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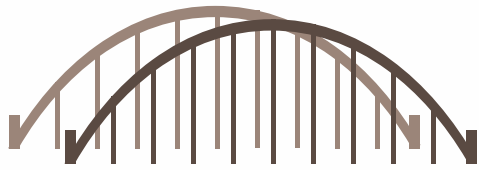
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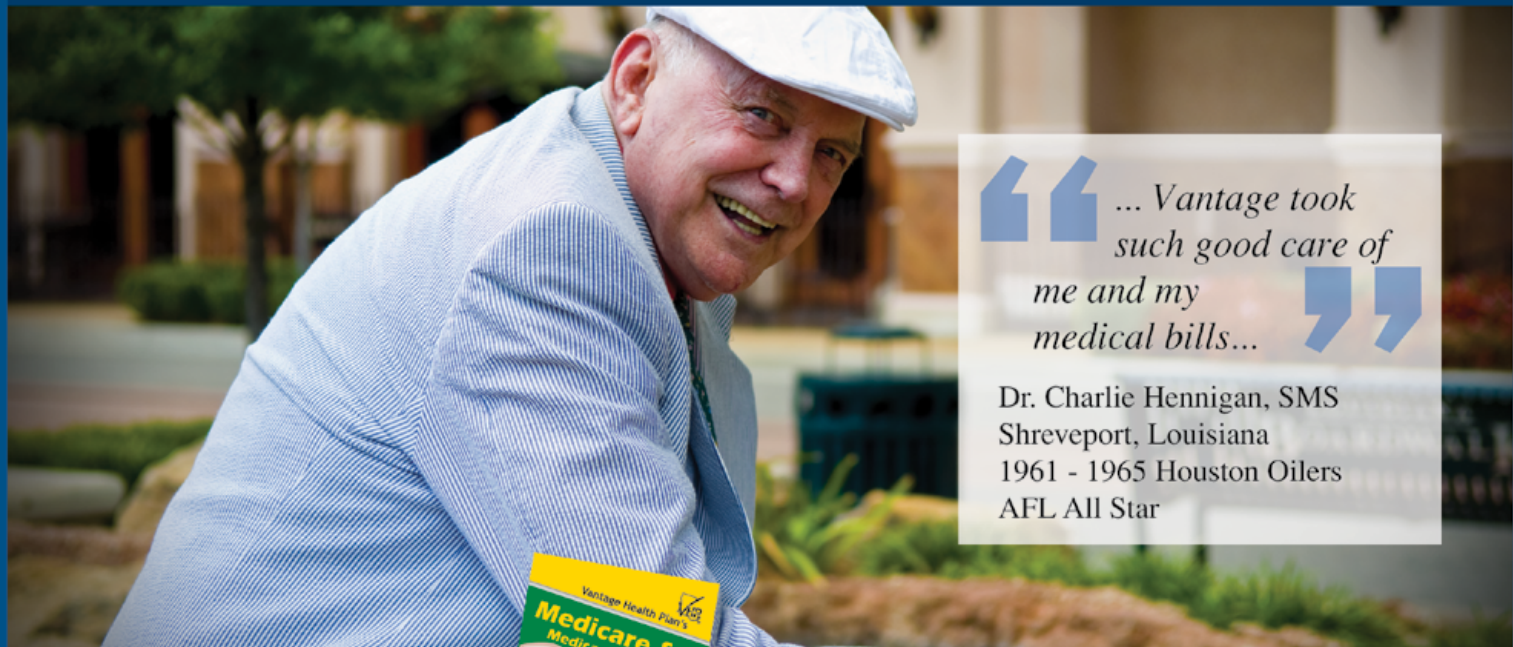
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This month we are so excited to announce the addition of Hebert's Town and Country of Shreveport as the proud, new presenting sponsor of *The Best of Times Radio Hour*. Please be sure to thank them, for without their support (and the support of all our advertisers), this magazine, the radio program, and our special events would not be possible.

And speaking of special events, make sure to check out page 10 for news about a series of upcoming events that should prove to be fun and educational. Who knows? You might also go home with a wonderful door prize.

Did you ever wonder what happened to some of the stars of yesteryear? We are so pleased to introduce a new column by Marshall Jay Kaplan. He will be tracking down television's most memorable icons for us in his new monthly column, "Where Are They Now?" Marshall is also the talented "cartoonist to the stars", as over the years he has drawn more than 10,000 celebrities. His lovely illustrations accompany his columns.

We also want to encourage everyone to participate in the Senior Olympics. My husband Gary, a casual observer for many years, tried his hand at a couple of events in April. He was elated to bring home two 3rd place medals. Congratulations Gary and to all of the other participants. For a schedule of Olympic events occurring in May, make sure to turn to our Get Up & Go section beginning on page 40. Even if you're not interested in competing, go by and cheer on our area's talented athletes.

We also bring you tips to feeling (and looking) younger and, in observance of National Osteoporosis Awareness and Prevention Month, two articles to help you "bone up".

Finally, please take time on Monday May 28, Memorial Day, to remember and honor those brave men and women in the U.S. Armed Forces who made the ultimate sacrifice protecting and preserving our freedom.

Until next month... *Tina*

The Best of Times

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MAY 5
"Sitting Kills, Moving Heals"
Dr. Joan Vernikos, author/ researcher

MAY 12
"Looking back at Pop History and Culture"
Gary West, international expert on pop history and culture

MAY 19
"30th anniversary of the Friends of the Barnwell"
Charles Seyfried, Chairman and Marilyn Creswell, Executive Director of the Barnwell Garden & Art Center

MAY 26
"Norton Art Gallery"
Ashleigh Newberry Mills with Norton Art Gallery

JUNE 2
"Homeownership Month"
Susan Lyons, with HUD

New Melanoma Drug Nearly Doubles Survival

Investigators from Vanderbilt-Ingram Cancer Center (VICC) and 12 other centers have found that a new drug for patients with metastatic melanoma nearly doubled median overall survival with manageable side effects. More than half of patients who were treated with the drug vemurafenib (Zelboraf) responded to treatment and experienced an impressive median overall survival of nearly 16 months – far longer than the typical survival of just 6 - 10 months for most patients whose melanoma has spread beyond the initial tumor site. While the trials for vemurafenib have been positive to date, the great majority of patients eventually experience disease progression. (*New England Journal of Medicine*)

Migraine Linked to Increased Risk of Depression

New research suggests women who have migraine or have had them in the past are at an increased risk for developing depression compared to women who have never had migraine. The study was presented at the American Academy of Neurology's 64th Annual Meeting in New Orleans.



Get Moving!

Daily physical exercise may reduce the risk of Alzheimer's disease, even in people over the age of 80, according to a study published in the online issue of *Neurology*®. The study showed that not only exercise but also activities such as cooking and cleaning are associated with a reduced risk of Alzheimer's disease. These results provide support for efforts to encourage physical activity in even very old people who might not be able to participate in formal exercise but can still benefit from a more active lifestyle. The research found that people in the bottom 10% of daily physical activity were more than twice as likely to develop Alzheimer's disease as people in the top 10% of daily activity. The study also showed that those people in the bottom 10% of intensity of physical activity were almost three times as likely to develop Alzheimer's disease as people in the top 10% of intensity of physical activity.



Celiac Disease is Linked to Osteoporosis

People with celiac disease are at risk for osteoporosis, according to physicians at Loyola University Health System (LUHS). Researchers believe that people with celiac disease may develop osteoporosis because their body poorly absorbs calcium and vitamin D, which are necessary for bone health. Celiac disease is an inherited autoimmune disorder that damages the small intestine and does not allow nutrients to properly absorb when foods containing gluten are ingested. Gluten is found in grains such as wheat, rye, barley and triticale. Patients with celiac disease must eliminate foods containing this protein or risk further damage and should discuss taking calcium, magnesium and vitamin D supplements with their physicians.

Obesity now accounts for almost 21 percent of U.S. health care costs – more than twice the previous estimates, reports a new Cornell University study. The research, which is the first to show the causal effect of obesity on medical care costs, was published in the *Journal of Health Economics*.

Hearing Loss Linked to Three-Fold Risk of Falling

Hearing loss has been linked with a variety of medical, social and cognitive ills, including dementia. However, a new study led by a Johns Hopkins researcher suggests that hearing loss may also be a risk factor for another huge public health problem: falls. The finding could help researchers develop new ways to prevent falls, especially in the elderly, and their resulting injuries that generate billions in health care costs in the United States each year, by some estimates. The study found that people with a 25-decibel hearing loss, classified as mild, were nearly three times more likely to have a history of falling. Every additional 10-decibels of hearing loss increased the chances of falling by 1.4 fold. This finding still held true, even when researchers accounted for other factors linked with falling, including age, sex, race, cardiovascular disease and vestibular function. Even excluding participants with moderate to severe hearing loss from the analysis didn't change the results. Researchers say among the possible explanations for the link is that people who can't hear well might not have good awareness of their overall environment, making tripping and falling more likely. Another reason hearing loss might increase the risk of falls is cognitive load, in which the brain is overwhelmed with demands on its limited resources.

Good News for Parkinson's Patients

Certain antidepressants appear to decrease depression in people with Parkinson's disease without worsening motor problems, according to a study published in an online issue of *Neurology*®. These results are exciting because depression is common in Parkinson's. Older antidepressants are effective but have a lot of side effects. The drugs paroxetine, which is an antidepressant in the class called selective serotonin reuptake inhibitors (SSRIs), and venlafaxine extended release, which is in the serotonin and norepinephrine reuptake inhibitors (SNRIs) class, were generally well tolerated and did not lead to any worsening in motor functioning.

Eat More Fish



Women who eat at least 3 servings of fish per week have a 33% reduced risk of developing some types of colon polyps according to a study by Vanderbilt-Ingram Cancer Center investigators. The VICC researchers believe that omega-3 fats in fish may reduce inflammation in the body and help protect against the development of colon polyps. While eating more fish appeared to be beneficial, not all types of fish contain high levels of the protective omega-3 fatty acids. Tuna, salmon and sardines are high in omega-3 acids, while tilapia and catfish have low levels.



