

July 2015

The Best Of Times

“Celebrating Age and Maturity”

INSIDE

TOP 10 TIPS
FOR PREVENTING
FINANCIAL ABUSE

PARENTING
ADULT CHILDREN

MAKING MUSIC
IN MACON

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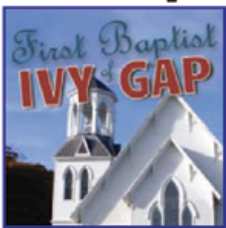
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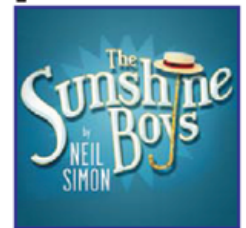
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Tina Antee Henderson recently checked skydiving off of her bucket list.

Stat! Medical News & Info

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Food Safety Tips When the Power Goes Out

It's tornado season, so there's a chance the power could go out during a storm. Bob Gravani, PhD, CFS, a Professor of Food Science at Cornell University and a spokesperson for the Institute of Food Technologists (IFT), provides five tips to keep food safe during a power outage.

1. Make sure you have an appliance thermometer in your refrigerator and freezer. Your refrigerator should be at or below 40° Fahrenheit, and your freezer should be at or below 0° Fahrenheit.
2. Have some coolers on hand to store refrigerated foods. Freeze containers of water, as well as ice cubes and gel packs, ahead of time for use in coolers to keep food as cold as possible.
3. Keep the doors to your refrigerator and freezer closed as much as possible. Your refrigerator should maintain its cold temperature for about four hours without power. A full freezer will hold its temperature for about 48 hours, but only 24 hours if it is half full.
4. When in doubt, throw it out. If at any point food is above 40° Fahrenheit for two hours or more, throw it away. Never taste food to determine if it's safe or depend on appearance or odor. Food in the freezer that still has ice crystals can be refrozen or cooked, but better to toss it out if you're unsure. Eating food not kept at the proper temperature may cause illness even if it is thoroughly cooked.
5. Keep a three-day supply of nonperishable food that doesn't require refrigeration or cooking. Stock up on bottled water.

Falls May Signal Larger Health Issues

The US Centers for Disease Control and Prevention (CDC) has found that the number of older adults in the US who die from fall-related injuries has nearly doubled since 2000.

The CDC found that about 30 in every 100,000 older adults died following a fall in the year 2000. By the year 2013, about 57 in every 100,000 older adults died following a fall, nearly a 50 percent increase. Falls are often a triggering event that signal larger health issues. The study highlights the importance of coordinated fall-prevention efforts, such as home assessments and balance exercises.

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Simple Hand-Grip Test Could Predict Your Risk For Heart Disease

Researchers at McMaster University in Canada found that there may be a connection between hand-grip strength and someone's heart health. Researchers studied nearly 140,000 adults ages 35 to 70 to test their grip-strength and monitor their general health for four years. For every 11-pound decrease in grip strength, the researchers found a 17 percent increased risk of cardiovascular death, a 7 percent increased risk in heart attack, and a 9 percent increased risk of stroke. Researchers noted that the hand grip test is cheap, easy and out-performs some traditional methods for predicting one's risk of death by cardiovascular disease. While it was not clear whether strength training specifically improves cardiovascular health or just improves overall health, researchers recommend regular exercise, including strength training, for adults.



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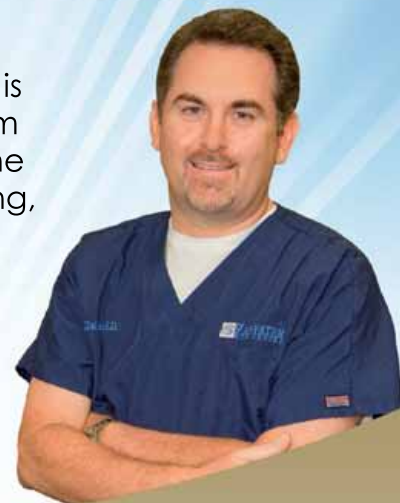
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GRAB the BUCKET and RUN

by Kelly Phelan Powell

“Even now I cannot understand **the measure of a life**, but I can tell you this. I know that when he died, **his eyes were closed and his heart was open.**” – *Carter Chambers, The Bucket List*

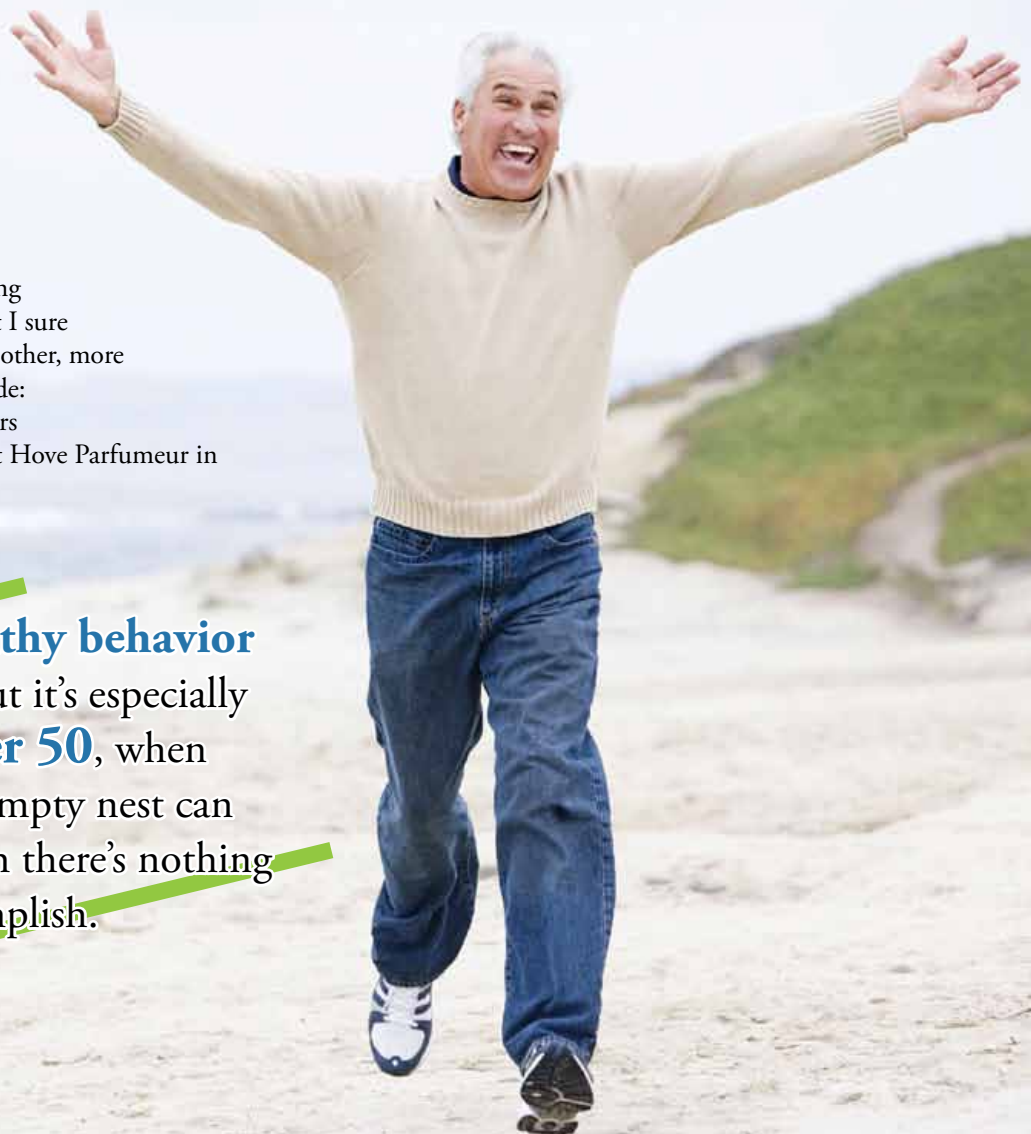
When the movie *The Bucket List* came to theatres in 2007, the concept of a list of items to accomplish before “kicking the bucket” wasn’t new, but it gave a catchy, shorthand name to a concept with which most of us were already familiar. After all, how many of us have said something along the lines of, “If I can just _____, then I can die happy”?

