

July 2013

The Best Of Times

*“Celebrating Age
and Maturity”*

-Inside-

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James A. Bustillo and Doug Wilkinson

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JULY 20

"Shreveport Little Theatre's 92nd Season"
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JULY 27

"Improving Your Health With Health IT"
Cindy Munn, Executive Dir. and Linda Morgan, Communications Dir.

AUGUST 3

"Why Add Precious Metals to Your Portfolio"
Larry LaBorde with Silver Trading Company

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We're also happy to announce that *The Best of Times* Poker Rally is back by popular demand. This year's event promises to be even bigger and better than last year. See page 7 for preliminary information.

Finally, our August and September issues will focus on the role of grandparents so we thought it would be fun to feature photos of our readers with their grandkids (limit 2 please). For details, see Parting Shots on page 46.

Until next month, celebrate our freedom with a safe and fun 4th. May God our great nation!!

Tina



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Fish Oil May Help the Heart Beat Stress

The omega 3 fatty acids in fish oil have long been thought to protect against cardiovascular disease - so much so that the American Heart Association currently recommends eating at least two servings of fish a week, particularly fatty varieties rich in omega 3s. However, the mechanism behind this protective effect still remains a mystery. In a new study, scientists of Michigan Technological University shed light on this phenomenon by providing evidence that fish oil might specifically counteract the detrimental effects of mental stress on the heart. Findings show that volunteers who took fish oil supplements for several weeks had a blunted response to mental stress in several measurements of cardiovascular health, including heart rate and muscle sympathetic nerve activity, part of the “fight or flight” response, compared to volunteers who took olive oil instead. The results may explain why taking fish oil could be beneficial to the heart and might eventually help doctors prevent heart disease in select populations.



Hands Free is Not Risk Free

Using hands-free devices to talk, text or send e-mail while driving is distracting and risky, contrary to what many people believe, says a new University of Utah study issued by the AAA Foundation for Traffic Safety. Researchers found that the new, speech-based technologies in the car can overload the driver's attention and impair their ability to drive safely. The research found that as mental workload and distractions increase, reaction time slows, brain function is compromised, drivers scan the road less and miss visual cues, potentially resulting in drivers not seeing items right in front of them including stop signs and pedestrians.

More Clinical Attention Needed for Assessing Pain in Older Adults

Although several types of pain assessment tools are available to help clinicians evaluate pain in older people, too often the sole initial emphasis is to gauge pain intensity instead of determining how the pain affects function and the need for treatment, according to research presented at the American Pain Society Annual Scientific Meeting. Researchers from the University of Iowa School of Nursing said persistent pain affects 50% of individuals 65 and older, and decisions regarding appropriate pain management strategies should rely on patient responses about how pain impacts daily life and activities, instead of simply asking ‘how much does it hurt?’



Walking Leads to Better Health for Older Men'

The more an older man walks, the better his physical and mental health and his quality of life are likely to be, finds a new study in the *American Journal of Health Promotion*. Although walking ranks among the favorite forms of physical activity for older adults, few studies have considered the specific impact of walking as opposed to overall physical activity, on health in older people. The researchers divided the men into four groups based on the number of steps taken daily, ranging from lowest to highest. The men averaged 8,539 steps per day. “Older men who averaged the greatest number of steps per day reported more optimal quality of life profiles, in terms of both physical and mental health, than older men averaging fewer steps per day.”

Association Between Hypoglycemia & Dementia in Diabetic Older Adults

A study of older adults with diabetes mellitus (DM) suggests an association between hypoglycemic (low blood glucose) events and dementia, according to researchers from the University of California, San Francisco, and published online by *JAMA Internal Medicine*. There is a growing body of evidence that DM may increase the risk for developing cognitive impairment, including Alzheimer disease and vascular dementia. When blood glucose declines to low levels, cognitive function is impaired and severe hypoglycemia may cause neuronal damage. Patients who experienced a hypoglycemic event had a two-fold increased risk for developing dementia compared with those who did not have a hypoglycemic event.



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Official rules, and a listing of prize packages and participating businesses will be found in the August 2013 issue of *The Best of Times*, at all participating business locations, and on our website at www.TheBestOfTimesNews.com. This year's rally benefits the Food Bank of Northwest Louisiana.

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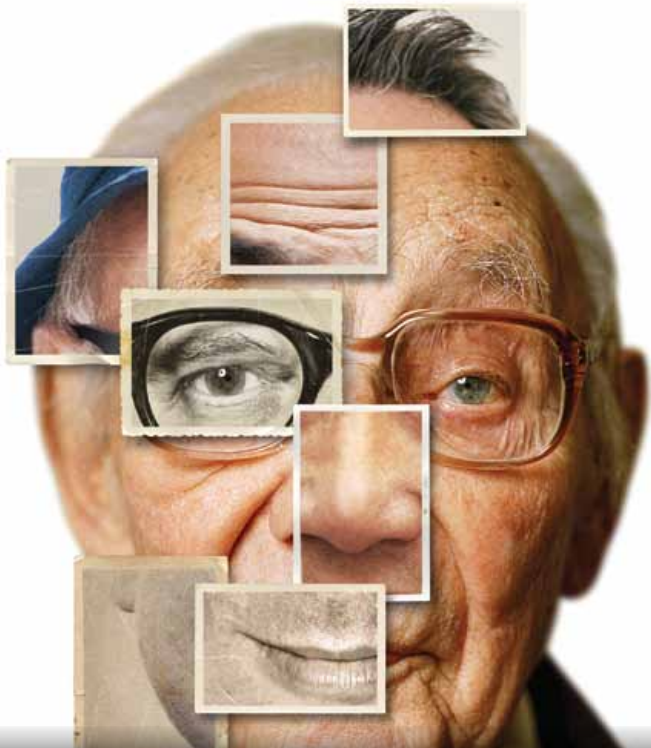
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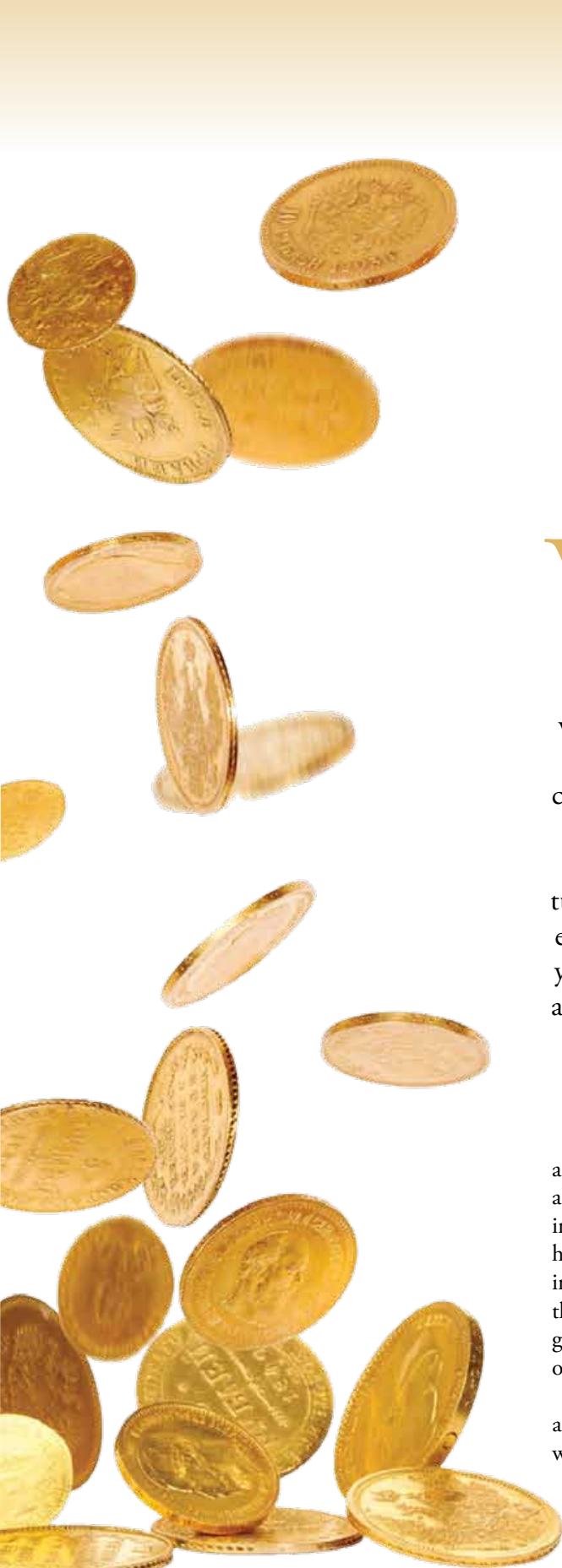
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From Alloy to Zerbe

A Guide to Collecting Coins

by Jonathan Fox

What do Mickey Rooney, Buddy Ebsen, and Hoagy Carmichael have in common? Answer: Not only were they popular entertainers of the twentieth century, they were also numismatists—coin collectors! Since the days of Ancient Rome, people have had a fascination with collecting coins for their monetary value as well as their artistic, cultural, and historic significance. Even if you don't consider yourself a “serious” collector, you've perhaps set aside a few special coins over the years: the lucky silver dollar that your grandfather gave you, odd and interesting coins you've tucked away in your jewelry box, or maybe the first dollar you earned upon entering the working world. Whatever the case, you may already be a numismatist and not even know it! This article will highlight a few frequently asked questions as a way of informing and encouraging new collectors.

Why should I begin a coin collection? Collecting coins is a fun, enjoyable, and affordable way to spend one's time. Coins offer hands-on ways to learn about our nation's history and ideals. From the first American coins produced in 1793 to the popular “Statehood Quarters” series, the eagle and “Liberty” have routinely appeared as testaments to America's beliefs in freedom and independence. For the business-minded, coins offer investment potential in the precious metals market. Need a special gift for a birthday, anniversary, graduation, or other milestone? Coins are popular keepsakes to mark these occasions.

What do I need to get started? Patience, persistence, and a desire to learn are common to most any hobby, and coin collecting is no exception. Along with these basic principles, a few simple supplies are in order. Some tools of the trade include a magnifying glass (or “jeweler's loupe”) for examining key details of a coin's surface, gloves to avoid marring the surfaces of exceptional coins, and coin albums for safely storing and displaying collections in an aesthetically pleasing way. These supplies can be purchased locally from knowledgeable and reputable dealers who are glad to provide advice for newcomers to the hobby. It is also a good idea to stay informed about the hobby by subscribing to a weekly or monthly publication such as *Coin World*,



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Coin Prices, and Coins not to mention the numerous coin related books within the Shreve Memorial Library system.