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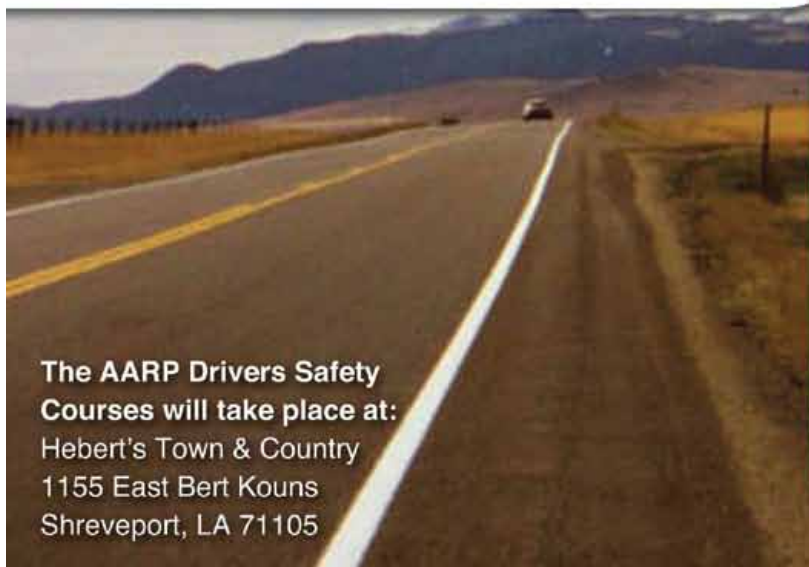
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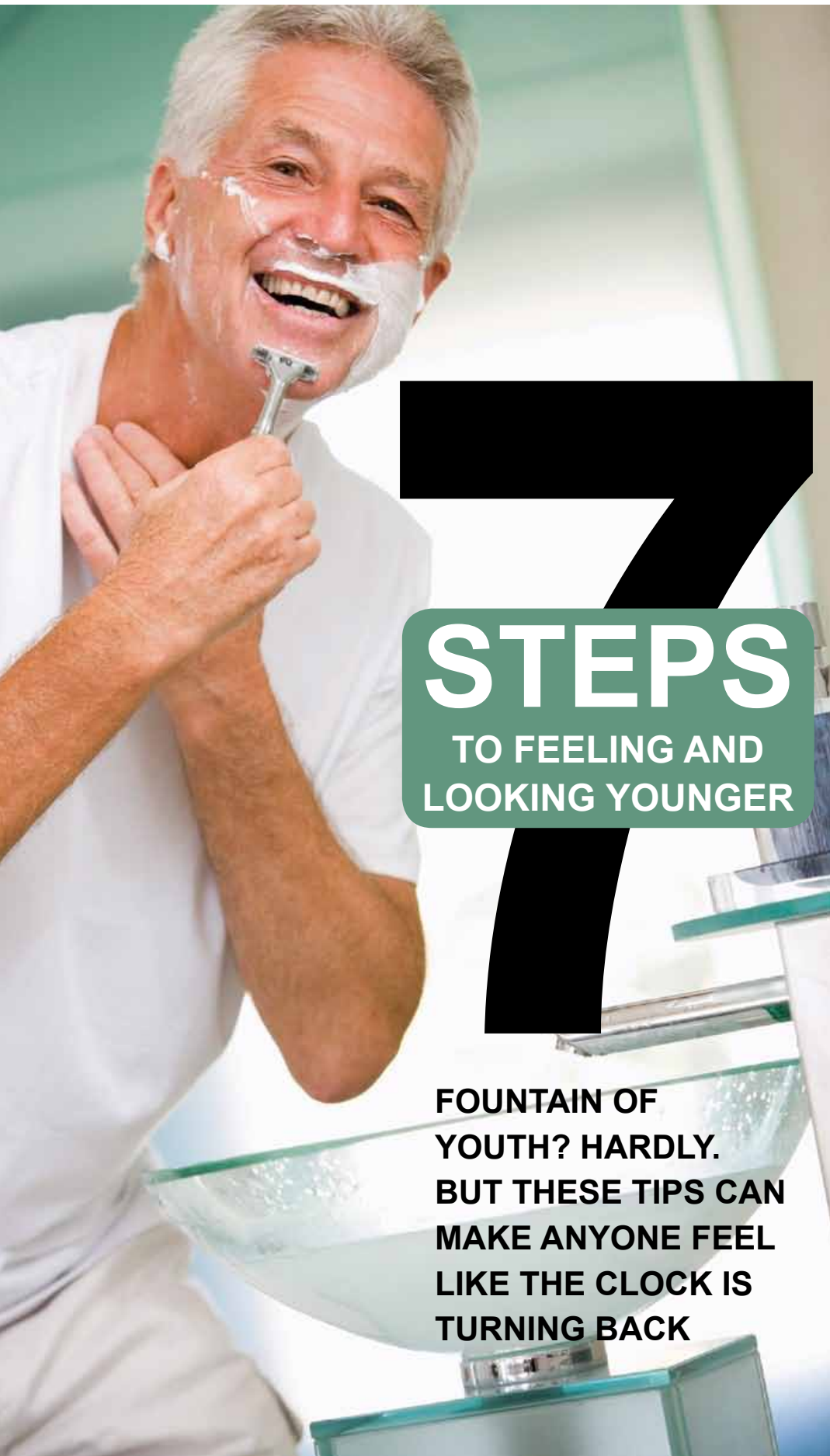
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7 STEPS TO FEELING AND LOOKING YOUNGER

**FOUNTAIN OF
YOUTH? HARDLY.
BUT THESE TIPS CAN
MAKE ANYONE FEEL
LIKE THE CLOCK IS
TURNING BACK**

By Lauren Parran

Turning fifty means going ‘over the hill’ right? Despite this myth that many people unfortunately take to heart, turning 50 is not the end of the world. In fact, it is just the beginning of a new chapter in life. “If you believe the myth then you’re going to set low expectations,” Michael Brickey, PhD, licensed psychologist and author of “Defy Aging” (New Resources Press, 2007) says. “Start believing that things get better with age.”

Here are seven steps to follow to feeling and looking younger.

HAVE BETTER, YOUNGER LOOKING SKIN

With aging, skin problems like wrinkles and dry skin come along. According to the National Institute of Aging, these problems may be from not drinking enough liquids, too much sun, stress and dry air. To counteract this, try moisturizing every day, buying soaps sensitive on the skin and using warm water instead of hot when taking baths and showers.

Be sure to consult with your doctor before using wrinkle-removing products, as they might be damaging to some skin types.

DRESS AGE-APPROPRIATE

This is a tricky topic because there is no scripted style for different age groups. “Obviously there are some fashions that don’t look very good on people that are older or heavier,” Pepper Schwartz, PhD, sex and relationship expert for AARP and professor of sociology at University of Washington says. She suggests everybody looks for styles they think are comfortable. “Ask a friend to give you feedback that you are wearing clothes that suit you,” she adds.

Brickey agrees, saying as people progress in age, so should their awareness of style. “You need to be very conscious of what works for you at your age in terms of your hair, in term of your style, cosmet-



GET A GOOD NIGHT'S SLEEP

As you get older, health problems tend to catch up with you making it more difficult to sleep well through the night. Schwartz says instead of self-medicating with sleeping pills, take action. "If you have something that's bothering you, go see a physician or specialist so that you can get a good night's sleep," she suggests.

"It's important to be a lifelong learner and constantly learning new things that may be very risky, like sports and skydiving, or maybe just reading a lot of books or being involved in community activities."

~ Dr. Michael Brickley, licensed psychologist



ics and clothes." He suggests hiring an image consultant because expanding a wardrobe with unsuitable clothes can be costly and a waste of money. "That's the price of an image consultant right there," he says.

HAVE BETTER SEX

Just because you're getting older doesn't mean you have to slow down your sex life. Schwartz stresses it's important to keep sexual health and behaviors alive. "The way to have great sex is to not stop having

great sex throughout your life cycle," she says.

But just because you don't have a partner, it doesn't mean you can't find one. Schwartz encourages dating. She says in a 2009 AARP study, people with partners are happier than those without because they have someone to go out and be active with.

ALWAYS SEEK ADVENTURE

Don't think that since you're over 50, you can't be as adventurous as you were dur-



ENGAGE IN AN ACTIVE SOCIAL LIFE

"The problem is when people get older, it's very easy to become isolated and isolation leads to depression," Schwartz says. And this issue tends to be more present in men, Brickey adds.

"One of the reasons that men have so much difficulty with aging is that when they retire, they go from a life centered around their social life at work to not having a lot of social life independent from work," he says. When men retire, the majority of their social life evaporates. Brickey says this is probably one contributing factor to why women live longer than men. "Throughout their lives, women tend to place more emphasis on relationships independent of their jobs," he adds.

Brickey says it is important to continue making friends throughout life regardless of age. "By the time you get 65 or so, friendships get more important," he says.

ing those coveted college days. "It's important to be a lifelong learner and constantly learning new things that may be very risky, like sports and skydiving, or maybe just reading a lot of books or being involved in community activities," Brickey says. Staying active keeps the brain active and life with a sense of purpose and direction, he says.

KEEP BOREDOM AT BAY

"If you're bored you only have yourself to blame,"

Schwartz says. There is an array of things to keep busy like joining a book club, a community center or volunteering.

Brickey suggests never retiring. "I say never retire but that doesn't mean you have to stay in employment," he says. People should volunteer and do some activities beneficial to themselves and their community. "You have to do something that helps you feel that you're making a contribution and making the world a better place," he says.

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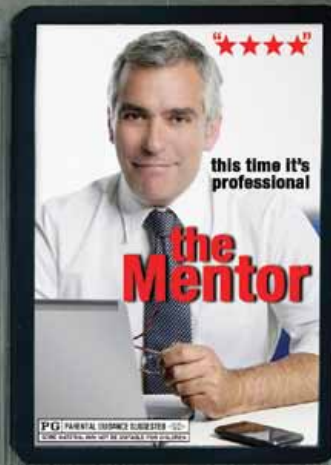
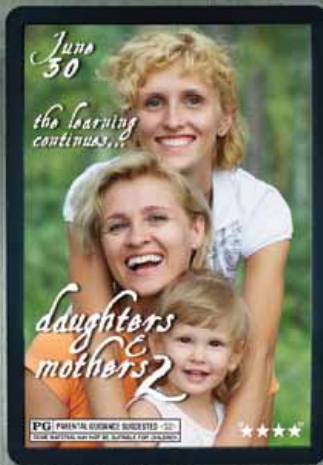
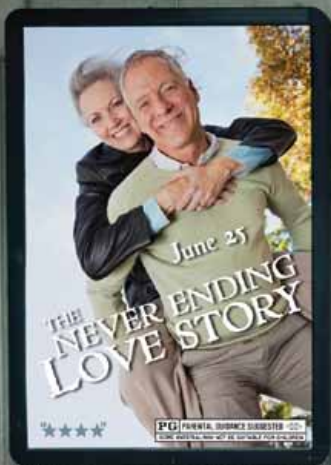
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COMING SOON



Older ... Now What About Wiser?

Getting better with age starts with improving performances in the most important roles we play: parent, grandparent, spouse, employee and community member

By Anna Sachse

When people are young, it's easy to view oneself as the star of the show. But as the years pass by, people begin to realize that the character being played continually changes. So how do you become the best fifty-plus you?

Here, a slew of experts weight in on how to be a better...

Parent

The single best way to teach adult children how to lead successful, fulfilling lives is to model for them the characteristics that parents hope they acquire, says Kathi Casey, founder of HealthyBoomerBody.com. Dedicate quality time to both family and work, be financially responsible, cultivate meaningful friendships, avoid addictive behavior, face problems head-on, prioritize personal growth and talk to and about others with respect. Just as

when they were younger, adult children will learn more by watching than they will from lectures or threats.

Of course, it's certainly okay to offer advice. "But keep in mind that they get to make their own decisions and mistakes," says Pat Nunan, a director for Boomer-Living.com and owner of Lifestyles Design, a Pennsylvania-based firm specializing in independent living solutions for seniors. "Let them know you're there for them if they need you, but give them their space."

In addition, even though a parent's role will always be one of guidance, as children age parents get more opportunities to be friends. Schedule movie, golf, book club, walk or coffee dates and show a genuine interest in their lives.

Grandparent

Depending on a family's needs, grandparents can take on many different roles, says Nancy K. Schlossberg, a professor

emerita in counseling at the University of Maryland, College Park and author of "Revitalizing Retirement: Reshaping Your Identity, Relationships, and Purpose" (APA, 2009). If a grandchild lives close by, a grandparent might serve as a babysitter or playmate, but it's also possible to play the part of a teacher and historian when family lives far away, thanks to telephones, email, Skype and good old-fashioned cards.

