawing of all correct submissions and announced in our May issue.



## TINA's TURN



A heartfelt *thank you* to all who

let us know how

pleased you are with our new all-glossy format. We love it...you love it!!

We also appreciate all of the other feedback we received this month:

To Bobbie who is a "voracious reader" and looks forward to our book reviews: This month Terri Schlichenmeyer shares her "must reads" to please every taste.

To Paul who misses our restaurant reviews: We do too! We've been swamped and just haven't had the time, but we promise to start including those again soon. In the meantime, a recent revisit to Mabry House for Gary's birthday was sheer perfection and confirmed that this jewel on Irving Place is one of the best overall restaurant experiences in our area.

And to my daughter Alexa who hated my photo last month. Is this better?

In between answering all of our calls and emails from well wishers, we did find time to put together a pretty incredible issue. Along with all of your favorite columns, you'll be introduced to some amazing individuals - Tom, whose faith is exhibited in every stroke of his paint brush; Sandy, whose passion for competition has won her a host of medals; and Neal and Bob Mottet, who share their love for a gentle breed.

Speaking of fabulous folks, make sure to check out Parting Shots. It took us 3 full pages to get in all of the photos this month. Thanks to all who submitted their favorites.

And don't overlook this month's contest. You're invited to an Easter Egg hunt - and you don't even have to get up from your recliner. See page 4 for details.

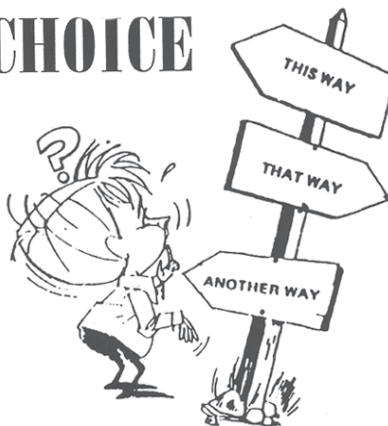
We have another fun surprise waiting for you next month, but until then.... Happy Hunting!

~Tina

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## in the NEWS

### LA SMP Warns Seniors About Possible Medicare Fraud

Louisiana Senior Medicare Patrol (SMP) has been notified that seniors have received phone calls from someone stating they are with Social Security. The caller says that Social Security needs to send out a new card to the senior and

the senior will need to use this new card whenever they use their Medicare card. Social security is NOT making these calls.

The caller already has the senior's address and asks the senior to verify that the address is correct. The caller may then ask for the senior to confirm the social security number. The caller *does not* have this information. Do not give your social security number.

Louisiana SMP advises seniors that receive such a call to hang up. Caller ID may show something like "New CID-28." Do not be tricked into thinking this is a code for a phone at a government office. Do not provide any information to the caller.

**Remember:** Do not give your Medicare number to telephone solicitors, sales people and people you are not familiar with – once given, Medicare can be billed time and again with your number for services you do not want and have not authorized.

Report suspected Medicare Fraud to 877-272-8720.

# 40%

**According to a new AARP survey of Louisiana adults age 50+, the percent who said that health care issues are the top problem or challenge facing mid-life and aging.**



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### Search is on for Louisiana Senior Poet Laureate

Entries are now being accepted for regional winners in the 19th annual National Senior Poets Laureate Poetry Competition for American poets age 50 and older. Deadline is June 30.

Winning poems of state senior poets laureate will be named in July, following which they advance to final rounds of competition from which the winner of the 2011 National Senior Poet Laureate (\$500) and runner up (\$100) awards will be announced Sept. 1.

There was no Louisiana Senior Poet Laureate winner in 2010. The 2010 National Senior Laureate Award was Regina Murray Brault of Burlington, Vt. The 2010 winners can be seen in Golden Words Anthology, along with details about the 2011 Senior Poets Laureate Competition at the sponsor's website: [www.amykitchenerfdn.org](http://www.amykitchenerfdn.org)

### Legal Assistance is Just a Phone Call Away

Looking for legal information? Not sure of your rights. Now there is help for Louisiana Senior Citizens through a free service from the Louisiana Civic Justice Center by calling toll free 1-800-310-7029.

Seniors can get help with family law problems, housing issues, identity theft, disaster related issues and financial matters such as bankruptcy and social security. However, assistance with criminal problems is not available from

Louisiana Civic Justice Center. Trained intake specialists will gather information on the problem. An attorney will evaluate the information and call the senior back to assist them.

For additional information, call 800-310-7029 or visit the website at [www.laciviljustice.org](http://www.laciviljustice.org)



### Free 'Medicare and Reaching Retirement Age' Guide

Baby boomers are now entering the Medicare program for the first time. It's not uncommon for new Medicare enrollees to have many questions about the program. Allsup, a nationwide provider of Medicare plan selection services and Social Security disability representation, has recently released its free "Medicare and Reaching Retirement Age" guide. To obtain a free copy of the "Reaching Retirement" guide by phone, call (888) 271-1173 or e-mail [MedicareHelp@allsupinc.com](mailto:MedicareHelp@allsupinc.com).

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- **Special needs planning** – Protect inheritances or settlements received by persons with disabilities that would otherwise simply replace government benefits.
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## Depression, Age, Other Factors Linked to Dependence After Stroke

People who have a stroke are more likely to be dependent if they are depressed, older or have other medical problems, according to a study published in *Neurology*, the medical journal of the American Academy of Neurology.

## Heavy Drinking Tied to Pancreatic Cancer Death

Heavy alcohol consumption, specifically three or more glasses of hard liquor a day, is associated with an increased risk of death from pancreatic cancer, according to a report in the *Archives of Internal Medicine*, one of the JAMA/Archives journals.



## Fatty Liver May Herald Impending Type 2 Diabetes

A recent study accepted for publication in *The Endocrine Society's Journal of Clinical Endocrinology & Metabolism* (JCEM) found that individuals with fatty liver were five times more likely to develop type 2 diabetes than those without fatty liver. This higher risk seemed to occur regardless of the patient's fasting insulin levels, which were used as a marker of insulin resistance. In recent years, fatty liver has become more appreciated as a sign of obesity and resistance to insulin, a hormone that controls the body's glucose levels.

## Antibiotic Treatment Effective for Common G.I. Disorder



A ground-breaking antibiotic therapy developed at Cedars-Sinai Medical Center is the first potential drug treatment to provide irritable bowel syndrome patients with long-lasting relief of their symptoms even after they stop taking the medication, according to a study published in the *New England Journal of Medicine*. Unlike in traditional therapies, patients in the study reported relief of their symptoms extended for weeks after completing treatment with rifaximin. Specifically, patients reported relief from bloating, less abdominal pain and improved stool consistency for up to 10 weeks. Researchers noted that IBS often does not respond well to currently available treatments.

## Massage Helps Reduce Pain

Almost everyone feels better after the soothing strokes of a massage. This process involves applying pressure to the body's soft tissues by rubbing, kneading or rolling. There are a variety of techniques and styles where deeper layers of muscle and connective tissue are manipulated. Another approach focuses on trigger points -- muscle "knots" that are painful when pressed. Massage can help reduce pain, muscle soreness and swelling. It can improve circulation, joint flexibility and range of motion. Massage has been shown to help those with chronic back pain, migraines, knee osteoarthritis and cancer. (Mayo Clinic Women's HealthSource)



## Pecans Provide Protection

Eating about a handful of pecans each day

may play a role in protecting the nervous system, according to a new animal study published in *Current Topics in Nutraceutical Research*. The study, conducted at the Center for Cellular Neurobiology at the University of Massachusetts Lowell, suggests adding pecans to your diet may delay the progression of age-related motor neuron degeneration. This may include diseases like amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's Disease. Researchers suggest vitamin E -- a natural antioxidant found in pecans -- may provide a key element to neurological protection shown in the study. Antioxidants are nutrients found in foods that help protect against cell damage, and studies have shown, can help fight diseases like Alzheimer's, Parkinson's, cancer and heart disease. Pecans are the most antioxidant-rich tree nut and are among the top 15 foods to contain the highest antioxidant capacity, according to the U.S.D.A.

**Nitroglycerin Boosts Bone Density** Nitroglycerin is best known as a high explosive or a treatment for angina, but a new study in the *Journal of the American Medical Association* (JAMA) says it may also be an effective therapy to strengthen bones and treat osteoporosis. While other treatments work by either slowing the breakdown of bone, or increasing bone formation, nitroglycerin ointment does both at the same time. It's a unique quality that leads to an apparent increase in bone strength.

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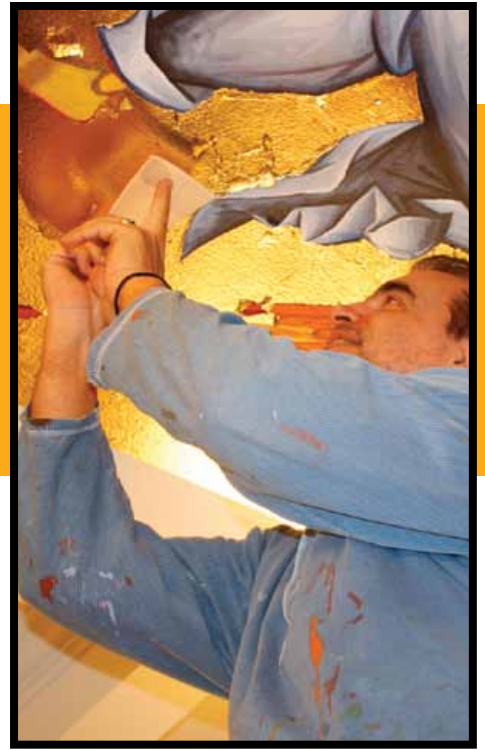
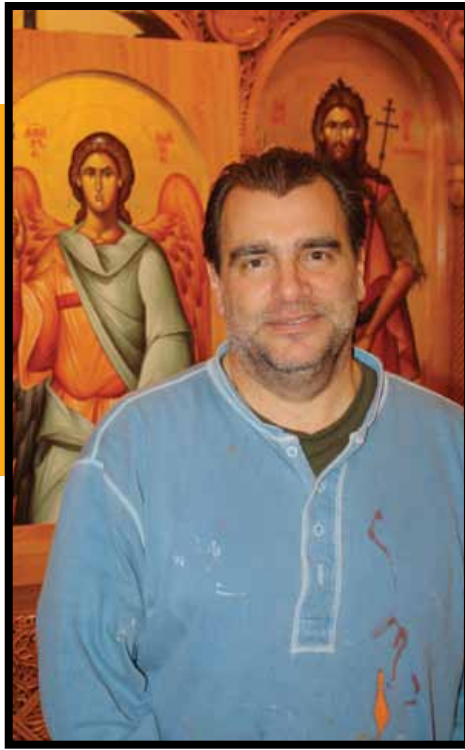


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# Tom Clark: *A Profile of Art and Faith*

Story and Photos by Jessica Rinaudo

From the outside, St. George Greek Orthodox Church, located in the north Highland area of Shreveport, appears to be a typical church structure. But once you enter the sanctuary and see the breathtaking icon painting of the Virgin Mary surrounded by gold, reaching out over the room, you quickly realize that this church is a work of art.