How should I collect coins? Different approaches exist as to how one assembles his or her collection. Most experienced collectors will advise that you can’t collect them all! Although coin collectors may have wide-ranging interests, it may be best to narrow one’s focus to a particular series of coin. With this approach to collecting, known as “series collecting,” the goal is to collect a specimen from each year and from each mint where the coin was produced. Frank Clanton, a member of the Shreveport Coin Club, had to put his coin collecting days on hold while he served in Vietnam. Years later when Frank resumed his hobby, he began series collecting. Eventually, he assembled a complete Buffalo nickel set that included every nickel made in Philadelphia, Denver, and San Francisco between 1913 and 1938. Frank has now turned his expertise to a more challenging series even older than the Buffalo nickel: the Seated Liberty Half Dime (1837-1873). As one collector noted, “If coin collecting were always easy, it wouldn’t be that interesting!”

To some, “series collecting” is a worthwhile challenge; for others it may prove too daunting and too time consuming. “Type collecting” offers an alternate method in which the collector’s goal is to collect one example of a certain denomination within a certain date range. The denominations and dates vary depending on the collector. One “type collection,” for example, might showcase half dollars of the twentieth century. This set would contain an example of a Barber, Walking Liberty, Franklin, and Kennedy half dollar.

What kinds of coins should I collect? Collect the coins that appeal to your interests. For those with a special interest in antiquities, numerous specimens of coins mentioned in the Old Testament and coins of the Ancient Greeks and Romans are readily available. Some collectors prefer modern foreign coins—collecting coins from as many countries as possible as a fun “do-it-yourself” geography lesson. Over and above the coins minted for daily circulation, the United States Mint (www.usmint.gov) produces yearly commemorative coins with the collector in mind. Past commemoratives have honored notable achievements, distinguished Americans, and noteworthy events in our nation’s past. Commemorative collector Mark Lewis especially enjoys the issues of the 1920s and 1930s. To him, these represent the pinnacle of artistic detail in American coinage. Mark also likes the yearly variety that commemoratives offer. For 2013, two commemorative series will be produced to honor the Girl Scouts and America’s five-star generals.

A subgenre of coin collecting is exnumia. These collectors do take wooden nickels! Exnumists collect tax tokens, streetcar tokens, Depression-era hobo nickels, and the like in an effort to preserve bits of local history. Each Carnival season Shreveport exnumist Leonard Gresens looks forward to expanding his Mardi Gras doubloon collection. These yearly souvenirs feature the parade theme and names of krewe royalty. Attending float loading parties and parades has allowed Leonard to assemble a near complete set of Gemini, Centaur, and Justinian doubloons.

What are my coins worth? Supply and demand are key in determining what a coin is worth. Simply put, a coin is worth



what someone is willing to pay for it. Generally speaking, well-worn coins that were produced in the billions are less desirable (and thus less expensive) than coins that are uncirculated and were minted in low quantities (making them harder to find, more desirable, and more costly to obtain). Just because a coin is “old” does not make it priceless; often, old coins possess more sentimental value than market value. A coin’s metal content and the location of its mintage also affect its value. Good news for the beginning collector is that there are numerous coins over 100 years old that are quite affordable. When it comes to selling one’s coins, it would be wise to obtain several quotes before committing to the first offer.

Some common pitfalls to avoid:

Watch for misleading business names. Of the many coin dealers operating nationwide, only the “United States Mint” is a branch of the federal government and possesses sole authority to produce U.S. coinage. Companies using similar sounding names may lure unsuspecting customers.

Resist the urge to clean your coins. While this may seem counterintuitive, many collectors would rather have a soiled original in their collections than a chemically cleaned coin with noticeably artificial luster. Cleaning your coins decreases their value, sometimes quite drastically. Collector Gene Valentino thinks of old, dirty coins as “hidden treasures.” Gene is an active member of the East Texas Treasure Hunters Association (in Longview) and gets a thrill in detecting and unearthing coins that have long been buried.

Do your homework first by being well-informed. An adage of coin collectors is: “Buy the book before you buy the coin.” For many years, R. S. Yeoman’s *A Guide Book of United States Coins* (commonly referred to as the “Red Book”), has been a standard for coin collectors wanting to know more about certain coins before purchasing them.

Understand what you’re buying. Various TV and print ads offer “tribute” coins and “gold clad” coins. These terms can mislead those new to the hobby. A “tribute” coin is merely a copy of an otherwise rare and extremely unaffordable coin—not the

real thing. “Clad” refers to a thin covering or plating of a precious metal over another (usually less valuable) metal. Purchasing a “gold clad” coin is not the same as purchasing a “gold” coin.

Don’t be too hasty in making a purchase. Peace of mind comes in knowing from whom you’ve purchased your coins.

Don’t break the budget! Contrary to popular belief, you needn’t be a tycoon to enjoy coin collecting. Although there are the occasional headline-grabbing coins such as the 1913 Liberty nickel that tipped the scales this April for more than \$3,000,000, there are thousands of other coins well within the budget of nearly every median income family. Start small by searching your pocket change. Even today, an occasional Buffalo nickel and Lincoln Wheat cent will emerge. A keen eye that routinely searches pocket change may also turn up unusual “error” coins. These mistakes (only one side of a coin being struck, coins that have been clipped or damaged in the coining process, and coins that have been unintentionally struck multiple times) seldom leave the mint and command a relative premium in the coin collecting market.

By searching his pocket change, Joseph Anthony discovered a lifelong hobby and underwent a complete career change. Following his service in World War II, Anthony owned and operated Tony’s Liquor Store at 2244 Greenwood Road. Anthony received many quarter-sized foreign coins over the years—patrons often confused them as quarters when a bottle of beer sold for just 25 cents. Anthony recalls that at that point in his life, “The only coins I collected were in the cash register!” As he learned more about these foreign oddities, Anthony realized buying, selling, and trading coins proved more lucrative (and personally more enjoyable) than his liquor establishment. Primarily working out of his home, Anthony operated Caddo Coin for nearly 30 years and eventually expanded to a storefront in Uptown Shopping Center.

When possible, buy local. There are many legitimate and trustworthy dealers across the country who sell coins online and through catalogues. However, buying locally has several benefits. Not only do your tax dollars benefit the local economy, buying





from local dealers saves on shipping costs and gives you, the consumer, an opportunity to more closely inspect coins before buying. Local dealers offer

competitive pricing over large-scale dealers who must recoup expenses arising from hefty advertising costs. Buying locally also allows collectors to build a relationship with dealers who have decades of trusted experience within the community. Coin dealers will often network with one another to fill their customers' "want lists" to find exactly the coins their customers have been searching for.

Become Affiliated: Meeting like-minded individuals helps keep the hobby fun and interesting. Fellow coin collectors share in the "thrill of the hunt" as they often help one another find coins that are difficult to locate. The largest coin collecting organizations in the United States are the ANA and ANS. The American Numismatic Association (ANA) of Colorado Springs (www.money.org) is federally chartered by Congress and sponsors yearly numismatic conventions around the country. The American Numismatic Society (ANS) of New York (www.numismatics.org) is a scholarly organization which emphasizes academic research in the field of numismatics. Both organizations date to the mid to late 1800s when coin collecting began in earnest in the United States.

At the local level, the Shreveport Coin Club (SCC) consists

of enthusiasts from all walks of life who share an appreciation for coin collecting. Hal Odom, president of the SCC for two decades now, welcomes prospective numismatists. Meetings are held at 6:00 p.m. on the fourth Tuesday of most months at the Aulds Branch Library (3950 Wayne Avenue, Bossier City). Knowledgeable speakers present information on a variety of coin related topics, and the monthly auctions provide a fun way for members to expand their collections.

Isn't it time to blow the dust off of your old cigar boxes to see what long-forgotten coins may be hidden inside? You may discover you've been a numismatist all along!

The Shreveport Coin Club cordially invites you to its **50th Annual show**. On Saturday **July 27** and Sunday **July 28**, more than 50 dealers from a half dozen states will buy, sell, and trade American, ancient, and foreign coins, postage stamps, and sports cards at the **Bossier Civic Center**. Admission is **free** and open to the public. Those present are eligible for hourly door prizes, and children under 15 will receive a free foreign coin. Raffle items and a specially minted copper medal honoring the SCC's 50th anniversary will also be available for purchase.

For more information, please visit

www.shreveportcoinclub.com.




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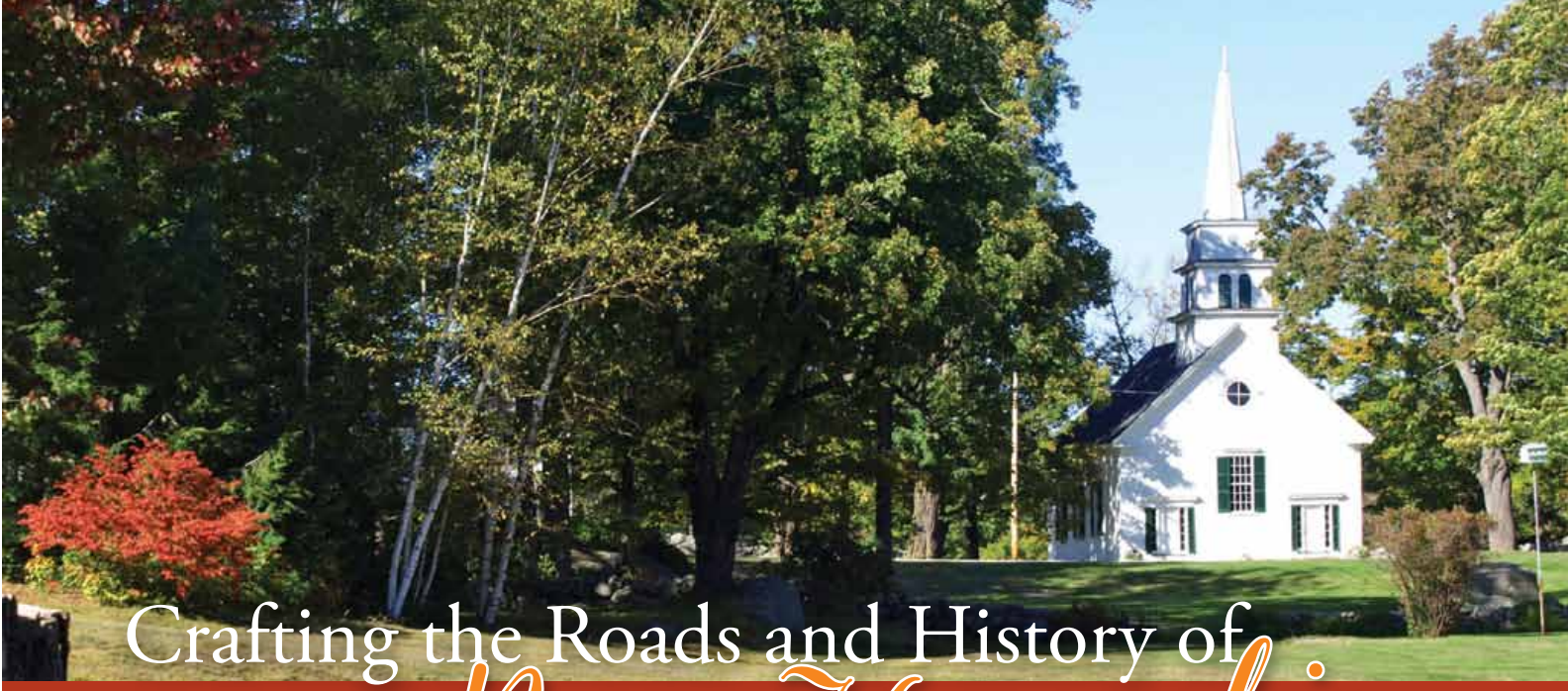


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Crafting the Roads and History of *New Hampshire*

Story by Andrea Gross
Photos by Irv Green




Rhonda Besaw carefully places three small pouches on her dining room table. They are meticulously adorned with tiny, very tiny, beads. One has three flowers, another has a geometric design, and the third - my favorite - has sparkles of light that swirl across a black background. Rhonda explains that the sparkles represent her people as they cross over the Milky Way to a place where they will be reborn.