I guess that’s what “bucket lists” are all about: dying fulfilled and, hopefully, happy. Or, to put it in the words of Carter Chambers (Morgan Freeman’s character), maybe it’s more about leaving this world with a heart that’s been opened as fully as possible by having once-in-a-lifetime experiences, making memories with loved ones and seeing wondrous sights from around the world.

But bucket lists are certainly not limited to traveling around the world or spending a great deal of money. One of the items on my own bucket list, which I accomplished six years ago, was to jump into a swimming pool wearing an evening gown. Is that sort of thing for everyone? Definitely not, but I sure got a kick out of it. Some of the other, more mundane items on my list include:

- Overcome my fear of spiders
- Design my own perfume at Hove Parfumeur in New Orleans

Goal-setting is a **healthy behavior** at any stage of life, but it’s especially **important after 50**, when retirement and the empty nest can make it seem as though there’s nothing left to accomplish.



- Dance in the rain
- Attend a prison rodeo
- Help someone propose marriage in a really unique way

Others in our area, however, have some very unique and meaningful aspirations. **Nancy Meiki**, for instance, said:

"All of our married life, my husband Kareem and I dreamed of someday having a place of our own in his hometown of Galilee...because of the political situation in Israel, I don't know if that will ever be possible. But he still has so many relatives living there in his little town of Tarshiha, we are able to visit quite often and stay with his sisters and brothers in their homes. But the one thing on my bucket list is to be able to bring a few of my grandchildren at a time to spend the summer in Kareem's village, seeing what life is about, getting involved in the Christian community and attending liturgy at his family's ancient Greek Orthodox church, learning the culture and music and eating the amazing food prepared fresh daily. And, most importantly, being surrounded by the love of family members 24/7. Our grandchildren need and deserve to know their heritage while they are young, just as our children did. It's the greatest gift we can leave behind."

Bill Miaoulis, brother of Editor **Tina Miaoulis Calligas**, recently checked a rare and exciting item off his bucket list: He and his son attended this year's Masters Tournament in Augusta,

Georgia. Miaoulis, 60, has been playing golf since the seventh grade, so The Masters was really the fulfillment of a dream for him. "It was certainly enjoyable," he said. He's already marked several items off his list, including seeing Auburn University win a national championship game, attending a World Series and an NBA Final Four game, traveling to Greece, Rome and Turkey and escorting his daughter down the aisle at her wedding. Other goals include visiting Israel, going on a foreign mission trip and holding his baby granddaughter

A bucket list can serve as a **motivational tool** and keep a person **future-oriented**. That future-orientation is often lacking in a person who is, say, **very depressed**.

when she's born this October.

What drives us to create bucket lists for ourselves in the first place? **Dr. Brandi Patton**, staff psychiatrist at the Birmingham, Alabama VA Medical Center, said, "Bucket lists can be useful if they move a person toward self-actualization, and they help people keep life goals in mind in the long term. A bucket list can serve as a motivational tool and keep a person future-oriented. That future-orientation is often lacking in a person who is, say, very depressed."

Depression was definitely not the emotion **Tina Henderson** experienced when her husband gave her a package of Depends for her birthday. She thought he was just ribbing her about her age,





but it turned out he had something much more exciting in mind. "I am just very adventurous. It seems like I have a need for speed," she said. So it was probably no surprise to her husband or anyone else that skydiving was one of the items on her bucket list.

"This year, on my birthday – I turned 55 – and my husband said something about it for my birthday," Henderson explained. Along with the Depends, her husband also gave her a gift certificate for a skydiving experience at the Dallas Sky Dive Center that expired within one month, thus ensuring she would take action toward her goal. So how did it feel to jump out of a plane and fall toward Earth at 120 miles per hour? "It doesn't feel like you're falling, it feels like you're floating," she said. Her other bucket list items include going white water rafting, visiting the Northern California wine country and attending the Easter egg hunt on the front lawn of the White House. She is currently working on getting a motorcycle license, and next year, she will travel to Europe.

Goal-setting is a healthy behavior at any stage of life, but it's especially important after 50, when retirement and the empty nest can make it seem as though there's nothing left to accomplish. Although the concept of a bucket list may seem silly to some, it's a good way to keep oneself motivated to keep moving forward and seeing new sights, meeting new people and having new experiences.

For that matter, not all bucket list items are long-term goals or expensive endeavors; readers shared with us items like "make a will," "get a patio cover," "landscape my backyard" and "work exercise more into my daily routine and accept it as a part of daily life." In other words, it's not the item on the list that's important, it's the motivation and drive.

Regardless of what items you decide to put on your bucket list (or whether or not you decide to make a bucket list at all), we would all do well to spend some time thinking about what we want to accomplish with the time we have left. After all, none of us knows when the ride will come to an end. So let's pledge to worry less about kicking the bucket and instead grab that bucket and run with it!

What's on Your

BUCKET LIST?

We recently asked readers to share their bucket lists with us. Many reported they had vague notions of things they wanted to see or do, but welcomed the opportunity to finally put "pen to paper" in response to our request.

Sandra Corley tried to make all the items on her list "realistic, 'do-able,' and activities I'd actually thought about over the years." Her goals include compiling a cookbook of family recipes to pass down to her children, piecing together her genealogy on her maternal side, and learning French.

Not surprisingly, many want to see the world. High on **Doug Schaumburg's** list were visits to the Taj Mahal, the pyramids, all 50 states and to attend baseball games in all 30 Major League Baseball parks. **Diane Harmon's** wants to go on a Hawaiian cruise to celebrate her 10th wedding anniversary and to Utah to help her mother celebrate her 90th birthday. **Donna Powell** would love to visit the Louvre, then top off the day by kissing her husband at the top of the Eiffel Tower.

Sue Prudhomme's and **Sheryl Little's** biggest wishes combined the desire to travel with time spent with family. Both would like to take their children and their families on a family vacation.

Dr. Scott Kennedy would like to combine his love of travel with his passion for music. He would love to visit Die Frauenkirche in Dresden and Die Thomaskirche in Leipzig to hear Weighnachtsoratorium and Matthäus-Passion. Although he would be content to attend any performance in l'Opéra National de Paris. Perhaps, the Phantom will make an appearance that night in Box #5.

Jacqueline Connor stated that she has accomplished most of the items on her list but currently at the top of her list is to become a published author.

Wanda Smith would like to perform a random act of kindness and participate in a mission trip to Africa. Perhaps she will and be rewarded with another goal - dinner with Tom Selleck!

We hope **Amelia McQueeney** will make a hole in one and have the opportunity to dance on Broadway, that **Jim Simpson** will see the Great Wall of China and 'live long and prosper', and that **Sandra Tyler** spends a week at the most luxurious resort in the world while learning to speak Spanish and Pig Latin.

Perhaps **Bonita Hayes** summed it up best when she stated, "In my own case, I feel like I have lived the dream and have done the things that were most important to me. Being satisfied with life but continuing to live and be passionate! I have had a great time and I expect to have more great times and I just look forward to the adventures that life will bring me along the way!"



Top 10 Tips for Preventing Elder Financial Abuse

by *EverSafe*

Billions of dollars in life savings are lost each year due to the financial exploitation of older adults. Perpetrators include scammers, professional caregivers, unethical businesses and family members. No federal agency tracks elder exploitation cases on an ongoing basis, but 20 percent of Americans age 65 and older reported having been taken advantage of financially in a survey compiled by the Investor Protection Trust. A 2011 study in New York found that only one in 44 cases of elder financial exploitation is ever reported to authorities.

“Setting aside any issue of aging, older adults are at the greatest risk for theft simply because they have a lifetime of savings at risk,” said Howard Tischler, EverSafe founder and CEO. “Older adults and the people who care for them need to be cognizant of the risks and common ways they are targeted for abuse.”

