

December 2013

The Best Of Times

*"Celebrating Age
and Maturity"*

Hello
Dolly!

From Baby Dolls
to Barbie & Beyond

INSIDE

Chicago's
Christmas Magic

Ring in the New Year:
Traditions from Around
the World

Managing Holiday Stress





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On the Cover

The cover doll was given to June Kirkland by her husband in an Easter basket in 1963.

Above Right

Caroline Crittall with her look-alike American Girl doll.





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TINA's TURN



The Barbie doll was introduced in the late 1950s, and by the early 1960s virtually every little girl I knew had one. I was no exception. I received my first (and only) Barbie for Christmas in 1963. She had molded brown hair and came with three wigs - blond, brunette, and redhead. My mom sewed all our clothes for us back then, so of course, Barbie got new clothes too, made from the scraps. I even had a black vinyl Barbie tote case, just for her wardrobe. I didn't save any other toy from my childhood, but as I sit writing this editorial, my Barbie is sitting on my desk staring at me with her slanted blue eyes. And, although the clothes my mother sewed and two of the wigs are long gone, I still have the case as well. My daughter and I have both played with and loved her, and now she waits patiently for my granddaughter.

This month Mary Flanders gives us a look at the history of dolls and introduces us to a special group of ladies who still find a place in their homes, and in their hearts, for their favorites. Do you have fond memories of a special doll? We would love to hear from you.

We also bring you a great feature by Claire Yezbak Fadden about New Year's traditions around the world. As the child of Greek immigrants, I always hoped to be the lucky family member that found the treasured coin in my slice of Vasilopita on New Year's Day. It's a beloved annual tradition that my family and I still keep to this day.

This month also marks the conclusion of our Fan Appreciation contest. Our final winner is James J. Markes of Bossier City. James, please contact us to collect your prize.

Until next month I pray that you, and all of those you love, have a blessed and very merry Christmas and that the new year brings you much joy and happiness.

Tina

The Best Of Times

December 2013
Vol. 22, No. 12
Founded in 1992 as *Senior Scene News*
ISSN Library of Congress
#1551-4366

A monthly publication from:
TBT Multimedia, LLC
P.O. Box 19510
Shreveport, LA 71149
(318) 636-5510
www.TheBestOfTimesNews.com

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Do you have a question for one of our guests?
Please email Gary.Calligas@gmail.com prior to the show.

DECEMBER 7

"Christian Service Program of
Shreveport-Bossier City"
Al Moore, interim Executive
Director

DECEMBER 14

"Latest Advances in Orthotics and
Prosthetics"
Clint Snell and Chris Snell of Snell's
Orthotics and Prosthetics

DECEMBER 21

"Unusual and Humorous Product
Labels and Instructions - Part 1"
Gary Calligas and Vicki Franks

DECEMBER 28

"Unusual and Humorous Product
Labels and Instructions - Part 2"
Gary Calligas and Vicki Franks

JANUARY 4

"The Art of Doll Collecting"
Anita Berg and Robin Grubbs

Regular, Moderate Exercise Does Not Worsen Pain in People with Fibromyalgia

For many people who have fibromyalgia, even the thought of exercising is painful. Yet a new study from Wake Forest Baptist Medical Center shows that exercise does not worsen the pain associated with the disorder and may even lessen it over time. The study found doing light to moderate exercise over a prolonged period of time improves overall symptoms, such as fatigue and trouble sleeping, while not increasing pain. The study found that participants who engaged in moderate intensity exercise for at least 12 weeks showed greater improvements in clinical symptoms as compared to participants who were unable to achieve higher levels of physical activity. More importantly, the findings showed that long-term physical activity at levels consistent with current medical recommendations is not associated with worsening pain symptoms in fibromyalgia. (Published in an online issue of the journal *Arthritis Care & Research*)



Flu Shot Halves Risk of Heart Attack or Stroke in People with History of Heart Attack

The flu vaccine may not only ward off serious complications from influenza, it may also reduce the risk of heart attack or stroke by more than 50% among those who have had a heart attack, according to new research led by Dr. Jacob Udell, a cardiologist at Women's College Hospital and clinician-scientist at the University of Toronto. What's more, the vaccine's heart protective effects may be even greater among those who receive a more potent vaccine. (*Journal of the American Medical Association*)

Routine Tasks Pose Problems for Older Individuals with Vitamin D Deficiency

Vitamin D-deficient older individuals are more likely to struggle with everyday tasks such as dressing or climbing stairs, according to a study in *The Endocrine Society's Journal of Clinical Endocrinology & Metabolism*. Scientists estimate as many as 90% of older individuals are vitamin D deficient. The vitamin – typically absorbed from sunlight or on a supplementary basis through diet – plays a key role in bone and muscle health. In addition, the study found vitamin D-deficient individuals were more likely to develop additional limitations over time.

Deep Vein Thrombosis Can Put An End To Fun As Quickly As You Can Say "Happy Holidays"

Many people will hop on a plane or get into their car and travel long distances to see family members over the holidays. They will worry about presents, food and other such things, but most will not give a second thought to deep vein thrombosis (DVT). DVT is a condition where blood clots form in the deep vein of the lower legs and thighs. Sitting for long periods of time, either in an airplane or car can limit circulation in the legs, leading to a blood clot forming in the vein. The clot can travel unnoticed through the blood stream and lodge in the brain, lungs, heart and other areas causing severe damage to organs, and in some cases, death. According to Dr. Alan Lumsden, chief of cardiovascular surgery at Houston Methodist DeBakey Heart & Vascular Center, if you plan to travel long distances, make sure you get up and walk around at least every two hours, and try not to sleep more than four hours at a time. Drink plenty of water or juices, wear loose-fitting clothing, eat light meals and limit alcohol consumption. Lumsden added it would not be a bad idea, especially for people with circulation problems or the elderly, to wear compression stockings that help prevent clots from forming in the deep veins. Symptoms of DVT include pain and tenderness, swelling, redness, and increased warmth in one leg. In some cases, a physician might suggest that a patient go on blood thinners or simply take an aspirin before and during a long trip to avoid DVT.



Social Security Announces 1.5 Percent Benefit Increase

Monthly Social Security and Supplemental Security Income (SSI) benefits for nearly 63 million Americans will increase 1.5 percent in 2014, the Social Security Administration recently announced.

The 1.5 percent cost-of-living adjustment (COLA) will begin with benefits that more than 57 million Social Security beneficiaries receive in January 2014. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2013.

Some other changes that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$117,000 from \$113,700. Of the estimated 165 million workers who will pay Social Security taxes in 2014, about 10 million will pay higher taxes as a result of the increase in the taxable maximum.

The Social Security Act provides for how the COLA is calculated. To read more, visit www.socialsecurity.gov/cola.

American Legion unveils web page dedicated to military remembrance

The American Legion – the nation’s largest veterans service organization – has launched a new interactive web page that provides a way for veterans and their families to keep the memories of military sacrifice alive.

The new web page -- packed with stories, photos and videos, as well as a database -- is now available at www.legion.org/honor. All veterans and military families are encouraged to share stories of their time in uniform and/or their family’s military legacy.

To contribute a story to the page, go to www.legiontown.org. Those without access to a computer may mail their information to Honor & Remembrance, c/o The American Legion, 700 N. Pennsylvania St., Indianapolis, IN 46204. Questions may be emailed to honor@legion.org

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Hello Dolly!

From Baby Dolls to Barbie & Beyond

by Mary Flanders



Do you remember what your favorite toy was? Do you remember the day you got it? Ask just about any grown woman this and wait for her answer. Invariably her eyes will get a faraway look; she'll smile, maybe remembering a special Christmas from long ago, and say, "my doll." Maybe it's MaryAnn or Thumbelina or Chatty Cathy, it may even be Barbie, but talk about dolls to any woman and her inner child leaps out.

Baby Dolls, fashion dolls, china dolls, rag dolls, paper dolls, matryoshka dolls - since the beginning of time, little girls have played with dolls. Looking back over the history of dolls is a look at the history of mankind. Instances of dolls as toys have been found as far back as ancient Egypt, Greece and Rome. Dolls of that time were made of wood, leather, bone, ivory, even wax. Dolls with moveable limbs and removable clothing date back to 200 BCE. Dolls have always been treasured playthings, but often dolls represent much more. Dolls as symbols can be found in cultures around the world and throughout history. When

Roman girls married they dedicated a doll to their goddess.

La Ultima Muneca, "the Last Doll," is a tradition in the Quinceanera ceremony in the Latin culture. The Last Doll, often a beautifully dressed doll, is given up by the young lady to symbolize that she no longer needs such childish things.

Doll collecting, according to Anita Berg, a collector here in Shreveport began in the 20th century as souvenirs from different countries. Travel dolls were the first real collectible dolls, collected from countries such as Germany and Norway, as well-to-do and educated ladies traveled around Europe on the Grand Tour.

In the latter part of the 19th century, especially the 1860s and 1870s, French Fashion dolls were trendsetters of their time as French designers created miniature versions of their creations to send around the world. Some of those dolls still exist and are highly valued to collectors.

If your collecting tastes run to the very old and fragile dolls, you should know the difference between a porcelain doll, a bisque doll, a china doll and a composite doll. Porcelain is the foundation of all

Anita Berg is holding a Madame Alexander Cissette. She was dressed by the ladies in Shreveport who made Easter Baskets and gave the profits to the LA Association for the Blind. The doll was originally given to Paula Slack by her mother, Polly Couch Slack, for Easter in 1959 when she was 5 years old.



Madame Alexander Wendykin from about 1960 in her original Hungarian outfit.

“What **DOLL** **COLLECTORS INVEST** in these beautiful babies are their **EMOTIONS**. Every collector speaks in a **SPECIAL TONE ABOUT THEIR DOLLS.**”

the dolls heads, china is glazed porcelain and usually has a shiny finish. Bisque is unglazed porcelain and has a dull or matte finish. Composite is a mixture of pulp, sawdust and glue and was used to a lesser extent. You will also see differences in the dolls eyes, some are painted on, and some are glass eyes set into the dolls face. There are wide variations in the way the faces are styled; if you look carefully you'll see differences in mouth shape and eyebrows as well. Doll hospitals for the restoration or repair of beloved companions began in the 1800s. As early as 1830 there was a doll hospital in Lisbon, Portugal. By 1888 Melbourne, Australia was home to a hospital as well.