Mary's arms are spread over the iconostasis, a large, intricately carved red oak panel that stretches across the entire altar. This giant panel is also covered in dazzling Byzantine icon paintings of the twelve apostles, the last supper, angels and saints. The corners of the walls and ceiling of the sanctuary have also been painted and gold-leafed with extreme precision and talent.

Enter **Tom Clark**, a man in his early 60s with a slight smile, covered head to toe in paint splatter. Tom is the artist behind every painted icon that covers the altar, ceiling and corners of St. George Greek Orthodox Church. Tired from staying up until 2:00 a.m. to gold leaf the area around his icon painting of Mary, he never complains about persisting and finishing the piece.

Tom, a native of Chicago who now resides in Greece, has painted traditional icons all over the United States and across the world. To have him working on a church in Shreveport is quite a treasure.

The process of bringing an iconographer in to paint a church involves many steps and several people. Tom originally learned about Shreveport when he attended a clergy laity congress and met **John Theo**, a member of St. George Church. But it wasn't until the bishop included Tom on a short list of iconographers he recommended to paint the church that Tom was seriously considered for the job.

**Father Brendan Pelphrey**, pastor of St. George Greek Orthodox Church, knew Tom was special when he met him. "The thing that was unique about Tom was, I'll never forget this, it was late morning. We came in the church and he was looking around," said Fr. Brendan.

"The difference was, it was late in the morning and Tom was standing there looking at the church. The [church] meeting was going to be at seven o'clock that night, so I said, 'Well,



Above: Tom Clark applies gold leaf to the apse above the altar. Left and right: Icons of Christ and the Archangel Gabriel painted and gold leafed by Tom on the iconostasis.



shall we go eat lunch?’ and Tom said, ‘No, I’d like to pray here a little while, just get a feel for it.’ So I said, ‘Ok, so I pick you up at one?’ and Tom said, ‘No, I’m just going to pray until we have the meeting.’ I said, ‘That isn’t until seven.’ Tom said, ‘That will be alright.’ I said, ‘Ok, that’s the iconographer I want.’”

Tom’s prayer life and devotion to God are ultimately what led him to become an iconographer. “It was about 27 years ago. It was a calling, I believe, and it was a gift because I was always very artistic, but I never dabbled in iconography,” said Tom.

Tom came from artistic parents who encouraged their children’s creative abilities. From an early age, Tom’s father would give him a canvas and encourage him to create. But Tom, who has no formal art training, had no interest in pursuing his talent until a fateful

moment when he was living in Greece.

“When I was 27 I met this guy in Greece. I was just literally walking down the street and looked in a shop and there was someone painting an icon, a small icon of the Virgin Mary and the Christ child. It was just immediate. I was very intrigued by that and I thought, ‘I think I can do that. I’d like to check it out,’” said Tom.

What followed was five years of friendship and apprenticeship to the shop’s owner, **Kostas Tsilsavides**. Tom admired him both as a family man and an artist. During his apprenticeship, Kostas took Tom all over the world as an assistant, painting throughout Greece and Italy.

Tom said he would sit and watch Kostas paint, taking in every detail, from the way he sketched to the way he mixed his paint colors, then he would practice

on his own.

“I have a talent for drawing, but I had to practice,” said Tom. “[Kostas] would take me aside and say ‘You’re going to do things you’ve never done.’ He knew I had a natural talent, it just needed coaxing.”

After five years in Greece Tom and his wife, Sophia, learned they were expecting their first child. They decided it was time to return to America. Once they returned, Tom had no idea how to turn his talent into a profession, but felt pulled to do so.

His work in America started with little projects for churches. Slowly his name started getting around to other churches. He knew priests from his undergraduate study at Hellenic College, a Greek Orthodox School of Theology in Boston, which also helped him network. And before he knew it, Tom was painting in churches all across the country.

His talent became so well known, in fact, that in the early 1990's, Tom was commissioned by the archbishop to paint an icon for Pope John Paul II. "I was stuck on the tarmac in Chicago and I had to call my wife.... That's when she told me, 'As soon as you get off the plane you're going to have to sit down and do an icon.' And I said, 'Are you kidding me? No way!' She said, 'The archbishop wants it for the pope.'"

What followed were a hectic three days of painting and a wet icon that had to be delivered from Mobile, AL to New York. Fortunately Tom knew a stewardess in Mobile who arranged his flight and allowed him to carry the still-wet painting in his lap during the plane trips up to New York.

"I got to New York and I was going up to the archdiocese and the limo was sitting outside [the building] to go to the airport," said Tom. "The archbishop was coming out the door with his deacon, who is a friend of mine. I handed the painting to the deacon and he just kind of whisked it off and it went straight to the archbishop and Europe. I just made it in time."

The painting was then presented to the pope during the annual meeting of

Catholic and Orthodox leaders.

Most icon paintings for Tom are not so hurried, however. For instance, his work on St. George Church in Shreveport has gone on for well over a year. When Tom is commissioned to paint a church, he first visits the church and prays over what to paint in it. And although Greek icon painting is steeped

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*"I have a talent for drawing, but I had to practice," said Tom. "[Kostas] would take me aside and say 'You're going to do things you've never done.' He knew I had a natural talent, it just needed coaxing."*

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in tradition, there is some flexibility on what can be painted based on the church, location, people and priest.

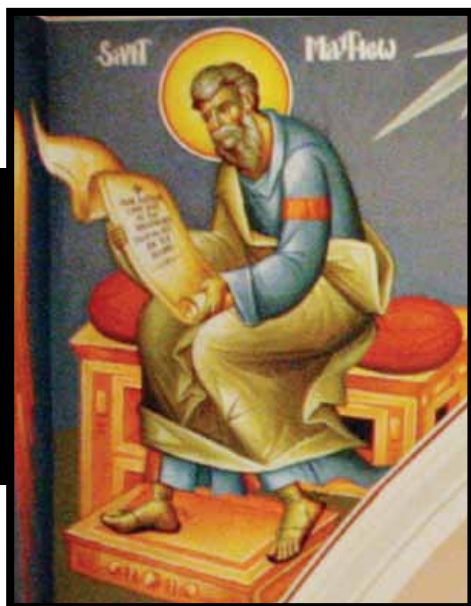
"I believe whenever you're working in a church, your number one factor you have to consider is that you've got to move with the grace of the Holy Spirit. The Holy Spirit, God, had a plan. We can choose not to follow it, but I think if everybody is on the same page and that's the goal, then inspiration comes from you never know where," said Tom.

Once he knows what to paint, Tom

takes measurements of each space and then returns to his studio in Greece. There he creates scaled down sketches of each piece. An eight-foot ceiling becomes an eight-inch drawing. Tom then draws the piece on the scaled down model. Once his scaled drawing is complete, he pulls out his canvas and makes a grid on the canvas in the actual painting size. Using his scaled model, he recreates the sketch using chalk. He then paints the figures. Once the painting is complete, he cuts the figure out of the canvas to bring with him back to the church. Tom adheres the canvas to the walls of the church using wallpaper glue and then paints in surrounding elements like thrones or hands.

The iconostasis in St. George Church was hand carved by a man in New York, which meant Tom had to coordinate with him on exact panel dimensions for each piece. Creating an item that's too small or too large is disastrous and can completely kill the painting.

St. George Greek Orthodox Church has a unique icon piece, a first for Tom. On the ceiling of the sanctuary there is a large icon painting of Christ. In order to transport it from Greece to Shreveport, Tom had to cut it into nine pieces. ➔



Saint Matthew (left) and Saint John (right) are painted into the corners of St. George's sanctuary in front of the altar. The icons were painted by Tom in his studio in Greece and transported to Shreveport for placement on the walls and for the finishing touches.



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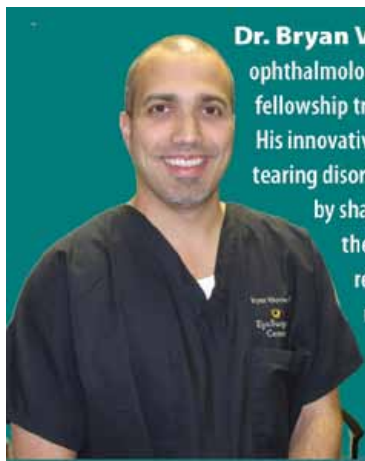
"I have to say, I've never done that before, because when you're working in a dome, it's curving this way and that way. This one is just curving one way. So basically it's flat," said Tom. "So this was the first time I had to cut it into all those pieces and I was really sweating it. I was thinking, 'Oh man, is this going to look bad? And I just got it up there and I'm telling you I didn't have to do any touch ups.'"

But there are some pieces that can't be completed from a distance. The beautiful figure of Mary painted on the half dome of the altar of St. George Greek Orthodox Church had to be painted in person. Her surrounding gold leafing was laid piece by piece while Tom lay upside down on the scaffolding.

And even though this process is tedious and time consuming, Tom knows that he is following God's plan for him.

"When I saw that I could use this talent to say something that really meant something to me, which all the saints and Christ and the Virgin Mary have all been very important in my life, I said well if I can use that and share that, I'm for it."