Elder financial exploitation also imposes costs on family members, after a victim’s resources have been exhausted. Victims often don’t want to tell anyone what happened, because they fear family members will believe they are no longer capable of independence.

“For seniors, financial abuse affects not only their bank accounts, but their emotional well-being and even their longevity,” said Liz Loewy, EverSafe general counsel and former chief of the Elder Abuse Unit in the Manhattan District Attorney’s Office. “I have seen older victims pass away shortly after learning they were exploited, with their families reporting they simply lost the will to live.”

1. Have multiple trusted advocates. The “sentinel effect” discourages misconduct by letting those helping to manage a senior’s funds know that their actions are being observed. Having family members or a family member as well as a lawyer, power of attorney, or financial advisor, all of whom have visibility into financial accounts can help ensure no one person is able to take personal advantage. Transparency is critical and is a deterrent in and of itself.

2. Communicate with family members about your future plans. You have a vision for how you want to live as you age. Share it with your family so they understand your views.

Consider discussing your will and potentially a “power of attorney” with loved ones, which will enable people to be aware of your intentions and plans in case you do start to lose capacity. If you have a financial advisor, communicate your wishes with them as well.

3. Understand and talk with loved ones about the most common scams targeting seniors. Learn about common scams, like income tax fraud or the “Grandma/Grandpa Scheme,” where an individual calls and pretends to be a grandchild needing money to escape serious trouble. The National Council on Aging offers more common scams on its website.

4. Only give money to entities you have approached.

Never provide your personal financial information over the phone to someone who called you first – not even if they claim to be with a company or charity with which you've previously engaged. Adding your phone number to the National Do Not Call Registry also makes it illegal for most telemarketers to call you, though charitable organizations are exempt from these restrictions.

5. Be cautious about operating with joint accounts.

These can be a good way to allow someone you trust to assist with financial tasks, but naming anyone as a joint account holder gives them direct control over the funds in that account. Joint accounts also make your resources subject to the joint account holder's creditors in the event of liens.

6. Protect online accounts. In many cases, online banking is much safer and more convenient than paper statements, but it's not without risk. Use strong passwords (no grandchildren names!) and protect them.

7. Do not provide your account information to anyone who contacts you about a recent data breach.

Hackers raiding unsecured databases for personal information are an unfortunate reality of modern life, as are scammers who try to exploit news of these instances by calling or emailing and "phishing" for the information needed to steal your identity. Remember: financial institutions and the IRS do not call or email to ask for personal information.

8. Watch all of your accounts closely. Any unauthorized charge – even something as small as a few dollars – could be a test to see if credentials work and how much attention you are paying. Watch for any unexpected debits or changing patterns of spending.

9. If someone is helping you with financial decisions, have them document all spending. Family relationships can be wrecked by suspicion as much as outright theft, even in the closest of families. Providing visibility into spending helps ensure everyone is clear on how funds are used. Of course, require the same documentation from non-family caregivers as well.

10. Rely on helpful technology to fill gaps. Researchers have found that financial decision-making ability starts to decline by the mid-50s. When you notice financial tasks becoming more difficult or taking longer, consider a technology service that can monitor accounts and identify suspicious activity. Having younger and older family members involved in monitoring each other's accounts makes sense and provides the most protection.

EverSafe helps protect a lifetime of savings by offering a simple, yet comprehensive service to combat financial exploitation of older adults. EverSafe's daily monitoring enables seniors, family members and trusted advocates to protect financial accounts, thwart scammers and defeat identity thieves – while preserving independence and privacy. Learn more at: www.eversafe.com.



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Parenting Adult Children

by Katie E. Ho, MA, PLPC

Family customs and cultural traditions vary from household to household, but with the changing times and the millennial generation growing older, many parents are finding themselves cohabiting with their adult children. While their ages make them legal adults by society's standards, living at home as a family unit may present some unique and challenging dynamics. Whether the children and parents are remaining close for economic or practical reasons or because it is a part of their customary traditions - as stages in life change, so does parenting.

When the children were young, parenting centered around keeping them safe and instilling values and morals in the hopes that they would have a compass in which to lead them. Your parenting structures were meant to help keep them structured and maybe your role was to be everything they needed - a teacher, a nurse, a cook or even a friend. Now that they have transitioned into adulthood and either have remained at home or just come back, there may be a balance to find of maintaining a parental structure and finding a mutual living agreement between adults.

Positive and healthy environments may be created when there is mutual respect between all those living in a multigenerational home, clear and understood boundaries and reasonable expectations. While these constructs and strategies may sound familiar when rearing young children - and they are - they become modified and adjusted in new situations. Clear and understood boundaries are meant to retain the lines of respect between individuals, both for each other and themselves. Part of this includes everyone taking personal

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responsibility in maintaining healthy relationships. Values such as honesty, integrity and accountability may be used in order to ensure the children adjust into their new roles as adults.

Part of setting boundaries and expectations is making sure there is no miscommunication or misinterpretation. When children are young, they may require step-by-step instructions and daily reminders to meet the standards at home. As adults, however, the ground rules might be more of a conversation and discussion, conveying mutual respect, in order to set new standards.

Expectations might include being mindful of others in home about noise or coming in late at night, keeping tidy and cleaning up after oneself, having guests over or how they will contribute to sustaining the home. For some parents, having their children contribute financially is an important value, while others it may be that they simply take on household chores or duties.

Having an open and honest discussion with your partner or spouse and mutually agreeing on the ground rules and expectations is the beginning step. Having an understanding between all parties lowers the risk that things may go awry. While having adult children at home might give the notion that less parenting is needed, it simply might just need to be adjusted in order for them to achieve independence and self-sufficiency. If no expectations or boundaries exist, and the child or children are not reaching their full potential or contributing to the home - they may not see a reason to because what they're currently doing is meeting their needs.

Always remembering your ownership over your home may

help in giving the confidence needed in remaining firm and consistent with your rules. This can be particularly important if there are grandchildren in the home and parenting styles between their parents and you differ. Enforcing boundaries and expectations with a firm but friendly approach, also known as a democratic style of parenting, can prove to be the most effective. This can mean that while generally speaking most rules of the house are non-negotiable, all parties hold some power in the home. Having open conversations and allowing for the expression of thoughts and feelings creates a safe and trusting environment, while promoting respect.

Should things become unmanageable, parents and families may find aid in seeking support through appropriate counsel either as a family unit or individually - it can be beneficial simply knowing that help exists.

Katie E. Ho is a counselor with The Center for Families, a not for profit counseling center in Shreveport.

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Why are You Asking Me That?

by Lee Aronson

When Bullwinkle (not his real name) got diagnosed with foot and mouth disease, he knew that he was going to have all kinds of medical bills. He knew that as his health got worse, he would be in no condition to keep track of his mail or his bank account, so he asked his good friend Rocky (also not his real name) to help Bullwinkle take care of his business. To make sure that Rocky would have the legal authority to help, Bullwinkle wanted to sign a document called a power of attorney.

Rocky was willing to help his friend out, but he wasn't willing to become liable for Bullwinkle's debts. Rocky knew that Bullwinkle was probably looking at half a million dollars in medical bills and Rocky wasn't willing to put his own entire life's savings on the line.

Here's what Louisiana law says: if you give power of attorney to someone, that person does not become responsible for your debts. If Bullwinkle gives Rocky power of attorney, then Rocky will be able to use Bullwinkle's money to pay Bullwinkle's debts. Rocky will not have to use his own money to pay Bullwinkle's debts. So if Bullwinkle ends up owing the hospital \$500,000 but only has \$10,000 to his name, Rocky will not be responsible for the remaining \$490,000.