Rhonda's people are the Abenaki, a tribe that has lived in southern Quebec and northern New England since before the beginning of oral history. Yet many people are unfamiliar with their culture and contributions.

Rhonda, an award-winning Native artist whose work is regularly shown in galleries throughout the Northeast, is on a mission to change this. "The Abenaki are still here," she says. "Through these beads, I hope to share the story of our survival."

My husband and I are visiting Rhonda in her home, which is in a small village in the north woods of New Hampshire. The drive took us through the Notch, an area where you can't communicate by cell phone but where you can - if you're good at this sort of thing - talk with moose and bear. We were, in all respects, on a "road less traveled," and this, for us, is part of the joy of "crafting," a word that we coined more than twenty years ago.

Crafting is the art of getting to know a place - its history, its traditions, its people - through its handmade objects. New Hampshire is the perfect place for this type of travel. In 1932 it became the first state to officially support its artists by establishing The League of New Hampshire Arts and Crafts, and the state's craft tradition - which includes Native, Colonial, Shaker and contemporary work - is among the nation's finest.

Rhonda's work includes beaded bags, moccasins, leggings and 

(continued from page 15)

drool-worthy necklaces and earrings. Her images are not reproductions of traditional designs but rather interpretations of ancient themes. In this way she passes on not only stories of her ancestors, but also their spirit.

Our quest to glimpse New Hampshire's colonial heritage takes us to Hillsborough Center, a town that is New England to its core, right down to the white steepled church and stacked stone fences. Jon Gibson, a second-generation pewterer, greets us with a smile. "I'll show you the old schoolhouse, and then we'll go into my studio," he says. This is how we come to spend the morning in a 200-year-old schoolhouse as well as in an equally old post-and-beam barn, all the while learning about a craft that was essential to the daily life of the early settlers.

I pick up a porringer and admire its decorative handle. "Paul Revere worked in silver rather than pewter, but he made some of the most famous colonial porringers," says Jon. The Museum of Fine Arts in Boston has in its collection several pieces made by Paul Revere as well as a few items made by Jon Gibson, a fact of which Gibson is rightfully proud. Some of Gibson's pieces - which include bowls, plates, mugs, tankards and candle holders - are cast, some are hammered and some are spun on an antique lathe.

From Hillsborough Center we travel to Amherst, where we meet Sumner Bennett, who painstakingly crafts individually-fabricated Shaker boxes. The Shakers, who arrived in the colonies in the late 1700s, believed in devoting their "hands to work and their hearts to God," and thus became known for items that were made with utmost love and precision.

I look at a set of oval nested boxes, perhaps the most well-known of the Shaker crafts, and quickly realize the necessity for such precision. The top of each box must not only fit snugly onto the bottom of its handcrafted mate, but each box must also be sized to fit into the next larger one. Sumner makes sets that consist of up to ten nested boxes.

He is relaxed as he demonstrates the various steps required to make the boxes, from preparing the wood to cutting the ovals and distinctive finger-shaped joints that keep the boxes from buckling.

As with Rhonda and Jon, Sumner's willingness to share his knowledge, both technical and historical, gives me insight into the past, teaching me not only how people lived but also how they thought.

Like all our crafting journeys, we run out of time much too soon. There are more crafts to explore, more history to learn. We haven't even begun to delve into the state's thriving contemporary art scene. For that, we'll have to return.

Rhonda: www.rhondabesaw.com

Jon: www.gibsonpewter.com

Sumner: www.sbsshakerbox.com

Other NH craftspeople: www.nhcrafts.org

The Annual League of NH Craftsmen's Fair, which showcases the work of more than 350 craftspeople, takes place this year from August 3-11.

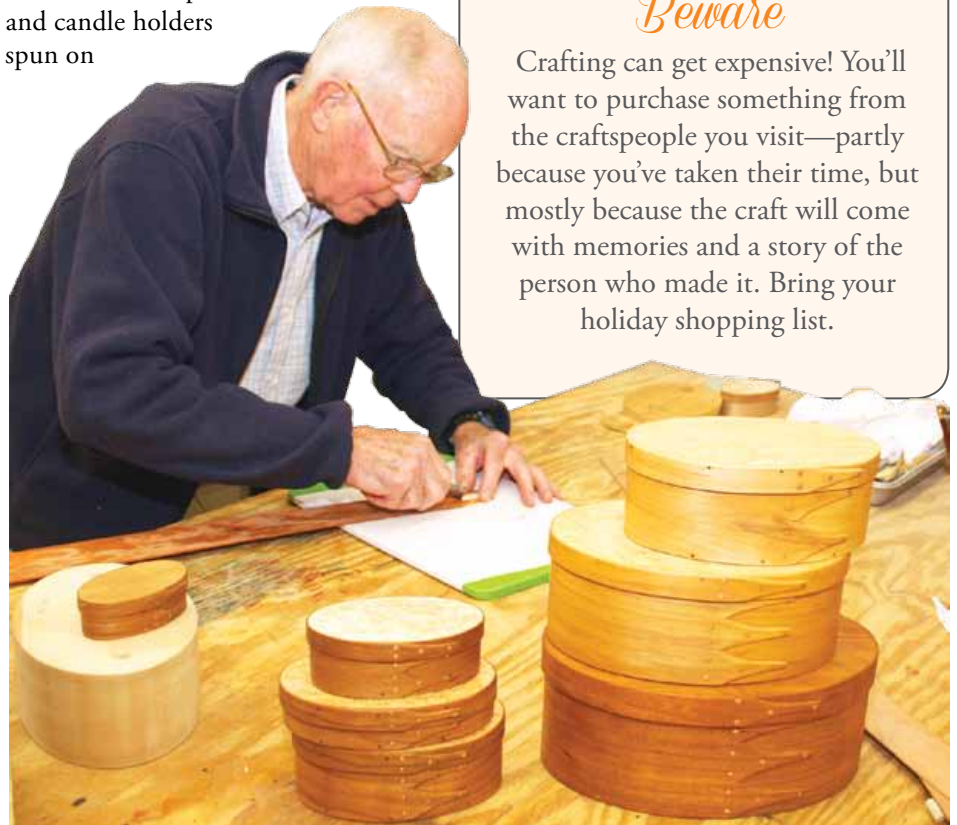
Tips for Good Crafting

Be Considerate

The artisans open their studios because they genuinely like talking to people and explaining their craft. Yet, talking takes up time that could be spent producing, so don't overstay your welcome.

Beware

Crafting can get expensive! You'll want to purchase something from the craftspeople you visit—partly because you've taken their time, but mostly because the craft will come with memories and a story of the person who made it. Bring your holiday shopping list.



Photos (page 15):

Top: Dartmouth history professor Jere Daniell calls Hillsborough "a quintessential New Hampshire town."

Bottom Left: Award-winning artist Rhonda Besaw uses beads to tell stories of her people.

CENTER: In this work by Rhonda Besaw, the sparkly beads depict a legend in which the Abenaki people cross the night sky to a place where they can be reborn.

Photo ABOVE: Sumner Bennett recalls New Hampshire's Shaker tradition as he makes sets of nested boxes.

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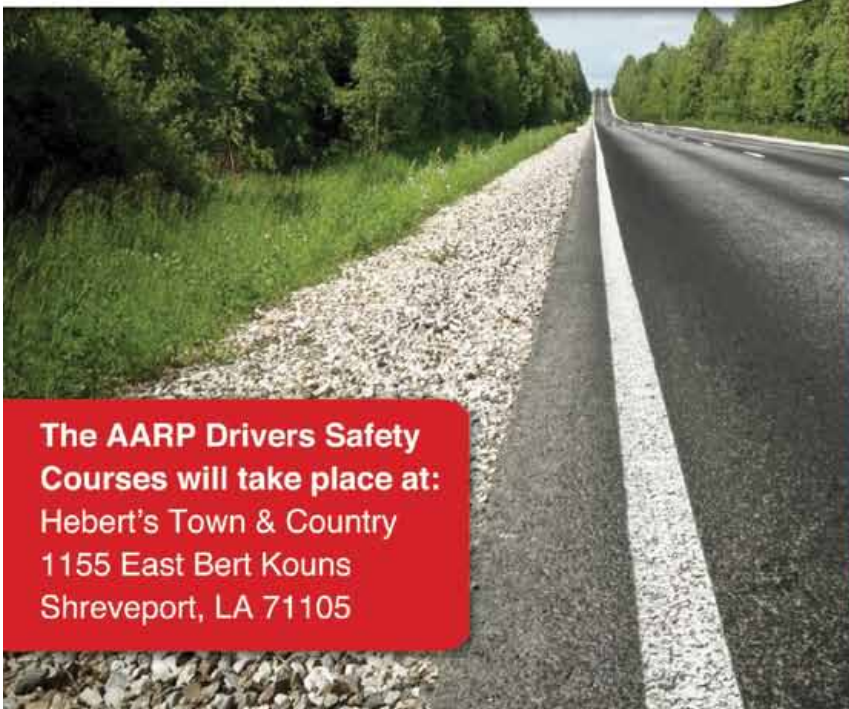
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Saturday, September 14, 2013

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Saturday, October 12, 2013

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Saturday, November 9, 2013

8:30 am to 12:30 pm

(Registration begins at 8 am)

Saturday, December 7, 2013

8:30 am to 12:30 pm

(Registration begins at 8 am)

What Happens When a Louisiana Doctor Doesn't Take Medicare?

