

July 2012

The Best Of Times

*“Celebrating Age
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Official rules, and a listing of prize packages and participating businesses will be found in the August, 2012 issue of *The Best of Times*, and beginning August 1 on our website at www.TheBestOfTimesNews.com and at all participating business locations.



Deciding to move yourself or a loved one to a retirement community is a major decision - one made even more difficult by false stereotypes. This month Dwayne Clark dispels three of the myths associated with senior living facilities. We also check in on singer-songwriter Amy Grant to learn her secret for happy, healthy aging. And Mark Underwood shares some great tips for getting a good night's sleep.

Last month we expanded our puzzle offerings and asked for your feedback. I'm happy to report that while those pages have always been popular, our new additions have scored a home run with readers. Thanks to all who took the time to email or who called with overwhelmingly positive comments.

I'm also happy to announce that *The Best of Times* Poker Rally is back by popular demand. This year's event promises to be even bigger and better than last year. See page 6 for preliminary information and make sure to pick up our August issue for a list of participating businesses, official contest rules, and a listing of all the prize packages. The grand finale will be on August 29 at the "Judging Event and Business Expo" at DiamondJacks Casino & Resort. There'll be free entertainment, informational booths, giveaways, and door prizes. And you never know what publisher/radio host/husband Gary has up his sleeve. Rumor has it that he's even planning a few surprises that are sure to delight.

Finally, enjoy the 4th of July. For me it's more than BBQ and fireworks. I am the child and grandchild of Greek immigrants. The holiday represents the freedom and the opportunities that my ancestors found here. I will take the time to remember all the people who risked so much to create this wonderful country that we call home and all of those who continue to ensure that this great nation endures.

Until next month, God Bless America!!

Tina

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"Reverse Mortgages"
Carolyn Johnson, Reverse Mortgage
Specialist

JULY 14
"Wicked Shreveport"
Bernadette Palomobo & Cheryl White

JULY 21
"Shreveport Little Theatre's
91st Season"
Robert Darrow, Managing Director

JULY 28
"Where are those famous celebrities
of the past...Now?"
Marshall Jay Kaplan, Gemini award
nominated tv producer, syndicated
cartoonist, and tv host

AUGUST 4
"Couponing to Save Money"
Jennifer Richardson, the Savvy
Shopper



High-Fat, Low-Carb Diets Not for Obese People at Risk of Heart Attack

High-fat, low-carb foods are a popular choice for dieters, but new laboratory research by University of Alabama at Birmingham cardiologists indicates these may be detrimental to the health of people who have ischemic cardiovascular disease or a predisposition to heart attacks. The researchers first published in *Life Sciences* in 2008 that high-fat, low-carb diets affect the types of fuel the heart uses to function, alter insulin-signaling following a heart attack and increase post-heart-attack damage in normal-weight rats. In this latest research, the team found that obese rats fed a high-fat, low-carb diet - comparable to that humans would consume - had larger, more damaging and deadly heart attacks than rats fed the control diet. The researchers stressed that the studies are not definitive enough to say high-fat, low-carb diets are harmful or beneficial, but they do present enough preliminary evidence of harm to warrant further investigation.

CT Colonography Shown to be Comparable to Standard Colonoscopy for People Ages 65+

Computerized tomographic (CT) colonography (CTC), also known as virtual colonoscopy, is comparable to standard colonoscopy in its ability to accurately detect cancer and precancerous polyps in people ages 65 and older, according to a paper published online in *Radiology*. This is consistent with results of the ACRIN National CT colonography Trial, published in the *New England Journal of Medicine*, which demonstrated CT colonography can serve as a primary colorectal cancer screening option for adults ages 50 and older, but did not specifically break out data for participants ages 65 and older included in the overall analysis. The Centers for Medicare and Medicaid Services has deferred coverage for CT colonography primarily citing a lack of data on the exam's performance in Medicare-eligible recipients ages 65 and older.



Bananas Are as Beneficial as Sports Drinks

Bananas have long been a favorite source of energy for endurance and recreational athletes. Bananas are a rich source of potassium and other nutrients, and are easy for cyclists, runners or hikers to carry. Researchers at Appalachian State University's Human Performance Lab wanted to see which was more beneficial when consumed during intense cycling - bananas or a carbohydrate sports drink. The study found that not only was performance the same whether bananas or sports drinks were consumed, but bananas provided the cyclists with antioxidants not found in sports drinks as well as a greater nutritional boost, including fiber, potassium and Vitamin B6. In addition, bananas have a healthier blend of sugars than sports drinks.

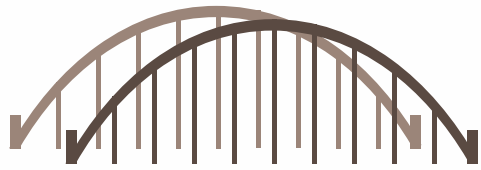
Stroke Profile May Predict Risk of Memory Problems

A new study shows a person's stroke risk profile, which includes high blood pressure, smoking, and diabetes, may also be helpful in predicting whether a person will develop memory and thinking problems later in the life. The study found the higher a person's score on the Stroke Risk Profile, the greater the chance of developing cognitive problems later. It appears that the total Stroke Risk Profile score, while initially created to predict stroke, is also useful in determining the risk of cognitive problems. The research is published in *Neurology*.

Walking Speed May Signal Thinking Problems Ahead

A new study shows that changes in walking speed in late life may signal the early stages of dementia known as mild cognitive impairment (MCI). The research is published in *Neurology*. The researchers used a new technique that included installing infrared sensors in the ceilings of homes, a system designed to detect walking movement in hallways. Participants (people age 70 or older who lived alone) were given memory and thinking tests and had their walking speed monitored at their homes unobtrusively over a three-year period. The study found that people with non-memory related MCI were nine times more likely to be slow walkers than moderate or fast walkers and the amount of the fluctuation in walking speed was also associated with MCI. Researchers stated that further studies need to be done to determine whether walking speed and its fluctuations could be a predictor of future memory and thinking problems in the elderly. The researchers hope that detecting dementia at its earliest phases will enable clinicians to maintain people's independence, provide treatments and ultimately develop ways to prevent the disease from developing.





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It's difficult to overcome stereotypes of senior living communities. Despite the fact that the level of available care and amenities, and the choice and type of facilities, have evolved significantly over the past several decades, people still tend to think of senior housing as the "old folks' homes" of the past: antiseptic, white-walled, linoleum-lined institutions with cold nurses, hot temperatures, and nasty food. It's no wonder then that the majority of people continue to buy into three myths about senior living institutions that are not only flat-out wrong but can actually be detrimental to the well-being of their aging loved ones. The three myths of senior living communities are:

ONE **All senior housing options are the same.** The reality is that today's senior living industry is similar to the hotel industry with a range of choices for every lifestyle, need and budget. You can find low-end chains that offer only the very basic in care and amenities, similar to a Motel 6. There are family-run operations, set up in residential homes, not unlike bed-and-breakfasts. And then there are high-end luxury options, comparable to a Four Seasons hotel. Too often, family members and seniors avoid even considering senior living options out of fear of the unknown and a misunderstanding of what present-day senior communities are all about. They are, unfortunately, relying on outdated childhood memories of when a grandparent or a great-aunt went off to a nursing home and never came back.

This does not have to be the case. At the higher end, senior living communities can provide lifestyle activity coordinators instead of program directors, and employ chefs instead of dietitians. They can offer on-site spas and appropriately equipped gyms, massage therapy services, manicures and pedicures, movie theaters, outdoor gardens, and gourmet dinners with wine on the menu. One new site even has a "man cave," complete with pool tables and beer taps.

TWO

Entering a senior living community actually hastens the end of someone's life.

Assuming that a senior is better off "aging at home" can result in unnecessary suffering and even tragedy. Many seniors who could benefit from just a little added care are often found living alone, far away from family, largely isolated and devoid of much human interaction, and typically at high risk of physical falls, malnourishment, and depression. These seniors are perfect candidates for an assisted living community because, once they are living in a place where they have access to medical care, personal assistance, medication management, good nutrition, opportunities for mental and physical activity, and a chance to make friends and socialize, they truly thrive. In fact, several new studies show that not only does a move to an assisted living community not hasten a resident's demise but, in fact, it can actually ensure a greater quantity—and a better quality—of life.

At many senior living communities there are residents who have renewed their childhood hobbies, or taken up new ones like writing, painting or billiards. There are residents who always have a dinner or coffee companion. They can enjoy on-site book groups and religious services. They can play checkers or Wii. Residents

3 MYTHS ABOUT SENIOR LIVING

BY DWAYNE



6 AT MANY SENIOR LIVING COMMUNITIES THERE ARE RESIDENTS WHO HAVE RENEWED THEIR CHILDHOOD HOBBIES, OR TAKEN UP NEW ONES LIKE WRITING, PAINTING

MYTHS ABOUT SENIOR LIVING

J. CLARK



SENIOR LIVING
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often enjoy unexpected romances and, in some cases, marriages. Family members, freed from the worry and guilt of seeing their loved ones in less-than-ideal circumstances, tend to visit more often, strengthening long-worn family ties through new opportunities for quality time and stress-free activities.

THREE

Only the very wealthy, and the very poor, can afford to live in a senior living community.

The fact is that retirement and assisted living communities have been consciously created by senior housing developers to be very affordable for middle-class consumers. The monthly cost of assisted living varies, but the average for a more upscale residence is between \$4,200 and \$6,200 a month. At first glance, that sounds like a lot of money, and many a family member immediately thinks, “There is no way my mother can afford that.”