Little girls and their dolls changed very little until the 1960s when an eleven inch fashion doll named Barbie hit the scene. The doll world would never be the same. Designed by Ruth Handler, one of the founders of the toy company Mattel, Barbie's full name at the time she debuted was Barbie Millicent Roberts. She was from Willows, Wisconsin and being a teenage fashion model was her official career. The original Barbie sold for \$3. A mint condition in the box original Barbie sells for considerably more than that today. Her steady boyfriend, Ken, came along two years later. He was named after Ruth's son, Ken. Since Barbie stepped out in that iconic black and white striped bathing suit, seventy fashion designers from Bob Mackie to Christian Louboutin have created the latest and most elegant clothing and accessories for her. According to the official Barbie collectors' website, over the years 105 million yards of fabric have been used to make her incredible wardrobe.

There are only a handful of doll makers in the United States now, but back in the 1930s Shreveport was home to a doll making cottage industry. Miniature Julie Ann dolls were hand made of wood or plastic. They came with delicate handmade wardrobes in small square boxes and were made right here at the Shreve Island Plantation. These tiny treasures were made by Julie Meyer to help save her plantation home from the depths of the Depression.

According to dollworks.net, Julie Ann dolls are one of the hardest to find handmade dolls in the doll collecting world. Veteran collector Anita Berg has several in her collection.

Madam Alexander, a name known well in the doll world, has a part of Shreveport history as well. Beatrice Alexander was raised over the very first doll hospital in the United States, which happened to belong to her father, and began her doll making career in 1923. In the 1930s Madame Alexander was the first to make collectible dolls based on a licensed character, Scarlett O'Hara from "Gone With the Wind" and Alice from "Alice in Wonderland". Her tie to Shreveport comes in the mid 20th Century. In the 1940s and 1950s a group of talented ladies from the Shreveport Association for the Blind decided to make elaborate Easter Baskets to raise money for the Association. They made many different designs, but the most collectible ones were made with Madam Alexander dolls in antebellum gowns. The exquisite Easter baskets became an extension of their beautiful full skirted dresses. These too, are hard to find but long time collector Anita Berg has one in her collection.

There are ladies right here in Shreveport whose inner child is still leaping out and doing cartwheels all the time. Collectors Anita Berg and Claudia Foster are two ladies who have been collecting a long time and Caroline Crittall is just getting started.

Wildly popular today are the American Girl dolls that can be custom ordered to look like their owners. Options include hair color and texture, skin color and eye color. The 18" dolls can be further personalized with everything from glasses to hearing aids to wheel chairs to reflect the individuality of their owners. The American Girl dolls have books, magazines and a website devoted to telling the stories of each of the featured dolls. Begun in 1986 as the Pleasant Company with 3 historical dolls representing 9 year old girls from 1854: pioneer Kirsten Larsen from 1904, Victorian Samantha Parkington and from 1944, Molly McIntire. There's even an American Girl doll hospital for well-loved friends in need of mending or to have their ears pierced. The closest American Girl stores are in Dallas and Houston.

Miss Caroline Crittell of South Shreveport started collecting dolls at an early age. She's only 11, but has begun a collection of American Girl dolls, Russian nesting dolls called matryoshka dolls and Madam Alexander Dolls. Caroline says her love of dolls began when her Aunt Brigit took her to the American Girls Store in New York City. The minute Caroline walked into that store, there was no turning back. There she found Iyla, (named after one of the princesses in Barbie and the 12 Dancing Princesses.) She and Iyla look very much alike with their long dark hair, dark eyes and creamy skin. Caroline has several outfits that match Iyla's so they can dress the same. The resemblance is so startling sometimes that Caroline's mother, Margaret said one morning she walked past Caroline's room and caught a glimpse of Iyla and for a moment had a start that she had forgotten to take Caroline to school.

Caroline also has Kanani Akina, the 2010 American Girl of the Year, which means she was only available during that year and is now a very special doll and a Molly Mini Doll. Molly, who is much smaller than her American Girl "sisters" is one of the historical dolls; her hair style and clothing reflect the 1940's era.

Caroline also makes accessories for her dolls, draped across Kanani's lap was a beautiful hand knitted blanket. As much as she loves her American Girl dolls, when asked, she proudly showed off her favorite doll, a Madame Alexander Radio City Music Hall Rockette doll that comes with several costume changes. Even as she grows up, Caroline says she plans to keep collecting and expanding her doll collection.

A little girl all grown up, Claudia Foster has been a doll collector since her childhood. A third generation native-born Californian, she moved to Louisiana several years ago with her husband. While

Claudia is very proud of her west coast heritage, she's very happy in Louisiana, where she says, "I like the South The people here are so nice."

As far back as she can remember Claudia says she loved dolls. Her earliest memories of dolls are of a china doll that was a family heirloom. It originally belonged to her great aunt who was born in 1879, and given the doll when she

"... in the 1930s SHREVEPORT WAS HOME TO A DOLL MAKING COTTAGE INDUSTRY. Miniature Julie Ann dolls were hand made of wood or plastic."

was 5. When Claudia was a child, she remembers looking at it and longing just to hold it. When she was older, she was allowed to hold it if she sat quietly on the bed. Laughing, Claudia says, "I always liked old breakable dolls." Even then she knew the doll was special, it had meaning beyond a plaything. Back then she says, people treasured what they had, when one girl outgrew it, they sewed some new clothes and handed it down to the next girl.

It was that sense of being significant, of being different, of being unique that

appealed to Claudia. She began collecting at an early age, collecting dolls from family members, receiving dolls from her mother and saving money from babysitting jobs to buy dolls. By the way, she has her great aunt's doll she so loved as a child. Now her collection numbers in the hundreds, but each one is unique, special and loved. One bit of advice Claudia offers, "Display your dolls in enclosed glass cabinets to protect them from dust and keep your dolls away from direct sunlight. She says, in her opinion, E-bay has had a negative effect on doll collecting. It used to be the thrill of the hunt was part of the thrill of collecting, but now everything is right there on E-bay. Most of all, a lot of what is out there, supposedly "antique"

is actually reproductions or is not in as good a shape as originally represented. Her advice: "be careful. There's a world of difference between dolls in extremely good condition and those that have been played with." Dolls invite emotion, even passion and Claudia Foster is passionate about her dolls. You can find Claudia at Antiques on Gladstone every Thursday from 10 am to 5 pm. There you can see some of the dolls she has for sale, and



Right: Julie Ann dolls were designed by Margaret Annan and originally produced here in Shreveport at the Shreve Island Plantation in the 1930's.

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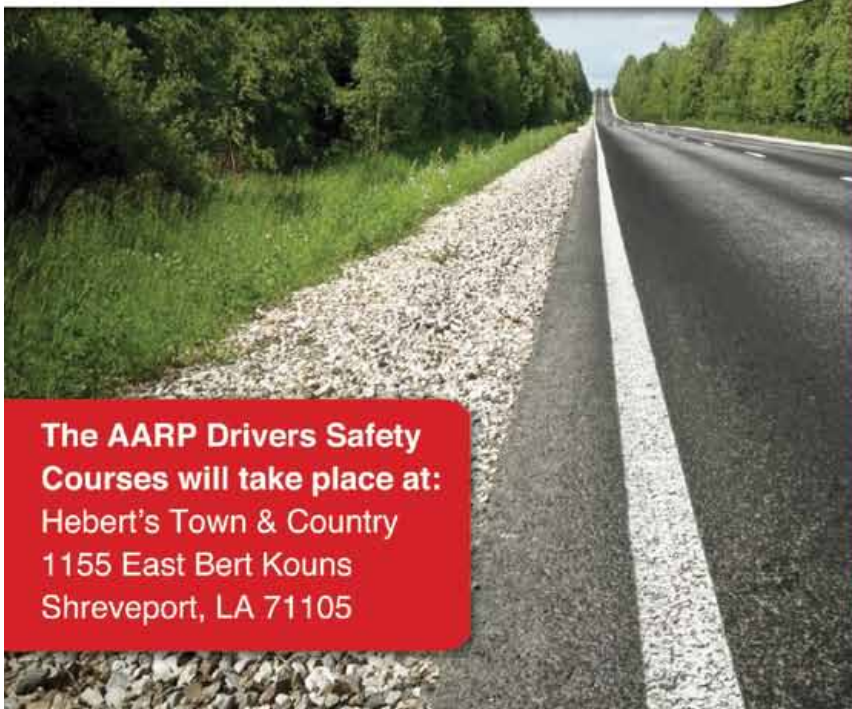
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Saturday, October 12, 2013

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Saturday, November 9, 2013

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Saturday, December 7, 2013

8:30 am to 12:30 pm

(Registration begins at 8 am)

begin your own collections with the assistance of an expert.

Doll collectors are definitely not in it for the money. Even though a lot of money can be invested in a doll collection, collecting dolls is not a monetary investment. What doll collectors invest in these beautiful babies are their emotions. Every collector speaks in a special tone about their dolls.

Words of advice for the beginner from veteran collector Anita Berg, "People should collect what they love. If it speaks to them, they should buy it." Buy the best you can afford and look for dolls in the best possible condition. Likely places to begin your collection include estate sales and antique shops.

If you are interested in learning more, the North Louisiana Antique Doll and

Toy Club meets on the third Wednesday of the month at the Broadmoor Library.

Dolls are collected for nostalgic value, beauty, historical importance but mainly it's a fascination with a fragile piece of history and a feeling of being a care taker, to pass a beloved part of childhood on to the next generation. Do you remember your favorite doll?

If you are interested in learning more about doll collecting, join the North Louisiana Antique Doll and Toy Club at 1:00 p.m. at the Broadmoor Library on the third Wednesday of every month and listen to *The Best of Times Radio Hour* on January 4 at 9 a.m.!

This collection of Swedish dolls was made in Germany about 100 years ago. They were dressed in Sweden in original folk costumes from the era, mostly from the province of Dalarna.



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Ring In The New Year

Traditions and Customs From Around the World

By Claire Yezbak Fadden

By the time the last of the sugar cookies are eaten and all the gift have been unwrapped, we will barely have a chance to jot down a resolution or two and reflect on how quickly 2013 has passed. Another year is coming to an end and it's time to usher in a new one.

There are lots of ways to welcome in the New Year. Your family might stay up until midnight to bang pots and pans, pop open a bottle of bubbly and watch the ball drop in New York's Times Square. Many believe that sharing a kiss at midnight is a sign of good luck.

For some folks, the New Year signals a day to relax, watch football and unwind from the flurry of holiday activity. My husband and I review our successes with last year's resolutions before writing down 10 attainable goals for the coming year.

People from all corners of the world participate in many of customs and traditions, unique to their culture and history. Here's a sampling of some memorable and unique ways to say good-bye to old Father Time and greet Baby New Year. Perhaps you'll add one or two to your family celebration.