Tom's natural artistic talent continues to run in his family. All five of his sons have shown artistic promise, and his three oldest sons, ages 22, 20 and 18, have helped him on several of his painting projects. The boys assist their father with everything from gold leafing to painting details, like halos, on the icons. Their interest has led two of the boys to study art in Italy. Tom's youngest two sons, ages 13 and 11, are involved with a museum art program back home in Athens, Greece. And while several of the boys have expressed interest in following in their father's footsteps, Tom says his only prayer for his kids is, no matter what they choose to do, that they serve God well.



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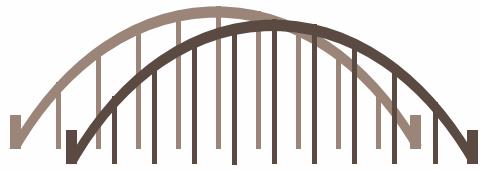
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The sanctuary and iconostasis of St. George Greek Orthodox Church in Shreveport. Painted and gold leafed by Tom Clark. (Photo by Dr. Chris Cosse)



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## Dead Dogs and Burning Furniture

**F**or reasons I won't get into, Vic (not his real name) had to get rid of his dog. So he called his friend, who we'll call Mr. Breeder, and asked if he could help.

Mr. Breeder came out and took a look at Vic's dog and decided that this was a very valuable animal. In fact, Mr. Breeder thought the dog was worth about \$2,000. Again, I won't get into why this dog could be so valuable. Anyway, Vic and Mr. Breeder made a deal. Because Vic was going away, Mr. Breeder took the dog back to his house that very day. While the dog was at Mr. Breeder's house, Mr. Breeder would try to sell the dog. And if for some reason Mr. Breeder was unable to find a



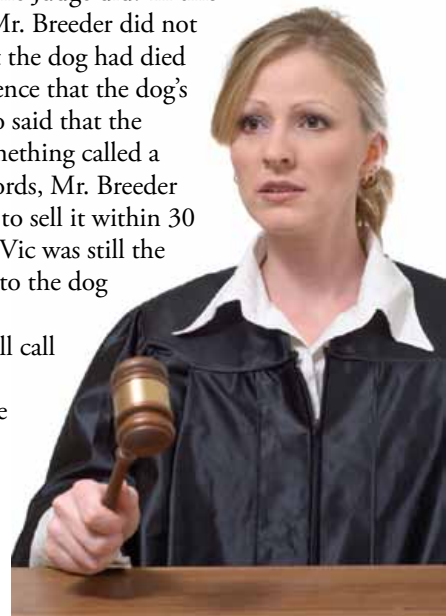
**Lee ARONSON**

buyer for the dog within 30 days, then Mr. Breeder would buy the dog himself.

About 2 weeks passed and the dog died. During that time, Mr. Breeder had tried to sell the dog, but no one had yet to buy it. Vic felt that because the dog had died while under Mr. Breeder's care, Mr. Breeder owed him \$2,000. Mr. Breeder, on the other hand, felt that he didn't owe Vic anything. Mr. Breeder believed that he had taken good care of the dog while it was in his possession and that it wasn't his fault that the dog had died. He also felt that he hadn't agreed to buy the dog until 30 days had passed and because the dog died before the 30 day deadline (pun intended), he did not owe Vic \$2,000, so he refused to pay.

Vic ended up suing. What do you think the Judge did? In this real Louisiana case, the Judge decided that Mr. Breeder did not owe Vic \$2,000. The Judge pointed out that the dog had died of natural causes and that there was no evidence that the dog's death was Mr. Breeder's fault. The Judge also said that the deal that Vic and Mr. Breeder made was something called a sale with a suspensive condition: in other words, Mr. Breeder did not have to buy the dog unless he failed to sell it within 30 days. And until that uncertain future event, Vic was still the owner of the dog and if anything happened to the dog during that time, Vic would bear the loss.

A similar case involved a woman who we'll call Natalie (not her real name.) Natalie was having a new house built for herself and her family. Before the house was finished, a co-worker offered to sell her some of his furniture. Natalie went to the co-workers house, looked at the furniture and decided she wanted to buy it. She gave the co-worker \$2,500 but explained that she did not want to take the furniture until her new house was ready. The co-worker was OK with





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keeping the furniture until that time. They decided that they would move the furniture out of the co-workers house and put it under the co-worker's carport. Natalie and the co-worker then wrapped the furniture in a bunch of plastic sheets to protect it from the elements and they agreed that Natalie could come get the furniture anytime she was ready.

About 2 weeks later, while the furniture was still under the co-worker's carport, the co-worker's house caught fire and everything, including the recently purchased furniture, was burnt to the ground.

Natalie wanted her \$2,500 back. The co-worker refused. Natalie sued. The Judge decided that unlike Vic and Mr. Breeder, Natalie and her co-worker's deal was not a sale with a suspensive condition because their deal wasn't dependent upon some uncertain future event. (In Vic's case the uncertain future event was whether Mr. Breeder would be able to sell the dog within 30 days.) Natalie's deal, on the other hand, was just a sale. And when it comes to a regular sale, if something happens to the merchandise before it is delivered, the seller takes the loss.

Natalie argued that the furniture had not yet been delivered to her because it was still under her co-worker's carport and therefore he, as the seller, should take the loss and return the \$2,500. The Judge disagreed and pointed out that delivery occurred when the furniture was put under the carport because at that point it was available to Natalie anytime she felt like picking it up. Legally, something is delivered when the buyer has unlimited access to the thing. And because the furniture had legally been "delivered" to Natalie, she, rather than the seller, takes the loss. So Natalie did not get her money back.

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

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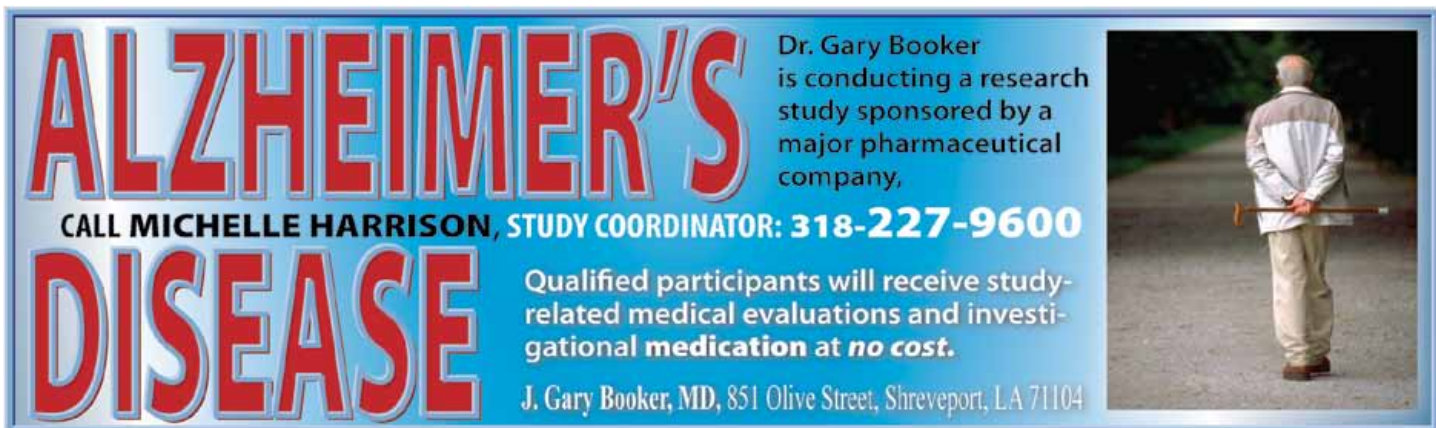
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## The Heartbreak of Elder Abuse

**J**ust in the last few days, Mickey Rooney has been testifying in front of the United States Congress about Elder Abuse. He stated that he felt helpless against his stepson. Mr. Rooney stated that his stepson had taken his identification, had locked the refrigerator, and had limited his access to his own financial resources while taking money from him. Mr. Rooney stated he felt ashamed, even though he was the victim in this situation. Mr. Rooney came forward to make the public aware that elder abuse occurs on a daily basis. However, for every person that comes forward, many suffer in silence.

In the last few months, I have been seeing more cases coming through the courtroom regarding defendants taking

advantage of elderly persons. Some of these cases involve crimes where the elderly person is financially exploited. Others involve crimes where the person has been physically abused. Some involve cases where children have been the defendant in the case. No matter the person involved,

abuse against the elderly members of our society is very serious.

As the baby boomers advance in age, they will become more susceptible to criminal activity. Aging baby boomers may be easy targets for persons wishing to exploit their resources. Baby boomers have typically done fairly well in financial matters.

They tend to be wealthier than their parents before them. As such, they can be targeted by the criminal element in society.

If you have an elderly parent or relative, you will want to check on them regularly. If someone you do not know starts to be in regular contact with the elderly relative and the elderly relative starts to give out money or gifts, then you may need to take action. This may include seeking

advice from an attorney or reporting any activity to the police. You, as a caregiver, should also be aware if the elderly person has unexplained bruises or marks on their body. If you feel abuse is happening, you may need to consult a doctor.

In addition, do not discount other relatives. Financial exploitation or abuse occurs by close relatives in numerous instances. This type of situation is especially prevalent when the close relative is an aunt or uncle or cousin and the relative does not have any children of their own.

Financial exploitation is difficult to prove in a court of law. The standard for



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proof of undue influence by a relative is by clear and convincing evidence. This is a higher standard than normally required in a regular civil case. In addition, if the person being exploited lacks capacity, a doctor will be needed to verify the lack of mental capacity and the reason the person is incapacitated. If you notice bruises, make sure to have these documented and have pictures taken for further evidence. Of course, if you notice physical abuse, the police should be contacted and measures should be taken to protect the injured party.

The best advice for taking care of elderly relatives or friends and preventing any type of exploitation is to be aware. Laws are in place to help protect the person, but the law comes into effect after the crime or abuse occurred. Awareness may prevent exploitation or abuse from ever happening.

[Editor's note: To report suspected abuse call Elderly Protective Services at 318.675.5200 or 1.800.259.4990]

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



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## Think Twice Before Tapping Retirement Plans

Before the housing crisis, it wasn't uncommon for people to raid their home-equity piggybanks to pay off bills. Plummeting home values and tougher lending standards helped curb that practice, leading some people to engage in a far more disturbing habit: borrowing or withdrawing money from their retirement accounts to cope with financial hardship.