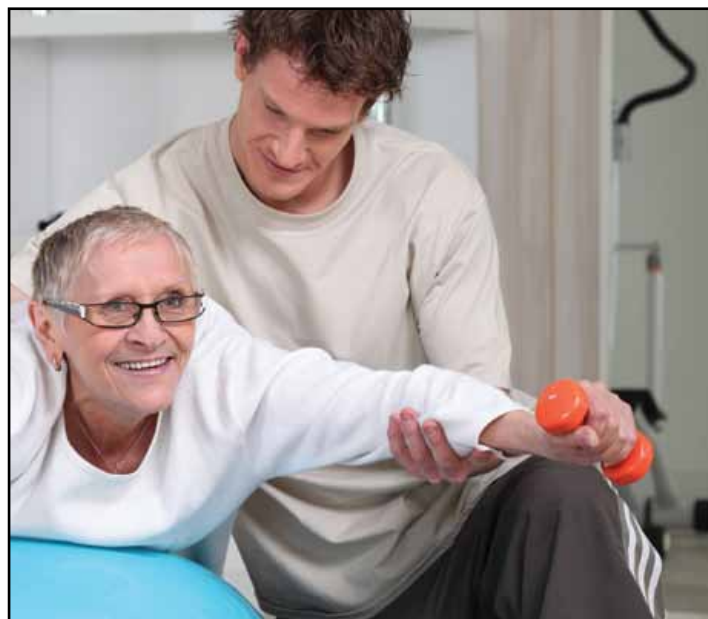
But the cost of assisted living needs to be carefully compared with the total cost of living at home. Ongoing expenses of seniors staying in their houses might include rent or mortgage payments; property taxes and homeowners insurance; utilities, such as electricity, heating oil or propane, water, trash pickup, cable, phone and Internet service; home maintenance costs, including lawn care, snow removal, tree care; routine and major repairs to the home (and appliances and other needed home equipment like an air conditioner or furnace); car maintenance; and food

and cleaning supplies. Additionally, as a parent or sibling ages, there are likely to be new costs including outside help with laundry, housekeeping, home upkeep and meal preparation; real-time monitoring devices and medical equipment; home health care; and transportation for medical appointments and other necessities. Those expenses, when taken in their entirety, are likely to be almost as much as or equal to the flat-fee monthly cost of an assisted living community. And most people are surprised when they realize that not only can their parents afford to live at one of these communities, but they actually have leftover funds.

Some seniors, of course, won't have quite enough monthly income to pay the total or to pay for incidentals and will have to begin to tap their financial assets, whether that means selling their home, pulling funds out of an IRA or 401K or beginning to pay down their life savings. In other cases, children or siblings will help pay for the difference. And there are other options as well. Couples can share a unit, making for a discounted overall rate. Many communities offer smaller studio apartments and two residents can share a two-bedroom suite, which helps cut the monthly cost.

What most aging seniors need is some oversight by professionals who understand their unique needs. They need to be treated with kindness and dignity, like any other person whether they're still sharp or are prone to forgetfulness, and whether they remain physically strong or are in need of a walker. Seniors will find all of that in abundance at today's retirement and assisted living communities. For new residents, living away from the life they've always known is an adjustment, but—more often than not—they quickly realize that it's a change for the better. And their family members and other loved ones soon realize that the three myths about senior living communities are just that.

Dwayne J. Clark is the founder and CEO of Aegis Living, currently with 28 senior living communities in Washington, California, and Nevada, and the author of “My Mother, My Son.” Visit him online at www.mymothermyson.com.



CELEBRITY HEALTH: **AMY GRANT**

An inside look at how this pop star stays fit and healthy by listening to mom



By Lisa Iannucci

It's hard to believe that singer Amy Grant is 51 years old. After earning her first recording contract when she was only 15 years old, this award-winning contemporary Christian superstar is now a veteran of the business. One look however, reveals a woman who knows the importance of good health for happy aging.

It's easy to think that as a celebrity, she would credit her healthy, young looks to some miracle fountain of youth concoction or perhaps a little nick and tuck. Nope. Grant is so down to earth that she just grabs what's in the shower to wash her hair, doesn't limit any foods in her home and doesn't even have a trainer on speed dial.

So how does she do it? She starts by crediting her mother. Grant, the youngest of four girls, grew up in Nashville, Tennessee and she calls her childhood average. Her dad was a doctor and her stay-at-home mom did most of the cooking, but her mom required sit down family meals for breakfast and dinner.

"Fast food wasn't really around and breakfast and dinner were honored meal times," Grant says. "Every dinner included a meat, two vegetables and a green salad."

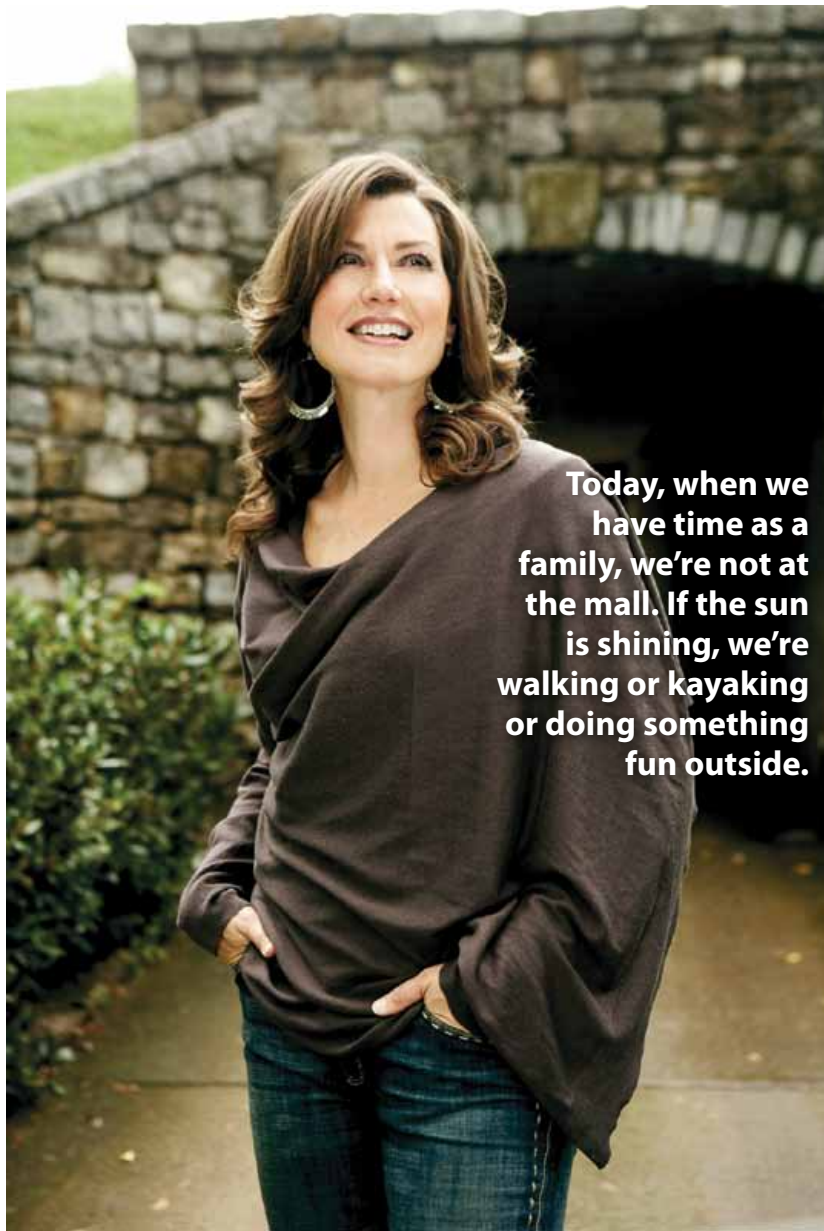
She fondly remembers watching her mom perform her daily exercises on her bedroom floor. "She would do Jane

Fonda workouts too," she says. "She had arthritis so she tried to be as healthy as she could. We were always told to go outside and play and it's the same thing I say to my kids now."

Grant has four children – three with her first marriage to Christian musician, Gary Chapman, and one with husband and country music artist, Vince Gill (she and Gill have been married for 12 years). After the birth of her third child, Grant worked with a trainer for five years. "It was the only time I really worked with a trainer because I had three kids in five years and lost the handle on physical fitness," she says. "I got into the best shape."

In the mid 1990s, Grant says that all bets were off when it came to working out at a gym. "Instead, I started walking and biking and enjoyed just being active," she says. "Today, when we have time as a family, we're not at the mall. If the sun is shining, we're walking or kayaking or doing something fun outside. When one of my kids became more sedentary, we went out to buy her new tennis shoes and started playing."

Grant says that no food is off limits in her house. "We don't eat out of boredom, but we have had cycles where we made



Today, when we have time as a family, we're not at the mall. If the sun is shining, we're walking or kayaking or doing something fun outside.

better health choices and those that were not so good, but I don't monitor it," she says. "One of my daughters had a fabulous dessert at a restaurant in town once but ate too much of it and felt sick. I told her to remember that feeling the next time she wanted to eat too much."

When she's on the road performing in concert, she'll order pizza or other dishes to have on the tour bus after the show is over. "We all do it," she says. "We try to make healthy choices, but at that time of night after a show, it feels nice to have that reward."

Grant's flawless hair and skin isn't the result of some secret skincare routine either. "I just grab what's in the shower," she says.

She suffered from acne as a teen, but today her only consistent skin care is the use of a special olive oil that she purchased while visiting an olive oil tasting room. "Make sure you moisturize your neck,"

she advises. "And if you're not going to put on makeup make sure you moisturize."

She does admit to completing an annual body cleanse made of cayenne, maple syrup and lemon juice. "If I feel like my body is out of whack, I'll do a cleanse," she says. "If I'm getting a little thick around the middle, I try to make decisions to be more active."

For Grant, that doesn't mean hitting the gym, walking on the treadmill or calling up her trainer. "I create a diversion and do things that sound like fun, like paint furniture or redo the flower bed," she says. "If diet and all those things are the focus of your energy and are a looming monstrosity in your consciousness and that's all you think about, it's not a good quality of life."

And with her children, marriage and a successful recording career that includes more than 30 million albums sold and six Grammys in multiple categories, it looks like award winning songstress, author, wife and mom, definitely knows the meaning of a good quality of life.

© CTW Features



Sleep like a baby— at any age

by Mark Underwood

If your sleep patterns are changing as you grow older, you're not alone. As we age, we experience many age-related differences like difficulty sleeping through the night without constantly waking up. For others, they may sleep for a few hours, but it is always hard to get back to sleep. It's one thing to know that sleep is essential to our mental and physical health at any age, but achieving quality sleep, on a regular basis, is a challenge for many older adults.

Quality sleep has numerous benefits. During sleep the body produces important proteins called cytokines which are essential to the effectiveness of the immune system in fighting off infections and illnesses. If you have chronic sleep problems you may have a weaker defense system against pathogens that cause a variety of health problems—even the common cold.

Sleep and memory

As we age, the body produces less growth hormone that regulates deep sleep. Growing older also means we produce less melatonin, the chemical that helps with circadian rhythm - that's the wiring in the brain that adjusts from night to day. Less melatonin, means sleep cycles with increased interruptions.