Good Luck Grapes




If you are in Spain or Portugal for New Year's Eve, you can share in the local custom of selecting twelve grapes from a bunch. Then as the clock strikes midnight, eat them one at a time making a wishing with each grape as a way to bring good luck for the next twelve months. Latin American countries share this custom. In Northern Portugal children go caroling from home to home and are given treats and coins.

Down Under Celebrations

In Australia and New Zealand, New Year's Eve falls when summer is in full-swing. Fireworks symbolize the crossover from New Year's Eve, marking the end of the old year, to New Year's Day, which signaling the beginning of the New Year. The largest and most elaborate fireworks occur at midnight in Sydney Harbor, an iconic Australian landmark. On this night, the harbor is lit with spectacular fireworks, where hundreds of cultures unite for the Harbor of Light parade.

Because New Zealand is located close to the International Date Line, it is one of the first countries in the world to welcome the New Year. It is celebrated as a day to relax, visit family and friends, perhaps attend a horse racing carnival or other summer day fairs. Instead of football, New Zealanders watch cricket.





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European Festivities

January 1st is an important date in Greece because it is not only the first day of the New Year but also St. Basil's Day. A traditional Greek celebration features Vasilopita, a cake with a silver or gold coin baked inside. On New Year's Day, the cake is sliced as a blessing to the home and to bring good luck for the New Year. The first piece is for St Basil, the second for the house, the next for the most senior member of the household down to the youngest member and often includes absent family members. Whoever finds the coin in their piece of cake will be lucky for the next year.

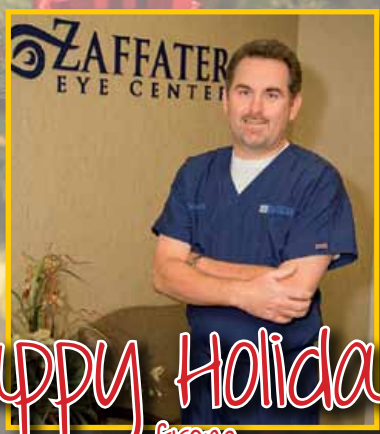


To predict the future, families in Germany and Austria melt a small amount of lead by holding a flame under a tablespoon, then pour the lead into a bowl or bucket of cold water. The resulting pattern is interpreted to predict the coming year. A heart or ring shape means a wedding, a ball means luck will roll your way and a pig signifies plenty of food in the year ahead.

South Of The Border

Bolivians who want to travel in the New Year must take their luggage to the door of the house or go upstairs. Another custom is to wear your underwear backwards: Red is to be lucky in love; yellow is for wealth. At midnight, Bolivians turn the underwear frontwards symbolizing moving forward into the New Year. Some Bolivian families make beautiful little wood or straw dolls to hang outside their homes to bring good luck.

Brazil may be the most celebrated locale to welcome in the New Year. Millions of people from around the world travel to Rio de Janeiro's shores, especially in Copacabana to experience the majestic fireworks light up the sky above the beaches. Your good luck will increase if you can jump over seven different waves while making your New Year's wishes, one for each wave. Brazilians believe lentils signify

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wealth, so on the first day of the New Year they eat lentil soup or lentils and rice.

At midnight on New Year's Eve, Mexican families open the front door and symbolically sweep out the old year before tossing coins on the ground and sweeping them into the house wishing for prosperity in the coming year. To symbolize renewal, Mexicans also throw a bucket of water out the window.

Auld Lang Syne

The most popular New Year's Eve song, is actually an old Scottish song. Poet Robert Burns transcribed and refined the lyrics after hearing them sung by an old man. He published the song in the 1796 edition "Scots Musical Museum." "Auld Lang Syne" translates as "old long since" and means "times gone by." Bandleader Guy Lombardo popularized the song in 1929 and turned it into a New Year's classic.

The birthplace of "Auld Lang Syne" is also the home of Hogmanay, the rousing Scottish New Year's celebration. Shortly after midnight on New Year's Eve, neighbors pay visits to each other and impart New Year's wishes. They are called "first footers" and traditionally, bring along a small gift. You will be especially lucky if a tall, dark and handsome man is the first to enter your house after the New Year is rung in. The Scottish also believe that you should clear your debts before "the bells" ring at midnight.

Chinese New Year

The Chinese New Year can fall between late January and the third week of February. This year it's January 31. The exact date is fixed by the lunar calendar, in which a new moon marks the beginning of each new month. There are parades where thousands of people line the streets to watch the procession of floats. Dancing dragons and lions weave their way through the crowded streets. The dragon is associated with longevity and wealth. Inside the costumes are 50 dancers, twisting and turning the dragon's long silk body and blinking eyes.



Chinese people believe that evil spirits dislike loud noises so they decorate their houses with plastic firecrackers. The loud noises are intended to frighten away evil spirits and bad luck that the spirits might bring.

Lucky money is given out in red envelopes with the family name and good-luck message written on them in gold. They are given on New Year by relatives, but, only to the unmarried as well as the children of the family. □



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Beware of the Pitfalls of Public Wi-Fi

By Jason Alderman

Ever notice how many people walk down the street completely engrossed in their smartphones and tablets? I fully expect to see one of them to walk into a light post one day.

Although it's great having access to email, social networking and online shopping anywhere, anytime, such convenience comes with a certain amount of risk, according to Jennifer Fischer, Head of Americas Payment System Security, Visa Inc. "Unless you're hyper-vigilant about using secure networks and hack-proof passwords, someone sitting at the next table – or halfway around the world – could be watching your every move online and stealing valuable personal and financial information right off your device," says Fischer.

"There are two primary potential dangers with Wi-Fi," notes Fischer. "The first is using an unsecured network – as many public hotspots are. With a little know-how and the right tools, cybercriminals could easily eavesdrop on your online activity.

"The second hazard is phony wireless networks that impersonate legitimate Wi-Fi hot spots. You think you're logged onto a trusted network, but instead a cybercriminal has hijacked your session and can see all the private information you access or input."



When using public Wi-Fi networks, always follow these safety precautions:

- Change default settings on your laptop, smartphone or tablet to require that you must manually select a particular Wi-Fi network, rather than automatically accepting the strongest available signal.
- Avoid any network connections your device lists as "unsecured" (look for the "lock" icon). But if you must log on to a public network, avoid websites that require log-ins and passwords – e.g., bank accounts or email.
- Ask for the exact name of the establishment's hot spot address – don't be fooled by lookalikes.
- Only send personal data via Wi-Fi to encrypted websites (those whose addresses begin with "https" and display a lock icon). To be safe, you may want to avoid conducting financial transactions on public Wi-Fi altogether; instead, use your secure home network.
- Consider using a third-party virtual private network (VPN) product to

encrypt your Internet traffic.

- Regularly update virus and spyware protection software, make sure firewalls are on, and load operating system updates as soon as they become available, whether for your computer or smartphone.
- Turn off Wi-Fi on your device when it's not in use.
- Never leave a computer unattended while signed-in and always sign out completely at the end of a session.
- Keep an eye out for "shoulder surfers" who watch as you type in your password.
- Finally, change passwords regularly and use different ones for each website you visit. Use a mixture of letters, numbers and symbols and avoid common words and phrases. Security experts recommend using at least 12 characters instead of the minimum eight characters commonly required.

Cybercrime is a booming business. According to the 2012 Norton Cybercrime Report, its global price tag topped \$388



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billion last year, more than the global black market in marijuana, cocaine and heroin combined. It impacts individuals, small and large businesses and governments alike.

On October 2, 2013, Visa Inc. is hosting its fifth Global Security Summit in Washington, D.C. "We're bringing together experts from the worlds of government, law enforcement, technology, finance, retail commerce and academia to explore how industry and government can collaborate to address cyber security," says Fischer. "Those interested in attending can register for free at www.visasecuritysummit.com."

Being able to access the Internet anywhere anytime can be a great convenience and time-saver. Just make sure you know what precautions to take when using public Wi-Fi networks.

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



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The Homeless Widower

by Lee Aronson

Harold (not his real name) had always been attracted to older women. So it was no surprise when he married someone 10 years his senior. They lived happily together for decades, but when Harold turned 59, he and his wife started to have health problems, which led to financial problems. So they decided to investigate something called a reverse mortgage.

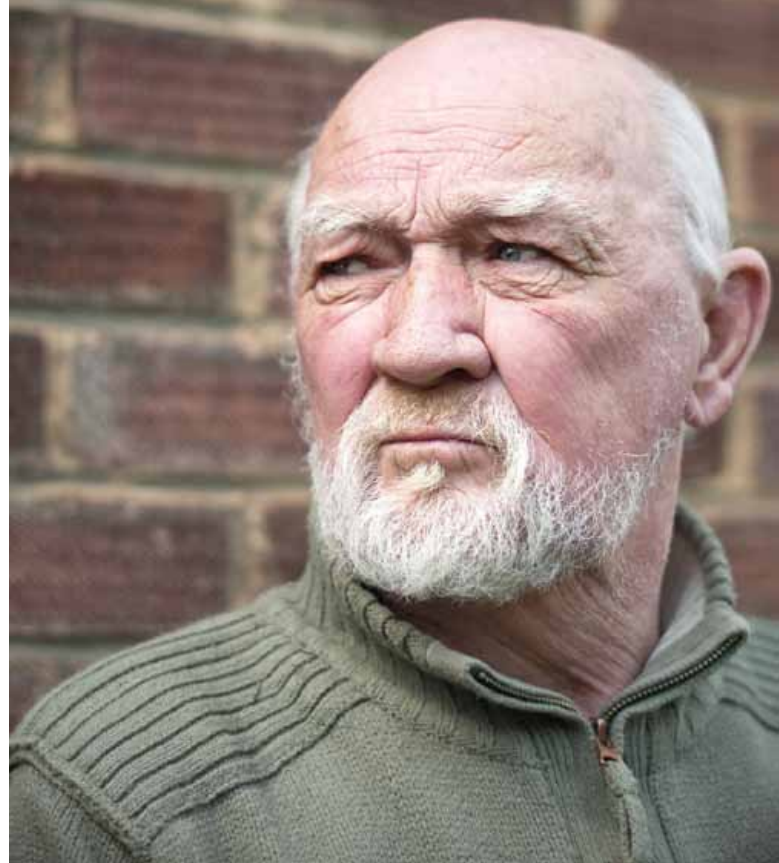
A reverse mortgage is a type of loan that you don't have to pay back until you die or move out of your home. Although you remain the owner of your home and continue to live in your home, you do put your home up as collateral as you would with any other conventional mortgage. This means that when you die or move out of the home, the reverse mortgage loan becomes due and if you or your heirs do not pay off the loan, then the reverse mortgage company can foreclose on your home.