By Bob Moos

What does it mean when a doctor tells you he has “opted out” of Medicare?

An opt-out doctor is one who doesn't accept Medicare.

The chances are very slim that you'll ever find yourself in this particular situation. More than 1 million health care providers throughout the country – the vast majority of them doctors – take Medicare as payment.

True, you'll occasionally read of some physician who's thinking about opting out of Medicare. But they are in fact a rare breed.

Still, it's good to know what to expect if you do happen to visit a doctor who has opted out of the Medicare program.

Doctors who don't take Medicare can charge you whatever they choose. They don't submit health care claims to Medicare. Nor are they subject to laws that limit the amount they can charge Medicare patients.

Medicare generally doesn't pay for services you receive from an opt-out doctor. So, unless it's an emergency or you need urgent care, you'll be responsible for the entire cost of your health care.

A doctor who formally opts out of Medicare must have you sign a private contract before receiving any non-emergency care. It basically says you agree to

be treated by someone who doesn't take Medicare patients.

You don't have to agree to a private contract, of course. You always have the option to go to another doctor who does take Medicare.

But if you do sign the agreement, you should be aware of its meaning:

- The contract applies only to that particular doctor.
- Medicare won't pay any amount for the care you get from the doctor, even if they're services that Medicare typically

covers.

- You'll have to pay the full amount of whatever the doctor charges you for the services you get, which could be higher than the Medicare-approved amount.
- If you have supplemental health insurance (sometimes known as a Medigap policy), it won't pay anything, either.

A physician must tell you if Medicare would pay for the service if you were to get it from another provider who accepts Medicare. Also keep in mind that you can't be asked to sign a private contract



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for emergency or urgent care.

Just to be safe, you may want to contact your State Health Insurance Assistance Program to get help before signing a private contract with any doctor or other health care provider. In Louisiana, that number is 1-800-259-5300.

Most doctors, providers and suppliers accept Medicare, but you should check to make sure that yours does. A customer service representative can assist you at Medicare's 24-7 helpline. Just call 1-800-633-4227.

Providers who participate in Medicare have almost always signed an agreement to accept the Medicare-approved payment for all Medicare-covered services. In other words, they "accept assignment."

That means:

- Your out-of-pocket costs may be less.
- Your provider agrees to

charge you only the Medicare deductible and coinsurance amount and usually wait for Medicare to pay its share before asking you to pay your share.

- Your provider has to submit your claim directly to Medicare and can't charge you for submitting the claim.

Finally, if you have a Medicare Advantage plan, also known as a Medicare private health plan, you should see doctors within your plan's network. You typically pay the least if you go to a doctor who's in the plan network. Check with your plan to see what rules apply.

As I said, the vast majority of physicians treat Medicare patients. But it's good to know the rules when you find someone who doesn't.

Bob Moos is the SW public affairs officer for the Centers for Medicare & Medicare Services.



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Politics and Taxes

by Lee Aronson

When I heard that the IRS was targeting political groups' tax exempt status, I really didn't understand the issue. I understood the controversy. And by the time this column is published, a lot will have been said about the controversy. I don't have anything new to add to that part of the conversation. But what I didn't understand was the legal aspect of tax exempt status. I thought charities could be tax exempt. And churches could be tax exempt. But if they got involved in politics, then they could lose their tax exempt status. So why do these political groups get tax exempt status? Well, it turns out that there is a part of the tax code that allows for a special kind of non-profit organization that can get tax exempt status and still engage in limited political activity.

These organizations can lobby as much as they want. They can do general advocacy as much as they want. But they must be "primarily engaged in promoting in some way the common good and general welfare of the community." And telling people to vote for a certain candidate or a certain political party, at least according to the IRS, is not "promoting the common good and general welfare of the community."

So if an organization wants to tell people to vote for the Tea Party candidate in a certain election and that's ALL the organiza-



tion does, then the organization won't be able to get tax exempt status. And if what the organization MOSTLY does is tell people to vote for the Tea Party candidate in a certain election, then the organization won't be able to get tax exempt status. But if the organization does a lot of telling people to vote for the Tea Party candidate in a certain election but it's not the primary thing the organization does, then the organization can get tax exempt status. The key factor is that the primary thing the organization does must promote the common good.

So who decides if an organization's primary purpose is to promote the public good? That's up to the IRS. Here are some of the activities the IRS considers to promote the public good: "holding an annual festival of regional customs and traditions; preserving a community's traditions, architecture and appearance by repre-



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senting it before the local legislature and administrative agencies in zoning, traffic and parking matters; working to improve public services, housing and residential parking; publishing a free community newspaper; sponsoring a community sports league, holiday program or community meeting.”

And here’s something else I found out about these organizations: even if they get their tax exempt status, because they engage in some political activity, contributions made by individuals are not tax deductible by the donor. In other words, if I give \$25 to a charity, I can deduct it on my taxes. But if I give \$25 to one of these special non-profits that engage in some political activity, then I can’t deduct it on my taxes. But the organization doesn’t have to declare the \$25 as income on its taxes.

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



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Safety While on Vacation

by Judge Jeff Cox

It is hard to believe how fast time is flying! Here we are at summer again and people are getting ready for outdoor grilling, swimming, and the lazy, hazy days of summer. As we all get ready for vacation, we need to keep some things in mind that may help keep our property safe this summer.

If you plan to leave on a trip out of town for vacation, you will want to have someone watch your home. One possible solution is your local police or sheriff's office. If you call them before you leave town, you can advise them you will be out of town and can ask them to check on your home. These offices will usually send cars to check your residences and make sure that all is well at your home. Most police and sheriffs offices offer this service as a public service.

When you call to set up this service, the offices will usually request the date your trip will start and when

you will return. They will ask if you have pets and who will be taking care of your mail. They will also ask whether any lights will be left on in the home, if people will be working in or around the home, what vehicles will be in the driveway, and if you have a burglar alarm.

If your local law enforcement agency does not offer this service, then you will want to have a trusted neighbor or friend watch your home. People looking to break in your home look for the lack of activity around your house, papers stacking up in the driveway, and mail left in the mailbox. You can always contact the local post office and have them stop the mail if you do not have someone you trust to pick up the mail. The post office will hold the mail for you until you return from your trip. You can also ask the paper not to throw your paper while out of town.

If you are going to have a vacation at home, you need to check your sur-



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roundings. You need to make sure there are no hazards at your home while you are entertaining. For example, no hazards that cause a guest to trip and fall or get injured on your property which may cause a lawsuit. You want to make sure that any guests who come to your home are protected.

Finally, make sure your car is in great working condition. Make sure to check the coolant, the brakes, and the tires. You don't want to break down or have an accident while on the road. Summer can be hard on vehicles and they need to be prepared to take the heat. Additionally, you don't want a mechanical failure that could be fixed to cause an accident for which you could be sued.

Summer is a fun and exciting time, especially when it comes to getting out of town. A little preparation can help you have an enjoyable and safe summer.



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

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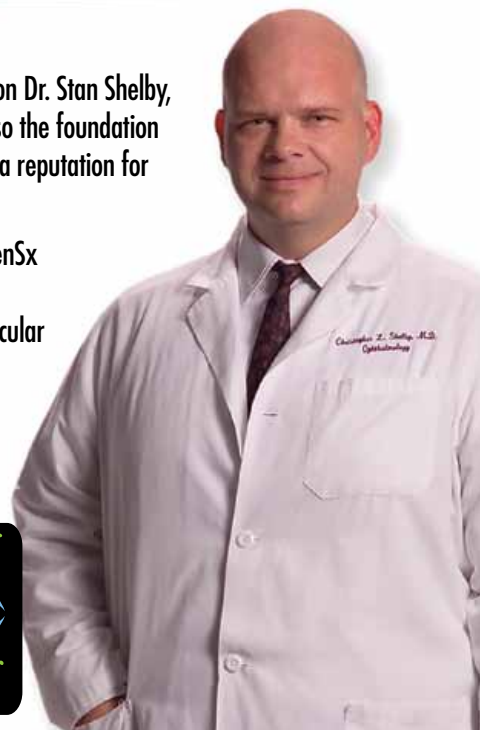
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What to Do When a Loved One Dies

By Jason Alderman

Whether it's expected or accidental, the death of a loved one can shake you to the core. The last thing you want is to have to interrupt grieving to deal with mundane tasks, but unfortunately there are many actions that must be done on behalf of the deceased. Some must be taken immediately, while with others you can take your time and reflect on the best path to follow.

Here's a checklist:

If the death occurs under hospital or hospice watch, they will notify the proper authorities and help you make arrangements with the coroner's office for transport of the remains. If it happens at home, call local police or 911 for assistance. If he or she was an organ donor, you'll need to act quickly.

Reach out for help in making arrangements and locating key documents. Split up such tasks as contacting others who will want to know, taking care of pets, collecting mail and safeguarding the deceased's home if it's now vacant.

Look for a will or other document that spells out the deceased's burial or cremation wishes – many people make funeral arrangements in advance, even paying ahead of time. The funeral home



can guide you through the paperwork process, such as placing an obituary and ordering death certificates.

Hopefully, the deceased prepared a will that names an executor to oversee the disposition of his or her estate; otherwise, the court will have to appoint one. In sorting through their files, also look for: a trust; insurance policies; bank, credit card, mortgage and loan accounts; safe deposit box key; contact information for lawyer, doctor, accountant or other professional advisors; and passwords to computer and other accounts.

Within the first few days, start notifying organizations with which the deceased had business or financial arrangements. In most cases you'll be required to submit a certified copy of the death certificate, so be sure to order ample copies. You'll need to contact:

- Current or former employers for information about possible final wages, accrued vacation, retirement, life insurance or other death benefits.
- Social Security Administration. If they were receiving Social Security benefits, you'll need to stop payment right away. Funeral homes often do this, but be sure to ask.

- Once you've notified Social Security, they will contact Medicare to cancel benefits. However, if they were enrolled in a Medicare Prescription or Advantage Plan or had a Medigap policy, contact each to cancel coverage.

- Veteran's Administration. Veterans, their immediate family members and certain others may be entitled to burial at a national cemetery.

- Forward their mail to a secure address so you don't miss important correspondence.

- Cancel their driver's license to avoid identity fraud.