New research from the National Institutes of Health (NIH) highlights how quality sleep, which can include an afternoon nap, helps cognition such as memory. Remember the last time you stayed up all night or hardly slept at all? You probably felt severely sleep deprived the next day and your memory wasn't as sharp as it usually is when you are more rested.

Scientists believe that quality sleep in older adults may

help repair some of the damage from aging brain cells. This damage may contribute to memory problems, concentration and other important mental tasks. Lack of sleep affects cognition, decision-making, and our ability to focus. Fatigue from poor sleeping habits, is often an important factor in accidents and workplace injuries.

Quality sleep is a basic maintenance measure. Sleep keeps things humming, similar to routine oil changes that keep your car's engine running well. Sleep is not only necessary to recharge the body - it is now considered crucial to good brain health.

Investigate Your Sleeplessness for Clues

Many variables contribute to poor sleep ranging from diet to daily exercise. You can improve the quality of sleep and overall well being but first you have to understand what's contributing to poor sleep. As millions of people grow older, many experience age-related sleeping patterns because their days (and minds) are crowded with anxiety and stress.

There are several common factors that contribute to poor sleep. Insomnia in older adults can be caused by many chronic conditions such as arthritis when pain and discomfort may prevent the body from getting needed rest. Sleep apnea is another health problem not uncommon in older adults. This is a serious health concern that disrupts sleep repeatedly throughout the night. Another common concern is Restless Leg Syndrome (RLS) where a person's legs and arms feel agitated and make it difficult to fall asleep.

People who suffer from these or other underlying conditions are often getting a poor night's sleep. This is obviously an uncomfortable sleep-and-wake cycle for anyone of any age, but it is especially difficult for older adults. Fortunately, many of the common factors that contribute to poor sleep can be addressed and treated.

Take these steps to reduce fatigue and a lack of sleep that takes its toll on your body.

- Go to bed and wake up at the same time each day
- Eat a healthy, well-balanced diet and drink plenty of water
- Exercise regularly
- Find structured ways to relax. Yoga is a good example.
- Maintain a balanced schedule at work and home
- Resolve stressful circumstances
- Discuss with your doctor what is best for you.

Mark Underwood is a neuroscience researcher, president and co-founder of Quincy Bioscience, a biotech company located in Madison, Wisconsin focused on the discovery and development of medicines to treat age related memory loss and the diseases of aging. Mark has been taped as an expert in the field of neuroscience for *The Wall Street Journal Morning Radio*, *CBS and CNN Radio* among others. Mark is also a contributor to the "Brain Health Guide" which highlights the research at Quincy Bioscience and offers practical tips to help keep health brain function in aging. Visit www.TheGoodNewsAboutAging.com for more articles and tips for healthy aging.



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Following Through

Nearly every golfer lives for the manicured greens and sculpted fairways of the golf course, where he can chase the little white ball around until his heart's content. But Ronald Boorman knows that golf is also about the personal challenge of beating "Old Man Par" one-on-one.

"In golf, the approach is important, but having little or no follow-through can cause a golfer to slice or lose distance," said Boorman. "The majority of golfers do not have good follow-through in their swing."

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Filling the Part D Doughnut Hole

By Ron Pollack

As just about anyone with Medicare Part D prescription drug coverage can tell you, one of the biggest problems with the benefit has been the gap in coverage that's known as the "doughnut hole." Under the original Part D, when your total drug costs (the costs paid by both you and your plan) reached an initial limit (\$2,930 in 2012), your coverage would stop completely. Even though you were still paying premiums, you were responsible for paying the next \$3,700 in drug costs out of your own pocket until you reached a catastrophic limit and your coverage started again.

Ever since the drug benefit started in 2006, the doughnut hole has never made any sense as a matter of health insurance. Why would your drug coverage stop when you get sicker and your costs go up? Common sense tells us, and studies confirm, that high drug costs lead people to cut back on their prescription drugs. This is bad for their health, and it's bad for the health care system in the long run if their health deteriorates as a result and they end up needing costlier care down the road.

Happily, the 2010 health care law does something about the doughnut hole. Under the law, the doughnut hole gradually shrinks each year until it disappears completely by 2020. This year (2012),

instead of paying for the entire cost of drugs while in the doughnut hole, people with Part D drug coverage are getting a 50 percent discount on name-brand drugs and a 14 percent discount on generics. These discounts will continue to increase over the next few years, until the doughnut hole is completely filled in by 2020.

These improvements have already made a real difference for millions of seniors. About 3.6 million people had help while in the doughnut hole in 2011. According to the agency that runs Medicare, even though we're less than halfway through 2012, already more than 400,000 people with Medicare have entered the doughnut hole and have saved an average of \$724 per person. The numbers add up quickly: Since the health care law was enacted in 2010, people with Medicare have saved a total of \$3.2 billion in drug costs.

But there is a very real threat that could put a stop to these improvements. The entire health care law is under review by the Supreme Court. The case focuses on parts of the law dealing with obtaining health insurance that are completely unrelated to Medicare prescription drugs. But a key question is what happens to the rest of the law if the Court rules against one section. Opponents of the law argue that the whole law needs to be struck down—even those provisions like filling in the doughnut hole that are unquestionably constitutional and have nothing to do with purchasing health insurance.

Most legal experts believe that, even if the Court did rule against one section of the law, it should still leave the rest of the law in place, including the improvements



to Medicare prescription drug coverage. But nothing is certain, and based on the questions some of the Justices asked when the case was argued in March, it seemed that at least a few of them were considering going much further and taking down the whole law. A ruling against the whole law would mean a nasty hit in the wallet the next time millions of seniors go to the pharmacy. We're expecting a decision from the Court by the end of June, and we'll all be watching closely.

Ron Pollack is the Executive Director of Families USA, the national organization for health care consumers advocating for universal, affordable, quality health care.



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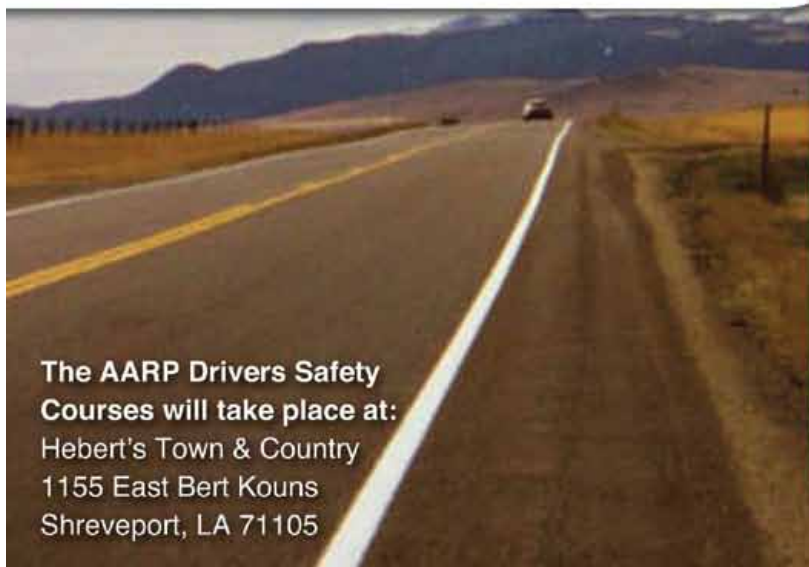
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Dear Pharmacist

Plantar Fasciitis: Healing Painful Heels

by Suzy Cohen, R.Ph.

Q Dear Pharmacist, I have plantar fasciitis causing terrible heel pain and my doctor says it will take a year to heal. Is there anything I can do to speed that up? --P.D., Sanibel, Florida

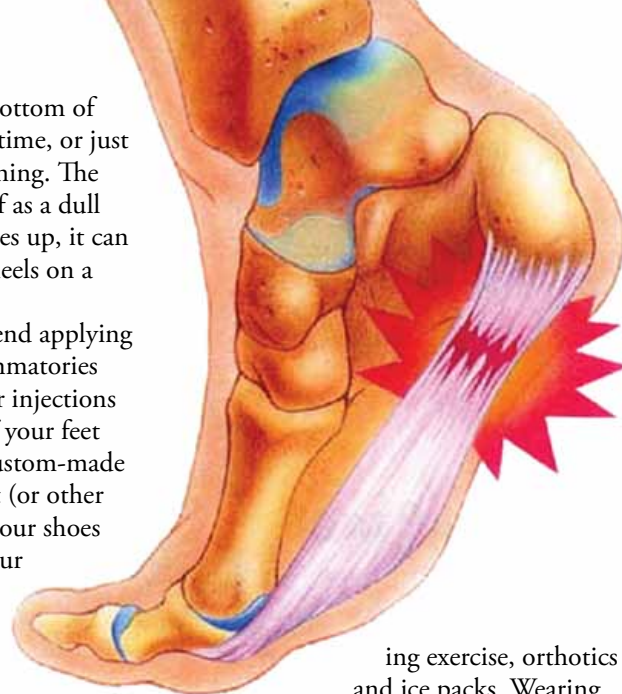
A You have my sympathy because I've been dealing with plantar fasciitis myself for the past three months. It's the price I paid for stomping too hard in Zumba class.

Plantar fasciitis is usually caused by a pulling of the long ligament, the plantar

fascia, which runs along the bottom of your foot. It may hurt all the time, or just act up while walking and running. The inflammation announces itself as a dull or stabbing pain. When it flares up, it can feel like you've planted your heels on a sharp knife!

Typically, doctors recommend applying ice and taking oral anti-inflammatories like ibuprofen or naproxen, or injections of corticosteroids. Getting off your feet certainly helps! You can get custom-made orthotics from your podiatrist (or other physician) which insert into your shoes and offer more support for your feet. I bought an inexpensive gel insert at my local pharmacy and that helped a little bit. You can learn some exercises to stretch out and relax the inflamed tissues in your feet.

So, there you have the typical treatment experience includes medications, stretch-



ing exercise, orthotics and ice packs. Wearing supportive shoes are important. While I don't recommend this for everyone, I personally found that wearing high heels takes the pressure off my heel,

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and puts it on the ball of my foot. For a while, it was the only way I could find relief, but this does not work for most people, especially men, lol. The stretching, ice packs and yoga helped me, but my best relief might surprise you. It was acupuncture. Seriously! You would think heel pain was enough, but imagine needles going into the area! Well no joke, this did the trick for me.