Harold and his wife liked the idea of being able to get money right away that they did not have to pay back until they died. And because neither of the couple had children, they didn't care if their house got foreclosed on after their deaths. So they tried to take out a reverse mortgage.

But they couldn't.

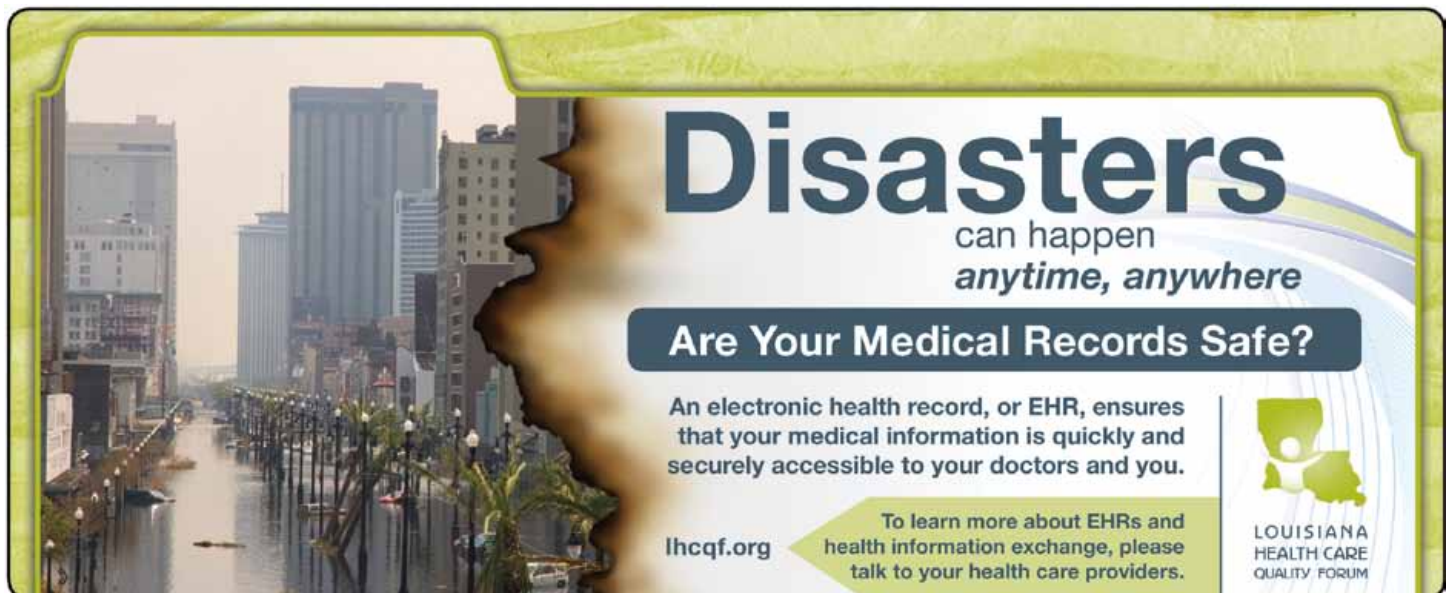
That's because federal law says reverse mortgages are only available to homeowners who are 62 or older. That wasn't a problem for Harold's wife, who was 69, but Harold was only 59. So someone suggested that Harold take his name off of the deed. With only his wife's name on the deed, they could get a reverse mortgage. And that's exactly what they did.

They got the money and used it to pay off some medical bills. But a month later, Harold's wife died. Soon after her death, the reverse mortgage company told Harold that he would have to pay off the loan or they would foreclose on the home. This was disastrous news for Harold because he couldn't afford to pay



off the loan. Nor did he have anywhere else to live. So not only was he a recent widower, he was also potentially homeless. So he went to see a lawyer. The lawyer reviewed the reverse mortgage very carefully and found that it said that the loan would become due "when the borrower dies and the property is not the principal residence of at least one surviving borrower." Because Harold was not yet 62, he was not a reverse mortgage "borrower" and therefore, according to the language in the reverse mortgage, Harold was out of luck.

But the lawyer told Harold that there is a federal law that gives special protections to non-borrowing spouses: "the homeowner's obligation to pay off the loan is deferred until the homeowners death," and "for purposes of this section [of the law], homeowner includes the spouse of the homeowner." So according to this law,




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even though Harold had taken himself off of the deed and did not therefore own the home, because he was the spouse of the homeowner, the obligation to pay off the reverse mortgage should be deferred until his death.

The lawyer helped Harold sue to prevent the reverse mortgage company from foreclosing on the home. The Judge recently ruled that most reverse mortgages, including the reverse mortgage signed by Harold's wife, are insured by HUD. And federal law prevents HUD from insuring reverse mortgages unless the mortgage provides protection to the non-borrowing spouse of the homeowner. Because Harold and his wife's reverse mortgage did not have this protection written into the reverse mortgage document and because HUD insured the loan anyway, the Judge had a problem.

Although HUD argued that it didn't have to do anything to help Harold, the Judge decided to order HUD to take a close second look at the situation and decided if they were willing to do anything. And the Judge told Harold if he was not satisfied with HUD's second look, then he could sue again.


Bottom line: this case should give more protections to spouses of reverse mortgage borrowers. But I say you should still think twice before deeding your part of your home to your spouse in order to get a reverse mortgage or any other kind of loan.

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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Managing Holiday Stress and Blues

by Britni Russell, M.A., LPC, NCC

Though holidays are often associated with good times and cheer, they can also cause added, unwanted stress and even a case of “the blues.” Many factors can contribute to holiday stress or sadness. For instance, trying to make preparations for family get-togethers, gift shopping, and sticking to a budget can feel overwhelming. Additionally, the holiday season may trigger emotional turmoil for some people, especially those who have lost a loved one or may not have happy memories from childhood to accompany their holiday season. Here are some tips that can help manage these seasonal feelings:

1 Plan ahead. Make a “To-Do List.” Staying organized by writing out a list of tasks that need to be accomplished and crossing things off as they are completed, can help you feel more in control and

provide a sense of relief, since you are able to visualize what has been done. Make sure that tasks/goals are both realistic and specific. If expectations are set too high, or goals are unclear, it will likely lead to feeling even more stressed.

2 Take a daily “time-out.” Spend at least 30 minutes engaging in an activity that makes you feel good and helps you relax. It is hard to avoid feeling overwhelmed or getting a case of the blues when you do not take some time for yourself to refresh and recharge. How can you expect to get things taken care of if you are not taking care of yourself? Take a bubble bath, go for a walk, or read a book. It doesn’t matter what you do, as long as you find it enjoyable.

3 Delegate tasks. Share the load of responsibilities with family members and friends. Remember that you are just one person. Don’t expect too much of yourself

or from family and friends. Keep in mind that things are almost never perfect, and prepare yourself for those imperfections to avoid feeling disappointment later.

4 Discuss budget issues with family and friends. If you are worried about the financial burden that can come with the holidays, discuss these concerns with family members. Remind them to keep the real reason for the holiday in mind, and make a list of inexpensive activities that will be fun for the whole family to participate in.

5 Reach out to someone in need. Helping to lift the spirits of others can be very rewarding and provide a sense of self-worth. Volunteer somewhere in your community, give items that you no longer need to a charity, or donate blood.

6 Allow yourself to be human. Maybe you have lost a loved one, or

the holiday season triggers unhappy memories. When feeling down, remember that you are human and accept these emotions, rather than suppressing them because holidays are “supposed” to bring happiness. Talk to someone you trust and allow yourself to vent. Talking to a mental health professional can also provide a safe place for venting and expressing these emotions.

7 Make a list of positives. Create a list of the blessings that are currently in your life this holiday season, instead of focusing completely on the negatives, disappointments, or losses. Surround yourself with the people in your life who make you feel loved.

8 Make some changes. If old traditions have become cumbersome or trigger negative emotions, change things up. Don't be afraid to try something new or create a new tradition.

9 Take care of yourself. Make sure that you are getting enough sleep. Stay active or exercise, since physical activity is healthy for both the body and mind. Avoid negative methods of coping, such as overeating, drinking alcohol to excess, or using non-prescription drugs, which ultimately cause an adverse affect.

These suggestions are ways to help combat holiday stress and blues. Seeking additional help from a mental health professional may be appropriate in some cases.

If you feel like further help is needed, The Center for Families has counselors available. Visit www.thecenterforfamilies.com or call (318) 222-0759 for more information.



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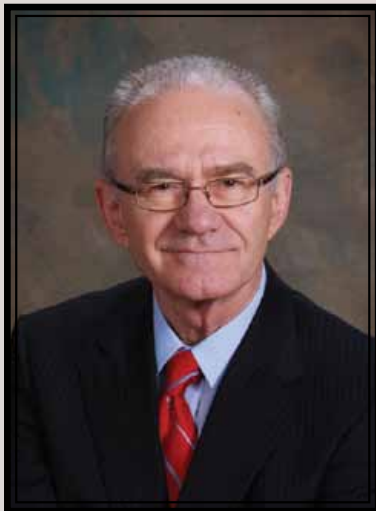
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“ My initial meeting with Joe may very well be the best two hours I've ever spent trying to help my parents. Most concerns are centered around preventing governmental agencies from seizing or controlling assets. That is definitely a thought, but with us the proper care of our parents was at the forefront of our actions. Fortunately, this was also Joe's primary concern—he made it clear that financial concerns were subordinate to the care of our parents. The veteran's portion of the program revealed things I would have never known existed. ~Mike Green

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

Holiday Time for Sharing

by Judge Jeff Cox

I love the holidays! The time between Thanksgiving and Christmas gets me excited each year. There are a lot of fond memories I have from growing up in Minden, especially when all the family got together around Thanksgiving and Christmas. I love the smell of fall leaves and the first frost and the first fire in the fireplace. It's just a magical time of year to me of memories and family.

I can't wait until all the Holiday Classic movies hit the television. I love *Charlie Brown*, *It's a Wonderful Life*, *Miracle on 34th Street*, *Christmas Vacation*, and the classic of all time, *The Christmas Story*. I especially love all the music around the holidays and the kinder spirit I think every person has at this time of the year.

I think this year will be even more special to my wife and I as our daughter will be coming home from her first quarter of college to spend some time with us. I am sure we will see her some between visits with friends and doing her "thing" as she has had some new found independence at college. Holidays to me are about spending time with family and friends and enjoying the memories that are made.