But being the best grandparent also means taking care of personal needs. "If you're helping out with childcare, create a clear schedule that allows you time with the grandchildren AND time away," Nunan says. Grandparents are more likely to be pleasant and present with the little ones when also nurturing their own marriage, friendships and hobbies.

In addition, in order to keep up with all those tykes, stay on top of health. This

(continued on page 16)

means eating well, not missing medical appointments and getting at least 30 minutes of exercise daily. Casey suggests making fitness fun (and a fantastic life lesson) by incorporating grandchildren – shoot hoops, dance around the living room or play a game of hide-and-seek.

Spouse

One of the gifts of a long-term marriage is finally realizing it's impossible to change one another, says Mary Eileen Williams, founder of the Feisty Side of Fifty blog and radio program. "My suggestion – after 36 years of marriage – is to become more accepting of each other's differences and support your spouse's new interests and opportunities for growth."

It's also vital to embrace moments to grow and try new things together, adds Marjorie Hope Rothstein, a boomer consumer expert and columnist for Boomer-Living.com. Travel, for example – from a wine country weekend to that African safari you've always talked about, just DO it. Prefer something longer term? Sign up for a basic yoga class, study gourmet cooking, take tango lessons or go skydiving.

"Anything that's new and exciting for you both you will evoke a sense of connection," Rothstein says.

Speaking of connection, don't forget to touch each other, says Nunan, who's been married for 38 years. This means main-



taining intimacy in the bedroom, but also finding smaller ways to show affection, such as taking showers together, stopping for a hug as passing in the kitchen and always kissing each other goodbye when leaving the house.

Employee

Living in a roller-coaster economy and facing younger competition – how does an aging worker determine what his or her role is in a tumultuous workplace?

"First off – and I'm adamant about this – do not feel 'less than' because of your age," says Williams, author of "Land the Job You Love: 10 Surefire Strategies for Jobseekers Over 50" (CreateSpace, 2010). "You don't want to act like a know-it-all, but you have every right to take pride in the skill set, market knowledge and professional network you've built up over

a lifetime."

This attitude is especially important right now, she says, as the media has focused much of its workplace bad news around boomers, suggesting that they'll have greater difficulty finding a new position if they lose their job. But buying into these discouraging headlines will only make it more difficult to present yourself as a confident, quick-witted, can-do current employee or job candidate.

That said, never demean younger coworkers, notes Schlossberg. Not only could a person lose out on learning from the unique perspectives or skills they bring to the table, he or she will likely be perceived as dated and someone who doesn't work well with teams.

Instead, present yourself as a seasoned employee/job applicant who is eager to mentor younger workers and teach them the ropes, says Williams. "This is good for the organization and a great selling point in a review or interview."

And if approaching retirement or financial stability has made interest in traditional employment wane, Williams also recommends looking into part-time work or consulting, which may allow people more freedom, or opting for an encore career centered on social responsibility or an activity you've always loved.

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to volunteer or participate in civic-minded activities is critically important, says Schlossberg, who founded the website TransitionsThroughLife.com. "There's lots of evidence to show that those who contribute live healthier, happier lives and perform better cognitively."

There are plenty of charitable organizations in need out there so take the time to find an area that truly taps into personal interests, utilizes your skills and natural talents, fulfills you and enables you to serve others in ways that give you energy, Williams says. You might also consider helping out at a hospital, sitting on a panel to improve local parks, advocating for seniors' issues, walking dogs for the Humane Society, painting a mural in a low-income area or volunteering in a grandchild's classrooms. Find more opportunities through the Retired and Senior Volunteer Program (RSVP), a division of SeniorCorps.org.

"Many boomers have spent years in unfulfilling jobs," Williams says. "So community service can truly become the gold of your golden years."

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Bone-Up for Better Health

By Bev Bennett

When you were younger, exercise may have been at the bottom of your to-do list.

Bone-building diet? If you added a splash of milk to your coffee you thought you were set for calcium.

But now that you're experiencing menopause you may wonder if you've set yourself up for osteoporosis.

The answer is probably in your family's genes, says Richard Dell, MD, orthopedic lead of the Healthy Bones Program at Kaiser Permanente in Southern California.

"Look at your mother. You're looking in the mirror," says Dell, an expert in bone health.

You should be paying attention because menopause is when your body goes through accelerated bone density loss as you lose estrogen.

"As soon as you hit menopause you lose 1 to 3 percent of your bone density a year," says Dell.

But even if you ignored your bone health in your youth, you can take steps to preserve bone or develop greater bone density now, say experts.

Mid-life is a perfect time to talk to your physician about osteoporosis, according to Felicia Cosman, MD, clinical director of the National Osteoporosis Foundation (NOF) in Washington, D.C.

Discuss your risk factors, which include your age, sex, poor nutrition, certain medications, a history of smoking or excessive drinking or lack of exercise, especially weight-bearing routines.

(As many as half of all women and a quarter of men over age 50 will break a bone because of osteoporosis, according to the National Institutes of Health.)

If you fit the osteoporosis profile get screened at age 50, Dell advises. Regardless of your health you should have your bone mineral density checked if you're a woman over the age of 65.

And if you're a man, don't assume you'll be spared. The Kaiser Permanente physician advises screening for men over age 70.

Talk about your options. Your physician may suggest exercise routines, taking calcium (1,000 milligrams of calcium daily; 1,200 after age 70) and vitamin D (600 International Units, which is a new

Warding off osteoporosis isn't just about drinking more milk. Understanding nutrition, exercise and family history can keep bones in peak condition.

recommendation) and perhaps prescription medications.

Improving your diet is a critical step.

"The nutrition we think is ideal is high in fruits and vegetables and calcium rich," says Cosman, author of "What Your Doctor May Not Tell You About Osteoporosis" (Warner Books, 2003).

She advises people to get their calcium in foods, not supplements, if possible.

Get three high-calcium foods daily, such as milk, cheese, calcium-fortified orange juice and cereal.

"If you're getting three servings a day [of calcium-rich foods] you don't need supplements," says Cosman.

As clinical director for NOF, Cosman also supports the need for vitamin D and suggests having your vitamin D blood levels checked for adequacy.

Exercise is another beneficial and inexpensive step you can take.

In one of the most positive outcomes, post-menopausal women who followed a specific exercise regimen and who consumed adequate calcium maintained or increased their bone density, according to research from the University of Arizona, Tucson.

Volunteers who completed one year on the experiment saw improvement at their hips; those who followed the regimen for four years saw improvements in their spines as well, according to Linda Houtkooper, PhD, registered dietitian and head of the Department of Nutritional Sciences.

Exercise that creates torsional stress – slightly twisting the bone clockwise or counterclockwise – was a factor in bone density improvement, according to Houtkooper, co-principal investigator for the BEST (Bone Estrogen Strength Training) Study. (Some women in the study were also on hormone replacement therapy, which was linked to greater bone density improvement.)

"There's something about the strain that changes the biochemistry of the bone," says Houtkooper, who advises doing the routine with coaches who are trained in the specific exercises (to view the exercises online visit the website: <http://bayerhearts.com/BEST/BEST-Videos.aspx>).

Your physician may also recommend medications.

Low-dose estrogen when you're in the very early stage of menopause might be something to consider to help preserve bone mass, according to Dell.

In the past, women were prescribed drugs when they were diagnosed with osteopenia--below normal bone mineral density.

Experts are rethinking that.

"In general, there's been some over-treatment in early menopausal women. The idea that all women should be treated is no longer recommended," says Cosman.

"For osteopenia you need exercise and calcium, not treatment," says Dell.

That changes if you have osteoporosis.

Bisphosphonates, which slow bone loss and help increase bone density, are often prescribed.

However, these are powerful drugs, with potential complications.

Physicians are now recommending taking the drugs for a prescribed amount of time, then taking a rest.

"The new thinking is a drug holiday; not dropping the drug forever," says Dell.

"There's new promise in osteoporosis management with new drugs."

But don't wait for a drug to save your bones. Get your calcium, vitamin D and exercise, and stop smoking, says Dell, who in the Healthy Bones program reduced the hip fracture rate by an average of 37 percent.

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A Potential New Treatment

Nitroglycerin, a long-established treatment to relieve chest pain (angina), may also increase bone mineral density, according to a recent study from the Women's College Research Institute and University of Toronto, Canada.

Post-menopausal women, who were not diagnosed with osteoporosis, used either a nitroglycerin ointment or a placebo during a two-year study.

Of the 243 volunteers, those who used the medication showed a modest increase in bone mineral density and a decrease in bone loss.

The treatment does well in comparison with bone density drugs, according to Sophie A. Jamal, M.D., PhD at the institute.

She's enthusiastic about her results because nitroglycerin is inexpensive and easy to use.

"It can reduce the cost of treatment," says Dr. Jamal.

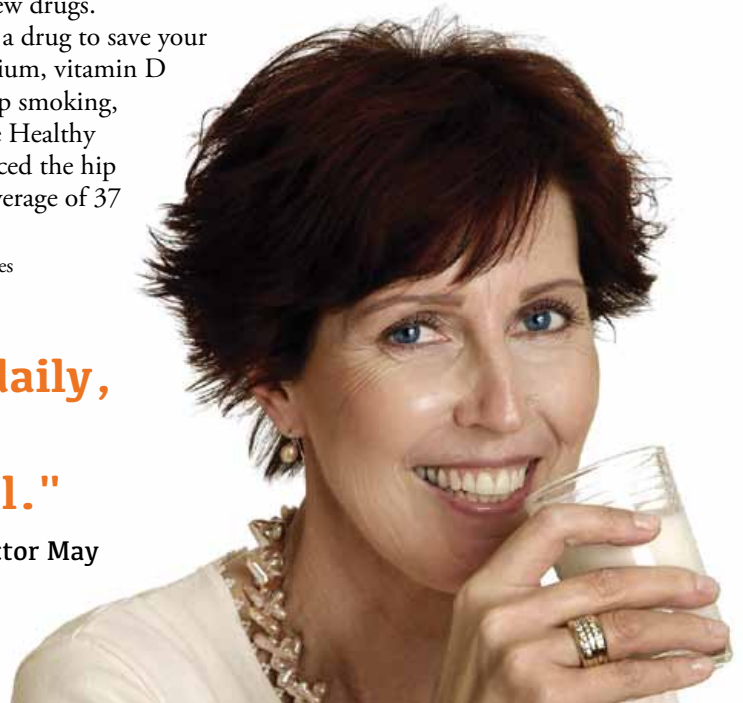
Headaches, the most common side effect, are also seen in people who take nitroglycerin for chest pains, according to the physician.

However, Dr. Jamal cautions that more studies are necessary.

"We need to demonstrate whether it [the nitroglycerin] can reduce fractures," says Dr. Jamal, who admits she's not sure how nitroglycerin works in bone density.

"Get three high-calcium foods daily, such as milk, cheese, calcium-fortified orange juice and cereal."

~ Dr. Cosman, author of "What Your Doctor May Not Tell You about Osteoporosis"



Will Medicare Pay for My Nursing Home Care?

by Lee Aronson

Fred was afraid he was going to need to go into a nursing home and he wanted to know if his Medicare would pay.

Medicare is the government health insurance for people who are 65 and older. Most people who have Medicare have a health insurance card that is red, white and blue. And Medicare, like all other health insurance, pays for some things but does not pay for other things.