With that in mind, Rocky agreed to be Bullwinkle's power of attorney. After accepting the responsibility, he soon realized that he was going to have to sell some of Bullwinkle's stocks in order to pay his hospital bills. But Rocky was surprised when the stock broker sent him a form asking for information about Rocky's income. Rocky showed the broker Bullwinkle's power of attorney and explained that he was acting for Bullwinkle so that Bullwinkle's bills would get paid. Rocky wanted to know why the broker wanted information about Rocky's income. Rocky could kind of understand why a stock broker would want to know about Bullwinkle's income, but if Rocky wasn't personally liable for Bullwinkle's debts, then why was the broker asking about Rocky's income? Is that legal?

It used to be. Stock brokers and other investment professionals have to follow a "know your customer rule." The idea behind the rule is that a broker should not recommend an investment to a person unless the investment is suitable for that person. The only way a broker can know if an investment is suitable for me, is to know things about me, like

The person you give power of attorney to has the legal authority to help you. He or she does not have authority to do anything that you do not want done.

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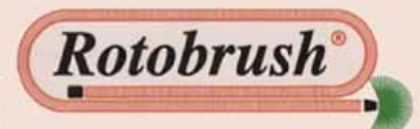
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my age, my tolerance for risk and what other investments I have. That's why the "know your customer rule" used to say that a broker had to "learn the essential facts relative to every customer, every order... and every person holding power of attorney over any account."

But people soon realized that Rocky was right. There was no need for Bullwinkle's broker to know "the essential facts relative to every person holding power of attorney over any account." If Rocky was going to sell one of Bullwinkle's investments and buy another investment for Bullwinkle, then the broker should know about Bullwinkle and what investments would be suitable for him. Rocky's age or income or risk tolerance should be irrelevant. That's why they recently changed the "know your customer rule."

Now financial professionals only need to make sure that Rocky really has been given power of attorney by Bullwinkle. Here's what the new rule says: financial professionals "shall use reasonable diligence, in regard to the opening and maintenance of every account, to know (and retain) the essential facts concerning every customer and concerning the authority of each person acting on behalf of such customer."

In other words, if Rocky calls Bullwinkle's broker and asks that all of Bullwinkle's stocks be sold, the first thing the broker should do is not ask Rocky about his income, but instead demand to see the power of attorney document.

By the way, if you were the stock broker and you got a call from Rocky asking you to sell everything and then a couple of minutes later you got a call from Bullwinkle telling you that he does not want you to see anything, what would you do? In Louisiana, if you give power of attorney to someone, you are not signing your life away. The person you give power of attorney to has the legal authority to help you. He or she does not have authority to do anything that you do not want done. So if you're the broker, you do what Bullwinkle says.

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



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Money Management for the "Boomerang" Household

by Jason Alderman

Due to recent economic realities, multi-generational living has been on the rise for many families. A 2014 Pew Research Center analysis showed that a record 57 million Americans, equal to a little over 18 percent of the U.S. population, lived in multi-generational family households in 2012 – double the number in 1980. The major driver was young adults aged 25-34. According to Pew, nearly 24 percent of these older millennials lived in multi-generational households, increased from nearly 19 percent in 2007 and 11 percent in 1980.

It's possible the "boomerang" family trend will remain in place for some time to come. For homeowner parents who may also be juggling the "sandwich" responsibilities of caring for older relatives, paying attention to the financial and behavioral details of taking in family is critical. Here are some suggestions to consider:

Your finances come first. Operating a full house means higher utility and food costs and additional wear and tear on the property. Taking in family also shouldn't derail a parent's career goals or retirement planning, nor should it diminish other necessary financial objectives like maximizing savings or eliminating debt. That's why dual- or single-parent households might begin with a complete financial assessment before welcoming kids or elders back home. A discussion with qualified financial and tax advisors might be worthwhile to determine how much expense you can take on. For arrangements that go beyond free lodging to direct cash support of family members, gift tax issues should be explored.

Make a real agreement. A home is stability and therefore

something of significant value. That is why it is appropriate to consider rent or request in-kind services in exchange for room and board. Young adults – particularly those who were fully under parental support in college – need to learn this important lesson even if they are moving home to save money to pay off loans, to buy a car or put a down payment on a home. Ask trusted advisors about what makes sense in your situation. If you decide to accept rent, know there are potential tax issues (www.irs.gov/taxtopics/tc415.html) based on the structure, timeframe and expenses related to such an agreement. Legal paperwork may be required, but there also may be rental expenses you can deduct.

Establish timelines. In the real world, financial arrangements are rarely open-ended. Depending on the financial, tax and legal advice you receive as well as local tenant law and personal preferences, you may be signing an official lease for your family member's stay with a specific timeline of months or years. Whatever the requirements, make sure you have an effective framework that sets specific financial and behavioral rules you want met.

Start with a family meeting. Before moving trucks arrive, family members should meet for a discussion about the impending move. Start by letting your child or family member talk through why they want to move in, whether they have financial goals tied to the living arrangement and how long they plan to stay. Share the structure you envision, including the payment details you would consider. No matter how agreement is struck, it should begin with a full discussion of needs, preferences,

financial terms, and most of all, ways to make the arrangement successful and smooth. Once the move happens, regular conversations should continue about the living arrangement. After all, boomerang families have unique, ongoing financial issues that will require discussion.

Prepare to track expenses. Once agreed, retrofit your household budget to keep track of higher food, utility and related expenses for cost-sharing and potential tax purposes. Having people you love living with you will hopefully have many rewards that go beyond simple dollars, but always know what the arrangement is costing you.

Bottom line: Opening your home to returning family members is a real financial commitment. Think through money, tax and household issues before you say yes.

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



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Wills Must Follow Form

by Judge Jeff Cox


In the last few months, I have been reading cases regarding wills that have come out of our state appellate courts. In reading some of these cases, it has been amazing to me why the wills cited in these cases do not follow the form required by Louisiana law. The Louisiana Civil Code is very specific in the form a will must take when it is signed. Although the Louisiana Civil Code allows a court to try to find the will meets the requirements of the Code, if the will does not follow the requirements set out by the Code, the appellate courts have been stricter in interpretation and have been declining to follow the defective will.

In one case, the witnesses did not


sign the will. Louisiana Civil Code Article 1577 requires that in a notarial will, the signature of the witnesses must follow a clause specifically indicating that the testament has been declared by the testator to be his or her last will and that the testator has signed at the end and on each other separate page in the presence of the witnesses, testator, and notary public. The complete absence of any attestation clause by the witnesses simply cannot be cured, and the failure to include it results in an absolute nullity according to Louisiana Civil Code Article 1573. This means that the will was given no effect and the person died without a will, or intestate.


In another case that I read, the person making the will did not follow the Louisiana Civil Code. The testator had originally made a will following the prescribed manner under the Louisiana Civil Code. In the second will that the person attempted to make, the testator signed the will but did not follow the prescribed Code






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article. The court declared the second will null because it did not follow the form prescribed by the Louisiana Civil Code. The court went on to state that although the will did not meet the form prescribed by the Louisiana Civil Code, it did show an intent by the person to renounce the earlier will since he signed the document before a notary and two witnesses. The court determined that both wills failed and then determined that the person died intestate.

In another recent case, the testator died with two wills. One was a notarial will done before a Notary and two witnesses. The other will was an attempt to do an Olographic Will. In an attempt to leave a legacy to a friend, the testator attempted to handwrite a will, signed the will, but did not date the will in his handwriting. The testator took the will to a Notary Public and the Notary Public dated the will. The Appellate Court determined that in order to meet the formality of an Olographic Will, the will must be entirely handwritten, signed and dated in the testator's handwriting. As such, the will was determined not to be valid and the

legacy to the friend failed.

In this same case, the testator attempted to do a joint will with another person leaving a legacy to a friend. The Louisiana Civil Code is very specific and does not allow joint wills by persons in the State of Louisiana. Each person in the State of Louisiana must do their own individual will. I have seen persons try to do joint wills in the State of Louisiana in order to save money. However, these are strictly forbidden by Louisiana law.

These cases strongly indicate that form is critical in wills. If the form is not followed, the will shall be declared invalid and the person will die intestate. Using forms off the internet or trying to do your own will in order to save money may cost you more than you saved. It is always a wise idea to consult a specialist in this area and allow them to assist you in preparing a will.