Unfortunately, there are many in our



community that don't get the opportunity to spend time with family. Either age or disability keeps them from traveling to their family's home. Other family members may not be able to travel due to work constraints or economic circumstances. Many in our community dread the holidays as they do not have someone to share them with or cannot be with the ones they wish they could be with at this time of year.

I think that one thing each and every one of us can do is remember someone who may not have someone to share the holidays with this year. Consider inviting them to Christmas dinner. Bring them cookies and spend a little time with them this holiday season. We need to be espe-

cially cognizant of our elderly neighbors and help them any way we can. You never know what could happen by spending a little time with someone this holiday season. You may make a new friend and I am sure you will brighten another person's life by just giving a little bit of your time.

Although this article is not about the law this month, I thought we all should remember to help those that may have a difficult time during the holidays. I want to wish all my readers a very Merry Christmas! *Judge Cox is the 26th Judicial Court Judge for Bossier/Webster Parishes, Division C.*



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You will need an order from your doctor to transition from home health to hospice. Your family is free to choose the hospice company of your choice. CHRISTUS HomeCare and some other providers have both home health and hospice services which can make this transition very easy. Home health and hospice services are considerably different, but your mom will continue to have a nurse, aide, social worker, chaplain and a doctor when needed while a hospice patient.



Don Harper
CHRISTUS HomeCare
& Hospice
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Shreveport, LA 71101
318-681-7200
See our ad on page 39.

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.



John J. Ferrell, M.D.
Mid South Orthopaedics
7925 Youree Drive;
Suite 210
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(318) 424-3400

My mother is in her 70s and over the past few months has had extremely dry eyes. We are concerned that she is over-medicating with over-the-counter eye drops. What could suddenly cause dry eyes and should she see an eye doctor before it gets worse?

Dry eye syndrome is very common among the elderly. It generally develops and worsens over time. There are some diseases and medications that cause dry eyes. Over-the-counter medications are fine to use up to 4 times a day. If your mother is having to use tears more than 4 times a day she needs to see an Ophthalmologist. There are treatments to relieve the symptoms and restore ocular health. Call today at (318) 212-3937 to find out more.



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See our ad on page 8.



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Chicago's CHRISTMAS MAGIC

Story by Andrea Gross • Photos by Irv Green

The day is frosty cold, and I say a silent thanks to the unknown goose that donated his feathers to fill my parka. My husband hands me a mug filled with Glühwein. The hot, spicy drink burns my throat in a nice, cinnamonony way and, as the name implies, makes me glow with holiday cheer.

We, along with several hundred other folks, are braving the weather at Christkindlmarket, Chicago's largest open-air Christmas festival. The atmosphere is distinctly European, with chalet-style stalls offering a mind-boggling selection of Alpine delicacies and crafts. We taste-test a variety of wursts, schnitzels, strudels and chocolates, and gaze longingly at the imported cuckoo clocks and nutcrackers. I buy a small ornament for my brother, but, like most of the Christkindlmarket crowd, I'm more interested in having fun than in seriously shopping.

Afterwards, well-fortified with another mug of Glühwein, we move on to "The Loop," where we walk along streets lined with government buildings, museums, theaters, public art, parks, restaurants, skyscrapers and, yes, retail establishments both big and small.

But again, we're not here to shop. We're here to see the former Marshall Field's, which was once one of the most renowned and most innovative department stores in the world. It offered the first bridal registry, the first personal shopping assistants, the first department store restaurants, the first escalators, and was the first store to create holiday window displays for the sole purpose of spreading joy.

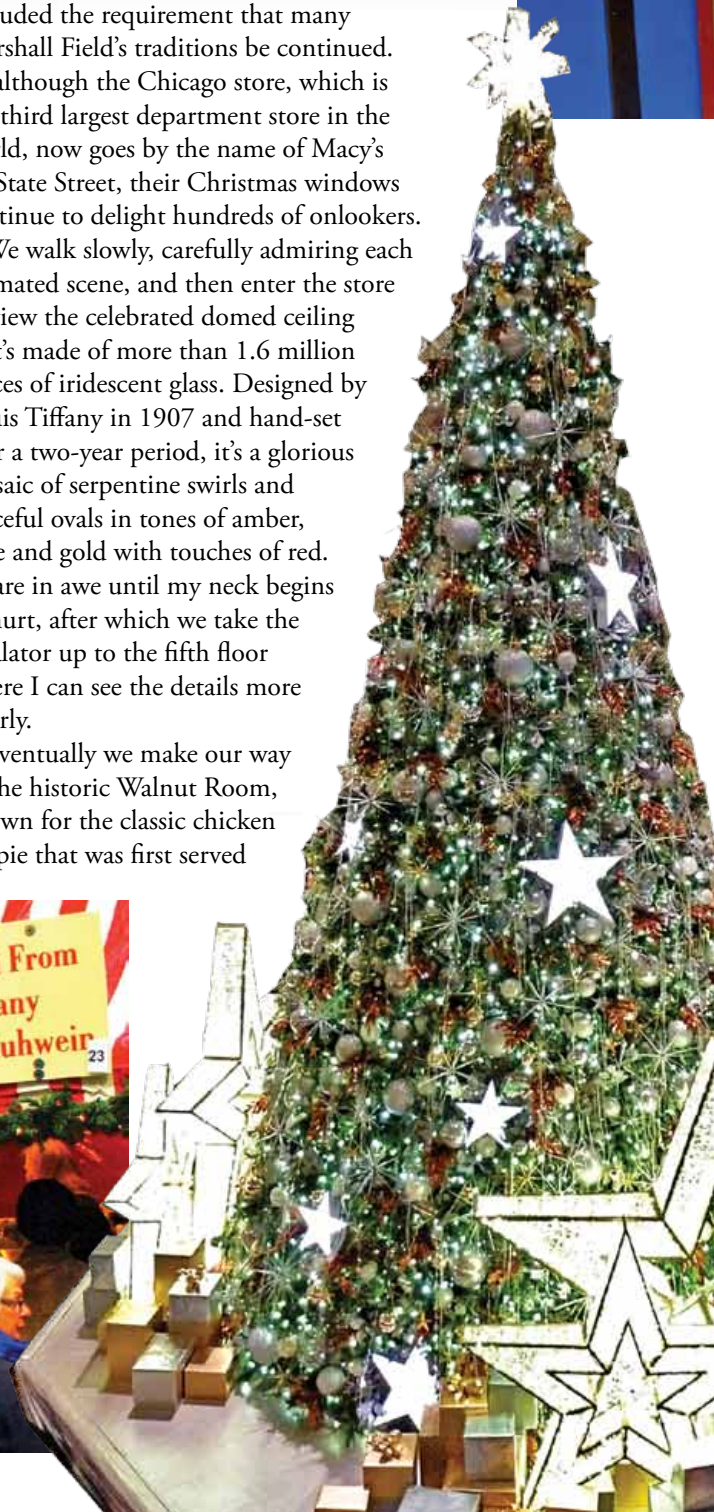
This holiday tradition, which began in the early 1870s, holds true today. There are no windows filled with glitzy clothes, new appliances or tempting foods, no attempt to lure folks to the cash register. The displays are meant to bring smiles, not to extract

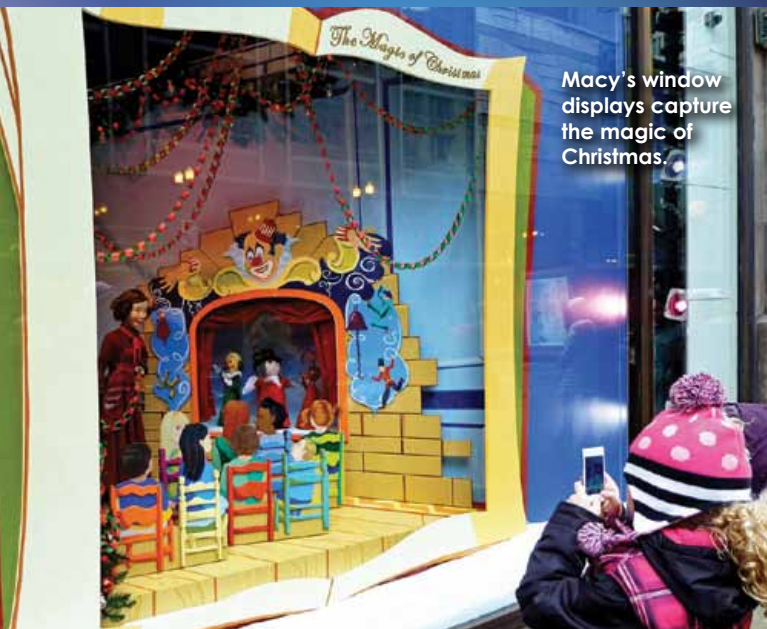
cash. Now how nice is that?

When, in 2005, after a series of corporate changes, the iconic store was acquired by May Company, the terms included the requirement that many Marshall Field's traditions be continued. So although the Chicago store, which is the third largest department store in the world, now goes by the name of Macy's on State Street, their Christmas windows continue to delight hundreds of onlookers.

We walk slowly, carefully admiring each animated scene, and then enter the store to view the celebrated domed ceiling that's made of more than 1.6 million pieces of iridescent glass. Designed by Louis Tiffany in 1907 and hand-set over a two-year period, it's a glorious mosaic of serpentine swirls and graceful ovals in tones of amber, blue and gold with touches of red. I stare in awe until my neck begins to hurt, after which we take the escalator up to the fifth floor where I can see the details more clearly.

Eventually we make our way to the historic Walnut Room, known for the classic chicken potpie that was first served





Macy's window displays capture the magic of Christmas.

in 1907. As always during the Christmas season, a 45-foot tree festooned with more than 1,000 ornaments brightens the room. We try to get a table, but no luck. The restaurant doesn't take reservations, and the wait, according to the very nice hostess, will be more than an hour.

Instead we satisfy our hunger by purchasing - and devouring - some Frango chocolates. The minty truffles have been associated with the store since Marshall Field's acquired the original candy company in the late 1920s. Although they are no longer made in-store, in my mind there's no doubt about it: chocolate beats chicken potpie any season of the year!

Our final stop is at the Museum of Science and Industry, which hosts Christmas Around the World, an annual exhibit that celebrates the world's — and Chicago's — cultures and traditions. The first such display took place in 1942 when Chicagoans of all ethnicities wanted to show that they supported America's World War II allies. The museum placed a single pine tree in the rotunda and volunteers representing various nationalities changed the decorations on a daily basis. The result: a rotating display that honored diversity as well as community.