- Banks, credit unions,



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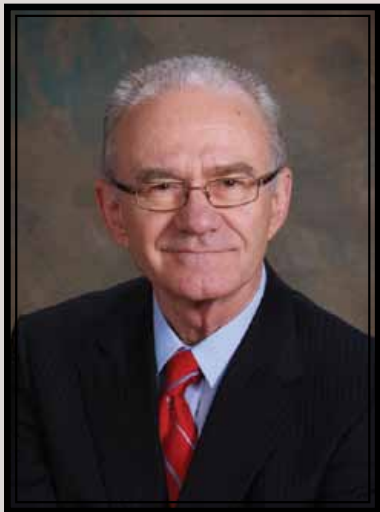
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As I left Joe and Kyle's office the other day, my words were, "Thank you for helping make today easier." Easier because of the plans you helped us and my sweet mama set in place. I've watched us as a family as we walked through the transition of life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

How to Reduce Pain and Inflammation

by Suzy Cohen, R.Ph.

Dear Pharmacist, What do you recommend for strains, sprains and spasms? I'm an athlete and have something happening all the time!
--T.S., --Dallas, TX

Great you're committed to staying fit, I'm a gym junkie myself. Studies prove how exercise boosts your cognitive function and memory recall, improves mitochondrial function, spreads healthier DNA and improves mood... makes your jeans look good too! But one misplaced step can result in an injury that hurts for days, or longer!

A sprain refers to a

stretched or torn ligament, for example, in the wrist or ankle. Ligaments connect bones to other bones at a joint. Some of you feel a 'pop' when it happens. A strain refers to a stretched or torn muscle/tendon. Strains cause pain, swelling, and sometimes muscle spasms. No fun! Medicines usually treat the smoke, not the fire. To quickly improve your level of comfort consider RICE.

The RICE acronym will help you remember essential steps to relieve a strained ankle, wrist, or other area. "R" is for rest. It's important to minimize use of the affected area while it heals. Also important immediately after a strain is the "I" for ice. Ice reduces swelling that occurs while your body sends blood to bring white blood cells and nutrients to the hurt area. The "C" is for compression, which also helps with inflammation. Finally, "E" is for elevation. Keeping the strained joint elevated sometimes decreases inflammation but a physician should be consulted. Certain supplements may provide natural relief for pain and swelling, thus treating the "fire." Here goes:

1. REST
2. ICE
3. COMPRESSION
4. ELEVATION



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Turmeric and Garlic - Cooking with these ingredients (or supplementing) improves muscle recovery and reduces inflammation by suppressing pain-causing cytokines all over the body.

Zinc - After a trauma or injury, your body requires extra minerals to expedite the healing process. Zinc is particularly supportive for wound healing (and prostate health). Supplementing your zinc and vitamin C may shorten your healing time and rebuild soft tissue connections.

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Tales of Glenn Ford

by Nick Thomas

If you're a fan of old movies, you'll recognize what the classics "Gilda," "Blackboard Jungle," "Courtship of Eddie's Father," and "Fastest Gun Alive" all have in common: Glenn Ford. Oddly enough, though he appeared in around 100 feature films, the first biography on Ford was only published in 2011.

Ford's son, Peter, authored "Glenn Ford: A Life" and talked about his dad and the book, which is an insightful Hollywood bio filled with stories of one of film's most under appreciated actors. In addition to acting, Ford had a number of other interests including a great fondness for women which Peter approaches with objective candor without ever turning into a trashy memoir.

"He's perceived by the public as a 'Jimmy Stewart' – a wholesome, all-American guy," Peter told me. "He was that, but he also had a lot of 'Errol Flynn' in him. In reviewing all my sources, I counted 146 women he had a dalliance with, including Marilyn Monroe."

Those sources included Ford's own writings. "My father kept a diary every day of his life since 1933 and I have every one of

them. So there was an enormous amount of material there," explained Peter. "If you picked any day since then, I could tell you what he had for breakfast, where he went, what he did, what he thought, who he talked to, etc."

Glenn Ford was also a packrat of monumental proportions. When Ford died in 2006, Peter says he donated many of his father's personal items to charities. Other items he sold, including a piano given to Ford by Judy Garland, a slot machine from Frank Sinatra, and a couch on which he "entertained" Ms. Monroe.

In fact, an auction house hauled off two 26-ft long trucks filled with "stuff" – and that still barely touched the surface of the contents of Ford's 9,000 square foot home in Beverly Hills.

"He saved everything," said Peter. "I have every letter he ever received and copies of letters he wrote. I have his baby teeth, the lock of hair from his first haircut, the dish he used as a baby, and every report card from school. There [were] also 1000's of photographs, and 1000's of books. Wherever he went, he would

take scraps of paper and write his thoughts. Often, he would stick these randomly in books, along with letters, Christmas cards and even money.”

Peter donated hundreds of those books to libraries, but had to check each one in case his father had left some long forgotten treasure within its pages. In one, he found many letters from singer Sophie Tucker.

Another Ford “hobby” was to secretly record telephone conversations. In the late 1950s Ford, unbeknownst to his family and friends, installed a phone tap on the family's phone. After his father died, Peter discovered hundreds of old reel-to-reel and cassette recordings of celebrities and politicians.

“He has some of President Richard Nixon,” said Peter with a chuckle. “Isn't that ironic? The most infamous taper himself getting taped!” Maybe we now know where Tricky Dick got the idea!

Peter also recalls childhood Sunday morning walks with his dad along Santa Monica Boulevard. The two would often stop under a leafy ficus tree and Ford would ask his son if he wanted some chewing gum. Adept at sleight of hand tricks, Ford would appear to pull some chewing gum from the tree, leading young Peter to believe there really was such a thing as a “gum tree!”

In another story, Peter remembers flying in a private plane with his dad to Cody, Wyoming, for the dedication of the Buffalo Bill Museum. The ceremony culminated with a live buffalo dangling in a harness from a helicopter, flying over the crowd. But as the pilot hovered above the assembled dignitaries, the terrified animal's bladder and bowels proved somewhat unstable.

When combined with the downward force of the chopper's rotor blades, Peter says it was a most memorable event!

Glenn Ford was a complex man, which led to difficulties and intricacies in his professional and personal life. Peter's revelations about his dad – as well as his mom, the great dancer, Eleanor Powell – provide a fascinating glimpse of the golden age of Hollywood.



[Photos: page 26 top: Publicity still from *Gilda* with Rita Hayworth; inset: credit Peter Ford - On the set of *Heaven with a Gun* (1968) on location at Old Tucson where Peter was the dialogue coach. Page 27: credit Peter Ford - Eleanor Powell, Peter, and Glenn Ford.]

Thomas' features and columns have appeared in more than 300 magazines and newspapers, and he is the author of "Raised by the Stars," published by McFarland. He can be reached at his blog: <http://getnickt.blogspot.com>.

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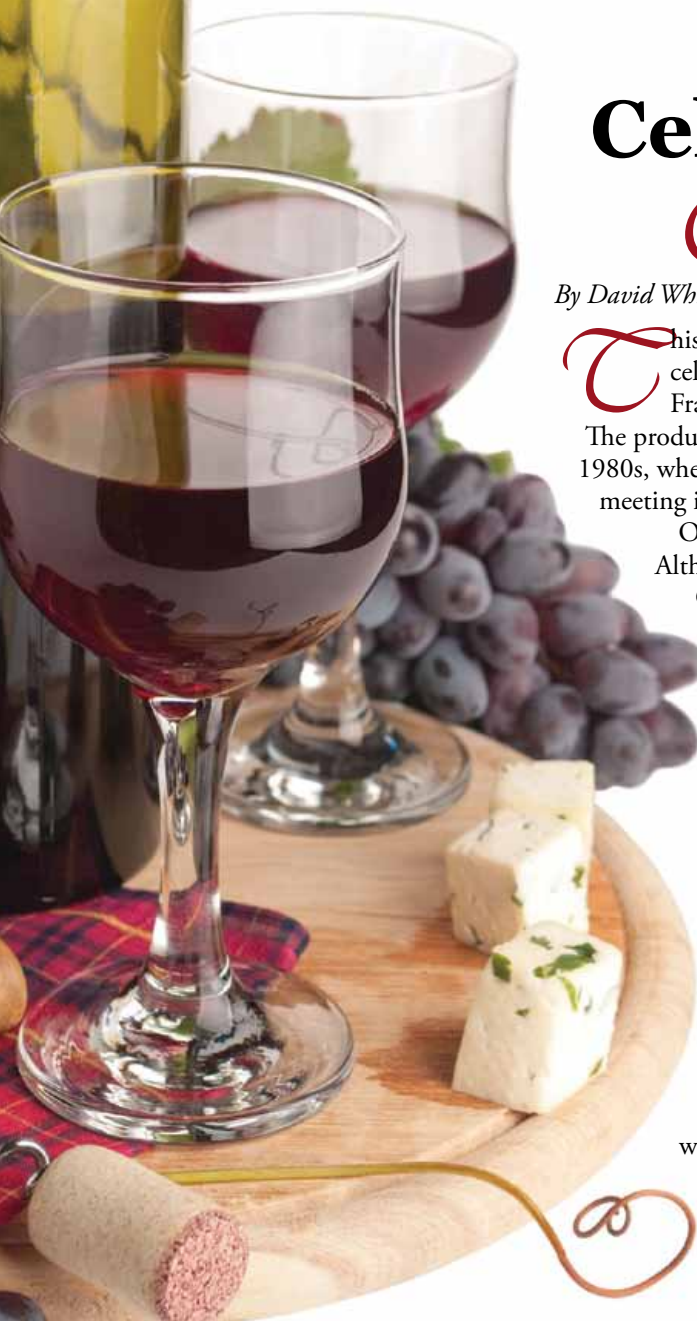
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Celebrating America's *Rhone Rangers*

By David White

This past March, more than 100 wine producers gathered in San Francisco to celebrate America's take on the 22 grape varieties originally made famous in France's Rhone Valley.

The producers - known collectively as the "Rhone Rangers" - trace their roots to the 1980s, when a small group of California vintners dedicated to these varieties began meeting informally.

One of these winemakers was Randall Gramh of Bonny Doon Vineyard. Although best known for his flamboyant and irreverent marketing campaigns, Gramh was among the first American winemakers to embrace varietals like Syrah, Grenache, and Mourvedre. So when the *Wine Spectator* dubbed Gramh "The Rhone Ranger" in 1989, the moniker stuck.

As the organization began to grow, these Rhone Rangers realized that if they worked together, they'd all benefit. So in the late 1990s, they formally organized and began promoting their work. The group helped catalyze - and revive - the planting of Rhone varieties across the country. But they still have lots of work to do.

Consider Syrah, the most popular Rhone varietal in the United States. Marked by dark fruits, black pepper, and meat, Syrah is wonderfully accessible, even in its youth. And whether it's bottled on its own or blended with varieties like Grenache and Mourvedre, Syrah is capable of striking the perfect balance between power and finesse. So it works well with all sorts of food.