And a study confirms what I already know. Scientists in Greece at the University of Athens published their findings last summer. They tested two groups of athletes with plantar fasciitis. Both groups received conventional treatments, but only one group received acupuncture. Those who got needled experienced significantly more relief after just a matter of weeks. The researchers concluded that "acupuncture should be considered as a major therapeutic instrument for the decrease of heel pain, combined with traditional medical approaches."

The earlier you begin acupuncture, the better. You can locate an acupuncturist at www.acufinder.com or ask your doctor for a recommendation. If you have access to a chiropractor or physical therapist, ultrasound is beneficial. I also believe in herbs such as calendula, ginger, bromelain and turmeric as dietary supplements. You can also massage the area with tea tree oil or arnica cream.

This information is not intended to treat, cure, or diagnose your condition. For more information please visit www.DearPharmacist.com. Distributed by Dear Pharmacist, Inc. ©2012 Suzy Cohen, R.Ph.



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The Louisiana case that comes closest to the Illinois grandchildren case took place back in 1955 when a Louisiana man left \$10,000 to a woman “provided however, that she be still unmarried at the time of [the man’s] death.” When the man died, the woman was married and therefore did not get the \$10,000. The woman sued and the case went all the way up to the Louisiana Supreme Court. The Supreme Court said that the provision in the man’s will was not “contrary to laws or to morals.” But the Supreme Court noted that things might have been different if the provision in the will had forbid the woman to marry during her lifetime or even for a fixed period of time. That’s because Louisiana likes people to get married (as long as they are of the opposite sex) and pressuring people to remain unmarried could well be “contrary to morals.”

Another Louisiana case involved a man down in New Orleans. He married late in life and had bought and paid off his home before he got married. He left his house to his wife with one condition. Apparently there were 2 people that this New Orleans man absolutely hated. So the condition he put in his will was that his wife was never to let either of these 2 men enter the home. After the man died, the woman remarried. Can you guess to whom? That’s right, one of the men that the deceased husband had hated. The new husband moved into the home and the lawsuits began. The woman argued that the condition in her first husband’s will restricted her right to remarry and was therefore “contrary to morals.” The Judge didn’t buy it. The Judge pointed out that the condition in the will was not to let the new husband enter the home and did not place any restrictions on the woman’s right to remarry. The Judge went on to say that even if the condition had restricted the surviving spouse’s right to remarry, that would have been OK because in Louisiana, “bequests in restraint of a second marriage are not opposed to the public policy of this state.”

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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Protective Orders

by Judge Jeff Cox

Recently, the courts have been flooded with protective orders. The newspapers have written about whether a protective order has been granted or denied and the judge before whom the protective order was presented. With recent events where several people have been murdered by persons they know, protective orders have taken the spotlight in several of these news stories. This article will attempt to explain what a protective order is.

Persons who are being abused or threatened by someone related to them, living in the same home, or someone whom they are dating may file for a protective order from the court. In the protective order, the person being threatened can tell how they are being threatened or abused. The person seeking the protective order must state all of the facts of why they are seeking the protective order. The more facts that can be shown are helpful to the judge deciding whether or not to grant the protective order.

The protective order is presented to the judge in an ex parte manner, meaning that there is no hearing at the time that the order is presented. The judge must take the facts as they are written in the protective order. The protective order is either granted or denied based on the facts stated in the protective order narration. If the protective order is granted, a hearing will be set within twenty-one days to allow the person against whom the protective order is granted to present evidence. If the hearing officer or judge finds enough evidence at that hearing, the protective order may be extended for a period of time or may be permanently granted. If the protective order is extended, a person who violates the protective order can be criminally charged and jailed.

In the protective order, the person seeking protection will ask that the person threatening or abusing them not be allowed within a one hundred foot radius from

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them. The person who is enjoined from abusing or threatening is prohibited from going to the protected person's home or workplace. The person seeking the protective order may seek the use of the home, car, their personal belongings and other items and may seek to have any commonly owned items protected from destruction. The person seeking protection may also request custody of any children during the time that a protective order is in place.

Some persons filing for protective orders attempt to gain an advantage in child custody cases by getting custody in the protective order. Most of the time, custody will not be granted under these types of orders unless abuse is alleged against the child.

Protective orders are only pieces of paper. Protection is not guaranteed as the person whom the order is sought against may not honor the court order. If the person against whom the order is sought against violates the order, the person may be arrested and charged with Violation of a Protective Order. However, by the time the person is arrested, they may have caused harm to the protected person.

The best protection for persons being threatened or abused is to leave the situation. Make sure that you notify the police of any abuse and make a report. In most cases where the police become involved, the person who has been threatening or abusing another person will stop as they fear being arrested.



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



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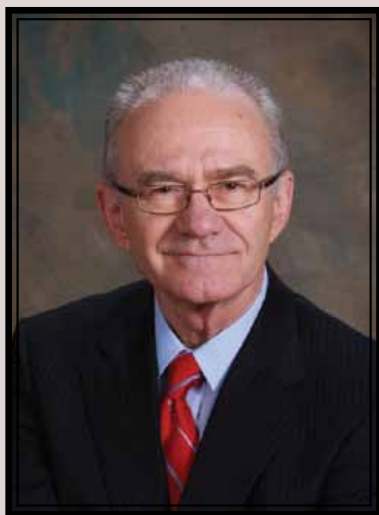
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Beware of Mystery Shopper Scams

By Jason Alderman

Getting paid to go shopping may sound like a dream job, but buyer beware: For each legitimate mystery or secret shopper opportunity, probably hundreds more are scams. In fact, the National Consumers League (NCL) says complaints regarding fraudulent mystery shopper and work-at-home schemes were up nearly 9 percent during the past six months.

Why the increase? It's due in part to our nation's high unemployment rates and how desperate people are to earn money while seeking full-time employment. Plus, many people are lured by offers that sound too good to be true (and are).

Here are tips for spotting bogus mystery shopper programs:

Many retailers hire marketing research companies to gauge their employees' quality of customer service. Those companies in turn hire mystery shoppers to make purchases anonymously and fill out questionnaires documenting their experience. Many research firms belong to the Mystery Shopping Providers Association (www.mysteryshop.org), a trade organization that links businesses with mystery shopping providers. (MSPA also provides

a search engine where people can register for mystery shopping assignments.)

Unfortunately, scammers increasingly are using newspaper and Internet job ads, emails and phone calls to snare unsuspecting consumers with promises of quick, easy money for minimal effort. Here's how a typical mystery shopping scam might work:

You answer an ad and are "hired" as a mystery shopper to evaluate its clients' businesses. The company sends an official-looking employment packet containing the business evaluation forms you'll sup-



posedly use. But first, you'll be required to complete a so-called training assignment to make sure you're a suitable employee. That's where the fraud comes in:

- The company claims it's evaluating a money transfer service like Western Union.
- they send you a large check with instructions to deposit it in your personal

checking account.

- You are told to keep a certain amount as your fee and then to pose as a customer by wiring the balance to a third party – usually within 48 hours.

- You then submit a report about your customer experience.

What you may not realize is that the original check was fake. Scammers know that by law, banks generally must make deposited funds under \$5,000 available within a few days. They count on your completing the transaction before the check has been cleared by the issuing

bank, which may take several weeks. Once your bank discovers the fraud, it will bounce the check and you are on the hook for the whole amount you wired – plus your wasted time.

Common red flags include:

- Legitimate companies will never ask you to send a money transfer for any purpose.
- Legitimate companies don't charge shoppers a fee to work for them.
- Be suspicious if you're hired on the basis of an email or phone call without any interview or background checks.
- Companies that promise you can make a lot of money as a mystery shopper are almost certainly scams.

- If mystery shoppers are asked to make purchases, it's usually for very small amounts for which they will be reimbursed.

- Mystery shoppers are paid after completing their assignments and returning the questionnaires. Shoppers never receive checks upfront.

Good resources to learn more about bogus mystery shopper and other fake check scams, include the FBI (www.fbi.gov/scams-safety), the Federal Trade Commission (www.ftc.gov), the Consumer Federation of America (www.consumerfed.org), and the National Consumers League (www.fakechecks.org/index2.html).

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



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Swim Down Your Blood Pressure

by *Mirabai Holland*

I've been on location in Florida filming for several weeks now. And as it has become progressively hotter I find myself swimming daily for about 45 minutes. And though I do my regular exercise (weights, stretching and aerobics) I am experiencing a whole new level of mind-body fitness in the water. No matter what's on my mind, or how tired I might feel every single time I immerse myself, the movement of my body, and the rhythm of my breath put me into an alpha state and the time just flies by.

I got to wondering about the science of all of this. And sure enough a recent study performed at the Cardiovascular Aging Research Laboratory at The University of Texas at Austin and published in *The American Journal of Cardiology* found that swimming lowered blood pressure substantially in adults over 50. Participants

built up to 45 minutes three to four times a week and lowered their blood pressure an average of 9 points. (That's as much as some blood pressure medications according to the Mayo Clinic).

Other aerobic exercise like cardio dance, brisk walking and biking also works.

But swimming has virtually no impact on your joints, and gliding weightlessly through the water with a rhythmic stroke creates a mantra that induces a meditative state which is also known to help reduce blood pressure.

I hate to get techy now that I'm all relaxed, but just so we are all on the same page, blood pressure is the pressure your blood vessels experience when blood is pumped through them by your heart. Two numbers represent the pressure leaving and returning to your heart.

The first number is called systolic blood pressure, when your heart pumps out. The second number is diastolic blood pressure, when the blood enters your heart from the lungs.

Normal blood pressure is about 120/80



and high pressure starts around 140/90.

Summer is the perfect time to take your aerobic workout into the pool, the lake or the beach. Your blood pressure may thank you for it.

As always be sure to check with your doctor before beginning any exercise program.