In the 70-plus years since then that single pine has morphed into a 50-tree exhibit that lasts from mid-November until the end of December. We walk slowly, admiring the ornaments on each tree. The tree representing Kenya is adorned with wood animal carvings. The one from Denmark is laden with woven hearts, while the one from Bosnia-Herzegovina has miniature dolls and skis. And on it goes.... Russian matryoshkas (nested dolls), Romanian snowmen.... an international display for an international city.

As we head back to our hotel, a gentleman who is sitting behind me on the train begins humming an old Frank Sinatra tune, "Chicago is my kind of town." My sentiments exactly.

For the latest information on Chicago's 2013 Christmas activities, go to www.choosechicago.com.

Left: Diners at Macy's historic Walnut Room sit under a 45-foot tall tree.



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The Real Rod Serling

by Nick Thomas

It's been called one of the most influential programs in the history of television drama. "The Twilight Zone," an anthology series that aired in the early 1960s, was created by Rod Serling (1924-1975), a veteran of radio and World War II. Both influenced his career as a writer.

"When he returned from war in the Philippines, he went to college and wrote for the campus radio station," daughter Anne Serling recently recalled to me. "He later wrote plays for commercial radio, then television. He said writing was a way to get the war trauma 'out of his gut.'"

During the show's five year run, Serling was executive producer and chief writer, penning more than half the some 150 episodes. But he is best remembered as the program's stone-faced host, whose foreboding narrations introduced the show each week. In biographies after his death, the master storyteller of chilling sci-fi and fantasy tales was often described as dark and depressed, inaccuracies that

led Anne "to set the record straight" in her own book about her father.

"He was described as a tortured soul, but that wasn't my father at all," said Anne, who published *As I Knew Him: My Dad, Rod Serling* in 2013. "Although the war left scars, he was also a very positive, fun, down to earth person. My friends adored him and any apprehension they had about meeting him would instantly dissolve because he could make anyone feel at ease. He was brilliantly funny at home, a great practical joker, and was always at the dinner table each night."

As a child, Anne had little knowledge of her father's career. "I knew he was a writer, but didn't know what he wrote about until I was about 7. Some mean boy on the school playground asked if I was 'something out of the Twilight Zone,' but I had no idea what that meant because I wasn't allowed to watch much TV during the week – my mother's rule! A few years later, we watched 'Nightmare at 20,000 Feet' together, the episode where William Shatner sees a gremlin on

an airplane wing. I remember looking at my father and thinking 'this is what you write?' It was a bit scary."

Praised for his original fiction writing, Serling was also highly respected for raising social issues in some episodes although controversial topics were subject to the censors' whim. So he frequently concealed his intent in fantasy. "He famously once said he could have aliens say things that Democrats and Republicans couldn't," Anne recalled.

Several *Twilight Zone* actors also shared vivid memories of Serling.

Theodore Bikel is well-known to fans of "My Fair Lady" as Henry Higgins' rival linguist, the nosey Zoltan Karpathy. In July, 1960, Austrian born Bikel appeared on a Hollywood TV talk show, "Caucus with Backus," and was verbally assailed by fellow guests – glamorous silent film actress Corinne Griffith and beloved character actor Adolphe Menjou.

"We were talking politics and they said I had no right to open my mouth because I wasn't born in this country," recalled Bikel. Appalled, Serling appeared on a

later program defending Bikel's right to freedom of speech. "I will never forget how Rod came to my defense. I later appeared in the Twilight Zone episode 'Four O'Clock,' in 1962."

Ann Jillian and Mariette Hartley were teenagers when they first met Serling. "I was 13 when I starred in the episode, 'Mute,'" Ann recalled. "I was very excited about doing the popular show. Mr. Serling made me feel at ease and didn't talk down to me."

And after seeing him on TV, a gutsy 14-year old Mariette Hartley telephoned Serling and asked him to speak to her Connecticut high school drama club.

"He said he would be delighted and I can still see him sitting in the teacher's desk at the front of the classroom talking to us," Mariette said. "Years later, when I started working in Hollywood, I met him again when his limousine pulled up as I was walking out the studio. He remembered coming to my class. I told him I was looking for work and within a couple of months he gave me the wonderful gift of working in 'The Long Morrow' episode."

Today, Serling continues to inspire other moviemakers. J.J. Abrams, director of the new Star Trek films, has called "The Twilight Zone" a big influence on his career and reportedly has secured the rights to adapt Serling's last, never-produced script, "The Stops Along the Way."

Until then, Rod Serling's work is still available for your viewing pleasure, almost nightly, on classic TV cable channels in The Twilight Zone.

Nick Thomas has written features and columns for more than 350 magazines and newspapers. He can be reached at his blog: <http://getnickt.blogspot.com>



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Intimidated by Wine?

Start Drinking.

by David White

Intimidated by wine? You're not alone. Consider the prototypical wine connoisseur -- swirling his glass, sniffing his wine, and blabbering on about some French chateau. He's insufferable.

Or consider a representative tasting note. *Wine Spectator* recently praised a wine for offering notes of "creamy boysenberry, plum skin and cassis . . . [along with] hints of mesquite and grilled herbs." They're bewildering.

Add to that the number of wine regions, grape varieties, and production methods that oenophiles can easily rattle off, and it's no wonder why so many people find wine so daunting.

Keep your chin up. Wine might be complex, but at the end of the day, it's just fermented grape juice. And the best way to learn about wine is to drink it.

For budding wine enthusiasts, the importance of tasting is impossible to overstate. Even simple questions, like your go-to varietal on a normal weeknight, are impossible to answer until you've tasted hundreds of different wines.

If you prefer white wine, do you seek ones that are crisp and light, like Sauvignon Blanc from Sancerre? Or do you prefer whites that are buttery and ripe, like California Chardonnay? If you prefer red, do you seek out big, muscular wines, like Napa Valley Cabernet Sauvignon? Or the more restrained profile of Pinot Noir from Burgundy?

Tasting can be as simple as visiting the local wine shop or attending a food and wine festival. Getting together with friends and asking each person to bring something different is another way to taste several wines at once.

One of my favorite tastings is a bit more formal. I select four varietals -- generally Sauvignon Blanc, Chardonnay, Pinot Noir, and Syrah -- and open two bottles of each, one from California and one from France.

The stereotype tells us that American wines are fruitier than their French counterparts. While one can find wines that debunk this stereotype, it's based in truth. So I purposefully seek out wines that fit the stereotype. And I serve everything blind, pouring the wines from paper bags to mask where they're from.

Recognizing the differences should be obvious, even to novices.

The aromatics of California Sauvignon Blanc are intense, typically reminiscent of fresh-cut grass and grapefruit. French Sauvignon Blanc, especially from Sancerre and Pouilly Fumé, presents more subtle aromatics, like chalk and white flowers.

Chardonnay provides a similar contrast. While California Chardonnays are characterized by tropical fruits and butter, French Chardonnays are marked by tart fruits, like green apples and lime.

When Pinot Noir comes from warmer regions of California, like Napa Valley and Carneros, it presents aromatics

of sweet fruits, like black cherries. In the French region of Burgundy, Pinot Noir generally offers aromas of tart cherries and earth.

Syrah can offer a stunning contrast. Many California winemakers utilize the grape to produce fruit bombs -- think gobs of ripe blackberries and licorice. French Syrah is typically more restrained, marked by blueberries, meat, and pepper.

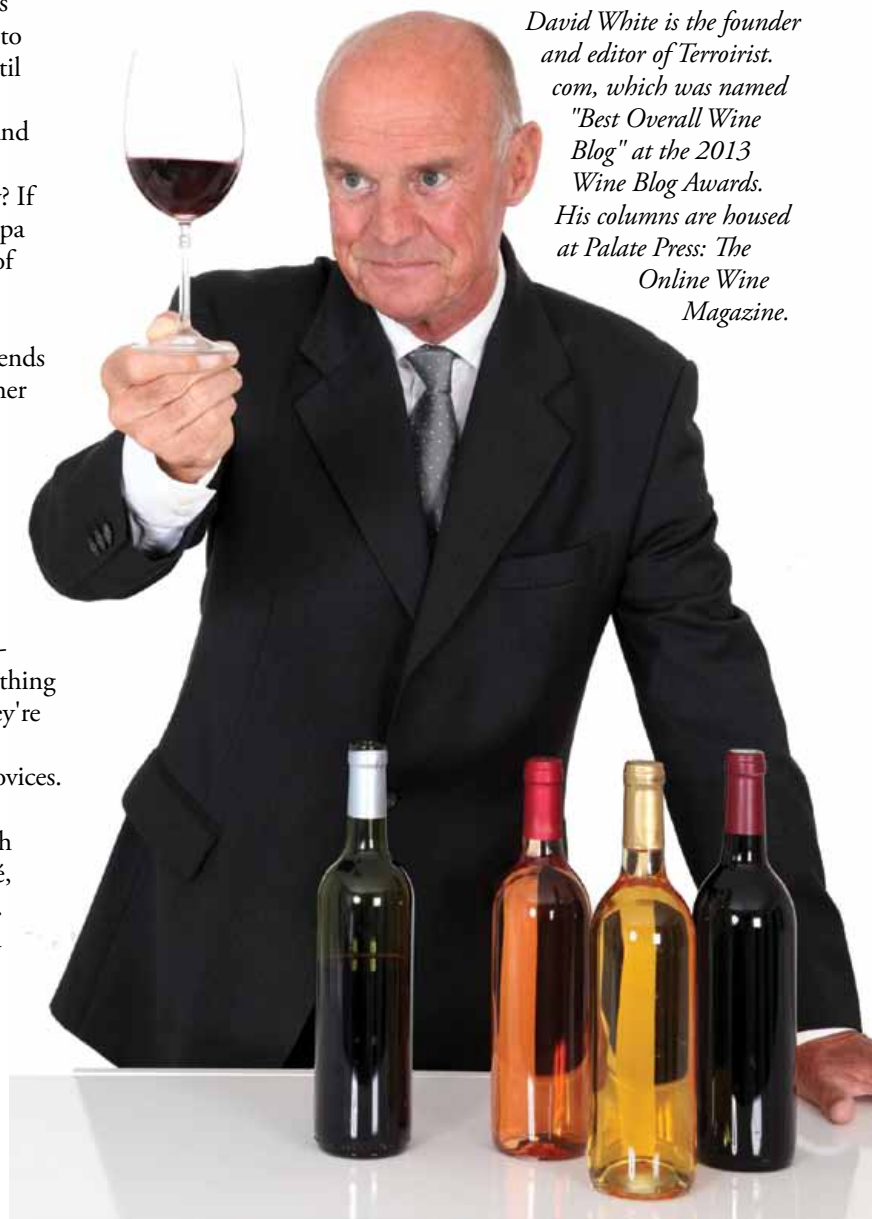
Looking for differences between similar wines is extremely educational. And when the paper bag comes off each bottle, it's exciting to see whether or not you correctly deduced the origin of each.