There may be times when a loan or withdrawal from an IRA or 401(k) plan is your best or only option, but you should be aware of the possible impacts to your taxes and long-term savings objectives before raiding your nest egg:

**401(k) loans.** Many 401(k) plans let participants borrow from their account to buy a home, pay education or medical expenses, or prevent eviction or mortgage default. Generally, you may be allowed to borrow up to half your vested balance up to a maximum of \$50,000 – or less if you have other outstanding 401(k) loans.

Loans usually must be repaid within five years, although the

deadline may be extended if it's used to purchase your primary residence.

Potential drawbacks to 401(k) loans include:

- If you leave your job, even involuntarily, you must pay off the loan immediately (usually within 30 to 90 days) or you'll owe income tax on the remainder – as well as a 10 percent early distribution penalty if you're under age 59 ½.

- You might be tempted to reduce your monthly 401(k) contribution, thereby significantly reducing your potential long-term savings.

**401(k) plan and IRA withdrawals.** Many 401(k) plans allow hardship withdrawals to pay for certain medical or higher education expenses, fun-

erals, buying or repairing your home or to prevent eviction or foreclosure. You'll owe income tax on the withdrawal – and often the 10 percent penalty as well.

Unlike employer plans, with traditional IRAs you're allowed to withdraw from your account at any time for any reason. However, you'll pay income tax on the

withdrawal – and often the 10 percent penalty as well.

With Roth IRAs, you can withdraw contributions at any time, since they've already been taxed. However, if you withdraw interest earnings before 59 ½, you'll likely face that 10 percent penalty.

**Further tax implications.** With 401(k) and traditional IRA withdrawals, the money is added to your taxable income, which could bump you into a higher tax bracket or even jeopardize certain tax credits, deductions and exemptions tied to your adjusted gross income (AGI). All told, you could end up paying half or more of your withdrawal in taxes, penalties and lost or reduced tax benefits.

**Losing compound earnings.** Finally, if you borrow or withdraw your retirement savings, you'll lose out on the power of compounding, where interest earned on your savings is reinvested and in turn generates more earnings. You'll lose out on any gains those funds would have earned for you, which over a couple of decades could add up to tens or hundreds of thousands of dollars in lost income.

**Bottom line:** Think long and hard before tapping your retirement savings for anything other than retirement itself. If that's your only recourse, be sure to consult a financial professional about the tax implications.

*Jason Alderman directs Visa's financial education programs. To participate in a free, online Financial Literacy and Education Summit on April 4, 2011, go to [www.practicalmoneyskills.com/summit2011](http://www.practicalmoneyskills.com/summit2011).*



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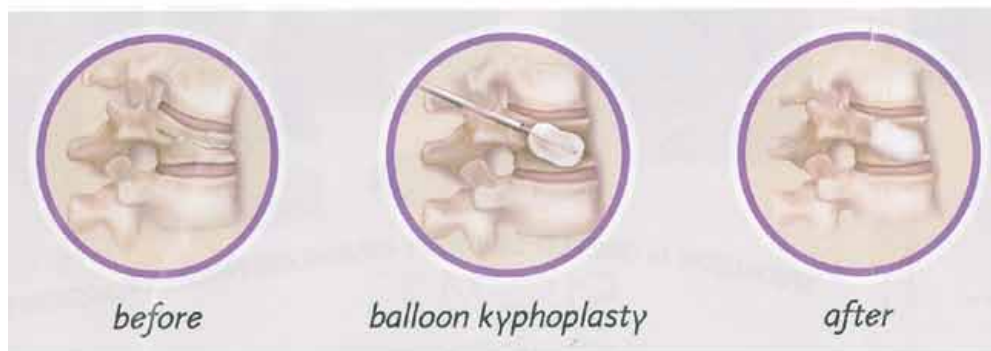
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# LARGE

## ON BACK PAIN

### Standing Tall: What Women Need to Know about Spinal Fractures

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Medtronic

# What Should I Buy With My Bookstore Gift Certificate?

by Terri Schlichenmeyer

The other day, you were cleaning out your wallet, looking for something you needed and you got quite a surprise.

Oh, sure, you found what you were looking for. As well as three outdated coupons, a 7th grade photo of your niece (she's 25 now), a grocery list from who-knows-when, and two phone numbers scribbled on scraps of paper - with no names.

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Okay. So you know what to do with all that other stuff (sorry to the niece) but what do you do with a bookstore gift certificate?

Send it to me, care of.... no, just kidding. Instead, why not go to the bookstore and look for these books....

## IF YOU'RE A NOVEL LOVER...

And you love westerns, try "The Brave" by Nicholas Evans (who wrote "The Horse Whisperer"). This is the story of a cowboy whose past comes back to haunt him when his son is charged with murder. Also look for "Blind Your Ponies" by Stanley Gordon West which, like "The Brave" is set in Montana and tells the story of a

man who is hiding from his past and the basketball team that changes his life.

Historical novel lovers will want to look for "The Book of Negroes" by Lawrence Hill. That's the story of a former slave woman who decides to pen her memoirs, starting with her life in an African village and what

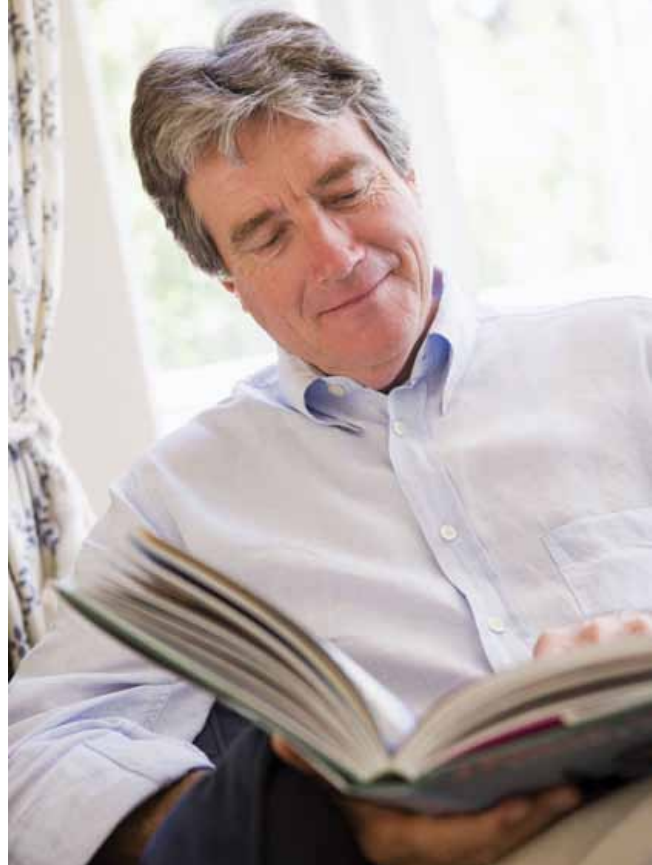
happens to her on her journey back. This is one of those books you won't be able to put down. You've been warned...

Connie Briscoe's last novel, "Sisters & Husbands" is now in paperback. It's a story about a woman who can't seem to settle down, particularly since she's seen her sister's marriages flounder. Another paperback novel to look for is "These Things Hidden" by Heather Gudenkauf, a book about a woman who wants to put her past behind her and re-connect with her sister after a prison term for a crime that happened long ago. But the past can't always be hidden. And don't miss "Color Me Butterfly" by L.Y. Marlow, a novel based on a true story of four generations of mothers and daughters - also in paperback.

Best thing about a paperback is that you can buy more with that gift certificate...

**IF YOU'RE LOOKING FOR SOMETHING COMPLETELY DIFFERENT TO READ...** Try "Blood Contract" by Biola Olatunde, which is set in the Niger Delta. It's the story of a man who tried to escape his past by leaving his village, until that very past pulls him back.

Set in Ireland, "They Never Gave Up" by Linda Penhall is the story of two women and their lifelong friendships and



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"The Savion Sequence" by D. Amari Jackson is a little new age, a little fantasy, and a little mystery, set partially in the Sahara and partially in North Carolina.

And "The Abominable Gayman" by Johnny Townsend is a novel about a gay Mormon who's doing his two-year missionary work in Italy, his "torment" and the things he faces while so far away from home.

All these books may be a little difficult to find, but if you're in the mood for something completely unusual, give them a try.

#### IF YOU'RE LOOKING TO BUY A HOUSE THIS YEAR...

Don't shop before you read "Before You Buy!" by Michael Corbett. This book takes you from dreaming of home ownership to painting your new bedroom and everything in between, and it even addresses your "freaking out" moments. If this is your year to own a home, what better way to use that gift certificate?

**IF YOU JUST WANT THE FACTS, MA'AM (or sir)....** and you're getting married, look for "Offbeat Bride" by Ariel Meadow Stallings, which will give you lots of ideas and make your Special Day as perfectly unique and non-traditional as you are. If you've got a daughter (or if you are one), look for "You're Grounded Forever... but First, Let's Go Shopping" by Susan Shapiro Barash, a book that discusses the age-old mother / daughter battles and what can be done to stop them. For the artist in you, grab "You Can Draw in 30 Days" by Mark Kistler, which is a cool book that will unleash your creativity, even if you think you can barely hold a pencil.

If there's a 20-something in your family, look for "Not Quite Adults" by Richard Settersten, PhD & Barbara E. Ray. That's a book to help you understand why your post-teen is still a kid (to you) and why it's a good thing. And if you've got other challenges in your family, you'll want to read "Siblings and Autism", edited by Debra L. Cumberland and Bruce E. Mills, an anthology of true stories from people who have brothers or sisters with the autism spectrum.

I also liked "Yellow Dirt" by Judy Pasternak, which is a chilling historical

account of nuclear development and what happened when the government knowingly contaminated an entire tribe of Native Americans. If you're looking for outrage, this is your book. Another outraging book is "American Plastic" by Laurie Essig. How does our love of plastic money affect our plastic lives? Read on...