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Come meet Shreveport and Bossier authors
11 am-3 pm - Music by Buddy Flett and Friends
10:30 am-12:00 pm - Shreveport-Bossier Bingo
1:00-2:30 pm - Shreveport-Bossier Trivia

July 14 - A Tribute to Elvis Day

11 am-3 pm - Music by Robin and the Bluebirds
11 am-12 pm - Elvis Look-alike contest-children
1 pm-2 pm - Elvis Look-alike contest-adults
2:30-3:00 pm - Elvis Tribute Artist, Richard Cook

July 21 - Focus on Shreveport-Bossier Filmmakers

11 AM- 3 PM - Music by Wampus Cats
10:10-10:57 am - Allison Bohl, *King Crawfish* (first time in this area)
11:10 am-12:24 pm - Al Bohl, *TarZaN Lord of the Louisiana Jungle*
12:35-1:35 pm - Al Bohl, *Tarzan of the Apes*
1:45-2:55 pm - Allison Bohl, *T-Galop* (new film, never shown here)

July 28 - FINAL DAY, Vintage Trade Days

11 am-3 pm - Music by Acoustical Jam Session
10 am-3:30 pm - Vendors offering local memorabilia, books, and crafts
Special autograph signing by James Burton

We've already expanded the exhibit since it opened. Saturday events and guests may be added as well. Come often, bring friends! **It's FREE!**

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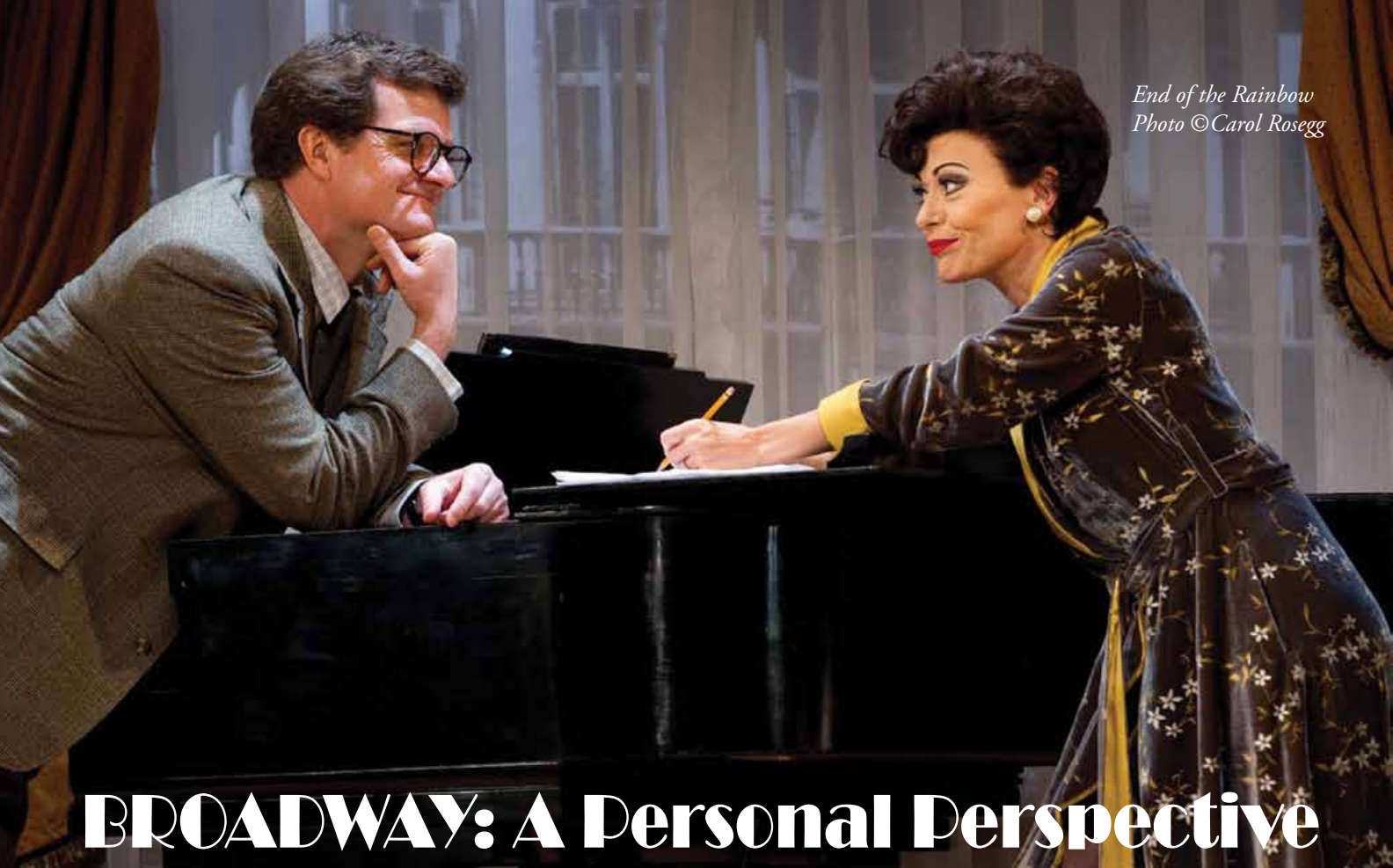
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BROADWAY: A Personal Perspective

By Brian Bradley

Mentioned briefly last month, *One Man, Two Guvnors* won three Outer Critics Circle Awards including Outstanding New Broadway Play, Outstanding Director of a Play and Outstanding Actor in a Play (besting Philip Seymour Hoffman for *Death of a Salesman*). It should be noted that competition did not include Tony nominees *Clybourne Park*, *Other Desert Cities*, *Peter and the Starcatcher* or *Venus in Fur* which were all considered in previous Off-Broadway seasons, but the win is still very popular at least with me.

James Corden, previously seen in the magnificent ensemble drama *The History Boys*, delivers a spectacular star turn as the one man trying to serve two Guvnors (Guvnor is English slang for employer) in a series of progressively slapstick set pieces brimming with inventiveness. Corden is a bit stocky, but at the same time light on his feet and a natural physical comedian. All his hapless bumbling makes him all the more charming and engages us in his plight. He's a very engaging personality.

What he and director Nicholas Hytner are particularly adept at is making the scripted improvisation seem spontaneous.

Hytner also gets from the company of actors a true sense of ensemble so essential for a piece based on and paying homage to Commedia dell'Arte traditions. Tom Edden's performance must be singled out however for his phenomenal pratfalls as an elderly waiter which delivers huge laughs.

This impeccable production

(nominated for seven Tony Awards) even provides musical interludes from a band called The Craze. Their sets before the show as well as between scenes and at intermission are crazy good and are truly reminiscent of the swinging 60's in London (or Brighton which is the play's setting). The score is up for a Tony Award.

Outer Critics Circle Award winner and Tony nominee Tracie Bennett tackles the ultimate diva, Judy Garland, in *End of the Rainbow*. Where she succeeds is in capturing Garland's essence, her mannerisms and speech without resorting to a full-blown impersonation. Her singing is also spot-on. What she cannot do is overcome the terrible writing. The script is an embarrassment. It has Garland commenting about herself in ways no one would ever do. And her accompanist's confession of love and offer to take care of her, well played by Tony nominee Michael Cumpsty, was creepy and pitiful. To add insult to injury, the set, representing the Ritz Hotel looks inauthentic and the placement of the stage where Garland is attempting a comeback in 1968 forces Bennett to perform around the hotel furniture.



James Corden stars in *One Man, Two Guvnors*. Photo © Joan Marcus

I found David Auburn's new biographical play *The Columnist* to be one of the highlights of an overcrowded spring. And I believe that director Daniel Sullivan's fluidly staged and beautifully designed production has been shorted because of end-of-season burnout. Tony nominee John Lithgow has never given a richer more heartbreaking performance than the one he's currently giving as Beltway insider Joseph Alsop. Watching Lithgow navigate the complexity of emotions and ideology with Alsop's brother (four-time Tony winner Boyd Gaines, so much truth), Alsop's wife (the very touching Margaret Colin) as well as adversaries is a thrill. He gives a deeply felt, masterful performance as a man who hid his personal life to protect his professional reputation and ultimately power and influence.

Ghost the Musical, based on the Oscar winning film by Bruce Joel Rubin could benefit from a better score, but his adaptation is still remarkably executed by director Matthew Warchus and his team. The visuals are breathtaking, phenomenal really. It's



John Lithgow & Boyd Gaines in *The Columnist*. ©Joan Marcus

hard to imagine exactly how some of the effects were done on stage. The subway sequence for example is unbelievable. But its romance that is at the core of *Ghost* with its attractive leads and a rapturous finale that will surely leave the audience satisfied.

After a tumultuous tryout in Los Angeles in 2010 and several key creative replacements including the director and choreographer, *Leap of Faith* rushed to open this spring when the St. James Theatre became available. That choice probably led to their short-lived run. It was the last opening of the season and it was hammered by those who were likely just tired of attending opening after opening. The musical, based on a 1992 film went through radical changes after California, but it did retain Raúl Esparza as a con man preacher who pitches his tent in a small, drought parched Kansas town and suffers a crisis of conscience. His fiery performance anchored a musical that could have been better, but was far preferable to *Bonnie & Clyde*.

New York based theatre critic Brian Bradley is a voting member of the Outer Critics Circle. Send questions to brianbradley@hotmail.com.

ANSWERS FROM THE EXPERTS

Will Medicare cover my mother's care in a nursing home?

While Medicare does not pay room & board fees for one actually "living" in a nursing home, there are portions of nursing home care that are covered. Medicare covers 100 days of skilled nursing care when the doctor feels that either nursing or rehabilitation services for Medicare Part A insured persons are needed following a recent hospitalization of 3 or more days. Additionally, Medicare Parts B & D may pay for your mother's medications and physical, speech or occupational therapies ordered by a physician while she is in a nursing home. Depending upon the financial situation, nursing home room & board is generally paid by the individual, Medicaid, or Long Term Care Insurance.



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I am 70 years old and am very nearsighted. I noticed that area doctors have been promoting LASIK to correct nearsightedness. Am I a candidate at my age and does Medicare cover any part of the costs?

LASIK is usually not a first option for people over age 65 because of cataracts. There is a new Multifocal Lens available called ReStor that allows people with cataracts to see like they did at 25! 80% of people who have the Restor lens implanted are completely free from glasses. Medicare does cover some of the cost of the new lens. To find out if you are a ReStor candidate, call 212-3937 for a screening exam.



Chris Shelby, MD
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My grandchild complains of shoulder, neck and back pain when in school. Could this be due to his heavy backpack?

Yes. Backpacks are designed to distribute weight to larger muscle groups that can handle the load. Backpacks should have 2 padded wide shoulder straps, a padded back, and a waist strap. Also backpacks should be light and not add to the load. Rolling backpacks are an alternative, although stairs are a problem. Your grandchild should use both shoulder straps, tighten straps so the pack is 2 inches above the waist and closest to the body, not pack more than 20% of the child's body weight in the backpack, and pack only what he needs. Pack heavier items close to the back and unpack unnecessary items in the locker.