Most showdowns have a winner. But with wine, neither France nor the United States makes "better" wine. My preferences shift all the time.

This is just one model for a tasting, of course. One can just as easily host a "wine on a budget" party, selecting several bottles under \$10. It's also fun to explore one grape, in depth. Pinot Noir, for example, is particularly expressive -- so it's fun to explore the differences between classic bottlings from Napa, Sonoma, Oregon, and Burgundy.

Once wine becomes a passion, those baffling tasting notes make sense. Hard-to-pronounce regions across Europe become easier to remember. Those flaws that sommeliers can spot become obvious. But only if you've tasted enough wine. So start drinking.

David White is the founder and editor of Terroirist.com, which was named "Best Overall Wine Blog" at the 2013 Wine Blog Awards. His columns are housed at Palate Press: The Online Wine Magazine.



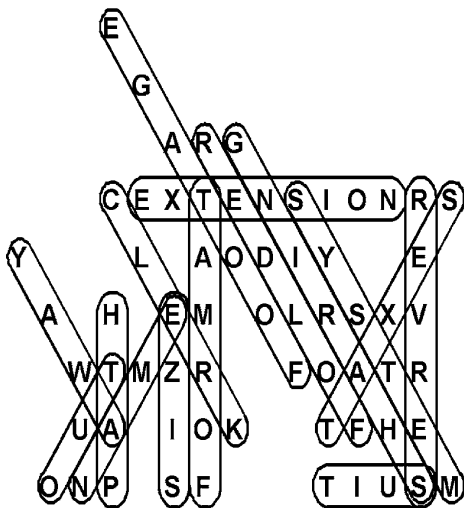
— King Crossword —

Answers

Solution time: 21 mins.

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A	N	A	T	O	L	I	A		H	O	P	E	
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FILE —



— SUDOKU —

Answer

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



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Risperdal	1mg	100 tabs	\$490	\$135	\$ 55	89%
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Holiday entertaining is all about food, wine and quality time with family and friends. This year, try a new approach to holiday get-togethers by hosting an hors d'oeuvres party.

Try these hors d'oeuvre tips from food stylist Janice Stahl:

- **Rethink the regular:** Surprise guests and get creative with classic recipes by changing the presentation. Square pizza bites, circular tea sandwiches or star-shaped fruit make entertaining fun.

- **Keep hors d'oeuvres simple:** Serve foods that are bite-sized and easy to pick up. Try skewers to create festive kabobs, which are perfect for nibbling.

- **Presentation is everything:** Experiment with serving pieces like vases, champagne glasses or appetizer cups that add special interest to bite-sized snacks from chips and dip to shrimp cocktail.

Visit www.aldi.us for more ideas.



HAPPIER Holiday Hors D'oeuvres



SIGNATURE DRINK

Recipe courtesy of ALDI Food Stylist, Janice Stahl

A signature drink is a must at any holiday soiree. Get creative by offering guests a specialty cocktail that matches the color scheme for the event. An avid party hostess, food stylist Janice Stahl makes the occasion special by pairing white wine with a splash of cranberry-pomegranate juice, garnished with fresh fruit or herbs. Giving your signature drink an original name to reflect your personality is an added touch your guests will love. For a lasting impression, hand out recipe cards of your signature drink as party favors.

- Sugar for glass rim**
- ½ cup white wine**
- ½ cup cranberry-pomegranate juice**
- 1 tablespoon fresh cranberries**
- Fresh fruit for garnish**

Dip rim of glass in sugar. Pour wine and juice into glass, stirring to combine. Drop in cranberries, along with any additional fruit desired. Serve immediately.

Cranberry Shrimp Ceviche Cups

Recipe courtesy of Chef Alyssa, ALDI Test Kitchen

Prep time: 20 minutes, plus 1 hour to chill; Cook time: 3 minutes;

Yield: 16 ceviche cups

- 1½ teaspoons iodized salt, divided
- 16 ounces medium raw shrimp, thawed
- 1 cup dried cranberries
- ½ red onion, roughly chopped
- ½ cup fresh parsley
- ½ jalapeno, roughly chopped
- ¼ cup fresh lemon juice
- ¼ cup fresh lime juice
- ¼ teaspoon crushed red pepper or ground black pepper
- 1 teaspoon oregano
- 16 ounces tortilla chips
- 2 limes cut into wedges
- Fresh cranberries, optional

Bring medium pot of water to a boil. Season with 1 teaspoon salt. Add shrimp and cook for 3 minutes. Immediately plunge cooked shrimp into ice water bath. Peel shrimp and place in flat dish. In food processor, combine cranberries, red onion, parsley and jalapeno. Pulse until finely chopped. Add cranberry mixture to shrimp. Add lemon juice, lime juice, remaining salt, crushed red pepper and oregano. Stir to combine ingredients thoroughly. Refrigerate for 1 hour. To assemble, spoon ceviche, about 4 to 5 shrimp each, into small clear cups or glasses. Garnish with tortilla chips and lime wedges.

Pistachio Lemon Truffles

Recipe courtesy of Chef Michelle, ALDI Test Kitchen


Prep time: 30 minutes, plus 1 hour to chill

Cook time: 30 minutes, plus 1 hour to chill

Yields: 24 truffles

- 1¼ cups pistachios, shelled
- 8 ounces cream cheese
- 4 ounces plain goat cheese
- ¾ cup dried mixed berries, chopped
- ½ teaspoon iodized salt
- 1 teaspoon fresh lemon juice
- 4 teaspoons finely chopped lemon zest
- Pinch ground black pepper

Roughly chop pistachios, place in bowl. With electric mixer, cream together remaining ingredients. Refrigerate for 1 hour. Scoop tablespoon size balls of cheese mixture and roll in pistachios to coat. To serve, sprinkle platter with remaining pistachios and place truffles on top. Serve with crackers.



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

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- Holiday Pops. Saturday, December 21 at 7:30 PM and Sunday, December 22 at 2:30 PM. Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. Celebrate the season with our ever-popular holiday concert, featuring the multi-talented Sarah Jane McMahon, along with the Louisiana Dance Theater, and the Holiday Pops Children's Chorus. **FREE** 'Inside the Music' pre-concert talk starts at 6:30 PM. Tickets start at \$19. Call 318-227-TUNE (8863) or visit www.shreveportsymphony.com.

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• December 7. 8:30 a.m. – 12:30 p.m. Hebert's Town and Country, 1155 E. Bert Kouns Ind. Loop, Shreveport. Hosts: Hebert's and *The Best of Times*. Contact: 318-221-9000; Instructor Ray Branton.



• December 17. 12 Noon – 4:00 p.m. Open to those with access to Barksdale Air Force Base. Barksdale Golf Course Clubhouse Meeting Room Barksdale AFB. Host: Retiree Activities Office. Phone 318 – 456 – 4480; Instructor: Dave Jampole.

EVENTS

Celebrate Highland Holiday Home Tour - Saturday Candlelight Tour December 7, 5:00 - 9:00 p.m.; Sunday December 8 1:00 - 5:00 p.m. Complimentary wine, cheese and entertainment by the Four

Seasons String Quartet will highlight the Candlelight Tour on Saturday, and complimentary refreshments and live music will be provided during the Sunday afternoon tour. Tickets are \$20 or \$35 for a 2 day package. Advance tickets can be purchased at C & C Electric, 2430 Line Avenue. Call 318-424-4406 for ticket info, or for additional tour info, call 318-572-9037.

Christmas in Roseland - The Gardens of the American Rose Center are transformed into a whimsical winter won-

derland featuring thousands of twinkling lights, dozens of lighted displays, giant Christmas Cards to the Community, nightly entertainment, photos with Santa, rides on the Roseland Express train and tons of fun for the whole family! Fridays, Saturdays, Sundays only through December 22. Gates are open from 5:30 p.m. to 10:00 p.m. Last car admitted at 9:30 p.m. \$20 per carload; \$5 per person, Ages 2 and younger free.

New Year's Eve Party - American Legion Club on Cross Lake, 5315 South Lakeshore Drive, Shreveport. December 31, 8 p.m. - 1 a.m. Dance and party the night away with Dickie Turner and the Back When band. Tickets are \$20 for single and \$35 a couple. Price includes appetizers. Cash Bar. No BYOB

The Shreveport Metropolitan Ballet 40th anniversary Celebration - "Ruby Gala" on Friday, December 6, 7 to 11 pm at Riverview Theatre, 600 Clyde Fant Parkway in Shreveport. The Riverview Theatre lobby will be transformed into a gilded room for a lavish evening of dining and dancing. Entertainment by Brady Blade and Friends and catering by Drake Catering. A silent auction will include ballet themed artworks. Tickets are \$100

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G A M B L I N G P R O B L E M ? C A L L

to \$150 per person and can be purchased online at www.shreveportmetroballet.org or by calling (318) 221-8500.

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.

PERFORMANCES

A Christmas with Shoji Tabuchi - Fri., Dec. 13 at 8:00 p.m. Strand Theatre, 619 Louisiana Avenue in downtown Shreveport. Shoji Tabuchi is one of the most in-demand entertainers in history, with his own theatre in Branson. Experience the joy and music of the season along with Shoji favorites. Ticket prices: \$51.50; \$45.50; \$30.50. For tickets call (318) 226-8555 or visit www.thestrandtheatre.com.

Michael Bolton in Concert - Legends Theatre, Diamond-Jacks Casino Resort, Bossier City. Saturday, December 14 at 8 p.m. Tickets available at diamondjacks.com or 318.678.7695. Starting at \$45.

Simply Sinatra Christmas - Featuring Steve Lippia.

Thursday December 5 at 8:00 p.m. Strand Theatre, 619 Louisiana Avenue in downtown Shreveport. Reminiscent of the young Sinatra, Bobby Darin, and Harry Connick, Jr., Steve Lippia and his 10-piece band move from swing tunes to ballads, interpreting Frank's favorite Christmas songs and classics. Ticket prices: \$55.00; \$45.50; \$35.50. For tickets call (318) 226-8555 or visit www.thestrandtheatre.com.