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



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Makin' Music in Macon,

where history sings and people tell stories

Story by Andrea Gross; photos by Irv Green

Music is in more than the air; it's in the town's DNA," says my friend when I tell her I'm headed for Macon, Georgia. I soon find that she's right. This small town, 85 miles southeast of Atlanta, is a place where music spans decades and genres, where folks like Little Richard, James Brown, Otis Redding and the Allman brothers made music history and where musicians like Mike Mills and Robert McDuffie are ensuring that Macon's music creds remain strong in the future.

But Macon is more than just a breeding ground of music masters. In Macon, music history blends with personal history. As my husband and I visit places connected to the above-mentioned artists, we meet their relatives, school chums, managers and supporters, and these folks tell us stories—not well-rehearsed tales like those we hear on most trips, but informal ones like those that ricochet between friends. We feel as if we're guests at a big family party.

The feeling of intimacy begins when we take a Rock Candy Tour led by Jessica Walden, who regales us with stories about her uncle, Phil Walden, who was largely responsible for turning Macon from a sleepy southern town into a major hub of R&B and Southern Rock. Over the years, his companies recorded the Allman Brothers Band and James Brown at the start of their careers and managed the careers of stars such as Otis Redding, Etta James, Percy Sledge and Ike and Tina Turner.

Jessica has personally met, or her father and uncle have told her stories about, not only Macon's musical artists but also about virtually every celebrity who has lived in or passed through the town in the last fifty years. She tells us how Judy Garland taught a local chef to make egg salad, how Andy Warhol came to town as a reporter before he became a visual artist, and why Jimmy Carter credited Phil and the Allmans with helping him become President.

She pauses outside the Downtown Grill, one of Macon's classiest restaurants. "Here's where Gregg Allman proposed to Cher," she says. She gives us the inside scoop on the couple's stormy four-year marriage. "I guess you could say they 'drug it out,'" she says with a grin.

We hear more Allman stories at The Allman Brothers Band Museum at the Big House, the home and hangout of the original members of the band between 1970 and 1973. Rob Schneck, a former road manager for Gov't Mule, (an offshoot of the Allman Brothers Band) as



A mural of the Allman Brothers Band, created by former Macon resident Steve Penley, greets visitors to the ABB Museum at the Big House.



Macon considers itself the "Song & Soul of the South."

The Macon Connection

Little Richard (Penniman) — Architect of Rock and Roll

- ◆ Born and raised in Macon
- ◆ Most celebrated song: "Tutti Frutti"

James Brown — Godfather of Soul

- ◆ Established career in Macon, where he lived for eight years
- ◆ Most celebrated song: "Please, Please, Please"

Otis Redding — King of Soul and prominent Rhythm and Blues artist

- ◆ Moved to Macon as a toddler and stayed til his death in 1967
- ◆ Most celebrated song: "(Sittin' On) the Dock of the Bay"

Allman Brothers Band — Founders of Southern Rock

- ◆ Began career in Macon in 1969 and remained for more than ten years
- ◆ Most celebrated song: "Ramblin' Man"

Mike Mills — Founding member of R.E.M.

- ◆ Spent childhood in Macon
- ◆ Most celebrated song: Chief composer behind many R.E.M. hits

Robert McDuffie — World-renowned Violinist

- ◆ Born and raised in Macon
- ◆ Celebrated recording: Concerto for Violin and Rock Band (with Mike Mills)

www.maconga.org
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The antebellum Bell House, once a setting for a photo of the Allman Brothers Band, is now the home of a new music conservatory.

well as a friend of Gregg and Cher's son, shows us around, interspersing facts with anecdotes drawn from his personal association with band members.

Of all the folks who knew the Allmans when they lived in Macon, it's Louise Hudson, the one they called "Mama Louise," who knew them best. Today Louise is officially retired from her down-home eatery, H&H Restaurant, but she still comes in almost every day to check on the chicken and chat with the customers. She likes to tell them about the day when "two skinny boys came begging for food. They said they had no money but were fixin' to go on tour and would pay me when they got back."

Louise gave them heaping dishes of soul food; the boys, started one of the hottest bands in the country, and Louise became their life-long friend.


The next day we stop by the Otis Redding Foundation, which showcases memorabilia from the family's personal collection. Otis's daughter, Karla Redding-Andrews, greets us. A visitor asks which of her father's songs is her personal favorite. She stops to think. "Probably I've Got Dreams to Remember," she says after a minute, "but I also like Love Man because it describes my dad so well. Mom was the strict one. Dad would let us kids eat ice cream for dinner."

During the rest of our visit, we're privy to other stories — stories about sex, scandal and segregation, tales about revitalizing neighborhoods and repurposing historic buildings in the city's College Hill Corridor, which is a two square-mile area between Mercer University and Macon's downtown business district.

Finally, before we leave, we pause outside an 1855 antebellum mansion, replete with marble steps and Corinthian pillars. We recognize it as the building that the Allman Brothers used as a backdrop for their first album.

Today violin virtuoso Robert McDuffie - "Bobby" to his hometown friends - has turned the building into the Robert McDuffie Center for the Strings, a conservatory that is now being hailed as the Juilliard of the South.

"First came soul; then came Southern rock, and now it's only fitting that Macon is a home for classical music," says Jessica Walden. With this it seems certain that there will be more legendary artists - and more stories - as folks in Macon continue makin' music.



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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Julie Newmar: Still the Cat's Meow

by Nick Thomas

This summer, Julie Newmar turns 82; but it only seems like yesterday she was prowling across our TV screens as the original Catwoman supervillainess in the '60s TV series "Batman."

In addition to her acting career, Julie has long taken an interest in gardening, beauty, and health.

"If something bothers me, I try to live on top of it," the Hollywood beauty icon said from her home in Los Angeles. "Just let the joy in you come out and stay in love with life. That's the secret to aging well."

Julie also gives inspirational talks to women on how to enhance one's overall image including tips on make-up, hair, dress, and voice. "Beauty has a lot of connotations to it and loving yourself is a

very good place to start. We can all be more marvelous."

Aside from Catwoman and numerous other TV roles throughout her career, Newmar appeared in over 30 films working with greats such as Kirk Douglas, Gregory Peck, and James Mason.

In "Mackenna's Gold" (1969), she was cast as a young Native American girl.

"I'm of Swedish descent, so having a Swedish girl play an Indian could only have been done in Hollywood 40 years ago," she said, recalling an unexpected visitor to the set.

"We spent two months on location in Arizona and Utah. At the time, Robert Kennedy was running for president and he and his entire entourage dropped in one night and had dinner in a tent with us. I sat next to him and remember his wife trying unsuccessfully to convince Gregory Peck to read some poetry."

Eight years earlier, in "The Marriage-Go-

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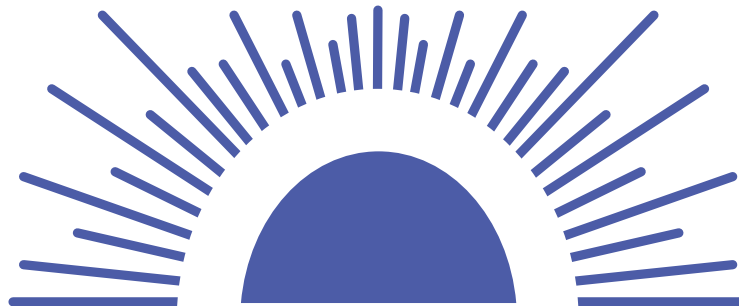
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Round,” Julie was cast closer to her ancestry – as a teenage Swedish blonde bombshell attempting to seduce James Mason. “He was a glorious actor, extremely generous and helpful. He looked out for me in my close-ups, making sure the light was on my face and shadows didn’t fall on me.”

But it was her role as the exotic feminine feline nemesis to the ‘dynamic duo’ in some dozen “Batman” episodes where Newmar’s sex appeal sizzled on ‘60s TV screens. Her image still haunts many today.