John J. Ferrell, M.D.
Mid South Orthopaedics
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Santa Fe's SUMMER MARKETS

Story by Andrea Gross • Photos by Irv Green
www.andreagross.com

I think I'm at a bazaar in India, a market in Mexico, a village in Africa. People in bright traditional garb are weaving baskets, beading necklaces, stitching scarves. A medley of sounds — light-hearted laughter, serious bargaining — and a multitude of languages fill the plaza. Exotic smells waft through the air.

In reality, my husband and I are in New Mexico, enjoying the first of three major art markets that over the summer transform Santa Fe first into a global village, next into a Spanish fair, and finally into a prestigious Native American art festival.

THE FOLK ART MARKET — JULY 13-15

The season begins in July with the Folk Art Market, which in eight years has ballooned into the largest international folk art market in the world. Partly as a result of this event, Santa Fe was the first city in the United States to be named a UNESCO City of Craft and Folk Art.

More than 170 craftspeople, all of whom have survived a rigorous selection process, come from 55 countries. We walk the aisles, stopping to see silver jewelry from the Chinese province of Guizhou, ikat weavings from the Malaysian state of Sarawak, magnificent baskets from the Panamanian rain forest.

The pre-show attracts avid collectors who often drop big money for museum quality pieces, but there are less expensive items as well. Best of all, fair-goers can visit with the artists, most of whom are accompanied by translators. One woman, a weaver from Sudan, tells us how the rebels killed her husband

Craftspeople from 55 countries display their crafts at the International Folk Art Market.



and burned her home. "I carried my children for many days until I reached a camp where I was safe," she tells us. "Now, thanks to this market, I support my family through my craft."

www.folkartmarket.org

THE SPANISH MARKET — JULY 27-29

While the Folk Art Market takes place several miles from the core of Santa Fe, the Spanish and Indian Markets, which are inextricably intertwined with the history and culture of New

Mexico, are held in the downtown plaza, a collection of adobe buildings, some of which date back to the early 1600s.

In order to immerse ourselves in the atmosphere, we check into the Hotel Chimayó de Santa Fe. Like the Hotel St. Francis a few blocks away, the Chimayó is owned by Heritage Hotels, a company that takes special care to have



its properties reflect New Mexico's culture.

After admiring the Southwestern décor as reflected in everything from the chandeliers to the rugs, we wander through the largest exhibition of traditional Hispanic arts in the United States. In short order we learn that santos, which depict saints, come in two versions (three-dimensional bultos and two-dimensional retablos), that tin and straw are frequently used materials in Spanish art, and that the handsomely carved wood furniture is much too large to fit in our house.

Back in the hotel, the chef at Tia's Cocina serves up traditional meals based on his grandmother's recipes. I choose "village tacos" for my main course, but I'm stumped when it comes to selecting the chile* sauce. Do I want green, which is often—but, says the waiter, not always—hotter? Or should I get red, which is usually but not always, more pungent?

He brings me a bowl of each. "I brought you Christmas," he says with a smile.

www.spanishcolonial.org

INDIAN MARKET – AUGUST 18-19

Within a few weeks, the Plaza is transformed from a Spanish market to the world's largest display of Native American arts. We're overwhelmed by the sight of 600 booths that exhibit the work of more than 1,000 artists from 100-plus tribes. We soon decide that the only way to survive is to relax, listen to live Native American music, watch some films on Native life, munch on fry bread and then, calmed and fortified, look at the art.

Our plan works. We spend two days immersed in art that ranges from jewelry to sculpture, traditional to contemporary. The two unifying features are that all the artists are indigenous people from the United States or Canada, and they all produce top quality work. To our surprise, much of what we see is relatively affordable. Many of the top artists offer small items for a fraction of the cost of their award-winning pieces.

But for us, buying is not the goal. We want to look, listen and learn. In short, we want to experience a Santa Fe summer. www.swaia.org (Southwestern Association for Indian Arts)

**Note: chile, not chili, is the proper spelling in New Mexico.*



Visitors can find Pueblo storytellers, Hopi Kachina dolls and Cherokee baskets at the Sante Fe Indian Market.



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➤ Where are they Now?

Connie Francis

Written/illustrated by Marshall Jay Kaplan

The top-charting female recording artist of the 1950's and 1960's is now in her seventies and is in talks to have the story of her life made into a film.

Connie Frances was born Concetta Rosa Maria Franconero in Newark, New Jersey on December 12, 1938. Connie attended an arts school in New Jersey where she sang and played the accordion. She began performing professionally while in high school, where an agent recommended she change her last name to Francis and quit the accordion. She followed his advice.

In 1955, Connie had her first single titled, 'Freddy'. However, the song failed in the charts, as did her next nine singles. She was then introduced to an up and coming singer/songwriter, Bobby Darin. Although it was meant to be a professional relationship, they could not agree on the material they were working on.

They did agree on their attraction to each other and the two became romantically involved, only to have their romance broken up by Connie's strict father. Darin went on to fame, fortune and a marriage to Sandra Dee.

With no hit songs, Connie's label, MGM, was looking to drop her as an artist. Her final recording session was to be a version of the 1923 song, 'Who's Sorry Now?', as suggested by her father because he felt that adults were familiar with the song, and teenagers could slow dance to it. The song debuted on January 1, 1958 on American Bandstand and was Number One worldwide by April, 1958. There was no need to be sorry! Connie



Frances was an international star!







Connie hired songwriters, Neil Sedaka and Howard Greenfield to write her next songs – all becoming hits: 'Stupid Cupid', 'Lipstick on Your Collar', 'Fallin' and 'Where the Boys Are' – the latter made into a major motion picture (1960), starring Connie.

Connie was the youngest performer to headline Las Vegas. She appeared on stages across the globe and every television show imaginable. Sales of her ballads continued to have a steady climb ... but all that was about to change.

In 1974, Frances was raped in a motel during a performance at a music fair in New York. The rapist was never caught.

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Although Connie was awarded \$3 million from the motel chain, she went into a downward spiral of depression. A few years later, her fourth marriage failed, as did her 1978 comeback tour. In 1981, her brother was murdered. All of this led to a drug dependency and suicide attempts. It was later diagnosed that Connie suffered from bipolar disorder. Once diagnosed, she stabilized her life and wrote her autobiography, *Who's Sorry Now?*, which was released in 1984.

Francis finally returned to the stage in 1989 and has continued to do so, fighting her demons every step of the way. In 2007, she was inducted into the Hit Parade Hall of Fame and recently, singer Gloria Estefan has completed a screenplay for a movie based on Francis' life. Connie Francis wants the world to know that there is nothing to be sorry about.

Marshall Jay Kaplan is a Gemini Award nominated television producer, syndicated cartoonist, and television host.



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Southern Servings

Panko-Crusted Tilapia with Georgia Watermelon, Peach and Vidalia Onion Salsa

Salsa:

- 1 cup chopped fresh peaches, cut into ¼-inch dice
- ¾ cup chopped watermelon, cut into ¼-inch dice
- 1/3 cup chopped Vidalia onion, cut into 1/8-inch dice
- ½ cup seeded, chopped English cucumber, cut into ¼-inch dice
- 1 medium-size jalapeño, sliced lengthwise, seeds removed, chopped fine
- 3 tablespoons fresh lime juice
- 1½ tablespoons extra virgin olive oil

Make salsa a few hours ahead of time by combining all salsa ingredients in bowl. Season to taste with salt and pepper, and then cover and refrigerate until use.

For the fish, prepare three shallow bowls such as pie pans. In the first, place flour, paprika and cayenne, stirring to combine. In the second, place beaten eggs. In the third, place panko.

Pour almost 1/4 inch of oil into a large sauté pan. Heat over medium heat until shimmering and hot.

Season fillets liberally on one side with salt and pepper. Dredge each fillet, one at a time, first in seasoned flour, then egg, and finally panko, gently shaking off any excess after each step.

- 1 tablespoon chopped cilantro
- Kosher salt and fresh-ground pepper, to taste

Tilapia:

- 4 6-ounce tilapia fillets
- ½ cup all-purpose flour
- 1 teaspoon paprika
- ¼ teaspoon cayenne pepper
- 2 eggs, lightly beaten
- 1 ¼ cups panko bread crumbs
- Kosher salt and freshly ground black pepper
- Vegetable or canola oil for pan frying

Gently put one or two fillets in sauté pan without crowding. The oil should come almost halfway up the thickness of the fish. Pan fry until golden brown, turning once, about 2 minutes each side.

Place fish on a paper-towel lined plate. Repeat process with remaining fillets.

Place fish on serving plates and top with desired amount of salsa. Enjoy immediately.



FAMILY FEATURES

If you think Southern cooking is all about deep-fried food, you're missing out on some wonderful dining opportunities. Chef Rosemary Rutland has created two mouthwatering recipes that showcase Georgia-grown peaches, blueberries, watermelons, pecans and Vidalia onions. Discover more recipes designed for Georgia grown produce at www.gfvga.org/georgia-grown/.

Spinach Salad with Pecan-Crusted Goat Cheese, Blueberries and Peach-Vidalia Onion Vinaigrette

Salad:

- ½ cup finely chopped toasted pecans
- 1½ teaspoon finely chopped fresh mint
- 1 8-ounce log goat cheese, chilled
- 1 6 oz. bag raw baby spinach, stems removed
- ¾ cup fresh blueberries
- 1 1/3 cup watermelon cut into ½ in. cubes

Dressing (yield: ¾ cup):

- 1 cup fresh peach slices
- 1 tablespoon fresh lemon juice
- 2 tablespoon cider vinegar
- 5 tablespoon canola or vegetable oil
- 1 teaspoon sugar, as needed
- 2 tablespoon finely chopped Vidalia onion
- Salt and pepper to taste

Combine chopped pecans and mint. Spread pecan mixture on a plate or cutting board, and gently roll cheese to coat evenly.

Place peaches, lemon juice and cider vinegar in blender and puree until smooth. Add 1/8 teaspoon salt and a pinch of pepper. Add canola oil, and then puree until smooth and thickened.

Remove from blender, stir in onion, and adjust seasoning with salt and pepper. Cover and refrigerate if not using right away.

In large bowl, add spinach and add enough dressing to coat all of the leaves evenly. Divide dressed spinach on four chilled plates and garnish with blueberries and watermelon.

Slice goat cheese into eight equal pieces using tautly held, unflavored dental floss or a knife. Add two slices of goat cheese on top of each salad. Serve immediately.