To Fred's regret, as a general rule Medicare does not pay for nursing home care. However, there is an exception to this rule: if Fred has to go into the hospital and stays in the hospital for 3 days and is then transferred to a nursing home for



skilled nursing care, then Medicare will pay. But not for long. Here are the specifics: for the first 20 days that Fred is in the nursing home, Medicare will pay the nursing home bill. If Fred has to stay in

the nursing home for more than 20 days, then Medicare will pay part of the bill for up to an additional 80 days: Fred will have to pay the nursing home a co-payment of \$144.50 per day and Medicare will cover the remainder of the bill. And if Fred needs to stay in the nursing home for more than 100 days (i.e. the initial 20 free days plus the 80 co-payment days), then Medicare will pay nothing at all and Fred will be responsible for the entire bill.

So let's say that Fred goes into the hospital for surgery and his hospital stay lasts for 3 days. After 3 days, the hospital is ready to discharge him, but Fred is not ready to go home because he is still in pain from the surgery and is having trouble getting in and out of bed, bathing, dressing and using the bathroom. Will Medicare pay if Fred is transferred to the nursing home rather than going home? No. That's because Medicare will only pay if you need skilled nursing care. Examples of skilled nursing care include "intravenous injections and physical therapy." Medicare does not consider the type of help Fred needs, assistance with activities of daily living, to be skilled nursing care.

An advertisement for a 2012 exhibit. The background is a photograph of the Louisiana State Exhibit Building, a large, classical-style building with columns and a central entrance. The text is overlaid on the image. At the top, it says "Remember in Shreveport and Bossier When" in a stylized, outlined font. Below that, it says "2012 Exhibit June 16 - July 28" in a bold, outlined font. The building's name "LOUISIANA STATE EXHIBIT BUILDING" is visible on the facade above the entrance.

Medicare considers such help to be “custodial care” and Medicare will not pay a nursing home bill for people who only need custodial care even if they have been in the hospital for 3 days.

But let's say that after Fred's hospital stay, he does need skilled nursing care. So he goes into the nursing home and Medicare pays the entire bill for 20 days. But Fred still isn't any better and still needs skilled nursing care and stays in the nursing home for 80 more days. Medicare pays part of the bill for these 80 days and Fred pays the Medicare co-pay of \$144.50 per day. After these 80 days, Fred will have paid \$11,560. And after these 100 days have passed, Medicare will pay no more and Fred will be responsible for the entire bill.

But what if, on day 100, Fred goes back into the hospital for 3 more days. Then he needs to go back to the nursing home for more skilled nursing care. Will Medicare pay? No. Once Fred uses up his 100 days, Medicare will no longer pay for skilled nursing care in a nursing home until he goes home for 60 days.

So what will happen to Fred? If he's “poor,” Medicaid might pay the nursing home bill. Or if Fred has long term care insurance, the insurance company might pay the nursing home bill.

Otherwise, Fred will need to pay the nursing home out of his own pocket or he will have to go home.

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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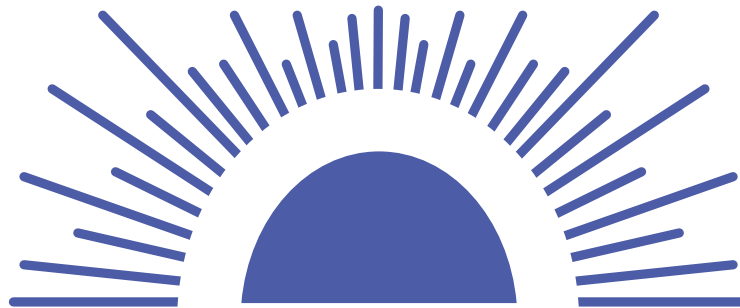
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Get Involved in Government Affairs

by Judge Jeff Cox

In recent days, I have been watching our government in action. I have been watching the sessions going on in the United States Congress and the Louisiana State Legislature to see what bills are being proposed and which bills will be passed.

Louisiana, this year, is dealing with retirement, school reform, privatizing prisons, and reforming criminal laws. The United States Congress, on the other hand, is battling with the budget, ramifications from the Obama Health Care Bill, tax increases on the wealthy or decreases, budget reductions and spending cuts. It will be interesting to see what comes out of these sessions and how they affect our tax


structure and benefits in the future. But in watching all the process, I have been reminded of our basic freedoms guaranteed to us by our United States Constitution.

Our United States Constitution was first written in 1787 and was ratified by the States in 1788. The Bill of Rights to the United States Constitution were not ratified until 1791. Two states, North Carolina and Rhode Island, did not ratify the Constitution and Bill of Rights until much later, after 1791 due to a disagree-

ment over some parts of the Constitution. Our Constitution has withstood over 200 years of tests compared to the French Constitution which has been rewritten over eight times in the same time period. How has our Constitution withstood the test of time?

In my opinion, the Constitution has withstood the test of time due to our involvement in the affairs of government. Each American has the freedom to voice their opinion as guaranteed by the Bill of Rights. Many Americans have died for these rights of freedom. In 1776, the men who fought in the Revolutionary War against the most powerful nation on earth at that time had no guarantee of success. In fact, most of the men that signed the original Declaration of Independence lost their lives or their fortunes in that war. Since that war, Americans have died in wars to protect our freedoms. We owe them respect and gratitude for the price they paid in serving our country in times of need.

Even though a great number of Americans have not served in the military today, we can show our gratitude for their

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We, as Americans, need to stay involved in the government process to ensure our children and future descendants the freedoms we enjoy today.

sacrifices by being involved in government affairs. One of the easiest ways to be involved is to vote. In recent elections, only a minority of the people voted. I encourage us all to make our voices heard and vote. Other ways to be involved is to let your Congressman, Senator, State Representative, or State Senator know your opinions on things that affect your lives. Without telling them your opinion, how will they know what you are thinking. Even going beyond that, become involved by forming groups and keeping informed on what is happening in your neighborhood, community, and in the United States. Many things have been changed in our Country by Grassroots involvement started at the local level.

One last thing that can be done is to pray for our elected officials. Many of our officials face difficult challenges each day. Balancing their job and family is often a difficult process. We may not always agree with the way an official governs, but we need to pray for them, their family, and that they be given wisdom in passing good laws that will help to effectively govern our lives and our nation without the loss of freedoms that we enjoy.

Our government needs us and we need it. Our Government has been paid for with a price in blood and sacrifice by our Veterans. We, as Americans, need to stay involved in the Government process to ensure our children and future descendants the freedoms we enjoy today. And please remember to thank a Veteran on Memorial Day this year for the sacrifices they gave in protecting our freedoms.



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

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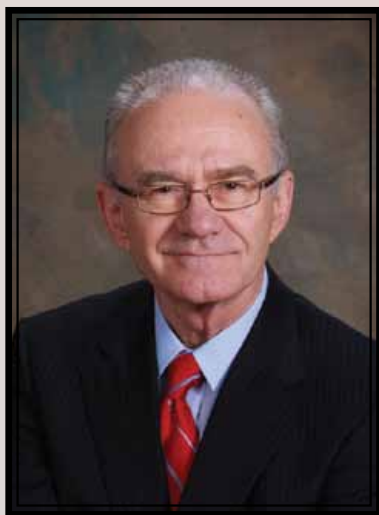
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Knowing Which Financial Records to Save and Which to Toss



By Jason Alderman

If the memory of hours spent hunting for and organizing paperwork to file your taxes is still fresh, think about doing some financial spring cleaning so next year's tax preparation won't be such an ordeal.

Many people hold onto mounds of receipts and account statements because they're not sure when it's safe to toss them. (By toss, I mean shred – don't give identity thieves any ammunition.) Here's when you wouldn't want to lack proper documentation:

- If audited by the IRS you must be able to justify deductions, charitable contributions, income, etc.
- Track stock and fund transactions so when you sell you'll only be taxed on

profits above the purchase amount; also to justify claiming a loss on your taxes.

- To claim tax credits/deductions for home improvements, such as energy-efficiency upgrades or for medical reasons.
- If you make nondeductible (after-tax) contributions to an IRA or 401(k), to prove you've already paid taxes on the amount.
- Your heirs will need your financial documents to settle your estate.

The IRS has several periods of limitations during which you can be asked to produce records proving income, deductions or credits you claimed:

- Normally, they have up to three years after your tax return to request documentation.
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- If you file a claim for losses from worthless securities, it's seven years.
 - If you don't file a return or file a fraudulent return, there is no statute of limitations.
- So, you should probably hold onto back-up documentation for seven years, to be safe. These records include:
- W-2 and 1099 income forms.
 - Year-end bank and brokerage statements showing interest earned.
 - Receipts, cancelled checks or other proof of payment for deducted expenses.
 - Home purchase or closing statements, insurance records and receipts for improvements.
 - Homeowners, car and medical insurance claim payouts.
 - Investment statements (stocks, bonds, mutual funds retirement accounts, etc.)

IRS Form 552 contains detailed instructions on what to save and for how long (www.irs.gov).

Hold onto certain documents for even longer than IRS audit requirements. For example:

- Keep records for investments and major assets at least as long as you own them.
- Save records and tax forms relating to retirement accounts, at least until you've drained their balances.
- Toss monthly and quarterly loan statements after receiving year-end summaries, but always retain final payoff notices in case the loan erroneously goes into collection and you need proof.
- Save all tax returns and attachments (Schedules, W-2 form, etc.) indefinitely. The same goes for hard-to-replace personal documents such as birth, marriage and death certificates, divorce, adoption and military discharge papers, will, power of attorney, etc.

You can always save actual documents and receipts. But if your goal is to reduce paper clutter, scan copies and save as PDF files. Back up electronic "soft copies" on an encrypted flash drive or external hard drive in case your computer crashes. And, if you're worried about fire, theft or other disasters, store additional copies in a safety deposit box or with a trusted friend.

Recordkeeping is no fun, but compared to tearing the house apart to prepare for an audit, it's a small price to pay.

Jason Alderman directs Visa's financial education programs.



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Working Out Your Bones

by Mirabai Holland

May again? Wow has it been a year since my last Osteoporosis month article? Guess so.

By now we all know that Osteoporosis makes bones so thin and porous that they can break during everyday activities like stepping off a curb or picking up a grocery bag.

We've all heard that estrogen protects women from bone loss and that we can lose up to 30% of our bone mass in the first 10 years after menopause. And we've heard that we should do weight bearing and resistance exercise to help prevent bone loss and promote bone growth.

But what IS weight bearing exercise? What's the difference between weight bearing and resistance exercise? And what kind of exercise routine should I do to protect my bones?

I hear this all year long. So, here are the answers.

Weight bearing means literally making your bones carry weight. Standing makes your bones carry your body weight. Standing with your grandchild on your shoulders makes your bones carry your weight plus your grandchild's.

Studies show that weight bearing exercises like walking and jogging that also apply impact to your bones are even more effective

Resistance exercise uses your muscles to apply mechanical forces to your bones like pushing (compression) pulling (tension), twisting (torsion), and bending.

So, the more weight, impact and resistance the better, right? No. Even if your body were a machine made of steel there would be a weight, impact and resistance that would break it. And we know our bodies are much more fragile than that. Common sense must rule.

Walk, jog, jump rope, dance, pull on a rope, push on a wall, wring out a towel, and bend bones with weight lifting exercises. But do it safely. Do it in moderation. Stay in your comfort zone. Start with a comfortable amount and build up slowly over time. Take breaks between shorter intervals of training. Studies show that those break times may be when bones get stimulated to grow.