“I still get a lot of fan mail from men!” she said, quoting an excerpt from an online post:

“Julie Newmar is the fruit of one of those moments when God must have thought ‘I’ll give them a girl who will define female perfection so well, that they will always know what beauty is all about.’”

“Oh my,” she added, sounding quite touched by the tribute, “that’s so endearing.”

Newmar is now endearing herself to another generation of fans since the “Batman” TV series was released on DVD last November – after being held up for years by legal wrangling. She also recorded commentary for the DVD’s Special Features.

“Doing the interview caused me to focus on what the Catwoman character meant for my life,” she said. “It’s really a joy to have created something that people still remember me for. I never got any royalties from the series, but the popularity of the show over several generations has more than paid me back.”

As for her memorable body-gripping Catwoman costume, Julie says she acquired the original “after a lot of hoopla,” and donated it to the Smithsonian Institution.



“It was like a long-sleeved, long-legged leotard made from black Lurex,” she recalled. “It clung to the body, but was very easy to get in and out of. It really looked smashing!”

As she continues to share some personal general lessons of life and beauty tips on her web site, julienewmar.com, Julie hopes her advice will help others to look and feel “smashing,” too.

“The importance of looking and feeling well is clearly important to an actor,” she says. “With the right attitude, you can be a great beauty at any age.”

Nick Thomas teaches at Auburn University at Montgomery, AL., and has written features, columns, and interviews for over 600 magazines and newspapers.

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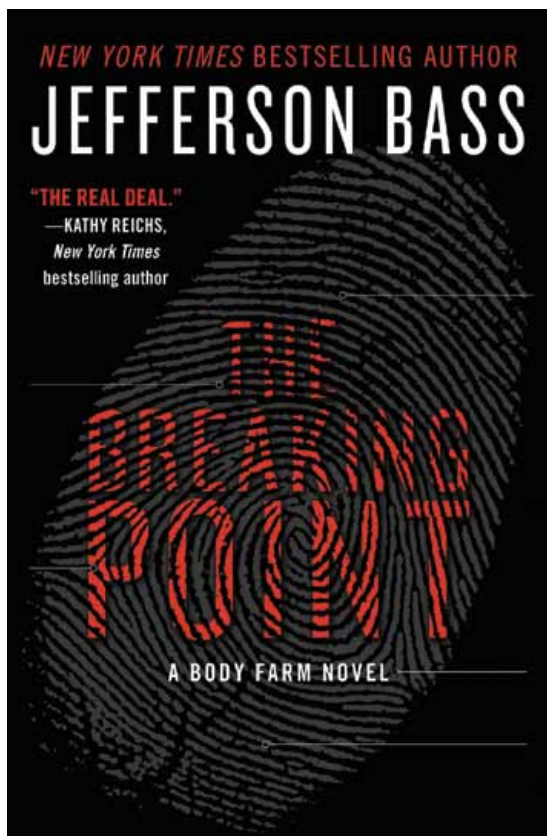


Following Through

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“The Breaking Point”

by Jefferson Bass

©2015, William Morrow, \$26.99, 384 pages

book reviewed by Terri Schlichenmeyer

When it comes to your job, you're a crackerjack. You have quite the reputation for doing your best, in fact, which is why colleagues come to you for help. Nobody busts a move like you: smooth, efficient and done right. Yep, when it comes to your job, you can't be beat.

Except when you can. Except when everything points somewhere else and you're ripped off-track, as in the new novel “The Breaking Point” by Jefferson Bass.

Within the philanthropic world, Richard Janus was known for his speed.

When tragedy occurred anywhere in the world, before most governmental entities could even get organized, Janus was on the scene aboard his private jet filled with water, first aid, and other supplies. Earthquake, tornado, hurricane, flood, it didn't matter; Janus' humanitarian efforts helped save lives.

It was therefore a shock to his supporters and donors when Janus lost his.

The fireball was, by all accounts, huge: that's what happens when a Citation jet slams into the side of a mountain near San Diego at four hundred miles an hour. There wasn't much of Richard Janus left to identify, but the FBI needed the best forensic expert they could hire to try. They contacted Dr. Bill Brockton.

As a leader in forensic anthropology and the founder of the University of Tennessee's Body Farm, Brockton was well-known for his expertise in identifying bodies and determining time of death. The Janus case, however – and Brockton hesitated to call it a “case,” since it seemed to have been an accident

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– would almost bust his chops.

Judging by a nearly full set of teeth found at the site, Janus had been killed by the crash; a second set of teeth momentarily sidelined the investigation, but were explained by a bizarre coincidence. Janus, during his nighttime flight, had apparently missed a mountain and died for his mistake. But then reports surfaced that Brockton had missed an important dental clue, and the media howled...

Brockton was used to that. Media loved their scandals, after all, but the onslaught in California and new allegations back home were almost unbearable – especially when another, more deadly bombshell entered his life.

Having read quite a number of the Body Farm novels, I have to say that I was surprised by “The Breaking Point.”

Authors Jon Jefferson and Dr. Bill Bass (who write together under this collective pseudonym) step back in time here to give fans a bit of history for their hero, Brockton, in a twist that takes a little getting used to but turns out to be rich in story. Not only is that a bonus for anyone who’s familiar with this smart, authentic (Bass was the creator of the real-life Body Farm) investigator, but it also makes this book a great place for new fans to start the series.

Bursting with red herrings and creepy bad guys (and a hint of the next book, perhaps?), this mystery-thriller is a whodunit lover’s dream. Be warned though: start a novel like “The Breaking Point,” and it could crack your schedule.

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



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DAZZLE GUESTS WITH A

JULY 4th FEAST

FAMILY FEATURES

Celebrate warm weather, abundant outdoor activities and all the fun of July Fourth with a flavorful and festive gathering. Independence Day only comes once a year, so make it count and invite your favorite guests over for a memorable event. You'll go out with a bang when you serve up these palate-pleasing dishes at your patriotic party.

Star-Spangled Dessert

Add color and crunch to your cones with a dip in red, white or blue melted Candy Melts candy and a variety of patriotic sprinkles. The Cone Cakes baking rack holds the cones for drying and serving. For more recipes, visit www.wilton.com.

Dipped Ice Cream Cones

Yield: 12 ice cream cones

1 bag (12 ounces) Bright White Candy Melts Candy
Sugar ice cream cones
Jimmies 6-Mix Sprinkle Assortment
Rainbow Jimmies

Melt candy in microwave safe bowl. Dip cones about 1 inch deep around opening of cone. Cut small hole in tip of bag and drizzle melted candy 1 inch deep around opening of cone. Tap cone lightly to smooth, and sprinkle with jimmies. Position cone in cone rack. Let chill, about 10–15 minutes.

Add ice cream scoops at party and serve in cone rack.





Fresh Off the Grill

“For a red-white-and-blue burger that tastes as good as it looks, I use ground bison on a brioche bun, topped with Blue Cheese,” says celebrity chef Michael Symon.

For more recipes, visit castellocheeseusa.com.

Bison Burger with Blue Cheese

Recipe courtesy of Michael Symon; Servings: 4

Kosher Salt

Freshly ground black pepper

2 tablespoons olive oil

1 pound ground bison, loosely packed into burger patties

4 slices blue cheese

4 brioche-style soft hamburger buns, toasted

1 small red onion, very thinly sliced into rings

1 cup arugula

Heat your grill to medium-high heat.

Season burgers with salt and freshly ground black pepper on both sides. Drizzle with olive oil, then place on grill.

Cook 3 minutes, then flip.

Add slices of blue cheese (1 slice per burger), and let cook another 1 – 2 minutes.

Remove burgers from grill and place patties on toasted buns.

Top each burger with red onion and ¼ of arugula. Serve.



Patriotic and Perfectly Sweet

This July Fourth, serve watermelon. This yummy fruit boasts sweetness and nutrition at a great value. Loaded with vitamins A, B6 and C, as well as antioxidants and heart-healthy amino acids.