**IF YOU CRAVE A GOOD CRIME STORY....** Try "BMF: The Rise and Fall of Big Meech and the Black Mafia Family"

murders of George Moscone and Harvey Milk, and includes a DVD and new information you might not know.

**FOR THE GARDENER....** who's tired of putting the same old thing in the ground, look for "Bizarre Botanicals" by Larry Mellichamp and Paula Gross, which will give you dozens of cool ideas for the garden and for that landscaping project you've been thinking about. I also liked "The Blueberry Years" by Jim Minick, which is a very sweet book about a different kind of family farm. Bonus: RECIPES!

#### FOR THE BUDDING WRITER....

who can't seem to get started on that new novel, look for "Mastering Creative Anxiety" by Eric Maisel. This book – which is useful for anyone who needs creativity – can boost your brain and get you to the next level on your book, your artwork, your screenplay, song, or skit. I also really loved "The Word: Black Writers Talk About the Transformative Power of Reading and Writing", edited by Marita Golden. This book, filled with interviews of authors →

*I cannot live without books.  
~Thomas Jefferson*

by Mara Shalhoup. Set in Detroit, that's the true story of organized crime, power, drugs, and greed, and how the empire was brought down by a team of dedicated investigators. Then look for "Stay in Your Lane: Judge Karen's Guide to Living Your Best Life" by Judge Karen Mills-Francis, who is the star of the syndicated TV show Judge Karen's Court.

I also liked "Double Play" by Mike Weiss; a true crime story of the double



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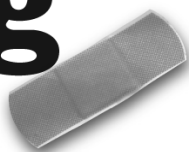
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such as Pearl Cleage and Edwidge Danticat will also get you motivated to put pen to paper or fingers to keyboard.

**IF YOU CRAVE A BIOGRAPHY or MEMOIR...** then try "My Week at the Blue Angel and Other Stories from the Storm Drains, Strip Clubs, and Trailer Parks of Las Vegas" by Matthew O'Brien. This is a collection of stories – all true – about the people who live on the edges of Las Vegas, and it's a definite don't-miss. Then look for "Good Behavior: A Memoir" by Nathan L. Henry. That's a book about the author's year in jail, what got him there, and how he turned his life around. And if you still want more life-stories, grab "Learning to Die in Miami" by Carlos Eire, which is the tale of a man who came from Cuba in 1962 with his older brother, and how he adjusted to his new life and his new country.

**FOR THE TRIVIA FAN....** Look for complete fun in "The Celebrated Pedestrian and Other Historical Curiosities: A Miscellany" from BBC History Museum. It's a book about quirks and oddities throughout history and throughout the world, and it's a browser's delight. Also look for "Campbell's Weather Compendium" by Harry Campbell, which is a book for gardeners, cooks, trivia buffs, and weather fans alike.

**IF YOU'RE AN ADVENTUROUS SOUL....** And you're planning a vacation on wheels this summer, grab "Across America by Bicycle" by Alice Honeywell and Bobbi Montgomery. That's the story of two women who biked from Oregon to Maine one summer, the people they met, the sites they saw, the troubles they

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encountered, and the fun they had.

**TO MAKE YOU LAUGH....** Look for "Daily Scoldings" by Beryl Barclay. That's a book filled with advice and quick wit, and it's quick to read, too.

**IF YOU WANT A BUSINESS BOOK TO READ...** Look for "Now... Build a Great Business!" by Mark Thompson and Brian Tracy. This book will teach you how to take your business to the next level to maximize profits and grow. Bonus: it includes web-site information. Also look for "Black Business Secrets" by Dante Lee. That's another entrepreneurial book, but this one is specifically for African Americans who want to make a better business.

**FOR THE PET-LOVER IN YOU....** And you don't have a lot of time, look for "Mad About the Dog" by Belinda Harley. At just 90 pages, this quick-to-read book is just the ticket to tuck into purse or briefcase because it's so brief. Also try "Some We Love, Some We Hate, Some We Eat" by Hal Herzog. This interesting, lively book explains – among other things – why view animals differently and why most people prefer a pup of the canine sort and not of the rodent kind.

And there you are: a few dozen ways to spend that found gift certificate by spending a few hours in a bookstore and then, curled up with a book you'll love.

Happy Reading!

*Terri Schlichenmeyer has been reading since she was 3 years old and never goes anywhere without a book. She lives on a hill in Wisconsin with two dogs and 12,000 books.*

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9th Season

# The Wacky Worlds of Eccentric Geniuses

Story by Andrea Gross; photos by Irv Green • [www.andreagross.com](http://www.andreagross.com)

**I** was blown away the first time I encountered visionary art, and I mean this literally as well as figuratively. I was standing in an open field, looking at thirty or more “things” that rose 50 feet in the air. They were made of cast-off machine parts, painted in vivid colors and covered with thousands of small reflectors. Suddenly the wind came up, some of the parts started to spin, and I began to feel dizzy. It was all part of the experience of visiting Vollis Simpson’s “garden.”

Since that time, I’ve become a fan of the wacky worlds created by eccentric geniuses. They remind me that with passion and imagination, anything is possible. Here, three of the best:

## Whirligig Garden — North Carolina

Ninety-two year old Vollis Simpson made his first spinning contraption during World War II when, in addition to his regular job repairing highways, he was asked to fix a broken washing machine. His make-do invention worked, thus foreshadowing his post-retirement hobby of turning scrap material into gyrating gizmos.

Some folks call Simpson’s creations “windmills,” others call them “whirligigs,” and some just call them weird. But what’s for sure is that they spin in a breeze, whirl in a wind, and shine like the stars when, at night, they’re caught in the glare of a car’s headlights.

Since we met him twenty years ago, Simpson has become an icon among folk art

aficionados. His smaller pieces can be seen at various places including the American Visionary Art Museum in Baltimore, but for maximum impact go to the site where they were created, Simpson’s property in

Lucama, N.C. But you’ll have to hurry. Plans have been approved to relocate his massive structures to a Vollis Simpson Whirligig Park in nearby Wilson. [Note: Simpson does not have his own website.]

*Vollis Simpson’s whirligigs are in Baltimore’s American Visionary Art Museum, but the best place to see his field of dreams is in Lucama, NC.*



## Dickeyville Grotto — Wisconsin

Father Mathias Wernerus started small. In 1925 he decided to honor the three men in his parish who were killed during World War I by building a soldiers’ monument at the edge of the church cemetery.

The project grew as Wernerus expanded his vision. He would, he decided, build a roadside attraction in order to promote the two values he felt were essential to a person’s well-being: love of God and love of country.

In the following five years before he died at age 58 of an undiagnosed illness, he turned the small plot of land next to the staid Holy Ghost Church into a wonderland of shrines using found and discarded materials — shards of colorful glass, stones from costume jewelry, bits of petrified wood, fossilized sea urchins, starfish and even the round balls used on top of the gearshifts of old Model Ts.

He worked passionately, first gathering rocks from the bluffs of the nearby Mississippi River for the foundation, then making forms from wood and wire, coating them



*Wisconsin’s Dickeyville Grotto incorporates shards of glass, fossilized fish and parts of Model T cars.*

with mortar and finally encrusting them with the decorative materials that he collected from around the world. He involved parishioners to help with the building and worked nearly round the clock. He

never used a blueprint, yet he was able to use the color and shapes of his materials to create structures that are expressive, balanced and completely enchanting. [www.dickeyvillegrotto.com](http://www.dickeyvillegrotto.com)

## Tinkertown — New Mexico

"Ideas," said Ross Ward, "are everywhere. Pick them like flowers." That Ward did, becoming inspired by the western movies he loved as a child, by the carnivals and circuses where he worked as a traveling painter and by materials he found along the way.

Now more than 1500 miniature carvings, as well as a host of collectibles that include arcade machines and Route 66 road signs, are on permanent display in a rambling 22-room museum outside of Albuquerque.

But the real magic in Ward's make-believe world is a series of incredibly detailed dioramas that represent the Old West of Ward's imagination. Five mini-folks sit on the porch of a ramshackle house strumming guitars; men in horse-drawn wagons deliver water to the Monarch Hotel; shopkeepers hawk Native American rugs and relics to passers-by and Perry's Polar Pantry promises to keep residents well fed while the Lucky Nugget Saloon guarantees to keep them well lubricated. There are also circuses populated with clowns, acrobats, elephants and caged tigers as well as carnivals peopled with freaks and oddities.



*New Mexico's Tinkertown is the life work of skilled woodcarver Ross Ward.*

By the time I get to the mini-cemetery, I'm so immersed in Ward's imaginary world that even the carefully carved angels ascending to heaven seem perfectly plausible. [www.tinkertown.com.]

## Other Wacky Worlds:

**Winchester Mystery House** — San Jose, CA [www.winchestermysteryhouse.com]

**Abita Mystery House** — Abita Springs, LA [abitamysteryhouse.com]

**Castle Island** — Junction City, KS [www.kansastravel.org/krachtcastle.htm]



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# Country come to TOWN

BY MARY FLANDERS

**W**ho would think a mild mannered insurance agent could be such a Cowboy!

Ok, so he rides the range in an ATV and all his cattle have names like Magic Sizzle. But just like the cowboys of the old west, he watches over them and cares for them.

**Bob Mottet** and his wife **Neal** have a beautiful country place in Keithville, Louisiana, where they raise long horn cattle as a hobby. Currently they run about 40 head of cattle on 60 beautiful acres of gently rolling piney hills dotted with catfish filled ponds.

It hasn't always been that way. Bob has been an insurance agent with offices on Bert Kouns in south Shreveport, for 35 years. At one time he was a teacher at Ridgewood Middle School. They had a lovely home in Southwest Shreveport. But as grandchildren were added to the family, they began to look for a place for them to play. Somewhere outside the city, somewhere the children could be free, get away from the TV and the computer.

They began looking in Arkansas and expanded their search to East Texas thinking what they wanted was far from their everyday life. Never ones to sit still, Neal and Bob were out riding motorcycles on a beautiful afternoon and happened down a country road not far from home. There it was! Their perfect country place. It was just right with a big ranch style home set back from the road, trees dotting the land and lots of room for the grandchildren to play! Except the house needed extensive remodeling including the kitchen, den and bedrooms and that beautiful 60 acres needed fencing. A bit of a daunting task, but they were up to it. Soon their country place began to take shape. Together Neal and Bob have done a great deal to improve both the home and the land. The Longhorn cattle were an afterthought, mostly for fun. Bob says "I'm not a rancher; I'm in the pet and food business."