Strange BUT TRUE

by Samantha Weaver

It is still not known who made the following sage observation: "Never attribute to malice what can be adequately explained by stupidity."

In 1774, surveyors in Maryland marked off a parcel of land by mistake. The error was immortalized when the town that grew up on that land adopted the name Accident.

The English word "mistletoe" comes from an Anglo-Saxon phrase that means "dung on a twig." It seems that the branches where mistletoe is often found have white splotches on them, which some say resemble bird droppings.

The martial art that is known today as karate actually originated in India and spread to China before becoming popular in 17th-century Japan, where it was dubbed karate, which means "empty hand" in Japanese.

These days you'll rarely see an elected official with a beard, but facial hair wasn't always considered to be a liability in politics. In fact, it's been reported that Abraham Lincoln was inspired to grow a beard while he was running for president in 1860 because of a letter from an 11-year-old girl. Grace Bedell wrote to Lincoln that a beard would make him "look a great deal better, for your face is so thin. All the ladies like whiskers."

When the United States bought Alaska from Russia in 1867, the going price was 2 cents an acre.

Thought for the Day: "Nothing gives an author so much pleasure as to find his works quoted by other learned authors." -- Benjamin Franklin

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PRESENT DANGER

ACROSS

- 1 Singer Horne
- 5 Gusto
- 9 Complain
- 13 Helium and hydrogen
- 18 Israeli airline
- 19 Cultural grp.
- 20 "Picnic" playwright
- 21 Actress Baddeley
- 22 Strauss' "- sprach Zarathustra"
- 23 "Chacun a son -"
- 24 Lassie's father
- 25 Diva Jessye
- 26 Start of a remark by Milton Berle
- 30 Iron -
- 31 Center of gravity?
- 32 - Pea (Popeye's kid)
- 33 Health resort
- 36 Swore off
- 40 "Little Man -" ('91 film)
- 42 Mock
- 46 Polished the Pontiac
- 48 R&B's Johnny
- 49 Harsh
- 51 Latin I word
- 52 Help in a heist
- 53 Baseball's Nolan
- 54 Hiawatha's transport
- 55 Very cold
- 57 King's quarters
- 59 Brilliant bird
- 60 Common antiseptic
- 61 Prone

- 63 Shepard or Snead
- 64 Poet in the past
- 66 Particle
- 67 Middle of remark
- 72 Writer Paretzky
- 74 Memo start
- 75 Brenda or Brandon
- 76 Gob
- 77 Speaker
- 79 Singer Neville
- 81 "Barry -" ('75 film)
- 86 Defamation
- 87 Shoelace part
- 88 Charity
- 91 French airport
- 92 "Unaccustomed - am . . ."
- 93 Storage sites
- 95 Burn remedy
- 96 Steep rocks
- 97 Curl up with Cather
- 99 Ho Chi -
- 100 Mobile home?
- 102 Dogpatch's Daisy -
- 103 Famous fellow?
- 105 Scrape by, with "out"
- 106 Stout relative
- 108 End of remark
- 118 "Peter Pan" extra
- 119 Comic Sahl
- 120 Seaport or Canal
- 121 Circus sound
- 122 Put on
- 123 Disoriented
- 124 Run in neutral

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126								127				128				129				

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- 125 - Taft Benson
- 126 Stereo component
- 127 Trawler gear
- 128 Tumbled
- 129 TV's "- the Press"

- 17 - Bernardino, CA
- 21 Response
- 27 "Heavens to Betsy!"
- 28 Montand or Tanguy
- 29 Cosmetician Lauder
- 33 Trade
- 34 Sunscreen ingredient
- 35 Lipinski leap
- 37 Happiness
- 38 Actress Hagen
- 39 - Tin Tin
- 40 Logical
- 41 Declaration
- 43 Rock salt
- 44 - acid
- 45 Transmit by bytes
- 47 LAX letters
- 49 Cul-de -
- 50 Freud topic
- 53 Mend
- 54 Lerner & Loewe musical
- 56 Dutch export
- 58 Roller-coaster

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- 59 --jongg
- 60 Perfect examples
- 62 - ear
- 63 Furtiveness
- 65 Mil. group
- 67 Sheik spot
- 68 Destiny
- 69 Siegfried slew one
- 70 Itch
- 71 Strive
- 72 - plexus
- 73 Greet Eos
- 78 Vintage
- 80 Musical syllables
- 82 Postman's Creed word
- 83 Wee serving
- 84 "Eugene Onegin" character
- 85 AMEX rival
- 87 Simian
- 88 Menu phrase
- 89 Tennis stroke
- 90 "- culpa"
- 94 Hammed up "Hamlet"

- 95 Pianist Templeton
- 96 Baby bovine
- 98 Mar
- 100 Powerful pooches
- 101 Maestro Lorin
- 104 39.37 inches
- 105 Snowy bird
- 107 - Zimbalist, Jr.
- 108 In - (archaeology term)
- 109 Mediterranean port
- 110 "No Way Out" actress
- 111 Scenter of your face?
- 112 Like
- 113 Bare
- 114 Swiss sharpshooter
- 115 Seep
- 116 Seldom seen
- 117 "Confound it!"
- 118 Oregon hrs.

STICKELERS

by Terry Stickels

Answer: Page 41

Here's a puzzle I call a "trickledown" puzzle. The rules are simple; you merely change one letter on each line to make a new word and continue until you reach the final word.

Example: COAT Answer: COAT
 _____ COST
 _____ CAST
 _____ CASE
 VASE VASE

Now try this one:

TRAIN

BLOND

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- GENERAL KNOWLEDGE:** Where is the historic military base Fort Bragg located?
 - LITERATURE:** Who wrote the novel "The House of Mirth"?
 - HISTORY:** Who was the last pharaoh of Egypt?
 - AD SLOGANS:** What company's well-known advertising slogan is "M'm! M'm! Good!"?
 - FAMOUS QUOTATIONS:** Who once said, "Everywhere is within walking distance if you have the time"?
 - INVENTIONS:** What machine did Johannes Gutenberg invent?
 - MATH:** A fraction is an example of what kind of number?
 - MUSICALS:** The song "New York, New York" comes from what musical?
 - SCIENCE:** What does a herpetologist study?
 - MOVIES:** In what 1960 movie did the character Norman Bates make his appearance?
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- Answers
1. North Carolina
 2. Edith Wharton
 3. Cleopatra
 4. Campbell's Soup
 5. Steven Wright
 6. Printing press
 7. Rational number
 8. "On the Town"
 9. Amphibians and reptiles
 10. "Psycho"

**"Aging is not lost youth but a new stage of opportunity and strength."
~Betty Friedan
(1921-2006)**

Sudoku

by Linda Thistle

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

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!

© 2012 King Features Synd., Inc. Answer: Page 41

MAGIC MAZE ●

Answer: Page 41

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

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

- | | | | |
|----------|----------|----------|---------|
| All-star | All good | Allspice | Mall |
| All-time | Allied | Allure | Pitfall |
| Allegro | Allow | Carryall | Small |
| Allergic | Alloy | Catchall | |

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1. Name the artist who released "My Life."
 2. Rod Stewart donated the royalties from which song to the United Nations Children's Fund (UNICEF)?
 3. Which group released "Don't You (Forget About Me)" and when?
 4. What guitarist singer/songwriter released "Wonderful Tonight?"
 5. Name the singer who had a debut hit with "Mama Used to Say." (Hint: One name.)
 6. How many singles did the Beach Boys release with the word "surf" in the title?
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Answers

1. Billy Joel. The song was used as a television theme song on "Bosom Buddies."
2. "Do Ya Think I'm Sexy," in 1979. The song has been covered, sampled and remixed by dozens of other artists.
3. Simple Minds, in 1985. It was used in the soundtrack for the film "The Breakfast Club." The song had been turned down by others, including Billy Idol.
4. Eric Clapton, in 1978. "Wonderful Tonight" originally was on his "Slowhand" album, but didn't appear as a single until 1991.
5. Junior, in 1982. The song was a Top 5 R&B hit.
6. Twelve, including lesser-known titles such as "The Rocking Surf," "Noble Surf," "South Bay Surf," "Still Surfing," "Surfer Moon" and "Surfers Rule."

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Post 14 events - 5315 South Lakeshore Drive - Shreveport. Open to the public age 21 and older. No cover charge.

- Friday, July 20 - 6:00pm Steak Night \$13; 6:30 to 10:00pm Music by Dickie T and the Back When Band
- Saturday, July 21 - Karaoke with Winkiedee 6:00pm to 10:00pm.
- Sunday, July 22. 6:00pm Covered Dish; 6:30pm to 10:30pm Karaoke with Teresa.
- Friday, July 27 - 6:00pm-Steak Night \$13; 6:30 to 10:00pm Music by Along for the Ride.
- July 28 - Karaoke with Winkiedee 6:00pm to 10:00pm (no cover charge)
- Sunday, July 29 - 6:00pm Covered dish; 6:30pm to

10:30pm Karaoke with Teresa.

DRIVER SAFETY

AARP Driver Safety

Program - A 4 hour classroom refresher course for drivers age 50+ which may qualify participants for an automobile insurance premium reduction or discount. Participants must preregister. \$14 for non-AARP members; \$12 for AARP members (AARP card required at registration). Correct change or checks payable to AARP accepted.

- July 17 - 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
- July 17 - 1:00 p.m. – 5:00 p.m. North Highlands United

Methodist Church, 835 Poleman Road, Shreveport. Contact: Jean Crowson 318-222-5960 or 318-347-0200; Instructor Ray Owens.

- July 19 - 9:00 a.m. – 1:00 p.m. Logansport Branch Library, 808 Main Street, Logansport. Host: Friends of the Library; Contact: 318-697-2311; Instructor: Ray Branton
- July 21 - 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

Special AARP Driving Classes - Hebert's Town and Country of Shreveport and *The Best of Times Magazine* and *Radio Hour* are jointly hosting Driver Safety classes at Hebert's, 1155 East Bert Kouns, Shreveport. Class dates are: July 17 & 21. Register by calling Hebert's at 221-9000. Door prizes, giveaways, complimentary light refreshments.