Studies also show that site-specific exercises are very effective. So, do exercises that involve the 3 areas most at risk for Osteoporotic fracture, the spine the hip and the wrist?

Walking loads your spine and your legs including the hip joints. Wrist curls and wringing a towel work your wrists and forearms.

Do any weight-training resistance exercises every other day because your muscles need time to recover. A starter routine might be 20 minutes or more of brisk walking every other day and weight resistance training on the days in between.

But make sure you talk to your doctor about your particular exercise needs and limitations. They vary greatly from person to person.



So why not use Osteoporosis month to set an example for the women in your family of any age because it's never too early or too late to start working out your bones.

Mirabai Holland M.F.A., is one of the leading authorities in the Health & Fitness industry and public health advocate who specializes in preventive and rehabilitative exercise. Her Moving Free® approach to exercise is designed to provide a movement experience so pleasant it doesn't feel like work.



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Survey results are posted online at www.medicare.gov/NHCompare. You may search the site by city, zip code, or the name of the particular homes. It will give you a comparison of each home to the state and national averages of issues cited. If you do not have Internet access, you may ask the nursing home staff to see the survey since homes are required to display a copy of their most recent survey in a public area.



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

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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BROADWAY: A Personal Perspective

By Brian Bradley

Before the spring season ends, eleven plays will have opened on Broadway. This is quite an impressive number and suggests there has to be a broader audience for plays than is commonly believed. These diverse titles run the spectrum from classics (*A Streetcar Named Desire*) and sequels (*Don't Dress for Dinner*, a *Boeing, Boeing* follow-up) to a low-tech Peter Pan prequel (*Peter and the Starcatcher*), a recent Pulitzer Prize winner (*Clybourne Park*, an acclaimed riff on the address before and after *A Raisin In The Sun*) and the raucous English import *One Man, Two Guvnors*.

There are a couple of new plays by important American playwrights. David Auburn's *The Columnist* stars John Lithgow as a Kennedy era Washington insider. Linda Lavin passing on bringing *Other Desert Cities* to Broadway to star (Off-Broadway) as the matriarch in Ricky Silver's *The Lyons* certainly says something. The basketball themed play (*Magic! Bird*), the biographical *End of the Rainbow* about the final days of icon Judy Garland and the all-star revival of

Gore Vidal's 1960 political drama *The Best Man* with James Earl Jones, Candice Bergen and Angela Lansbury round out this list.

Mike Nichols' revival of Arthur Miller's *Death of a Salesman*, has already opened. And this fifth Broadway incarnation of the Pulitzer Prize winner was a bit underwhelming. Any production of the monumental *Salesman* is an event and the expectations are high. Just consider the actors who have previously tackled the demanding role of Willy Loman. They include Brian Dennehy

(Tony Award), Dustin Hoffman, George C. Scott (Tony Award nominee) and Lee J. Cobb (who originated).

But for the first time it seems the part has gotten the better of the actor. Philip Seymour Hoffman has never been a favorite of mine especially on stage. His pinched voice is colorless and lacks range. He can play the frustration, but the complete arc of delusion and bewilderment eludes him. There is no understanding behind his deadened, squinty eyes. His boys have an oddly contemporary attitude about them. And although as his wife Linda Emond has some very nice moments, she also misfires in the final moment.

Director Mike Nichols seems more interested in recreating the *Salesman* that was so seminal in his youth, from Alex North's music to Jo Mielziner's innovative 1940's set and projection design, than allowing current parallels to create their own resonance. But *Salesman* is more than a museum piece. Attention must be paid.

Every so often a show engages an audience not just with the seamless perfection of its execution, but with the unexpected and disarming

tone and style of the piece. *Once*, a new musical adapted from the film is charming, enchanting really and romantic filled with quirky humor and bittersweet with just a touch of sadness. The score, which features the Oscar-winning song "Falling Slowly", is almost hypnotic but possessing of infectious revelry as well.

Steeped in atmosphere from Bob Crowley's authentic Irish pub setting and fluidly directed, *Once* tells the story of an Irish musician ("Guy") and a Czech immigrant ("Girl") drawn



Once (Photo ©Joan Marcus)

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together by a chance encounter and their shared passion for music. Their generic names aside, there is nothing one-dimensional about them. These two are neither archetypes nor stereotypes; they never come across any anything less than complex, compelling individuals. And they're beautifully acted by the appealingly rugged, yet sensitive Steve Kazee and the flirty but skittish Cristin Milioti.

One wonders how performances like these and the rest of the cast for that matter would have been selected for a Broadway production over more obvious name casting. This entire company also plays instruments! Well, it's because *Once* originated Off-Broadway (as did *Peter and the Starcatcher*).

I'm not convinced we need of a revival of *Jesus Christ Superstar*. The sung through, high concept pop opera had the hottest buzz happening in the early 1970's. The tuneful score by Tim Rice

and Andrew Lloyd Webber produced hits like "I Don't Know How to Love Him" and a list directors couldn't wait to put their own anachronistic stamp on the irreverent retelling of the last seven days in the life of Jesus of Nazareth.

Now *Superstar* seems self-aware and dated while lacking a real edge. Des McAnuff's mechanical direction is a hodgepodge of others' ideas. And with the exception of Bruce Dow's terrifying camp turn as King Herod and Josh Young's wide-eyed Judas Iscariot, the actors have a vacant look on their face as if they've never worked out the details of the scene. Could we start again please?

Next month we'll take a more in-depth look at some of the spring openings.

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



Death of a Salesman
(Photo © Brigitte Lacombe for *New York Magazine*)

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I'm reading the newspaper when I realize that there are almost as many articles about Beijing as there are about Washington DC. That's when it hits me. If one of the main purposes—and pleasures—of travel is education, then I have to go to China. I need to learn more about the country whose actions will affect the way I live and, more importantly, the way my children will live.

A friend recommends China Spree, a company that offers 12-day tours to Beijing and Shanghai that include air from San Francisco; all meals, admissions and transportation within China; guide service; and, as I soon find out, very nice hotels. I do the math. Why, I can visit China for not a lot more than I'd have to pay for an all-inclusive two-week vacation in California. I take a deep breath and sign on the dotted line.

In Beijing our guide leads our small group to the must-sees: Tiananmen Square, where Mao proclaimed the birth of the People's Republic of China in 1949; the Forbidden City, which was home to 24 emperors; and of course, the Great Wall, which was designed to protect the country against foreign invaders.

To learn about more current endeavors, we visit a jade factory, a silk factory, tea plantation and herbal medicine museum.

But my favorite moments occur when we mingle with ordinary folks, like the 76-year-old woman who hosts us for lunch. She shows us her home, which is in a hutong, one of Beijing's fast-disappearing old neighborhoods.

The next day we visit a park where we see seniors doing tai-chi, dancing, fencing and matchmaking.

Their children, explains our guide, work such long hours that they don't have time to search for a spouse. Therefore, the parents must help. They make big signs proclaiming their child's attributes and network with other parents. If the seniors spot a potential match, they arrange a date for their children. It's a low-tech eHarmony.

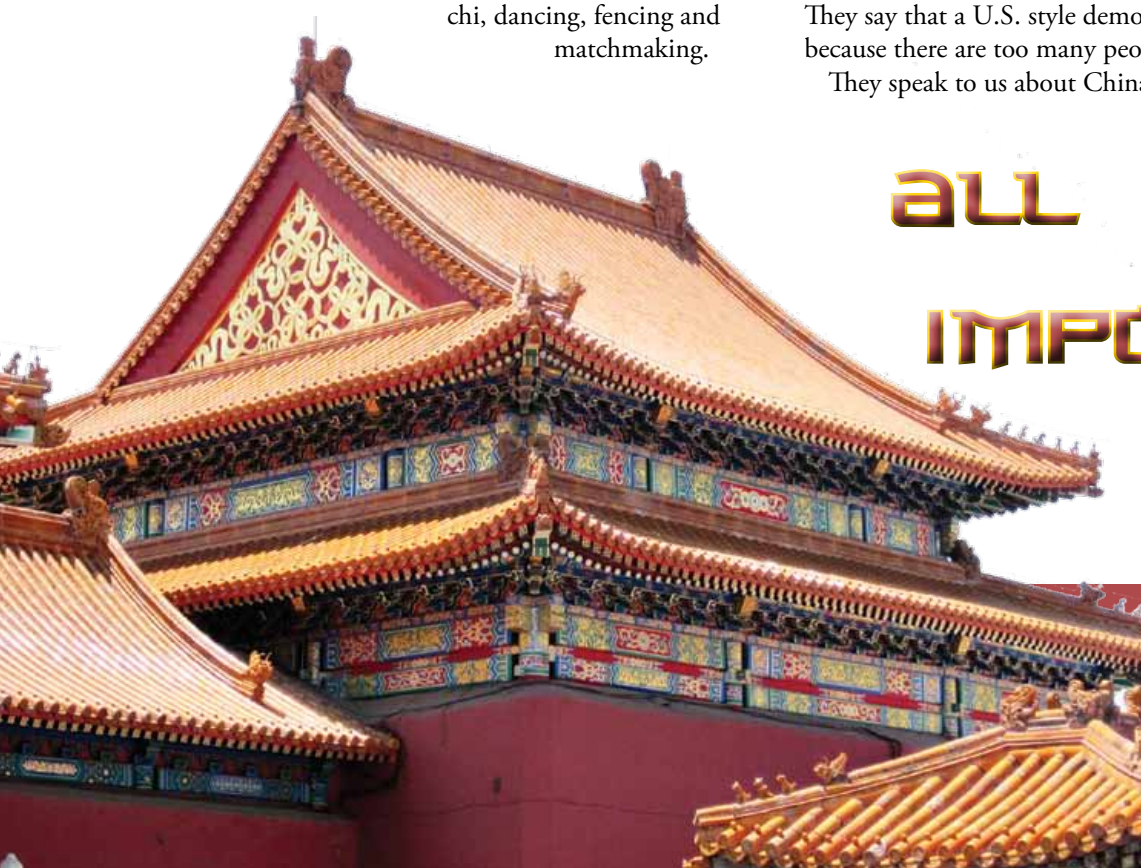
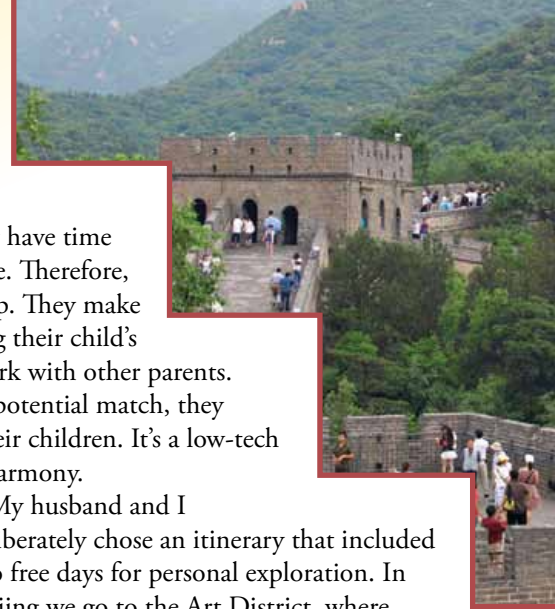
My husband and I deliberately chose an itinerary that included two free days for personal exploration. In Beijing we go to the Art District, where world-class galleries occupy Communist-era factory buildings. One heart-stopping exhibition focuses on prostitution; another has a disturbing display of soldiers toting machine guns camouflaged by flowers. There's no thought suppression here.