Bob started with two Longhorns. As Neal and Bob sought to grow their herd, they attended their first cattle auction. Bob began to bid on one cow, and

found he had competition. A bidding war began, and as Bob began to waver, Neal leaned over and urged him on, saying, "you're not going to let her beat you are you?" The herd was on the grow.

The grandkids love the cattle and do most of the naming, names like Topaz, and Ruby, one was even named "Tree Sap." "No idea where that one came from," laughs Bob. After getting to know the cattle a little, I can see why the children like to be around them. They're a lot like big dogs, huge dogs, dogs with big feet and big horns and sweet gentle faces.

Native to Texas, Longhorns are a tough breed, requiring little maintenance. They eat just about anything and can survive in heat or cold. According to Bob, the beef is leaner than chicken, there is no fat. A long horn's value is determined by the width of their horns, the wider the span, the more valuable the beast. They come in all colors, "like Easter Eggs," Bob says. Out in the pasture, the cattle are ferocious looking animals with huge heavy sharp pointed horns. Bob assured me they had a very gentle nature, but it took a little courage to step out in front of one. It was more than little unsettling at first to be eye to eye with such a fierce creature. One look in their eyes was all it took. The cows really are gentle. Bob says they're very calming to watch, and they come when they're called. They are curious but a little shy around strangers, and they have a definite social order at the feeder.

Even though the longhorns don't require a lot of care, what they do need, Bob does for them. Branding them is a must for permanent identification, but that's the one task Bob does not enjoy. To

make it easier on the cattle and on him, he designed and built a special holding pen that facilitates branding the cattle while they're standing up.

Teaching new owners the satisfaction of owning this distinctive breed is one of his greatest pleasures. Bob travels all over Louisiana to help ranchers get their herd started. He calls it "Longhorn 101" and it doesn't take much to get him started talking about Longhorns. And no, Neal and Bob are not vegetarians.



The Mottet's grandchildren Ansley, Austin, Shelby and Hayden with the longhorns.

# ANSWERS FROM THE EXPERTS

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*I have heard that Glaucoma is a painless disease. How often should I get checked for Glaucoma?*

Glaucoma is considered the silent thief of sight. It is painless, progressive, and can cause complete blindness. Every person over the age of 40 should be checked, if they have never had a glaucoma check, and then every 2 - 3 years after that. Glaucoma is more prominent in the elderly, so persons over the age of 65 should be checked yearly, especially if you have a family member with the disease. Glaucoma can be successfully treated with medicine and/or surgery to help prevent the loss of sight.



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## ORTHOPAEDICS

*Is Osteoarthritis (OA) hereditary?*

OA does have a genetic predisposition. Common forms of OA of the hands has a familial component. Obesity is a modifiable risk factor for bilateral (both) knee OA and weight loss will reduce the risk of OA in the knee. Obesity, surprisingly, does not show an increased risk of hip OA, but does show increased risk of hand OA. Whether adipose tissue releases OA-causing growth factors or hormones is not known at present, but what is known is that weight loss does have an identifiable improvement in OA of the knee.



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## HOSPICE

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

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



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# SENIOR OLYMPICS STANDOUT PREPS FOR 2011

If **Sandy Triplett** teaches by example in her science classes at St. Mark's Episcopal School, her best lesson must be about bodies in motion tending to stay in motion.

And a body in motion is what Sandy has been much of her later life, especially in the Senior Olympics.

The 61-year-old has been involved in the Northwest Louisiana District Senior Olympics almost since its beginning, dominating swimming, track and field and bicycling in preparing herself and qualifying for state and national competition. And she will be prominent again April 1 - May 21 when the sports and games for those 50 years of age and older are held for the 19th time in and around Bossier City-Shreveport.

As 2010 neared its end, Sandy went to Baton Rouge for the Louisiana Senior Olympic Games (LSOG), the state competition, and she maintained a torrid pace. She entered 12 events and won medals in each. That means she has punched her ticket to the National Senior Games for 2011 in a dozen events.

Her scorecard in Baton Rouge read like this:

- Gold medals in the 200, 400 and 800-meter runs for 60-64 year olds. Silver medal in shot put and bronze medal in discus.
- Gold medal in the 10K bicycle time trials.
- Gold medal in 100-yard breaststroke and silver medals in the 100 freestyle, 200



**Sandy Triplett is shown with Tim FitzGerald at Senior Olympics biking in 2010.**

freestyle, 50 breaststroke, 50 freestyle and 500 freestyle.

"I've definitely been bitten by the bug," Sandy laughs. "And I would encourage other seniors to become involved in the Olympics. "It is a way to keep fit. I enjoy working to get ready for the events and the camaraderie with people who like to participate and keep fit."

Sandy says she is rehabbing a bad knee and will concentrate on the triathlon and biking event in Houston during the Nationals, in quest of her first ever gold medal at that level. She has won silvers in triathlon and high jumping at previous nationals.

Chesapeake Energy joins the District Senior Olympics effort as the major sponsor this year and more than 500 entries are expected for the 26 sports or games. Some of the activities do not require lots of physical exertion. There are card games, chess, pool, darts, marksmanship, accuracy throws and arts and crafts competition, all of which generate minimal perspiration. The district also stages competition in washer pitch and beanbag baseball for those in senior residence communities. "We have structured our schedule to reach as many people as possible, regardless of fitness levels. But our aim is to encourage physical fitness," said Coordinator Doyle Blasingame.

Always a high spot in the event calendar, the Senior Health Fair and Opening Ceremonies, in conjunction with *The Best of Times*, will be May 4 at the Bossier Civic Center.

This year, the schedule calls for three new events - archery conducted by the

River Bowmen Archery Club Inc., April 12, hot shot competition in basketball May 9 at Bellaire Fitness Center and pitching and putting for accuracy, May 15 at The Practice Tee on Benton Road.

The district website ([www.nwlsog.org](http://www.nwlsog.org)) includes an entry form, complete schedule and participant information in addition to new items about the district competition.

## 2011 Northwest Louisiana District Senior Olympics Schedule of Events

### Senior Residence Communities Competition:

Fri. April 8 Bean Bag Baseball, Bellaire Fitness Center, Bossier City, 9 a.m.

Fri. April 15 Washer Pitch, Bellaire Fitness Center, Bossier City, 9 a.m.

### Open Division:

April 1-10 Tennis, Bossier Tennis Center, Bossier City. Gender doubles, mixed doubles and singles. Two divisions using USTA ratings: 3.5 and below, 4.0 and above.

Sat. April 9 Beanbag Baseball, Knights of Columbus Bossier, Bossier City, 9 a.m. Teams that avoid elimination will continue play on Saturday, April 30, 9 a.m.

Sun. April 10 Biking Time Trials, Ellerbe Road/Frierson Road intersection, 2 p.m.

Fri. April 15 Golf. Crooked Hollow Golf Club, 8:30 a.m.

Sat. April 16 Archery, Red River Bowman Archery Club, Shreveport, register 9 a.m., shoot 10 a.m.

Fri. April 29 Bocce Ball, Betty Virginia Park, Shreveport, 9 a.m.

Sat. April 30 Pickleball, Noel Methodist Church gym, Shreveport, Report by 8:30 a.m.

Mon. May 2 8-Ball Pool, Randal T. Moore Center, Shreveport, 9 a.m.

**Wed. May 4 SENIOR HEALTH FAIR/OPENING CEREMONIES**, (Bossier Civic Center), 9 a.m. to 1 p.m. Competition includes Dance Team beginning at 9:30 a.m.; Darts beginning at 10 a.m., Accuracy Throws beginning at 11 a.m., Arts and Crafts Judging begins at 9 a.m. with awards presented at 12:30 p.m. Bean Bag Baseball finals competition: Retirement Communities beginning at 10 a.m. and 50-and-above beginning at 1 p.m.

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Thurs. May 5 Marksmanship  
.22 rifles and pistols, Shooters  
USA, Bossier City, 1 p.m.

Thurs. May 5 Miniature  
Golf, Party Central, Bossier  
City 6:30 p.m.

Fri. May 6 Chess, Randle  
T. Moore Center, Shreveport,  
8:30 a.m.

Fri. May 6 Bowling Mixed  
Doubles, All Star Lanes,  
Shreveport, 1 p.m.

Fri. May 6 Table Tennis,  
Bossier City Public Service  
Complex, 5:30 p.m.

Sat. May 7 Horseshoes, K of  
C Hall, Bossier City, 8:30 a.m.  
Rec; 9:30 a.m. Adv.

Mon. May 9 Shuffleboard  
Bellaire Fitness Center,  
Bossier City, Singles 8:30 a.m.;  
Doubles 1 p.m.

Mon. May 9 Basketball Free  
Throws, Bellaire Fitness Center,  
Bossier City, 9 a.m.

Mon. May 9 Basketball Hot  
Shot, Bellaire Fitness Center,  
Bossier City, 10 a.m.

Tues. May 10 Washer Pitch,

Bellaire Fitness Center, Bossier  
City, 9 a.m.

Wed. May 11 Bowling  
Doubles, All Star Lanes,  
Shreveport, 1 p.m.

Thurs. May 12 Table Games  
(Skipbo, Pinochle, Dominos,  
Phase 10) Bossier Council on  
Aging, Bearkat Drive, 9 a.m.

Fri. May 13 Recreational  
Walk, One Mile and 5-K,  
Brownlee Park, Bossier City, 9  
a.m.

Fri. May 13 Bowling  
Singles, All Star Lanes, 9130  
Shreveport, 1 p.m.

Sat., May 14 Redneck Golf  
Knights of Columbus, Bossier  
City, 8:30 a.m.

Sat. May 14 Dinner and  
Dance, Bossier Council on Ag-  
ing, Bearkat Drive, 6 p.m. (\$5  
for participant; \$8 for guest)

Sun. May 15 Golf Chipping  
and Putting, Practice Tee, I-220  
at Benton Road, 1:30 p.m.