When it comes to sales, however, Syrah is only the fourth most popular red wine grape, trailing Cabernet Sauvignon, Merlot, and Pinot Noir. Although many California winemakers have spent their lives hoping Syrah would become the state's next great varietal, sales have dropped steadily over the past few years. In 2012, Syrah sales declined by nearly 16 percent. It's no wonder why many winemakers joke that it's easier to get rid of a case of pneumonia than a case of Syrah.

With white wines, the Rhone Rangers face an even bigger challenge. The primary four varieties - Viognier, Roussanne, Marsanne, and Grenache

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Blanc - barely make the radar for America's wine consumers.

This defies logic. Viognier, which is typically bottled on its own, and Marsanne and Roussanne, which are typically bottled together, are rich, tropical, and floral. So they're perfect substitutes for Chardonnay - and oftentimes more interesting. Grenache Blanc is bright, tart, and crisp. It's one of my favorite varietals to pair with warm weather.

In the United States, many of the best Rhone-inspired wines come from vineyards along California's coast - from the Santa Ynez Valley and Paso Robles along the Central Coast, to the Santa Lucia Highlands in Monterey, to the Russian River Valley and Dry Creek in Sonoma.

Other top wines come from the Columbia Valley and Walla Walla Valley in Washington and Oregon's Rogue Valley. Idaho, Michigan, and Virginia are also beginning to make their mark with these grapes.

Most of these areas are relatively cool. Although most Rhone varieties are a farmer's dream - reasonably easy to grow and fairly resistant to disease - these grapes shine when grown in cooler areas, resulting in complex, vibrant, more aromatic wines. When grown in warmer climates, these varieties too easily produce wines that are flabby and pruney.

The Rhone Rangers certainly have their work cut out for them. But for now, the lack of demand for Rhone varietals helps keep prices low. So check out what the Rhone Rangers have to offer. You won't be disappointed.

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

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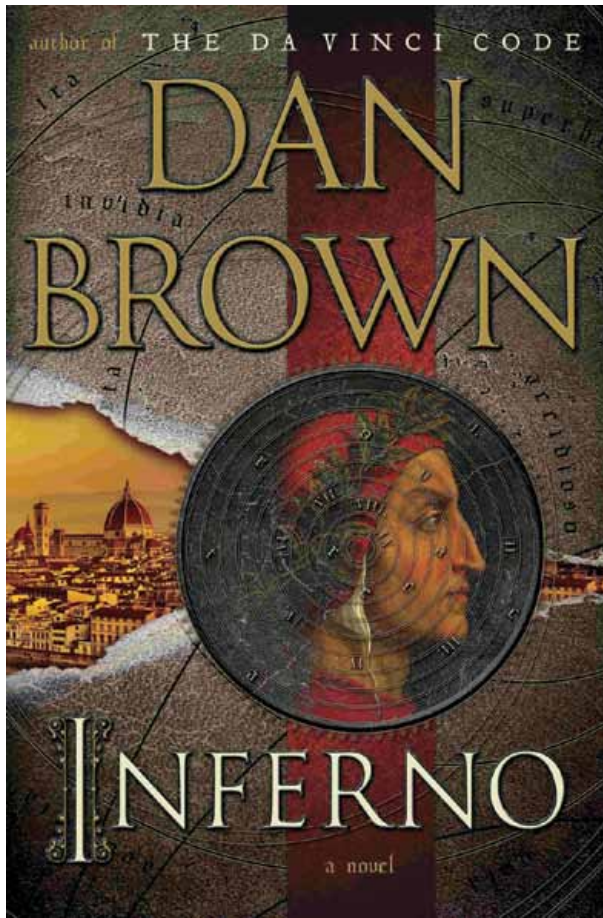


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“INFERNO”

by Dan Brown, ©2013, Doubleday, \$29.95, 465 pages

review by Terri Schlichenmeyer

All your life, you’ve tried to be good. As a child, you were taught kindness and compassion, honesty and trustworthiness. You learned graciousness and generosity, and embraced gratitude.

You’ve always tried to be good for several reasons, mostly because it’s the right thing to do. Also, there’s a place for evil people and you don’t want to go there, but in the new novel “Inferno” by Dan Brown, you may have no choice. Hell may be coming to Earth.

Nothing made sense – then again, nightmares rarely do.

But when Professor Robert Langdon woke up in a hospital room in Florence, Italy, the nightmares weren’t the worst of his problems. Langdon couldn’t re-

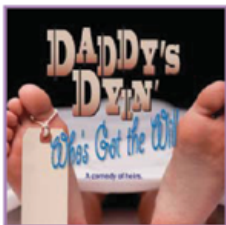
member how or why he’d gotten to Italy in the first place, or how he’d been grazed by a bullet aimed at his head. Though he’d been sedated, there was little time for recovery: moments after he regained consciousness, a spiky-haired woman strode down the hospital’s hall and tried to kill Langdon again. He narrowly escaped with the help of his doctor, quick-thinking Sienna Brooks, who asked Langdon about an object he’d been carrying.

Covered with text and symbols, the object was a cylinder that, once opened, yielded an odd device that became a projector. Though Langdon was an expert on Italian art and literature, Dante in particular, the image from the projector mystified him.

It was a famous painting, an impression of Dante’s “Inferno,”

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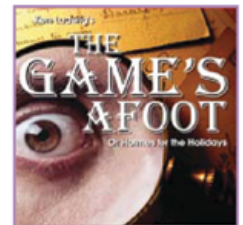
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but it had been altered. Dante's Rings of Hell were out of order, with additions to the painting in strange places. Slowly, Langdon came to understand that the alterations were clues to what the device was and where it had come from... but there was no time to think. Someone wanted him dead, and they'd surely kill Dr. Brooks, too.

On a ship just off the coast of Italy, the provost pondered his last client. He was glad the man's contract was done. The Consortium had spent a year maintaining the man's privacy and safety, but the work was troublesome and the provost regretted taking the business.

He regretted it even more when he realized what the client was about to unleash...

Okay, first the bad news: "Inferno" is a tad too long.

Author Dan Brown's two main characters escape and are chased over and over and over again, relentlessly – which is exciting at first, but tiring as this book progresses. "Inferno" also ends rather strangely (but I won't tell you why, because that would ruin it for you).

Now the good news: DAN BROWN HAS A NEW BOOK OUT.

And it's a thriller with chases, intrigue, esoteric clues that require genius-level thinking, international locales, secret passages, and an evil madman. It's complex and fast-moving. For a couple weeks' worth of entertainment, what more could you want?

Fans of "The DaVinci Code" will feel right at home with this book in their hands, and espionage lovers will want to dive right in. If that's you, and you crave a good book, "Inferno" is already one of this summer's hottest.

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



Jean McEachern of Sarepta, is this month's winner of The Best of Times Fan Appreciation Contest. Jean, please call us at 636-5510 to claim your prize. Readers, please turn to page 44 to learn how YOU can become next month's winner.



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RECENT DVD RELEASES



Mark Glass

Ginger & Rosa ★★☆☆

(PG-13) This coming-of-age drama focuses on a pair of 17-year-old British girls who've been lifelong best friends. But in 1962, a rift starts to form. Ginger (Elle Fanning) is the relatively naive and bookish one, riveted by the looming threat of nuclear annihilation, heightened by the Cuban Missile Crisis. Rosa (Alice Englert) gravitates to the wild side, mixing a thirst for adventure with an overlay of romanticism. Ginger's parents (Alessandro Nivola, Christina Hendricks) are having problems, as her pre-Hippie professor dad finds growing disdain for his stay-at-home wife. They have a handful of interesting friends (Timothy Spall, Oliver Platt, Annette Bening) who add to the intellectual side of the proceedings, along with some efforts at supplemental parenting.



The film belongs to Ginger. It's all about how she will deal with her growing fatalism, her parents' conflicts and some disturbing developments with Rosa, as her lifelong anchor becomes another source of angst. Sally Potter's script presents appealing and possibly intriguing characters, but fails to utilize their potential. Fanning again shows herself to be the Thespian equal of big sister Dakota, often conveying more with facial expressions and body language than with the words written for Ginger. That level of mastery in the subtleties of acting is especially remarkable for one who won't even turn 15 until next month. But the film's personal and cultural themes have been explored many times before. In both respects, the story arcs and outcomes fall short of satisfying the heart or the mind, or serving the talents of the assembled cast.

Starbuck ★★☆☆

(R) Despite the title, no coffee franchises are involved in the proceedings. This feelgood Canadian dramedy (mostly in French with subtitles) is a real treat. Starbuck is the nickname for David (Patrick Huard), who donated a vast supply of sperm to a fertility clinic during his college years. Twenty years later, he's a good-natured, underachieving slacker, delivering for his father's

butcher shop, and deep in debt to some rather nasty fellows. He's also on the verge of fatherhood with his girlfriend, who has plenty of doubts about his readiness for parenthood. Maturity and responsibility are not in his wheelhouse...if he has one, at all.

Those pressures are suddenly dwarfed by news that the clinic spread his seed so widely that he'd "fathered" 533 kids, of whom 142 were suing to void the clinic's anonymity contracts and learn the identity of their biological progenitor. David panics. He's too overwhelmed by the one on the way to face this horde of descendants. But he's also curious. He starts following a few of them, trying to get acquainted without blowing his cover. He decides to keep going that way like a guardian angel tending to his flock.

What ensues is off-beat character comedy that works nicely, making an absurd situation entertaining and satisfying. Starbuck's offspring are all in their late teens, with a broad range of talents, interests and issues. Huard becomes an endearing protagonist in the lovable loser tradition. His barely-licensed lawyer friend (Antoine Bertrand) adds a comedic dimension akin to the overmatched solicitor in the superb 1997 Australian charmer, *The Castle*. v If you enjoyed that one, your odds for liking this one are quite favorable.