In Shanghai, the energy is palpable. We walk along the riverfront, through a shopping thoroughfare and over to a public park that has carnival-style rides. After visiting a market, we go to an acrobatic show. Our days are packed.

During our free day, we explore two contrasting neighborhoods: a working-class area filled with small, slightly grubby shops and the French Concession, which has upscale boutiques and trendy restaurants.

Our guides are remarkably forthcoming. They criticize their government but at the same time make clear that they admire it. They say that a U.S. style democracy could never work in China because there are too many people.

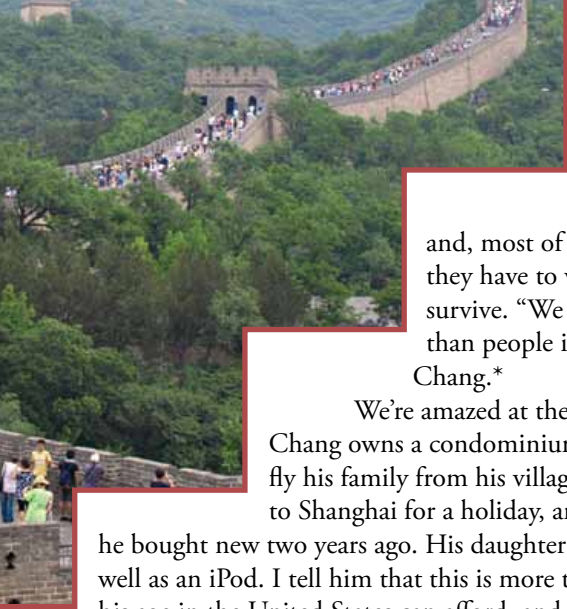
They speak to us about China's one child policy, religion,



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STORY BY
ANDREA GROSS

PHOTOS BY
IRV GREEN



education, medical care, the lack of a social safety net and, most of all, how hard they have to work in order to survive. "We work much harder than people in America," says Chang.*

We're amazed at their misconceptions. Chang owns a condominium, can afford to fly his family from his village on the Yangtze to Shanghai for a holiday, and has a car that

he bought new two years ago. His daughter has a new iPad as well as an iPod. I tell him that this is more than many people his age in the United States can afford, and yes, they work as many or more hours than he does.

Another guide dreams of living on Wisteria Lane, the home of ABC's "Desperate Housewives," and we realize how television shapes Chinese views of the United States as well as our views on China. This, says my husband, is why it's important for people to travel, to see things for themselves.

We're aware that we saw only two cities, and we spoke with only a handful of people. We didn't visit the countryside, which, despite China's rapid urbanization, is still home to the majority of the population. We didn't visit the factory towns that are churning out goods that are flooding the world's markets. That

will have to wait until next time.

But in the meantime, we treasure the glimpse we got of a country that is, and will continue to be, a major player on the world's stage.

www.chinaspre.com

**Name has been changed*

Photos clockwise from left: The Forbidden City was home to 24 emperors during the Ming and Qing Dynasties; Beijing's streets are a mix of old and new; The Great Wall was built to protect China from nomadic tribes to its north; Students welcome American visitors to their classroom.



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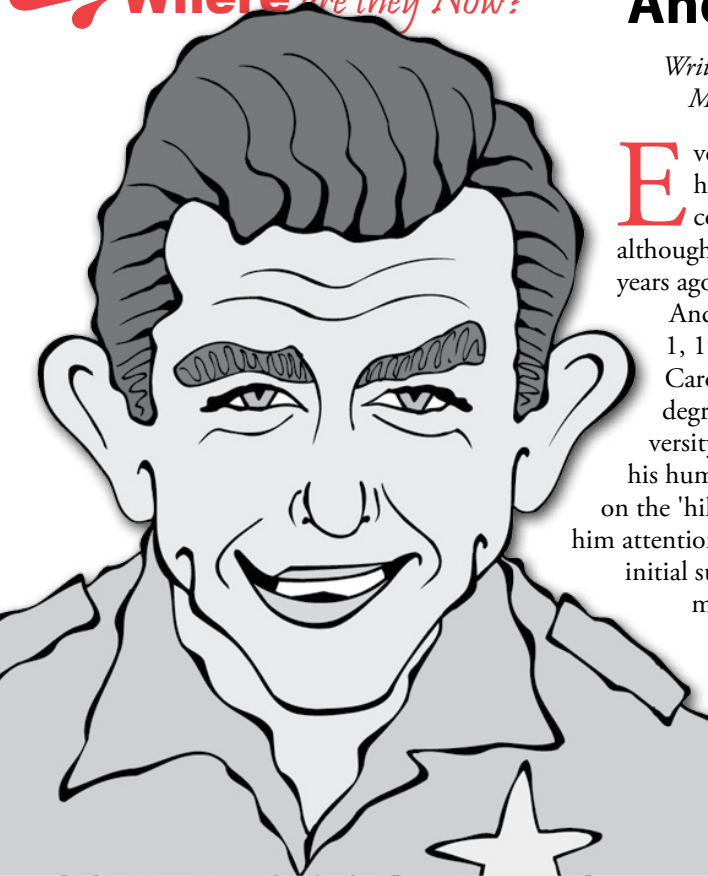
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Andy Griffith

*Written and illustrated by
Marshall Jay Kaplan*

Everybody's favorite down-home sheriff and attorney considers himself retired, although he did release a CD a few years ago.

Andy Griffith was born on June 1, 1926 in Mount Airy, North Carolina. Although he earned a degree in music from the University of North Carolina, it was his humorous monologues based on the 'hillbilly' persona that earned him attention as a comedian. With some initial success of recordings of these monologues, he made a few appearances on The Ed Sullivan Show. Broadway producers took note of this somewhat dim-witted, yet sly country bumpkin and cast him in the lead role in *No Time For Sargeants* (1954). This

ended up being the inspiration for television's *Gomer Pyle*. Griffith also starred in the film and television versions of the same name.

In 1957, famed director Elia Kazan cast Andy as the lead in *A Face in the Crowd*. The film clearly demonstrated Andy's strength as a diverse actor, as his role ranged from country boy to a powerful, political monster.

Griffith proved to be much more than a country bumpkin when he showed an interest in television. He proved to be an astute businessman and negotiator, eventually signing a deal to own 50% of a new television program and to have creative control.

The Andy Griffith Show debuted in 1960. It was historic as it was one of the first sitcoms where the star played the straight man, yet the characters around him provided the comedy. In addition, Andy decided to have scenes acted out at a leisurely pace, helping immensely in the development of the characters. The on-screen partnership between Griffith (as 'Andy Taylor') and Don Knotts (as 'Barney Fife') is pure classic television.

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The show lasted eight seasons and garnered numerous awards. In 1972, Andy formed his own production company, producing many films and made-for-TV movies, often appearing on-screen.

In 1983, Griffith was stricken with Guillan-Barre Syndrome and was unable to walk for seven months. Through rehabilitation, Andy successfully recovered and decided he needed to keep active. This drive helped him develop the TV series, *Matlock*.

Debating in 1986, Andy now played 'Ben Matlock', a criminal defense lawyer whose folksy demeanor balanced his shrewd in-court proceedings. *Matlock* proved to be Andy's favorite role and lasted an incredible nine seasons.

In the late 1990's, Griffith recorded a gospel album and won a Grammy award. He underwent a quadruple bypass operation in 2000 and set up house and retirement in Manteo, North Carolina, where he continues to reside.

"My wife and I stayed in Los Angeles to be on view, afraid if I wasn't seen they'd forget about me if a role came up. In the business, it's out of sight, out of mind, and Cindi thought we should be in Los Angeles. Then Don Knotts died, and I broke my hip, and I said, 'Cindi, let's go home.' And we did,... and the way things are in the industry now, they can always get me on the phone. I knew if I had my choice of any place to live, this would be it."



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



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- 1 cup cold leftover white or brown rice
- 1 pound ground turkey
- 1 (15-ounce) can pinto beans, rinsed and drained
- Palmful chili powder
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- 1½ teaspoons coriander, half a palmful
- 1 tablespoon grill seasoning
- 1 tablespoon canola oil
- 1 ripe avocado
- 1 clove garlic, grated or finely chopped
- 1 lime, zested and juiced
- 1 jalapeño or serrano pepper, seeded, finely chopped
- ½ small red onion, finely chopped
- ½ cup sour cream
- 4 red leaf lettuce leaves
- 1 ripe tomato, sliced
- 4 crusty rolls, split

Combine rice, meat and beans with spices and grill seasoning. Form 4 big patties, then heat 1 tablespoon oil in a large skillet over medium-high heat.

Cook patties 7 to 8 minutes on each side.

While burgers cook, combine avocado with garlic, lime zest and juice, jalapeño and red onion.

Mash to roughly combine, then stir in the sour cream.

Place burgers on buns with lettuce and tomato, and top with sour cream guacamole.



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- 1 16-ounce package pizza dough, brought to room temperature
- 2 tsp. extra virgin olive oil
- 2 Tbs. grated Parmigiano-Reggiano

Toppings

- 1/3 pound broccoli, trimmed
- 1 Tbs. extra virgin olive oil
- 3 cloves cracked garlic

Preheat oven to 500°F.

On 12-inch nonstick pizza pan, stretch out dough and form pizza crust. Drizzle olive oil on crust and spread it with a pastry brush to the edges.

Sprinkle crust with grated Parmigiano-Reggiano.

In a small covered saucepan, bring 2 inches water to a boil. Separate broccoli tops into florets, discarding lower stalks or reserving for soup. Salt water and add broccoli florets. Cook, covered, 3 to 5 minutes. Drain broccoli and set on cutting board. Chop broccoli florets into small pieces.

Heat a small nonstick pan over medium high to high heat. Add oil, cracked garlic and chicken. Season with salt and pepper.

Brown chicken until lightly golden

- ½ pound chicken breast cut for stir fry, or chicken tenders
- Salt and freshly ground black pepper
- 1 cup part skim ricotta cheese
- 10 sun dried tomatoes in oil, drained and sliced
- 1 cup shredded mozzarella cheese
- 12 to 15 leaves fresh basil, torn or stacked and thinly sliced

all over, 3 to 5 minutes.

Chop sautéed chicken and garlic on a cutting board into small pieces.

To assemble pizza, dot crust with broccoli and chicken. Dot crust with spoonfuls of ricotta, spreading gently with the back of spoon. Add sliced sun-dried tomatoes, scattering around pizza to edges. Complete assembly with a thin layer of shredded mozzarella.

Place pizza in oven on middle rack and lower heat to 450°F.

Bake 12 minutes, until cheese is deep golden in color and crust is brown and crisp at the edges.

Remove from oven and let stand 5 minutes. Top with lots of torn or shredded basil.

Cut pizza into 8 slices using pizza wheel and serve.

Broccoli and Cauliflower Gratin Mac 'n Cheese

- 1 small head or bundle broccoli, trimmed into florets
- 1 small head cauliflower or half a large head, trimmed and cut into florets
- 1 pound whole-wheat macaroni or penne or other short cut pasta
- 2 cups sour cream or reduced-fat sour cream
- 1 tablespoon Dijon mustard
- 1/3 cup finely chopped chives
- 2 cloves garlic, peeled and grated or crushed into paste
- A few drops hot sauce
- Salt and freshly ground black pepper
- 2 1/2 cups grated extra-sharp cheddar

Bring large pot of water to a boil over medium heat. Salt water and add broccoli and cauliflower florets. Boil vegetables for 5 minutes, then remove with a spider or a strainer and drain.