Sat. May 21 Track and Field,  
Airline High School Track,  
Bossier City. 8:30 a.m.

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| -Depression     | -Hopelessness | -Memory Problems     |                    |

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# Pantry Secrets for EASTER DINNER

## FAMILY FEATURES

**Y**ou probably don't know it, but you may have the secret ingredients for an exceptional Easter dinner in your pantry right now. The holidays are a perfect opportunity to sprinkle creativity into special meals by using staples like pancake mix, syrup and instant mashed potatoes in unexpected ways to craft new and delicious dishes the whole family will love. Celebrity Chef Adam Gertler, host of Food Network's "Kid in a Candy Store," along with Hungry Jack®, have come up with easy-to-prepare recipes using everyday items to create a memorable Easter meal. For more creative recipes and tips, visit [www.useupthebox.com](http://www.useupthebox.com).

## Spiced Mocha Fudge Cake

### CAKE:

No-Stick Cooking Spray  
4 (1-ounce) squares unsweetened baking chocolate  
3 tablespoons butter  
1 cup hot brewed Coffee  
2/3 cup Instant Mashed Potato Flakes  
1 tsp. ground cinnamon  
1/8 tsp. cayenne pepper (optional)  
1½ cups sugar  
1 tsp. vanilla extract  
4 large eggs, separated  
½ cup All Purpose Flour  
1½ tsp. baking powder  
¼ tsp. salt  
Powdered sugar

### SPICED WHIPPED CREAM:

½ pint whipping cream  
3 tablespoons powdered sugar  
1 teaspoon ground cinnamon  
¼ teaspoon vanilla extract



Heat oven to 350°F. Line bottom of a 9-inch springform pan with parchment paper. Coat paper with no-stick cooking spray. Place chocolate and butter in medium microwave-safe bowl. Microwave on HIGH power 45 to 60 seconds or until chocolate is melted and smooth when stirred.

Combine coffee, potato flakes, cinnamon and cayenne in large mixing bowl, stirring until moistened. Blend in sugar and vanilla. Blend in chocolate mixture and egg yolks. Stir together flour, baking powder and salt. Gradually blend into chocolate mixture.

Beat egg whites on medium speed of electric mixer until stiff. Add to chocolate mixture and blend on low speed until completely blended, scraping sides and bottom of bowl frequently. Pour batter into prepared pan. Bake 55 to 60 minutes or until set in center. Cool completely in pan on wire rack. Remove from pan. Sprinkle liberally with powdered sugar.

Combine whipping cream, powdered sugar, cinnamon and vanilla in medium mixing bowl. Beat on medium speed of electric mixer until stiff. Serve with cake.

## Maple Glazed Pork Tenderloin

Makes: 4 servings

1 teaspoon dried thyme leaves, crushed  
1 teaspoon dried marjoram leaves, crushed  
¼ teaspoon salt  
¼ teaspoon onion powder  
¼ teaspoon garlic powder  
1 lb. pork tenderloin, cut into ½-inch slices  
1 tablespoon butter  
2 tablespoons maple syrup

Combine thyme, marjoram, salt, onion powder and garlic powder in large resealable food storage bag. Seal bag and shake well. Add pork slices. Seal bag. Shake to coat.

Melt butter in large nonstick skillet over medium-high heat. Add pork mixture. Cook & stir 8 to 10 minutes or until pork is browned and no longer pink in center. Add syrup. Cook and stir until pork is glazed.

## Bacon and Cheese Appetizer Bites

Makes: 24 appetizers

### No-Stick Cooking Spray

½ cup sour cream  
1 tablespoon water  
1 cup Buttermilk Complete Pancake & Waffle Mix (Just Add Water variety)  
½ cup (2 oz.) shredded cheddar cheese  
¼ cup bacon, cooked and crumbled  
2 tablespoons butter, melted  
Paprika

Heat oven to 400°F. Spray cookie sheet with no-stick cooking spray.

Mix sour cream and water in medium bowl until well combined. Add pancake mix, cheese and bacon pieces. Stir just until dry ingredients are moistened. Drop by rounded teaspoons onto prepared cookie sheet.

Bake 10 to 12 minutes or until lightly browned. Brush with melted butter, sprinkle with paprika. Serve warm.



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## BRIDGE TOURNAMENT

**Shreveport-Mobile Split Regional Tournament.** - April 25 - May 1. Hilton Garden Inn Shreveport, 5971 Industrial Plaza. \$12/session. For info call (318) 797-7863 or (318) 797-2731.

## CLASSES

**AARP Driver Safety Program** - A 4 hour classroom refresher course for drivers age 50+. Participants must preregister. \$14 for non-AARP members; \$12 for AARP members (AARP card required at registration).

- April 7 - 1:00 p.m. at Airline Baptist Church, 4007 Airline Dr, Bossier City. Contact: secretary at 318-746-3495; Instructor: James Smith



**SPAR Senior Computing Class** - Beginning Monday April 4. The classes are free and open to all senior citizens. Prior experience using computers is not required. Registration applications for the classes are available at the SPAR community centers and online at [www.mySPAR.org](http://www.mySPAR.org), click on "Senior Programs".

For more information call Camille Webb, Senior Program Coordinator at 318.673.7845 or visit [www.mySPAR.org](http://www.mySPAR.org) and click on "Senior Programs" for classes and class schedules

## EXHIBIT

**Special Exhibition: Great Masters of Cuban Art: 1800 - 1958** - Through Sunday, June 5. Tuesdays through Fridays 10 am to 5 pm.; Saturdays and Sundays 1 pm to 5 pm. Presented by R. W. Norton Art Gallery, 4747 Creswell Avenue, Shreveport. The 85 paintings make up a document of more than a century of Cuban history and art. The visual record of a land famous for its beauty and fertility as well as a culture renowned for its vibrant artistic, literary and musical heritage. FREE! (318) 865-4201

## MOVIES

**Movies and Moonbeams** - Sponsored by Shreveport Public Assembly and Recreation (SPAR), along with the Robinson Film Center. The movies are shown twice monthly on the 1st and 3rd Friday of each month at River-view Park and various SPAR parks. Featuring a state of the art outdoor movie screen, projector and sound system.

- April 15 - Skate Park at 8 pm. "Lords of Dogtown" (PG-13)

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

**Silver Screenings** - presenting *The Red Shoes*. Matinee and luncheon for seniors on Tuesday April 19 at 10:30 a.m. at Robinson Film Center, 617 Texas Street in downtown Shreveport. \$5.75 for the film. \$14 for the film and lunch. Call (318) 459-4122 to RSVP.

## SENIOR EXPO

**My 411 Club Expo** - Tuesday May 10 from 8 a.m. to 4 p.m.; Wednesday May 11 from 8 a.m. to 2 p.m. Shreveport Convention Center, 400 Caddo Street in downtown Shreveport. Sponsored by CCOA, BCOA and The Best of Times. Free admission for persons of all ages, free

information about products and services, free educational seminars, free giveaways and door prize drawings, free health screening. For more info, call (225) 664-9800. [www.my411club.com](http://www.my411club.com)

## SENIOR OLYMPICS



**Senior Health Fair and Opening Ceremonies for NWLA Senior Olympics** - Wed. May 4, Bossier Civic Center, 620 Benton Road, Bossier City. 9 a.m. to 1 p.m. FREE admission and FREE parking. FREE health screenings. Giveaways and door prizes. Competition includes Dance Team beginning at 9:30 a.m.; Darts beginning at 10 a.m., Accuracy Throws beginning at 11 a.m., Arts and Crafts Judging begins at 9 a.m. with awards presented at 12:30 p.m. Bean Bag Baseball finals



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------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------

competition: Retirement Communities beginning at 10 a.m. and 50-and-above beginning at 1 p.m. [www.nwlsog.org](http://www.nwlsog.org)  
*{Editor's Note: For a full schedule of Senior Olympics events see pages 38 - 39}*

## SUPPORT GROUPS

**Bereavement Support Group** - Thursdays, 5:30 p.m. Willis-Knighton Medical Center, Hospice Family Room, 3300 Albert L. Bicknell Drive Suite 3, Shreveport. (318) 212-8225.

**General Cancer Support Group** - Willis-Knighton Cancer Center, 2600 Kings Highway, 4th Floor Education Center. Tuesdays, 12 noon. Conducted by Jennifer L. Hesser, LPC, LMFT. For cancer patients, family and friends. FREE, lunch provided. Reservations required, space limited. (318) 212-8225.

**North Louisiana Multiple Myeloma support group** - Second Wednesday of every month at the Broadmoor Baptist Church on Youree Dr. in Rm. 3109 at 2pm to 4pm. Refreshments are served. For more info call Carolyn Petty at 318-797-6620.

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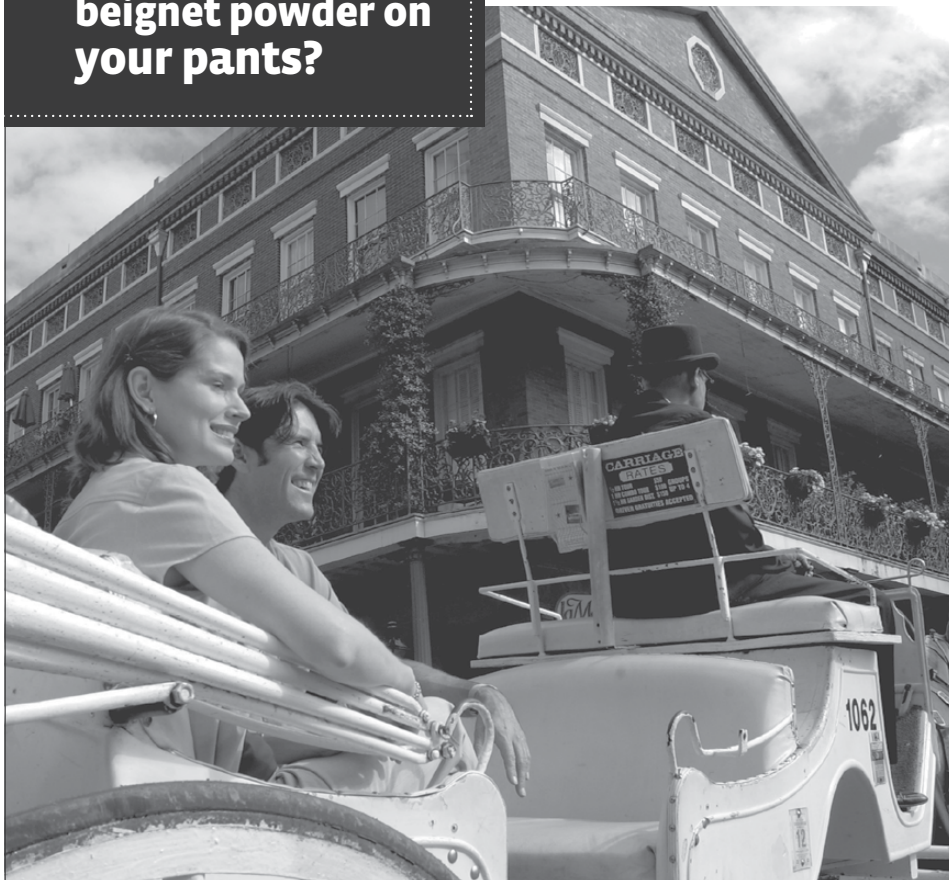
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Shreveport  
318-868-8708**