For more recipes, visit www.watermelon.org.

Red, White and Blue Watermelon Cake

Servings: 6 – 8

1 seedless watermelon

1 cup sliced almonds

1 cup low or no fat natural

1 cup blueberries

vanilla flavored yogurt

1 cup sliced strawberries

Place watermelon on side on cutting board.

Cut 3 – 5 inches off each end to create large center slice between 3 – 5 inches in depth. Trim off outer rind.

Cut watermelon slice into 6 – 8 pie-shaped wedges. Blot edges with paper towels to absorb excess moisture.

Dip the back (curved) side of each slice in yogurt and then almonds, re-assembling pieces on serving platter as each piece is completed.

When finished, it will look like piecrust of almonds around watermelon slices. Frost top of reassembled watermelon with remaining yogurt and decorate top with berries.

Serve cold.

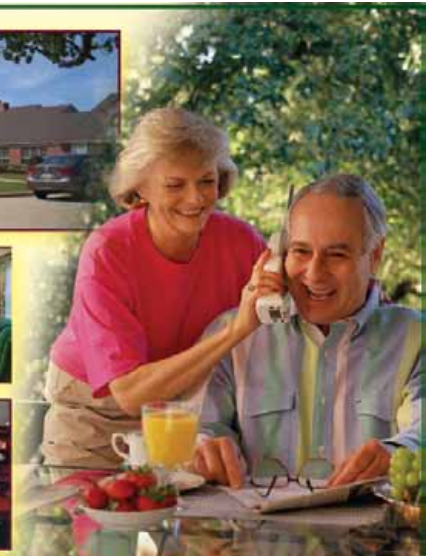
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Get Up & Go!



EVENTS

4th Annual Alzheimer's Symposium - Presented by St. Matthew AME Church on Saturday August 1 from 9 a.m. to 2 p.m. at the Central Elementary School, 2700 Weinstock Street, Shreveport. The symposium will educate the public about Alzheimer's disease and the available resources for patients and caregivers. **FREE** admission and open to the public. Keynote speaker will be Dr. Goldie Byrd, Dean of College of Arts and Sciences, and the Principal investigator in an African American Alzheimer's Research study at the North Carolina A & T State University. For more info, call (214) 228-9068,

Bossier Arts Council's Emerging Artist Gallery Presents Hannah Cooper Mc-

Cauley - Through July 31. 630 Barksdale Blvd, Bossier City. 11 a.m. to 5 p.m. Tuesday - Saturday. For more info on this show and other Bossier Arts Council programming please email bossierarts@bossierarts.org or call 318-741-8310.

KTBS-3 Independence Day Festival - July 4, 2 - 10 p.m., in downtown Shreveport's Festival Plaza. **FREE** family-friendly event. Annual Brookshire's Steak Cook-Off at 3:15 p.m., live music beginning at 4 p.m., fireworks show at 10 p.m., and more. Live music headliners include Dylan Scott, Joe Diffie and Colt Ford. Festival Plaza is located at 101 Crockett Street in downtown Shreveport. For more info, visit www.ktbs.com.

Parkview School Reunion Classes 1900 thru 1965 - Hosted by West End Kids at Lakeview United Methodist Church, 5055 South Lakeshore Dr., Shreveport. (Formerly Park Avenue Methodist Church). Saturday, July 25. 1 p.m. Pot luck. Tea, coffee and paper goods provided. You may bring sodas (No Alcohol). Please bring school pictures and pictures of the Caddo Mission, churches and the neighborhood to be scanned and added to the scrapbooks. Also bring memorabilia of by gone days. Scrapbooks will be on display. Please notify other West End Kids so they can join us. For more info or please call: Jo Ann Cannon Harris 318-949-9033; Laura Hair Duffy 318-424-7648; Iris Noble Chambliss 318 679-5104.

KREWE ACTIVITIES

Krewe of Elders Party - Sunday, July 12 from 2:00 to 6:00 p.m., at the American Legion Post No. 14 located at 5315 South Lakeshore Drive, Shreveport. Entertainment provided by Backbeat Boogie Band. \$6.00 members; \$8.00 non-members, cash bar, snacks, open to public. Info. 752-9175, 631-8865.

MARKETS

Mall St. Vincent's South Highland Summer Market - Fridays through July 24. 5:00 p.m. - 9:00 p.m. Under the tent in the parking lot near the Fairfield Ave. exit. Featuring fresh produce, specialty foods, & crafts.

Shreveport Farmers' Market - Locally-grown produce, meat, honey, plants, food products, Market Café, and music. Festival Plaza in downtown Shreveport at 101 Crockett Street. Saturday markets



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take place from 7 a.m. to noon through August 29; Tuesday markets will be held at the east end of Festival Plaza, through July 14 from 3 p.m. to 6 p.m. featuring home-grown fruits, vegetables, and meats. For more info, visit www.shreveportfarmersmarket.com or call 318-455-5788.

MEETING

GENCOM Genealogical Society monthly meeting - Sunday, July 26 from 2 to 4 p.m. at the Broadmoor Branch Library, 1212 Captain Shreve Dr., Shreveport. Program - "Genetic Genealogy - Using DNA Testing to Complete Your Genealogy Family Tree" by Jim Jones. Of interest to anyone thinking about using DNA testing for genealogy research or has DNA test results and needs assistance in analyzing the results. Everyone is welcome and the meeting is **FREE** and open to the public. For more info call (318) 773-7406 or email jgjoness09@gmail.com.

MOVIE

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. Caddo Council on Aging. Every Thursday and Friday. Coffee and cookies at 9:30 a.m. Thursdays: Program at 10 a.m. Fridays: Senior Tech Talk. Introduction to Laptops, tablets and smart phones

and other tech tips. **FREE.**

- Thursday July 2 at 10 a.m. Featuring: "Help for Alzheimer: New Kid on the Block" Bridget Lyman.

- Thursday July 9 at 10 a.m. Featuring: "Seniors Getting out of the House" by Hannah Marks.

- Thursday July 16 at 10 a.m. "Falls: Risk and Prevention" by Courtney Seets.

- Thursday July 30 at 10 a.m. "Recording Family Stories Before It's Too Late" by *The Best of Times* publisher Gary Calligas.

THEATRE

Mary Poppins: The Broadway Musical - July 10, 11, 17, and 18 at 7:30 pm; July 11 and 18 at 2:00 pm; July 12 and 19 at 3:00 pm at Emmett Hook Center, 550 Common Street at Milam, Shreveport.

Based on the series of children's books by P.L. Travers and the 1964 Disney film starring Julie Andrews and Dick Van Dyke. Tickets are \$18 for seniors, \$22 for adults, \$14 children. For tickets call 429-6885 or visit emmetTHOOKcenter.org.

National Tour of Menopause The Musical - Texarkana Regional Arts & Humanities Council's Perot Theatre, 221 Main Street, Texarkana, Thursday, July 30 at 7:30 p.m. Menopause The Musical® is a groundbreaking celebration of women who are on the brink of, in the middle of, or have survived "The Change." \$35, \$45 and \$50. Tickets are available at the box office (corner of West 3rd and Main Streets), online at trahc.org or by calling 903-792-4992.