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



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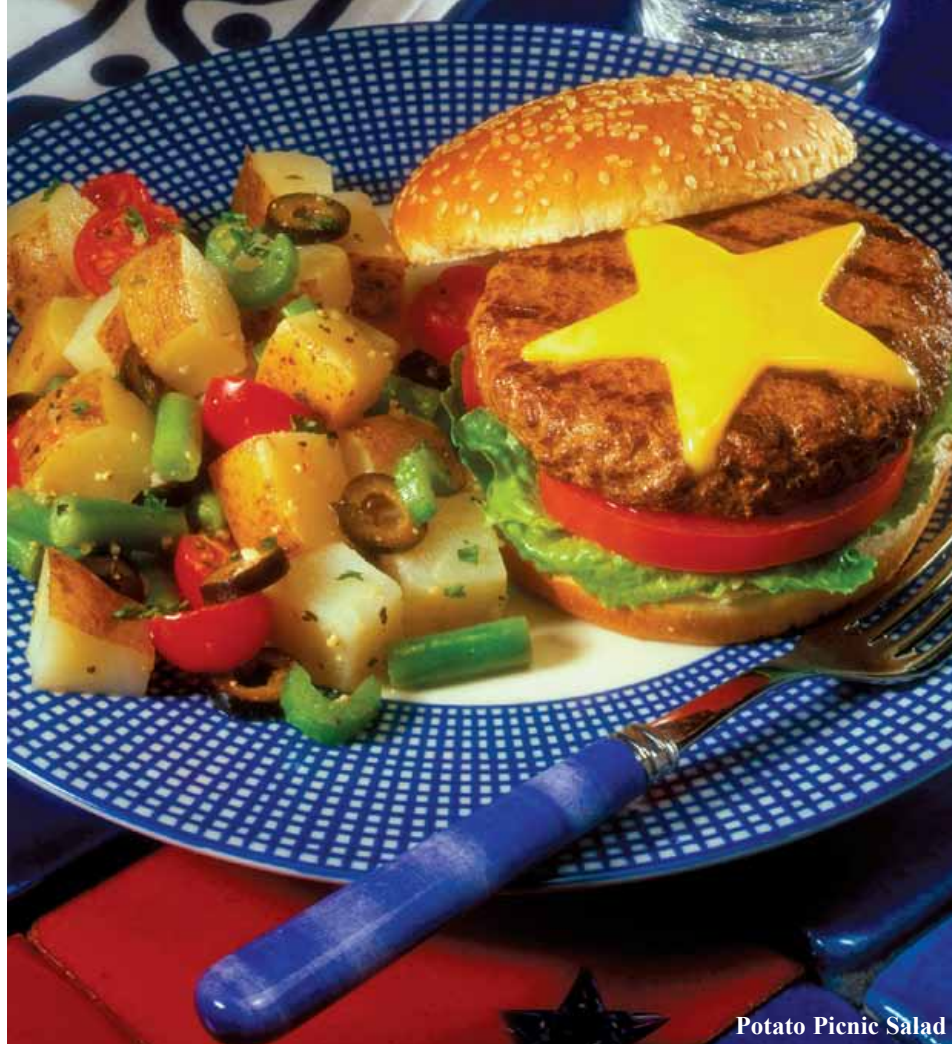
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Potato Picnic Salad

AMERICAN CLASSIC



Potato and Pesto Chicken Salad

Potato & Pesto Chicken Salad

Yield: 8 servings

2 lbs. potatoes, well scrubbed (peeled, if desired)
1 lb. fresh green beans, washed and trimmed
1 tablespoon olive oil
1½ lbs. boneless, skinless chicken breast, cut into
1-inch cubes

¾ cup prepared pesto sauce
3 to 6 cups mixed salad greens (optional)

Over high heat, in a large, heavy pot with tight-fitting cover, bring half a pot of water to boil. Meanwhile, cut potatoes in half lengthwise, then cut crosswise in ½-inch slices. Add potatoes to boiling water, cover and return to boiling; cook 3 minutes.

Add green beans to pot with potatoes and cook another 4 minutes; drain potatoes and beans and set aside. (Vegetables should be firm.)

In same pot, heat olive oil over high heat and cook chicken, stirring 6 to 8 minutes or until meat is completely cooked through. Remove from heat; stir in pesto sauce, then gently stir in potatoes and green beans, taking care not to break up vegetables. Serve salad warm or at room temperature on a bed of salad greens, if desired.

← Potato Picnic Salad *(Yield: 6 to 7 servings)*

For the Salad Dressing:

1/3 cup red wine vinegar
1 teaspoon Dijon mustard
1/4 teaspoon salt
1/4 teaspoon pepper
1 clove of garlic, chopped
2/3 cup olive oil

For the Salad:

3 lbs. potatoes, about 7 medium
1/2 pound cooked green beans
12 cherry tomatoes
2 hard boiled eggs, peeled
1 cup cooked corn kernels
1/4 cup minced celery, about 1 stalk
1/4 cup pitted black olives
2 Tbs. fresh parsley, chopped

For salad dressing, combine vinegar, mustard, salt, pepper and garlic in a large salad bowl. Whisk in olive oil and set aside.

For the salad, bring 2 quarts of water to a boil in large saucepan. Cook unpeeled potatoes in water for about 15 minutes until just fork tender. Drain potatoes and cool immediately under cold running water. While potatoes are cooling, cut green beans into 1-inch pieces; halve cherry tomatoes and quarter eggs. Combine beans, tomatoes and eggs with cooked corn and celery in bowl with the salad dressing. Peel cooled potatoes, then cut into 2-inch pieces and toss with the dressing.

Sprinkle with olives and chopped parsley just before serving.



Old Fashioned Hot German Potato Salad *(Yield: 6 servings)*

4 medium potatoes
2 bacon strips
1 diced Spanish onion
1/2 cup diced celery
1/2 teaspoon salt
2 tablespoons sugar
2 tablespoons cornstarch
1/3 cup cider vinegar
1 cup water

Boil potatoes in skins and peel while hot. Slice potatoes thinly. In large skillet, fry bacon until crisp and remove from skillet. In bacon drippings, brown onion and celery. Stir in salt, sugar and cornstarch. Add vinegar and water. Stir in sliced potatoes; as sauce thickens while adding potatoes, more water may be needed. Transfer to serving dish and serve hot.

Loaded Baked Potato Salad *(Yield: 2 quarts)*

4 pounds potatoes, peeled
1 pound bacon, crisply cooked, and chopped into 1/2-inch pieces (fat reserved, if desired)
4 ounces unsalted butter, softened
1/2 cup chopped green onions
2 cups grated or shredded cheddar cheese
1 1/2 cups sour cream (regular or low-fat)
1 tablespoon black pepper
1 teaspoon salt

Cook whole potatoes in boiling, unsalted water until tender. Refrigerate until chilled, then chop into 1-inch pieces. Transfer potatoes to a large bowl along with the remaining ingredients and thoroughly combine. Add some of reserved bacon fat if desired. Chill at least 2 hours before serving. Adjust seasoning prior to serving. (NOTE: Any condiments or toppings typically added to a loaded baked potato may be used for this recipe.)

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- Saturday, July 13 at Bossier Parish Community College, 6220 E. Texas Street, Bossier City. Cake artists from around the region will be featured. Competition open to the public for general viewing, 10 a.m.-5 p.m., in Building F. \$5 for general admission or \$20 for an all-access pass to all of the shows and classes of the day. Activities will be offered throughout the day, including basic cake decorating, gumpaste flowers, ice sculpting and working with isomalt. Live contests begin at 10:30 a.m. and 1:15 p.m. Proceeds benefit BPCC Culinary Arts Program and Quota International of Shreveport. Lunches will be available to purchase and vendors will be on hand selling a variety of creative tools and tasty treats. For more details, to register or for ticket information, visit www.QuotaIcingOnTheCake.com.

Shreveport Farmers' Market - through August 31. Saturday market takes place, 7 a.m. - 12 p.m. in Festival Plaza on Crockett Street, from Market Street to Commerce Street in Shreveport. On Tuesdays, a smaller market is held on the east end of Festival Plaza, 3 - 6 p.m. Parking is available at metered spaces which are free on Saturday on nearby streets, as well as in various public and pay lots nearby. Admission is **FREE**. For more information, visit www.shreveportfarmersmarket.com.

EXHIBITS

The Making of EPIC - Exhibit is a collection of art by William Joyce that follows the evolution of the children's book "The Leaf Men and the Brave Good Bugs"



to the new animated film *EPIC*. Through Saturday, July 20. Presented by Shreveport Regional Arts Council at artspace, 710 Texas Ave., Shreveport. Tuesdays through Friday, 10 am to 5 pm; Saturdays, 12 noon to 5 pm. **FREE**. Call 318-673-6535 for more information.

KREWE ACTIVITIES

The Krewe of Elders party - Sunday, July 21, from 1:30 to 5:30 p.m., at the American Legion Post No. 14, located at 5315 South Lakeshore Drive, Shreveport. Entertainment provided by The Classics. Door prizes, 50/50 raffle, cash bar, snacks, open to public. Info. 752-9175, 631-8865. \$6.00 members, \$10.00 non-members.

MEETINGS

The Ark-La-Tex Genealogical Association, Inc. - Monthly meeting at 1 PM, Saturday, July 13, Randle T. Moore

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Center, 3101 Fairfield Ave., Shreveport. Philip Adderley's program will be "Mary was Bessie's Grandmother and also her Mother! How do you Handle Conflicting Evidence?". Admission is **FREE** and open to the public. For more info, 318-746-1851.

GENCOM Genealogical Computer Society Monthly Meeting - Sunday, July 28 at 2:00 p.m. at the Broadmoor Library. Toni Turk will present a program about her latest genealogy research trip to Rhode Island, Connecticut and Massachusetts - "Researching 160 years and 7 generations in 10 days". Toni will be giving details about how she conducted her research for her ancestors back to the middle of the 17th century. Admission is **FREE** and open to the public.

MOVIES

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

RANDALL T. MOORE SENIOR CENTER

Senior Center Fun - Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport.

Every Thursday and Friday. Coffee and cookies at 9:30 a.m. Program/speaker every Thursday at 10 a.m. Tech Talk every Friday at 10 am. Admission is **FREE**. Lunch is served at 11:00. Make lunch reservations by calling the Caddo Council on Aging at 676.7900. Suggested donation for lunch is \$2.

- Thursday July 11th - Featuring: "Learning about Louisiana's Ancient Past" by Archaeologist Jeff Girard
- Friday July 12h - Featuring: "Senior Tech Talk". Introduction to Laptops, tablets and smart phones and other tech tips.
- Thursday July 18th - Featuring: "Fire Safety 101" by Fire Tech Systems. Each guest will be given a free fire alarm
- Friday July 19th - Featuring: Senior Tech Talk. Introduction to Internet, browser, on line security/safety and other tech tips.
- Thursday 25th - Featuring: "Native Americans and the Caddo Nation" by LA State Exhibit Museum Curator Nita Cole
- Friday July 26th - Featuring: "Tech Talk for Seniors". Social Media Basics including: Facebook, twitter and more

SEMINAR

VA Aid and Attendance Pension - Tuesday, July 23, 2:00 to 3:30 p.m., at Glenview

Gardens, 4828 Medical Drive, Bossier. If you are over the age of 65, learn how you may qualify for this cash benefit based on your active duty or the active duty of your deceased spouse. Presented by Elder Law Attorneys Joseph R. Gilsoul and Kyle A. Moore with Vickie Rech, Client Care Coordinator. Admission is **FREE** and open to the public. Reservations are required. RSVP to 222-2100, ask for Joe's Group.