Add pasta to water and undercook by about 2 minutes, drain.

Meanwhile, combine sour cream in large bowl along with mustard, chives, garlic, hot sauce, salt and pepper, to taste.

Add pasta and cauliflower and 2/3 of the cheese. Stir to combine, then transfer to a casserole dish or Ziploc VersaGlass container and cover with remaining cheese. Cool and chill for a make-ahead meal.

To heat and eat, put casserole on baking sheet and bake in the middle of a preheated 375°F oven until deeply golden and bubbly, about 40 to 45 minutes.



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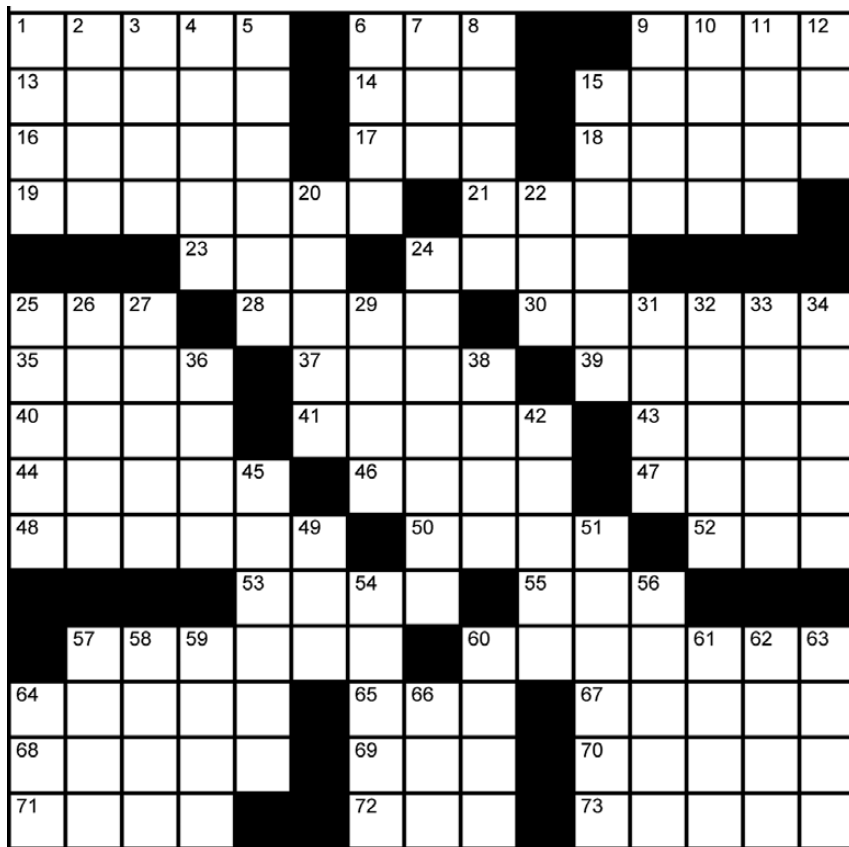
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Solution on pg 41



- Across
- Landing road
 - *The ___ cage protects the heart and lungs
 - Slang for heroin
 - Billy Joel's "____ Man"
 - International Labor Organization
 - Formed by running water
 - Imitating
 - Santa's helper
 - King's domain
 - *Ca or K, e.g.
 - Nightmare character
 - He played Opie on "The Andy Griffith Show"
 - Disdainful, pouting grimace
 - *When exercising, you get ___
 - Between mini and maxi
 - Metamorphic rock
 - Makes a mistake
 - Bart Simpson's sister
 - Saint in Mexico
 - Miners' passage
 - Swamp plant
 - Yelled to shoo a cat
 - Puzzle in pictures
 - "Smells Like ___ Spirit" by Nirvana
 - *A focal point in workouts
 - Type of coat
 - Dame ____, Australian celeb
 - Christian Chi-___ symbol
 - The upper one is

- used for ruling
- Coffee pot
 - Allegiance
 - *E or D, e.g.
 - Former French currency
 - Ring of flowers
 - Singer Cara
 - *Some need more of this than others
 - Be in debt
 - What a jazz singer does
 - Bear lairs
 - Not pre-owned
 - Commotions

- Down
- Junk e-mail
 - Cone-shaped quarters
 - Often asked to "go away, come again another day"
 - Like a special circle
 - Organized persecution of ethnic group
 - Cambodian money
 - *Not well
 - Very successful
 - What victim did in court
 - Armor-___
 - USSR to USA during WWII
 - *Usually busy after the holidays
 - *Leafy edibles
 - Indigo dye-yielding shrubs
 - Where bugs are snug?
 - Improper act
 - *Ventricular beater
 - Superior's command

- Cherokee or Hopi, e.g.
- *Regimented eating
- *Where green tea tradition comes from
- Bring upon oneself
- Cache of money, e.g.
- Official language of Lesotho
- Nonlethal gun
- Wine and cheese descriptor
- Tedium
- Carry, as in heavy bag
- Ladies' Easter accessory
- 2012 Oscar-winner "The ___"
- Stocking fiber
- Those in organized crime relating to narcotics
- *Your doctor usually keeps one on you
- Like never-losing Steven
- Greek god of war
- "The ___" talk and entertainment show
- Known for notebooks
- Keen on
- Loch ___
- Psychedelic drug
- Female sheep



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Food Bank of Northwest Louisiana

SUDOKU: Fill in the blank squares in the grid, making sure that every row, column, and 3 x 3 box includes all digits 1 through 9.



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Healthy Living Word Search (solution page 41)

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Activity
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 Exercise
 Fresh
 Fruits
 Health

Lifestyle
 Minerals
 Natural
 Nutrition
 Nuts
 Protein

Sleep
 Vegetables
 Vitamins
 Walking
 Water
 Wellness

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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.

• May 10. 8:30 a.m. – 12:30 p.m. First Seventh Day Adventist Church, 6475 Westport Road, Shreveport. Contact: Becky Porteous – 318-631-6185

• May 10. 8:30 a.m. – 12:00 Noon. Asbury United Methodist Church, 3200 N. Airline Drive, Bossier City. Contact: Angela Pfanner 318-746-3349

• May 17. 12:00 Noon – 4:00 p.m. Bossier Council on Aging, 706 Bearkat Drive, Bossier City. Contact: Council on Aging – 318-741-8302

• May 24. 8:00 a.m. – 12:00 Noon. The Waterford at Shreveport, 2222 E. Burt Kouns Ind. Loop, Shreveport. Contact: Kristen Schneider 318-524-3300

Special AARP Driving Classes - Hebert's Town and Country of Shreveport and *The Best of Times Magazine* and *Radio Hour* are jointly hosting SIX Driver Safety classes at Hebert's, 1155 East Bert Kouns,

Shreveport. Class dates are: May 19 & 22, June 19 & 23, and July 17 & 21. Register by calling Hebert's at 318 - 221-9000. The hosts will provide door prizes and giveaways. They will offer complimentary light refreshments. Register early as turnout is expected to be high.

EVENTS

Art A Go-Go - Fundraiser for the Shreveport Little Theatre at Barnwell Garden and Art Center, downtown Shreveport. Gala Friday, May 4th from 6-9 p.m. Earnest's Orleans Restaurant will cater, cash bar and valet parking. The evening will feature traditional oils and acrylics, English antiques, a crewel rug, 150 quilt, crystal, silver, china, trips and more. Each item will feature a single price: you walk up, bid on it and you have bought it. \$125 per couple or \$75 for singles. On Saturday, a similar event will be held from 9-11:30 at a cost of \$15. Dress is business casual. For additional info call 798-3571.

Eighth Air Force Museum Association Distinguished Speaker Series Dinner - May 12th at the Eldorado Resort Casino Shreveport. Silent Auction at 6, Dinner at 7. \$40 per person. Highlighting Colonel Charles (Chuck) DeBellevue, USAF (retired), the first U.S. Air Force weapons systems officer

to become an ace during the Vietnam War. For more info or to RSVP email paswork@msn.com, or call 318-752-0055.

Lunch 'N Learn - Presented by the Alzheimer's Agency of Shreveport/Bossier, Inc. Friday, May 11, 11:30 am at Montclair Park Assisted Living and Memory Care, 9100 East Kings Highway, Shreveport. Topic: Mature Drivers: Reducing Risk and Preventing Crashes. **NO CHARGE**. Lunch provided by Monclair Park. Space is limited. For reservations, please call (318) 780-7906 or email j.hensley@alzagency.org

Medicare Seminar - You've earned a say about the future of Medicare and Social Security. That's why AARP is taking the debate out from behind closed doors in Washington—making sure you know what the politicians are saying and you have a voice. When it comes to keeping Medicare and Social Security strong for future generations, we want you to have a say. Thursday, May 10, 6:30 p.m. - 8 p.m., Clarion Hotel, 1419 E. 70th, Shreveport. **FREE**. RSVP: 1-877-926-8300

Overtures and Ovations - River City Repertory Theatre's fundraiser, a concert at Riverview Theatre featuring the Shreveport Symphony and the Shreveport Opera Cho-

rus on May 5th at 7:30 p.m. The concert will feature Tony Award winning actress, Donna McKechnie and London's West End star, Jeremiah James. Call 868-5888 for reservations Mon. through Sat. 11 am to 4 p.m. Tickets are \$35, \$20, \$10. An after-the-concert "meet and greet" with the stars will be hosted by Horseshoe Casino.

EXHIBIT

Bodies Revealed Exhibition - Through May 21 at SciPort: Louisiana's Science Center, 820 Clyde Fant Pkwy. An up-close look inside the human body. Mon. - Fri. 10 a.m. - 5 p.m.; Saturday 10 a.m. - 6 p.m.; Sunday Noon - 6 p.m.

KREWE OF ELDERS

Krewe of Elders Party - Sunday, May 20, 1:30 to 5:30 p.m. American Legion Hall Post No. 14 located at 5315 South Lakeshore Drive, Shreveport. Entertainment provided by The Classics. Cash bar, door prizes, 50/50 raffle, food available for purchase. The public is invited. \$6 members, \$10 non members. Info. 635-4901 or 752-9175.

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-

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Celebrating 200 Years Of Celebrating

For more interesting history and Bicentennial events visit www.LouisianaBicentennial2012.com

8660 to schedule.

SENIOR OLYMPICS

2012 Northwest Louisiana District Senior Olympics

- Through May 23. For more info and a complete schedule of events visit www.nwlsog.org.

- May 3 - Marksmanship. .22 rifles and pistols, Shooters USA, 357 Magnum Drive, Bossier City, 1 p.m.
- May 3 - Miniature Golf - Party Central, 4401 Viking Dr, Bossier City, 6:30 p.m.
- May 4 - Bowling Mixed Doubles, All Star Lanes, 9130 Mansfield Rd, Shreveport, 1 p.m. (Must choose your own partner and list name on entry)
- May 5 - Horseshoes. Knights of Columbus Hall, 5400 E. Texas., Bossier, 8:30 a.m. Rec; 9:30 a.m. Advanced
- May 7 - 8-Ball Pool. Randal T. Moore Center, 3101 Fairfield, S'port, 9 a.m.
- May 7 - Washer Pitch. Bellaire Fitness Center, 4330 Panther Dr, Bossier City, 9 a.m.
- May 7 - Basketball Free Throws. Bellaire Fitness Center, 4330 Panther Dr, Bossier. 9 a.m.
- May 7 - Basketball Hot-shot. Bellaire Fitness Center, 4330 Panther Dr, Bossier, 10 am
- May 8 - Shuffleboard. Bellaire Fitness Center, 4330 Panther Dr, Bossier City, 8 a.m.
- May 9 - Bowling Doubles. All Star Lanes, 9130 Mansfield Rd., Shreveport, 1 p.m. (Must choose your own partner and list

name on entry).