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7:30 pm

Saturday Matinees:
July 11, 18
2:00 pm

Sunday Matinees:
July 12, 19
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King Crossword

Puzzle answers on page 34

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JOHNNY RIVERS
APRIL 23, 2016
8:00 PM

BLUES BROTHERS REVUE
MAY 13, 2016
8:00 PM

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ACROSS

- 1 Stylish
- 5 Dawber or Grier
- 8 Elevator name
- 12 Mimicking bird
- 13 “— Town”
- 14 Teaspoonful, maybe
- 15 Eccentric types
- 17 Apportion (out)
- 18 Ultra-modernist
- 19 Scoundrel
- 20 Following
- 21 Blunder
- 22 Slapstick missile
- 23 Martini garnish
- 26 Break ranks
- 30 Rid of rind
- 31 Half a dozen
- 32 Whip
- 33 Actor Tracy
- 35 Hungarian sweet wine
- 36 Boxer Schmeling
- 37 Carpentry tool
- 38 Breakfast meat
- 41 Atmosphere
- 42 “— -Tiki”
- 45 Neural transmitter
- 46 Twilight time
- 48 Rickey flavor
- 49 Mutt

| | | | | | | | | | | | | |
|----|----|----|---|----|----|----|---|----|----|----|----|----|
| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | | 8 | 9 | 10 | 11 |
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| 45 | | | | | | 46 | | | | 47 | | |
| 48 | | | | | | 49 | | | | 50 | | |
| 51 | | | | | | 52 | | | | 53 | | |

- 50 Fill the hold order
- 51 Catch sight of
- 52 Have bills
- 53 Saucy
- 9 Gridlock sound
- 10 Capri, e.g.
- 11 Crystal gazer
- 16 Farm fraction
- 20 Have a bug
- 21 50-50 bet
- 22 Peace (Lat.)
- 23 Chances, for short
- 24 Once around
- 25 Rage
- 26 Evergreen type
- 27 Erstwhile acorn
- 28 N.A. portion
- 29 Your
- 31 Driver’s license datum
- 34 Have the skills
- 35 Mountain lake
- 37 Prolonged attack
- 38 Hay bundle
- 39 Center of symmetry
- 40 Freebie
- 41 Acknowledge
- 42 Prop for Ben Franklin
- 43 Smell
- 44 Salamander
- 46 Tokyo’s old name
- 47 Recipe meas.

DOWN

- 1 “Aw, be a sport!”
- 2 Jekyll’s bad side
- 3 — -European
- 4 Taxi
- 5 On top of the world?
- 6 “— Lang Syne”
- 7 Smith, Paul or Butterworth
- 8 Member of a fraternal

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MAGIC MAZE ● MOORES

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

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

- | | | | |
|-------------|--------|------------|--------|
| Archie | Dickie | Julianne | Roger |
| Christopher | Dudley | Mandy | Terry |
| Clement | Garry | Mary Tyler | Thomas |
| Demi | Henry | Michael | |

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Sudoku

by Linda Thistle

| | | | | | | | | |
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| | | 7 | | | 8 | | 9 | |
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| 9 | | | 2 | | | | | 8 |
| | 5 | | | 7 | | | 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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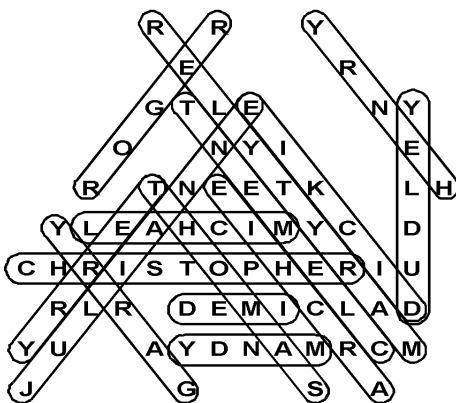


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(Puzzles on pages 32 - 33)

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| N | E | O | | C | A | D | | A | F | T | E | R |
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| S | P | E | N | C | E | R | | T | O | K | A | Y |
| | | | | M | A | X | | S | A | W | | |
| B | A | C | O | N | | A | I | R | | K | O | N |
| A | X | O | N | | E | V | E | N | T | I | D | E |
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MOORES



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

ANSWERS FROM THE EXPERTS

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



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

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



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

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– Janet F.

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Our family was challenged with finding solutions to the many problems we were facing while handling affairs for our mother. Through the recommendations of a friend, we found our way to Kyle Moore and Vickie Rech. We cannot express sufficiently our deep appreciation for the incredible job they did and are doing for our mother. The many complexities of her financial situation are being handled professionally, in a timely manner and with compassion for our family. We consider them friends as well as legal advisors and highly recommend them!

-Darlene Franks Pace & Carolyn Franks Browning

I cannot even begin to thank you enough for how you took such great care of my parents' affairs and helped us through the tall weeds of wrapping up all of the end of life business concerns.... I was able to focus on what was going on with family without worry because I knew all of the legal things were handled well. I particularly appreciated your compassionate interactions with us. You never made us feel inferior for asking so many questions or even the same questions over and over. It is astounding how cloudy the mind becomes during these times. Thinking clearly was quite a chore. I can tell you that we have highly recommended your office to many others. Hiring your firm was one of the best decisions we made during the past several years. I have tears in my eyes recalling so many of the events of this passage of time and I can assure you we navigated it much more gracefully with your help. Thank you again for everything. Quite sincerely thanking God for you.

-Terri Miller and family



JULY Parting Shots

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

The Shreveport Bridge Association hosted their annual awards party on Sunday, May 17. The party recognized members who had achieved Life Master status, as well as Ace of Clubs (recognizing one player per ranking level in each unit who earned the most master points in club games during the calendar year) and Mini-McKenney (recognizing one player per ranking level in each Unit who earned the most total master points during the previous year) winners.



2014 Mini-McKenney winners are (l to r)

Debbie Grand, Susan Young, Alice Dehaven, Anne Marston, Ardith Thompson, Charlie Weed, Ike Muslow, and Fran Hewitt.
(Not pictured: Marianne Archibald, Jerry Bigner, Dot Nutall, Clif Miller, and Betty Kennedy)



2014 Ace of Club Winners are (l to r)

Nell Cahn, Ben Sour, Susan Young, Alice Dehaven, Ardith Thompson, Charlie Weed, Anne Marston, Judy Steinfeld, Beryl Hancock, Ike Muslow, and David Rubenstein.
(not pictured: Billy Jean Reasor and Clif Miller)



New Life Masters are

Luise King, Tom Reed, Tina Calligas, and Debbie Grand

The Best Of Times

Publisher Gary Calligas spoke to the senior group at Noel Methodist Church on June 18.



[left] (l to r) Jean Nichols, Marie Fort, Reverend David J. Greer, and Ann Capasso



[above left] (l to r) Dolores Wilson, Woodie Lambert, Gwen McDonald, and Mary Lou Graves



[above right] (l to r) Sue Kamm, Sybil Kelly, Judy Butcher, and Jeannette Joseph

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July PARTING SHOTS (continued)

The Strand Theatre hosted the national touring production of the hit musical "Mamma Mia" on June 18th.



Strand Executive Director Jenifer Hill with board member Jodie Glorioso



Doug and Mary Alice Rountree



Danny and Cathy Slack



Helen Peterson was feted with a 60th birthday party in the home of Jerry and Helen Peterson on May 15.

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**John E. Settle, Jr.
Attorney at Law
742-5513**

July PARTING SHOTS (continued)

The Bossier Arts Council (BAC) hosted their quarterly WAM (Wine, Arts, Music) event on May 14 at Boomtown Casino Resort



(l to r) Sally Harak, Theresa Bridges, Tom Phillips, and Lois Robinson



Edward Regan and Robin Williams



BAC Executive Director Robin Jones with guest artist Ashley Pfanner Wachal

Robert Smith and Scott Green, owners of Preferred Care at Home of Northwest Louisiana, present Sheldon Snow (center) with the 2014 Preferred Care at Home National Caregiver of the Year award for his outstanding work in providing senior care. Mr. Snow was also the Northwest Louisiana Caregiver of the Year.



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- ▶ Wound Care
- ▶ Tracheotomy Care
- ▶ Post Acute Rehab
- ▶ Electrical Stimulation Therapy (E-Stim)
- ▶ IV Therapy
- ▶ Dementia Management
- ▶ Cardiac Care
- ▶ Diabetic Care
- ▶ Dialysis Management
- ▶ Pain Management
- ▶ Restorative Nursing Program

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- ▶ Basic cable television and Wi-Fi offered at no charge
 - ▶ Beauty and Barber Shop services
 - ▶ Transportation services to and from medical appointments
 - ▶ Exciting social events
 - ▶ Faith based services
 - ▶ Music, crafts, and creative activities
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