## THERAPEUTIC ADAPTIVE CAMP

**Therapeutic Adaptive Summer Camp** - Sponsored by SPAR. June 6 - July 29, Monday through Friday, 8:00 am - 4:30 pm at Southern Hills Community Center, 1002 Bert Kouns Industrial Loop. Geared toward individuals with disabilities age 6 and up. Admission is free, however registration is required. Applications may be picked up at Southern Hills Community Center. Registration runs from March 28 - April 1. Space is limited and on a first come, first served basis.

The purpose of the program is to offer a variety of divisional activities to meet the needs of individuals with disabilities. The program offers modified/inclusion activities, arts & crafts, community outings, golf, table/board games, musical fitness, team building activities, tennis, relaxation therapy, cooking classes, adaptive sports, life skills activities, swimming, and much more. For info call Yolanda Bumcon at 318.213.0435 or Germaine Williams at 318.673.7873.

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# April Parting Shots



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

## Local AARP Chapter Meeting—

(below) AARP Chapter President Vernon Varnell with guest speaker Arlene Acree with Shreveport Film Commission



**Black Tie Bingo** – Goodwill Industries of North Louisiana held their annual fundraising event, “Black Tie Bingo - Louisiana Lagniappe,” on March 11 at Sam’s Town Hotel and Casino



### LEFT ROW

(top) Mary Anne and John Rankin, CEO of Goodwill Industries

(middle) BJ Boubelik (left) with Vicki Franks

(bottom) Andy Buffington with Leslie Jones



### RIGHT ROW

(top) Dr. Andrew and Sarah Porter

(bottom) Donna and Joe Cooper



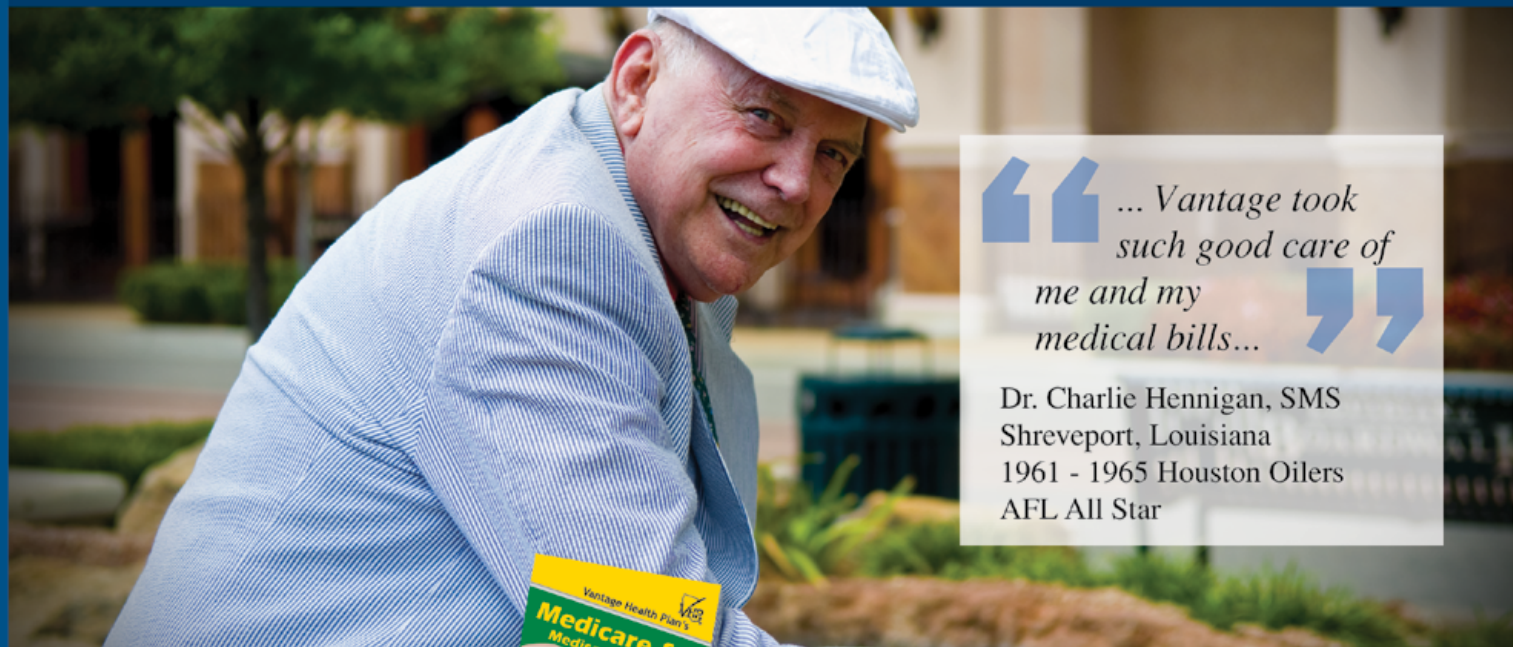
(above) Faye Jackson



Karen Kennedy with her new granddaughter Mary Katherine

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VHP441



 Ray Urban congratulates Tamara Crane

## Bossier Council On Aging honors Tamara Crane, the new BCOA Executive Director

(below l to r) Jackie Conner, Clara Farley, and Kay Cole



Mac and Sofia Lopez

## Krewe of Centaur float loading party


(below) Krewe of Centaur Float Lieutenant Sophie Duke (wearing hat) welcomes Shreveport/Bossier Convention and Tourist Bureau VIP guests at the Float Loading party. With Sophie are (l to r) Alice Stewart, Dianne Fuller, Linda Chandler, Tom Skarupski, and Cheryl Adams

(right) Libby Gleason (left) and Liz Beck



## Krewe of Centaur parade

(right: l to r) Teresa Allen and Jo Anne Jones

 (far right: Teresa and Mike Micheels)

**Shreveport Little Theatre** presented the classic *"A Streetcar Named Desire"* in their newly remodeled theatre.



(above) Gene Bozeman and Robert Darrow

(below) Keith and Karen Evans



## Emerging Technology for Boomers and Seniors was held at CoHabitat Shreveport

(above: l to r) Jeff Everson, Christine Wright, Mary Alice Rountree

(above left: l to r) Mike Mayfield with Travis Holtzclaw

(left: l to r) Terri Rech, Gaye Dean, and Chris Irion



(above: l - r) Robert Lewis, Betty Williams, Troy Broussard

## Grand Opening of New Location of Eye Care, Inc on Youree Drive (Mar. 4)

(below: l - r) Otha Lee, Katie Amis, Robert Amis



# 2011 TOYOTA SIENNA with MOBILITY

Toyota is introducing the new "Sienna" Van with an auto access rear seat option for those that need assistance when entering or exiting the vehicle.

The operation is simple and very easy to operate. The right rear seat actually turns outward automatically with a remote control then moves outward outside the van and lowers to the ground for easy access to a wheelchair or power scooter.

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*\* Available in the LE and XLE trim versions.*



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April Parting Shots (continued)

# **First annual conference of Grandparents Raising Grandchildren in Northwest Louisiana held in Shreveport.**

(right: l to r) Dora Miller with SSA, Diane Smith with FITAP-STEP, and Mary Alice Rountree with CCOA

(far right) Bobbie Jackson

(below left: l to r) Dayna Willis, Melissa Boudreaux, and Jackie Weaver

(below middle) Susie Coleman  
(far right) Clara Williams



## **Woman's Department Club Jazz Brunch**

(below) Maredia Bowdon President of the WDC



(left) Elizabeth Shields and Vada McGoldrick

(below) Mina Chesnut and Becky Powers

(below far left) Queen Centaur XX  
Antoinette Gardner, King Centaur XX  
Joe Duhon and Justinian Queen XVII  
Rose Weems



## **The Les Bons Temps Social Club Mardi Gras Party at Ernest's.**

(above left: l to r) Kirby and Lois Rowe with Virginia and Merritt Chastain

(above right: l to r) Joe and Abby Averett, Chloe and Bob Thornton, Debbie and Robert Grand

(right: l to r) Sylvia and Roy Beard with Bill and Dell Berzman



# JUSTIN BLOXOM

"We Care About Our Kids Day"  
at Sheriff's Safety Town!



## April 16 9am-2pm

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**April 30**

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*2 Great Events in One!*

# **N.W. Louisiana Senior Olympics & Senior Health and Fitness Fair**

**Wednesday**

**May 4, 2011**

*9:00 a.m. to 1:00 p.m.*

**Bossier Civic Center**

620 Benton Road

Bossier City, Louisiana

*Presented by the* **NWLA Athletes Association** *and* *The Best of Times*

People of ALL ages are invited to attend!

## **FREE Admission and FREE Parking!**

- ✓ Watch or participate in the **Senior Olympic Games**, held on May 4th including: *Opening ceremonies*, Dance team competition, Accuracy Throws, Darts, and the finals of Bean Bag Baseball Games.
- ✓ View entries in the **Senior Arts and Crafts Show** and vote for awards from 8:45 am to 12 noon.
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