THEATRE

9 to 5 the Musical - Presented by Stage Center. Based on the hit 1980 movie of the same name. Marjorie Lyons Playhouse on the Centenary College Campus in Shreveport. Fridays, June 28 & July 5 @ 7:30 pm; Saturdays, June 29 & July 6 @ 7:30 pm; Sundays, June 30 & July 7 @ 3 pm. The box office opens June 10. Visit StageCenterLA.com or call 318.218.9978. \$20 for adults; \$18 for seniors & students purchasing in advance.

Les Misérables - The stirring, full Broadway version of the musical, *Les Misérables*, will be staged in the Emmett Hook Center on the campus of 1st United Methodist Church, at the corner of Common Street at Milam, in downtown Shreveport at 7:30 PM on July 12, 13, 16, 17, 18, 19 and 20 and at 3:00 PM on Sundays, July 14 and 21. Tickets are \$12 for children/students, \$18 for seniors/military, and \$22 for adults. Group discounts are available. Tickets may be purchased online at www.emmetTHOOKcenter.org or by phoning 318-429-6885.

TOUR

First Saturday Tours: The American History Tour - July 6 at 2 p.m. R.W. Norton Art Gallery, 4747 Creswell Avenue, Shreveport. Visit the Norton's central display, *Visions of America*, then visit *Soldiers and Statesmen*. Finally, spend some time *Living in America*. **FREE**.



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2013
2014
SEASON



THE HIT MEN

Saturday, August 3, 2013

CIRQUE DREAMS ROCKS

Friday, September 20, 2013

RING OF FIRE

Saturday, September 28, 2013

BEAUTY AND THE BEAST

Wednesday, October 30, 2013

RAIN

— A Tribute To The Beatles

Friday, November 1, 2013

MEMPHIS

Wednesday, November 27, 2013

STEVE LIPPICHA CHRISTMAS

Thursday, December 5, 2013

SHOJI TABUCHI Christmas Show

Friday, December 13, 2013

BRASS TRANSIT

“The Musical Legacy Of Chicago”

Friday, February 14, 2014

SWEET CHARITY

Friday, March 21, 2014

HELLO DOLLY

STARRING SALLY STRUTHERS

Tuesday, March 25, 2014

An Afternoon With

HAL LINDEN & HIS BAND

Sunday, April 6, 2014

WEST SIDE STORY

Thursday, April 10, 2014

VINCE:

The Life And Times Of Vince Lombardi

Saturday, May 3, 2014

ADAM TRENT

Magician/Illusionist

Friday, June 6, 2014

STAYIN’ ALIVE

— A Tribute To The Bee Gees

Friday, June 13, 2014

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strand@thestrandtheatre.com

King Crossword

(answers on
page 44)

ACROSS

- 1 Oil cartel acronym
- 5 Spring mo.
- 8 Hotel employee
- 12 21-Down builder
- 13 Witness
- 14 Black, in verse
- 15 — Minor
- 16 Depressed
- 17 Carvey or Delany
- 18 Thwart
- 20 Primary
- 22 Donna Summer hit
- 26 Suitor
- 29 Tibetan beast
- 30 Table scrap
- 31 Weaponry
- 32 Lustrous black
- 33 Fit of peevishness
- 34 “Golly!”
- 35 Wok, e.g.
- 36 Lariat
- 37 No longer drinking
- 40 KFC additive
- 41 Latest information
- 45 “The Naked Maja” painter
- 47 Kimono sash
- 49 Apollo 11’s goal

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						54				55			

- 50 Once, once occupant
- 51 Greek consonants
- 52 Opposed to
- 53 Illicit stimulant, for short
- 54 Storm center
- 55 Require
- 7 Beef, e.g.
- 8 TV, newspapers, etc.
- 9 Leaves in the lurch
- 10 Lithium- — battery
- 11 “CSI” evidence
- 19 Hostel
- 21 See 12-Across
- 23 Laughing critter
- 24 Rainbow
- 25 Director Preminger
- 26 Palm starch
- 27 Small song-bird
- 28 February birthstone
- 32 Mandible
- 33 Sleep-inducing visitor
- 35 Apiece
- 36 Prune
- 38 Moor
- 39 False front
- 42 Top-notch
- 43 Carry
- 44 Oklahoma city
- 45 Jewel
- 46 Raw rock
- 48 Purchase

DOWN

- 1 Responsibility
- 2 Harbor
- 3 Uncomplicated
- 4 Soft, pliant leather
- 5 Plus
- 6 Pod

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Sudoku

by Linda Thistle

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

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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MAGIC MAZE ● TYPES OF HATS

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

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

Balmoral	Derby	Panama	Tam
Beanie	Fez	Sombrero	Top hat
Beret	Hard hat	Stetson	Trilby
Coonskin	Homburg	Stovepipe	

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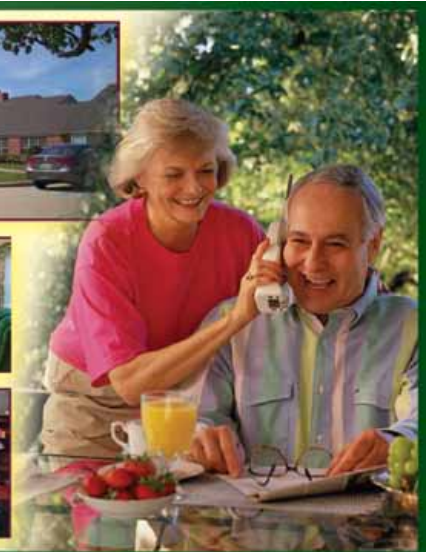
A scientist and a philosopher were being chased by a hungry lion. The scientist made some quick calculations and said "it's no good trying to outrun it, it's catching up".

The philosopher kept a little ahead and replied "I am not trying to outrun the lion, I am trying to outrun you!"

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The Best of Times **The Best of Times** The Best of Times
 "Fan Appreciation" Contest!

WIN fabulous PRIZES throughout 2013!

- **What are the prizes?** Dinners for 2, Sci-Port, symphony and theatre tickets, and lots more. Some prize packages are valued at over \$100.
- **Who is eligible to win?** Persons over 18 years of age.
- **Is there a fee to enter the contest?** No..
- **How do I enter?** Complete and mail the entry form below or become a subscriber to *The Best of Times*.
- **Are there limitations?** Yes, only one entry per person per month will be accepted.
- **How can a person be automatically entered into the contest?** Easy, if you are a subscriber of *The Best of Times*, you receive an automatic entry each month.
- **How often are prizes awarded?** Every month in *The Best of Times* magazine; most Saturday morning broadcasts of *The Best of Times* Radio Hour, and every month on our website at www.thebestoftimesnews.com.
- **How are winners selected?** Winners are randomly selected from all entries.
- **How do I know if I've won a prize?** Three ways:
 1. Listen to *The Best of Times Radio Hour* between 9:05 & 9:55 a.m. every Saturday on News Radio 710 KEEL or via the internet at www.710KEEL.com. If you hear your name announced, call (318) 320-5335 before 9:59 am.
 2. Look for your name at www.thebestoftimesnews.com then email gary.calligas@gmail.com or call (318) 636-5510.
 3. Look through the **current issue of *The Best of Times*** magazine. If you find your name listed as a contest winner, email gary.calligas@gmail.com or call (318) 636-5510.

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

Name: _____

Address: _____

City, State, Zip: _____

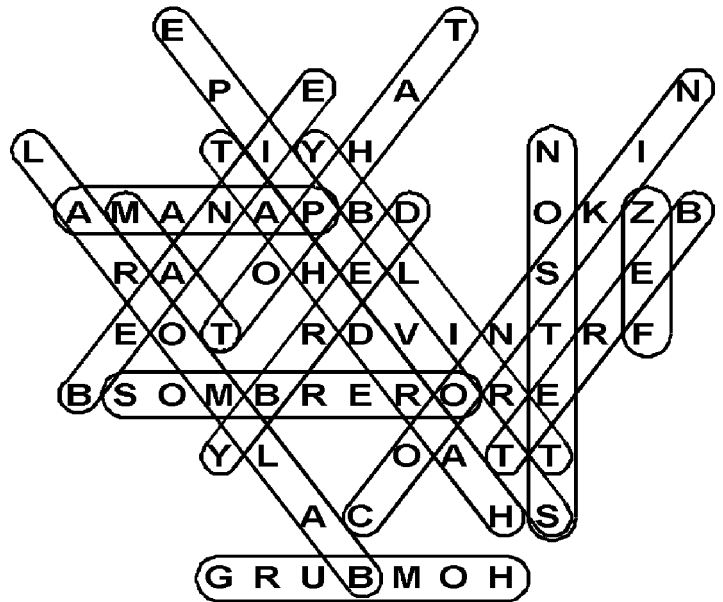
Telephone: _____

Email: _____

____ Yes, I would love 12 issues of *The Best of Times* and a copy of *Silver Pages* delivered directly to me and be automatically entered into the contest each month. (Make your \$20 check payable to *The Best of Times*).

____ I do not wish to subscribe at this time, but please enter me in the contest.

Mail completed form to: The Best of Times, PO. Box 19510, Shreveport, LA 71149.



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

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



July Parting Shots

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

The annual banquet honoring the athletes of the 2013 NW Louisiana Senior Olympics was held on May 29 in the Sky Room at Harrah's Louisiana Downs.



Among the winners in Sweepstakes scoring were (from left) Betty Husted, Dick Hainey and Betty Smith, with Chuck Lancaster and Gary Price in the second row.



It's all in the family when Jo Ann Blasingame (left) received the Most Valuable Player Award from her husband, Doyle, Coordinator of the district games.

Barbara Wheeler's face lights up as Margie Bamburg whispers that she has been selected Female Athlete of the Year. Bamburg was the 2012 selection.



Harry Strain (left) received the coveted Hazel Gay Torch Award from Senior Olympics District Coordinator Doyle Blasingame. Doyle was named Volunteer of the Year.

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Sheryl Little congratulates granddaughter Sarah Wagley on her kindergarten graduation from St. Joseph Catholic School.



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The Best Of Times
moments of you with
your grandchildren.

Email your photos, along with the names of those pictured, by July 15 for the Aug. issue and by Aug. 15 for the Sept. issue, to editor.calligas@gmail.com.

Margaritaville Resort Casino officially opened its doors with a ribbon cutting on Saturday June 15.



(L to R) William Trotter, Lisa Johnson, and Roy Burrell



Stephanie Jackson and Henry Burns were among the dignitaries.

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