EVENTS

Lunch 'n Learn Series

- Presented by Alzheimer's Agency of Shreveport/Bossier. Friday, July 13 at Christus Schumpert Auditorium. Topic: Sheriff's Operation Safeguard and Safety Tips for Caregivers, by Frankie Morris with Caddo Parish Sheriff's Office. Bring your own lunch. Call for reservations: 780-7906, or e-mail j.hensley@alzagency.org

Eighth Air Force Museum Association Distinguished Speaker Series Dinner - July 27th at the Eldorado Resort Casino Shreveport. Silent Auction at 6:00, Dinner at 7:00. \$40 per person. Dress is Business Casual. Presenting



Lieutenant General Robert J. "Bob" Elder, Jr., USAF (retired). General Elder served as the first commander of Air Force Network Operations and led the development of the cyberspace mission for the Air Force. General Elder's presentation is entitled "Perspectives from History on the Value of Tomorrow's Air Force." Please RSVP until July 25 to paswork@msn.com, or call 318-752-0055.

"A Taste of Culture" - Saturday, July 21 at 6:00 pm at DiamondJacks Casino & Resort. Celebrate a cultural tapestry through the flavor, sight, and sound of the many ethnicities represented in Northwest Louisiana. This year's featured chef is Diamond Jack's Gunter Kilian. Sponsored by The Multicultural Center of the South in conjunction with Diamond Jacks Casino. Call 318-424-1380 for tickets. Admission: \$35.00.

EXHIBIT

Remember in Shreveport and Bossier When: The Exhibit - Through July 28. Louisiana State Exhibit Museum, 3015 Greenwood Road. This year's exhibit will feature lots of new Shreveport memorabilia, including Bossier City and Barksdale Air Force

Alzheimer's Agency of Shreveport/Bossier, Inc.
Presents

"Lunch 'n Learn Series"

Friday, July 13 at 11:30 a.m.

Christus Schumpert Auditorium

Topic: Sheriff's Operation Safeguard & Safety Tips for Caregivers

Speaker: Frankie Morris with Caddo Parish Sheriff's Office

Bring your own lunch.

Reservations: Call 780-7906 or e-mail j.hensley@alzagency.org

Friday, August 17 at 11:30 am

Broadmoor Library at 1212 Captain Shreve Dr.

Topic: Powers of Attorney & Interdictions

Speaker: Attorney Joe Gilsoul
Bring your own lunch.

Reservations: Call 780-7906 or e-mail j.hensley@alzagency.org

Visit www.alzagency.org for information about local resources and programs for caregivers of persons with memory loss.

Base memorabilia. Special events every Saturday.

- Saturday, July 7. 10 am to 4 pm. "Shreveport & Bossier Author Day". Meet Shreveport and Bossier authors, including: Jim McLain, Betsy McLemore, Connie Cox, John Prime, Sherry Pryor, Judy Christie, Bill Keith and Al Bohl. 11 am-3 pm: Music by Buddy Flett and Friends; 10:30 am-12:00 pm: Shreveport-Bossier Bingo Game; 1:00-2:30 pm: Shreveport-Bossier Trivia Game.

- Saturday, July 14, 2012 – 10 am to 4 pm "A Tribute to Elvis Day". 11 am-3 pm: Music by Robin and the Bluebirds; 11 am-12 pm: Children's Elvis Look-alike contest; 1 pm-2 pm: Adult Elvis Look-alike contest; 2:30-3:00 pm: performance by Elvis Tribute Artist Richard Cook

- Saturday, July 21 – 10 am to 4 pm "Focus on Shreveport-Bossier Filmmakers". 11 AM- 3 PM: Music by Wampus Cats & Howling Henry; 10:10-10:57 am- Allison Bohl - "King Crawfish" (first-time area showing); 11:10 am-12:24 pm: Al Bohl - "Tarzan Lord of the Louisiana Jungle: A documentary"; 12:35-1:35 pm: Al Bohl - "Tarzan of the Apes"; 1:45-2:55 pm: Allison Bohl - "T-Galop" (brand new movie never shown here)

Saturday, July 28 - 10 am to 4 pm "Vintage Trade Days". 11 AM- 3 PM: Music is an Acoustical Jam Session; 10 AM- 3:30 PM: Vintage Trade Days and special autograph signing by legendary guitarist James Burton

KREWE OF ELDERS

The Krewe of Elders party - Sunday, July 15, 1:00 p.m., until 5:30 p.m., at the American Legion Hall Post No. 14, 5315 South Lakeshore Drive, Shreveport. Entertainment provided by Along For

The Ride. Cash bar, door prizes, 50/50 raffle, food available for purchase. Open to public. \$6.00 members, \$10.00 non-members. Info. 635-4901, 752-9175.

MEETING

GENCOM Genealogical Computer Society regular monthly meeting - Sunday, July 22at 2:00 P.M. at the Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport. Betty Roberson will present "Finding My Lost Family – An Adventure in Overcoming the Ultimate Genealogy Brick Wall". She will share the amazing and heartwarming story of her search for her 5 long lost sisters who were adopted when they were very young and had not been in contact for over fifty years. Everyone is welcome and the meeting is free and open to the public. For info call 318-773-7406 or email jgiones09@gmail.com."

MOVIES

Movies & Moonbeams - Presented by Shreveport Public Assembly and Recreation (SPAR), along with the Robinson Film Center. Featuring a state of the art outdoor movie screen, projector and sound system.

- July 6 - Riverview Park. "Captain America", 8:30pm (PG-13)
- July 20 - Columbia Park. "Judy Moody and the Not Bummer Summer", 8:30pm. (PG)

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.

Super Crossword

Answers

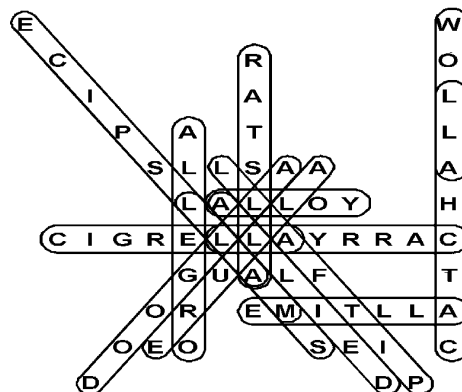
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E	L	A	L	A	N	T	A	I	N	G	E	A	N	G	E	L	A						
A	L	S	O	G	O	U	T	S	I	R	E	N	O	R	M	A	N						
F	A	T	H	E	R	S	D	A	Y	S	C	A	R	E	S	M	E	I	M				
				A	G	E				V	E	E			S	W	E	E					
S	P	A		A	B	J	U	R	E	D		T	A	T	E		S	H	A	M			
W	A	X	E	D		O	T	I	S		S	E	V	E	R	E		A	M	O			
A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

SUDOKU

Answer

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

ALL WORDS



Stickelers Answer

- Train
- Brain
- Braid
- Brand
- Bland
- Blond

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Hundred of athletes competed over a 2 month period in the **2012 Northwest Louisiana District Senior Olympics.**



M/Sgt. Donald Hemphill receives the NWLA District Senior Olympics Distinguished Service Award for 2012 from District Coordinator Doyle Blasingame. A group of cadets who worked with the Senior Olympics are seen in the background.



Newcomers Debbie Sites, Janet Walton, Judy Hurst and Ginger Streeter (front row) learned fast in the Pickleball Championship. They won medals along with the "old hands" in the event, Dave Fortuna, Harriet Boddie, Kathleen Lauder milk and J. Garcia.



(left to right) Don McGhee, Jeff Wilcox and Larry Hadwineach scored a 300 in Nine-Pin No Tap which wrapped up a successful bowling program for the 20th NW La. District Senior Olympics.

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July Parting shots continued

2012 Senior Olympics continued



Bernie Tull gets some key information from event judge Danny Triplett in the bike trials.



Margie Bamburg holds the Athletes of the Year Awards given to her and her husband Dennis. She is pictured with District Coordinator Doyle Blasingame.



(above) Ellendell Harbour shoots in shuffleboard.

(right) Gordy Ward and Sue Prudhomme won tennis mixed doubles gold medals again.



Dave Ogywn hits a slapshot in table tennis.



Ernie Chmielewski applies immediate action in marksmanship competition.

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July Parting shots continued

Woman's Department Club Mexican Fiesta



Mary Harville and Chris Griffin



Will and Dorothy Cady



Maredia Bowdon

Seventh Annual Shack Harris & Doug Williams Celebrity Golf Classic (l to r) Jerry Welch, NFL Pro Bowl Quarterback and Pro Bowl MVP Shack Harris, and Bobby Brown participated in the Seventh Annual Shack Harris & Doug Williams Celebrity Golf Classic on June 4 at Southern Trace Country Club. The Foundation provides higher education scholarships, grants for after-school initiatives, leadership development, and mentoring.



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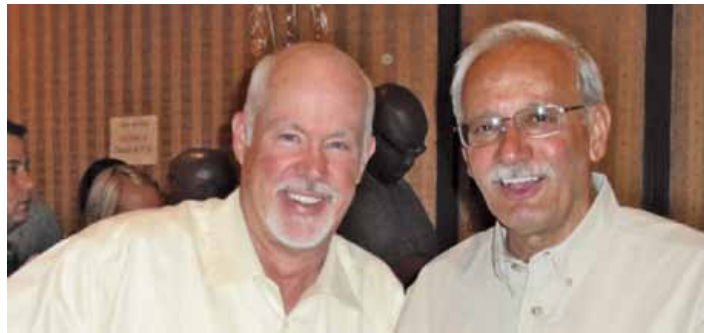
318-861-6915 ext. 2

July Parting shots continued

The Food Bank of Northwest Louisiana held their annual hunger awareness Empty Bowls fundraiser at the Eldorado Casino and Hotel on Thursday, June 7.

Jim and Terri Roberts

(l to r) *Randall Mayer, Food Bank Executive Director Martha Marak, Jerry Jarrard, and Darrel LaBeau*



Rod Taylor (left) and John Theo



Helen Black with fiance Bill Thompson

PHP (People Helping People) Team Possibility Awards were presented on May 29 at the Shreve Memorial Library Atkins Branch to (l to r) Roynetta Ortiz, Nicola Ballard and Jan Core.



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July Parting shots continued

The Preview Party for the Remember in Shreveport and Bossier When - The Exhibit was held at the Louisiana State Exhibit Museum on June 15th.



(l to r) *David and Sue Rubenstein, Nita Cole, Nell and Abry Cahn*



(l to r) *Sally and Jim Gardner, Charles and Barbara Salley*



Diane and Jerry Harmon check out the Elvis Exhibit Ragan and Margaret Green



Becky and Roger DeKay



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