The Nutcracker - December 7th at 7:30 p.m. and Sunday December 8 at 3:00 p.m. Hosted by the Shreveport Metropolitan Ballet and featuring guest artists from the San Francisco Ballet, the Shreveport Symphony Orchestra, and over 100 talented local dancers. Tickets are \$15 to \$40 per person and can be purchased online at www.shreveportmetroballet.org or by calling (318)221-8500.

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. Fridays Tech Talk at 10 a.m., 1on1 Tech at 11 a.m. Admission is **FREE**. Lunch is served at 11:00. Suggested donation for lunch is \$2. Make

lunch reservations by calling the Caddo Council on Aging at 676-7900. Programs are:

- Dec. 5 - 10 a.m. "Shreveport Hauntings" by Steve Smith
- Dec. 12 - "Seniors and Cold Weather" by Ron Young of KSLA
- Dec. 19 - "Safety Net for Seniors" by Tracy Stalworth
- Dec. 26 & 27, Jan. 2 & 3 - Closed

THEATRE

Tarzan - the stage musical based on Disney's epic animated musical adventure and "Tarzan of the Apes" by Edgar Rice Burroughs. Thursdays, December 5 & 12 @ 7:30 p.m., Fridays, December 6 & 13 @ 7:30 p.m., Saturdays, December 7 & 14 @ 2:00 p.m. & 7:30 p.m. Emmett Hook Center at 550 Common Street in downtown Shreveport. You'll be wowed by high-flying excitement and hits like "You'll Be in My Heart," "Son of Man" and "Two Worlds." *Tarzan*

TOUR

First Saturday Christmas Tour - Saturday Dec. 7 2:00 - 3:00 p.m. R.W. Norton Art Gallery, 4747 Creswell Ave., Shreveport. A family favorite, the Christmas tour uses artwork and stories to explore the true meaning of Christmas, culminating with an exploration of the Norton's annual in-house Christmas exhibition, featuring religious works celebrating Christmas throughout the Christian world from East to West. Admission is **FREE**.



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2013
2014
SEASON



MEMPHIS

Wednesday, November 27, 2013

STEVE LIPPIA 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

THE STRAND THEATRE

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strand@thestrandtheatre.com

King Crossword

Puzzle answers
on page 33

ACROSS

- 1 Columns' crossers
- 5 Head of st.
- 8 Despot
- 12 Turkish peninsula region
- 14 Crosby's pal
- 15 Predict
- 16 Parks at a bus stop?
- 17 Bowling target
- 18 Danish money
- 20 Covers a present
- 23 Actress Cannon
- 24 Roll call reply
- 25 Skill for an identity thief
- 28 Longing
- 29 "Sesame Street" Muppet
- 30 LummoX
- 32 "Wheel of —"
- 34 Staff
- 35 Operatic solo
- 36 Rouse
- 37 Hedge shrub
- 40 Listener
- 41 Jeans-maker Strauss
- 42 Strong
- 47 Alda or

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			

- 7 Valhalla
- 8 Royal seat
- 9 Any time now
- 10 Church area
- 11 Back
- 13 Elevator name
- 19 Anger
- 20 "How come?"
- 21 Coral construction
- 22 River through Florence
- 23 Summer or Shalala
- 25 Productive
- 26 Chess castle
- 27 Harvard rival
- 29 To be (Fr.)
- 31 Swamp
- 33 Gorge
- 34 Mom or dad
- 36 Texas city
- 37 Blueprint
- 38 Move, to a Realtor
- 39 — the Terrible
- 40 Great Lake
- 43 Individual
- 44 Evergreen type
- 45 Submachine gun
- 46 Segment of a trip

DOWN

- 1 U.K. fliers
- 2 John's Yoko
- 3 Simple card game
- 4 Treeless plain
- 5 Singer Campbell
- 6 Lubricate

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Sudoku

by Linda Thistle

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

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

Difficulty: ★

★ Moderate ★★ Challenging
 ★★★ HOO BOY!

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

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

- | | | | |
|-----------|---------|---------|--------|
| Away | Footage | Path | Suit |
| Clerk | Format | Server | System |
| Extension | Name | Sharing | Taxes |
| Folder | Out | Size | |

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December Parting Shots

Share your photos with us.

Email to editor.calligas@gmail.com

The 2nd annual March of Dimes Signature Chefs Auction was held on Nov. 7th at Horseshoe Casino Riverdome.

Below: Matt Conover, executive chef at The Oaks of Louisiana, won the People's Choice award.



Jim Elrod and Sybil Patton



Dr. Bill & Ann Bickham



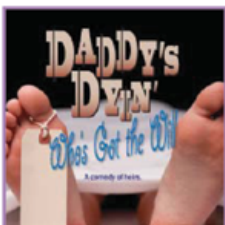
Kyle A. Moore (left) and Yves M. Verret, III



Bob and JoAnna Robinson with Miss Shreveport Chelsi Hefner

THE SHREVEPORT LITTLE THEATRE 92nd SEASON 2013-2014

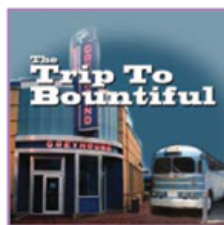
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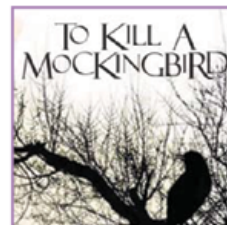
September 9-19, 2013



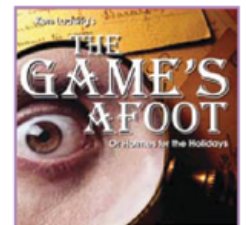
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December Parting Shots (continued)

A Welcome to Shreveport party was held for Dr. Alan and Sheryl Little on Nov. 3 at the home of Linda Goldsberry.

Left: Sheryl Little (2nd from left) with party hosts Holli Hennessy, Karen Kennedy, Tina Calligas and Linda Goldsberry (seated)



Ronnie & Michelle Wagley with Sheryl & Alan Little

Caddo Council on Aging Foster Grandparents Volunteer program 33rd Service Award Recognition luncheon was held on Nov. 1st at the Downtown Hotel in Shreveport. The theme was "Hats off to Reading" Foster Grandparent Volunteers "Got Hatitude".

Below: Hazel Williams, Elzadia Redic, Leola Rhodes, Mable Prim, Janie Smith, Sallie Jones were honored for their years of service as Foster Grandparents.



Neva Jones and Domonique Benn



Caddo Council on Aging Executive Director Mary Alice Rountree (left) with Monica Hudson



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December Parting Shots (continued) The Center for Families



Above: Chef Giuseppe with daughter Laura and wife Cleonice

The Center for Families held their annual Wine, Cheese and Therapies fundraiser at Ristorante Giuseppe on Nov. 2.



Center for Families Executive Director Laura BruCIA Hamm (center) with Michelle and Don Pledger



Karen Kennedy (left) and Vicki Franks



Susan and Steve Whitelaw

Right: (L to R) Linda Levy (left) with David and Teresa Allen



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- Excessive fears, anxieties or suspiciousness

December Parting Shots (continued)
Les Bons Temps

Les Bons Temps Dance Club held "A Royal Celebration of 30 Years" at the Gemini Mardi Gras Museum on Oct. 27.

Right: Dr. Carl and Sylvia Goodman



B.J. and John Boubelik



Sue and Al Wyche



Charter members Marilyn Deupree, Dolcie Dene Cazedessus, and Harriet Martin



Dr. Fred and Mary Beth Willis

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December Parting Shots (continued)

Senior Day at the State Fair...

The 4th annual Senior Day at the Louisiana State Fair was held in the Hirsch Coliseum on Oct. 24th.

Right: DiamondJacks Casino GM Mike Howard welcomes Phyllis Peach to their exhibit booth.



Grand door prize winner Teresa Cothorn with TBT publisher Gary Calligas



Jason Tudor with AARP Louisiana awarded their door prize of an ipad to Emma Stephens (seated).



Winners of the Senior Day Poker Rally were (l to r) Harry Strain, Shelia Gross, Peggy Murphy, and Jessie Moore.

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 **December Parting Shots (continued)**
Senior Day (cont) and more. ..



(l to r) FLO the Clown, Vivian Locking, Barbara Gooden, and Vicki Dufrene



Jan Landon (standing), with Bonnie Messimer and Virginia Dietrick



Heather Baker offers a health screening to attendee James Ford.

Strand Theatre featured a performance of "Rain - Tribute to the Beatles" on Nov. 1st.

Right:
Janin and David Pou



Pat & Holli Hennessy with Karen & Keith Evans

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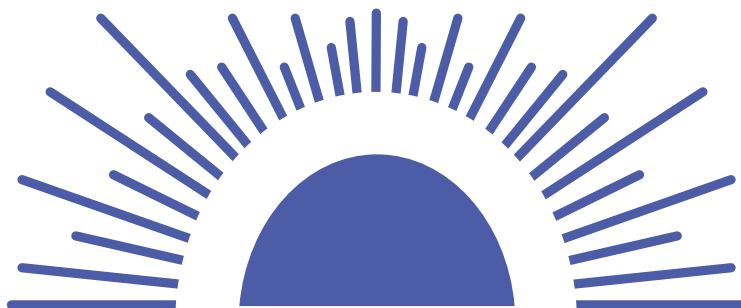
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December Parting Shots (continued)

The 7H Boo Bash was held at Claudia Beene's house.

Below: (l to r standing) Lewis Pope, Shirley Bockstruck, Carol Farley, Shelby Britt, Brenda Griffith, Elaine Harner, Queen Ginny Bates; (l to r seated) Betty Price, Bonnie Duck, Queen Lynda Herzog Pope



Bossier Parish Community College offers a buffet on Tuesday nights prepared by the students of the Culinary Arts program.



(l to r) Oscar Villar, Dan Haywood, Wenshu Villar, and Barbara Haywood



Pam Harris (standing), Suzanne Heim and Martha Harris with students (l to r) Melvin Scott Cook, Sr; Alonzon Brown, and Tazz Clark

The Global Power Museum Association

Distinguished Speaker Banquet was held at Silver Star Steakhouse in Bossier City on Nov. 8th.

Right: Amy Russell and Jim Graves



Left: (l to r) Major General Robert D. Rego, Phil Stewart, and Terry Snook

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December Parting Shots (continued)

Maurine Locke was feted by family and friends with a 90th birthday party on Saturday Nov. 2.



Sisters (l to r) Ann Bickham, Mary Martin, Maurine Locke, Jane Thompson, and sister-in-law Pat Holtsclaw



Maurine Locke with brothers-in-law Marshall Martin (left) and Bill Bickham



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