- May 10 - Table Games. (Skipbo, Pinochle, Dominos, Phase 10) Bossier Council on Aging, Bearkat Drive, 9 a.m. (Choose and list partner for Skipbo or Pinochle)
- May 10 - Table Tennis. Bossier Recreation Offices, 3223 Old Shed Road, 5:30 p.m.
- May 10-13 - Tennis Singles and Mixed Doubles, Bossier Tennis Center, 4440 Benton Road, Bossier City, TBA
- May 11 - Bowling Singles. All Star Lanes, 9130 Mansfield Rd, S'port, 1 p.m.
- May 12 - Pickleball. Noel Methodist Church gym, 520 Herndon, Shreveport. 8:30 a.m.
- May 12 - Ladders Golf. Knights of Columbus, 5400 East Texas, Bossier, 8:30 a.m.
- May 12 - Fencing. Shreveport Convention Center, 400 Caddo, Noon.
- May 14 - Recreational Walk. One Mile and 5-K, North Bossier Brownlee Park, Bossier City 9 a.m.
- May 16 - Scotch Doubles Bowling. Holiday Lanes, 3316 Old Minden Rd., Bossier. 1 p.m. (choose partner).
- May 17-19 - Tennis Men's and Women's Doubles. Bossier Tennis Center, 4440 Benton Road, Bossier City.
- May 18 - 9 Pin No Tap Bowling. Holiday Lanes, 3316 Old Minden Rd., Bossier, 1 p.m.
- May 19 - Track and Field. Airline High School Track,

Viking Drive, Bossier. 8:30 a.m.

- May 23 - Celebration of Athletes. Sky Room, Harrah's LA Downs, 10 a.m. \$5 admission.

THEATRE

The Tale of the Allergist's Wife

- Presented by River City Repertory Theatre and directed by Patric McWilliams at Eastbank Theatre, 630 Barksdale Boulevard. May 10, 11, 12, 17, 18, 19 @ 7:30 p.m.; May 13 @ 3 p.m. The comedy was nominated for three 2001 Tony Awards including Best Play. Marjorie Taub, the wife of a philanthropic allergist, is experiencing a mid-life crisis of Greek-tragedy like proportions. Her children are grown, her beloved therapist has recently died and her mother grates on her nerves. She tries to lose herself in the highbrow world of New York but finds she's barely able to rouse herself from her sofa. Her spirits suddenly soar when a worldly and incredibly

fascinating childhood friend mysteriously appears at her door. All seats \$35. Student/Military discount prior to each curtain \$10 with valid ID. For reservation and info call 318-868-5888 Monday thru Saturday 11 am to 4 pm daily.

TOUR

The annual Northwest Louisiana Master Gardeners (Tour of Gardens) Les Tour des Jardins - Saturday May 5th from 10 A.M. to 5 P.M., and Sunday May 6th from 1 P.M. to 5 P.M. On tour are six fabulous, privately owned gardens. Tickets are \$10 prior to the tour and \$12 at any of the individual gardens. There's a special FREE Garden Bazaar at the Pioneer Heritage Center on the LSU campus featuring beautiful garden accessories and plants for sale. For more info or tickets call the NWLA Master Gardeners Hot line at (318) 698-0010.

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Bossier Council on Aging

Bearkat Site (741-8302), 706 Bearkat Dr., Bossier City. 8:00 AM - 4:30 PM;

Plain Dealing Site (326-5722), 101 E. Oak St., Plain Dealing, 9:00 AM - 1:00 PM

Info & referrals - 741-8302

Transportation - Vans available to seniors 60+ who have no means of transportation for medical appointments, grocery store, drug store and other necessary stops. Wheelchair accessible. One week notice required. \$3 round trip suggested. Also through referrals from Medicaid.

Outreach - Home visits are made

to help qualify seniors for services.

Homemaker - Trained employees provide light housekeeping for seniors having difficulty maintaining their homes. \$3/visit suggested.

Caregiver - Support services are provided for family caregivers including in-home respite care for the caregiver, education for the family, and material aid and sitter services for the patient.

Legal Services - Education on elder legal issues. Counseling for individuals is accessible monthly with a local lawyer or by referrals.

Congregate (Site) Meals - Hot,

nutritious meals served at 11:30 AM at the sites, Monday - Friday. \$1.50 per meal is suggested.

Home Delivered Meals - Meals provided 5 days per week for elderly homebound in Bossier Parish, \$1.50/meal suggested.

Personal Medical Response System - With a referral from BCOA, an auto dial unit is available for installation on your phone. Necklace, wristband, or pocket clip styles provided. Press the button for immediate help. \$20 fee per month.

Senior Centers - Recreation, crafts, educational seminars, and

health information. Also: day trips, extended trips, exercise/dance classes, bingo, cards, dominoes, health screenings, exercise equipment room, Senior Games and Thursday night dances with a live band.

Medication Management - Seminars, brown bag services provided by pharmacists and programs provided by health care providers. Drug plan assistance available.

Medicaid Applications - Application center and assistance filling out the forms. By appointment only.

Caddo Council on Aging

Information Referral - Call 318.676.7900 for specific problems

Resource Directory:

www.caddocouncilonaging.org

Homemaker - A trained worker will perform light household tasks for house-bound persons. A \$5 monthly donation is requested.

Family Caregiver - Short-term temporary relief care is provided for caregivers so that they may have a break from senior care. A donation is requested.

Foster Grandparent - 318.676.7913. Seniors age 60+ can serve as mentors, tutors & caregivers to youth with special needs. Foster grandparents must meet federal income requirements. A modest tax-free salary is given for 20 hours' per week service.

Agging & Disability Resource Center of Northwest LA - Serving Seniors & Disabled Adults in Northwest Louisiana Parishes. Call 1.800.256.3003 or 318.676.7900

- Long Term Care Resources & Options - Help navigate complex system of Long Term Care

- Medicare Counseling - Answer Medicare coverage questions

- Medicare Part D Application

- Assist you to find the best plan every year through www.medicare.gov

- Medicine Assistance - Help seniors and disabled adults complete applications to drug companies for free or discounted medicine.

Legal Services - Referrals for individual counseling

Meals on Wheels - Hot meals are delivered to homes of seniors unable to shop or cook for themselves. A yearly wellness check is included. A \$5 weekly donation is requested.

Medical Alert - Senior emergency response system provided by Acadian on Call for a \$22 monthly fee. This system gives immediate access to medical care in case of accidents.

Personal Care - Personal care provided weekly for homebound seniors.

Nursing Home Ombudsman - An advocate will investigate and resolve senior's nursing home complaints.

Sheriff's Operation Safeguard - Caddo Parish Sheriff's Office helps reunite persons with Alzheimer's who have become lost with their families. Participants are given a special ID bracelet containing information stored in the Sheriff's Office database. Call 318.681.0875 to register. FREE.

Telephone Reassurance - Volunteers call seniors to offer comfort, support and a chat.

Senior Centers/Dining Sites - Fun activities. Lunch is served for a \$1.25 donation. Transportation is provided on a limited basis. Call 318.676.7900 for information.

- AB Palmer SPAR - 547 E. 79th Street, Shreveport. Monday - Friday, 9 am - 1 pm. Lunch served at 11:30 am. 673-5336.

- Airport Park Spar, 6500 Kennedy Drive, Shreveport. Mon. - Fri. 9 am - 1 pm. Lunch served at 11:00 am. 673-7803.

- Broadmoor Neighborhood Center - Broadmoor United Methodist Church, 3715 Youree Drive, Shreveport. Friday Only. 9:30 am - 12:30 pm. Lunch served at 11:30 am. 861-0586.

- Cockrell SPAR, 4109 Pines Road, Shreveport. Monday - Friday, 10 am - noon. Lunch served at 10:30 am. 629-4185.

- Cooper Road - Cooper Road Community Center, 1422 Martin Luther King Blvd, Shreveport. Monday - Friday, 9:30 am - 1:30 pm. Lunch served at 11:30 am. 222-7967.

- Lakeside SPAR - 2200 Milam

Street, Shreveport. Monday - Friday, 10 am - noon. Lunch served at 11:30 am. 673-7812.

- Morning Star - Morning Star Baptist Church, 5340 Jewella Ave., Shreveport. Monday - Friday. 9 am - noon. Lunch served at 11 am. 636-6172.

- Mooringsport - Mooringsport Community Center, 603 Latimer Street, Mooringsport. Tuesday, Wednesday, Thursday. 9 am - 12:30 pm. Lunch served at 11:30 am. 996-2059

- New Hill - New Hill CME Church, 8725 Springridge Texas Rd, Keithville. Tuesday and Thursday. 9 am noon. Lunch served at 11 am. 925-0529

- Oil City - Oil City Community Center, 110 Furman Street, Oil City. Monday and Friday, 9 am - 12:30 pm. Lunch served at 11:30 am. 995-6687

- Southern Hills SPAR - 1002 Bert Kouns, Shreveport. Monday - 10 am - 12:30 pm. Lunch served at noon. 673-7818.

- Valencia Park Community Center SPAR - 1800 Viking Drive. Monday - Friday, 9 am - 5 pm. Lunch served at 11 am. 673-6433.

Webster Council on Aging

Minden Senior Center (371-3056 or 1-800-256-2853), 316 McIntyre St., Minden, LA 71055; 8 am to 4 pm

Cotton Valley Senior Center (832-4225), Railroad Ave., Cotton Valley; 8:30 am to 12:30 pm

Springhill Senior Center (539-2510), 301 West Church St., Springhill; 8 am to 4 pm

Transportation - transporting older persons to and from community facilities and resources. Assisted transportation also provided and must be scheduled weekly in advance.

Congregate Meals - nutritionally balanced meals for persons 60+ and spouses provided at senior centers, served 5 days a week.

Home-Delivered Meals - Noon meal delivered to eligible home-bound elderly (illness, disability or while caring for spouse who is), 5 days a week.

Homemaker services - Provided to those meeting specific requirements.

Recreation - Art, crafts, hobbies, games, and trips.

Wellness - designed to support/improve the senior's mental/physical

well-being through exercise, physical fitness, and health screening.

Family Care-Giver Support - support services that provide a temporary break in the tasks of caregiving. For family caregivers who are providing care for an older individual who is determined to be functionally impaired because of inability to perform instrumental functions of daily living without substantial supervision and assistance. This service is provided to persons caring for a homebound relative 60+, for a relative 60+ caring

for a homebound child or grandchild.

Information and Assistance - Provides the individual with current information on opportunities and services within the community.

Legal Assistance - providing legal advice, counseling, and representation by an attorney. Lectures are scheduled on a quarterly basis.

Medicaid enrollment center - take initial Medicaid applications

Medical Alert - linking clients with in-home emergency response system.

Keep kids off “The Summer Slide”

As school starts letting out for the summer, kids quickly become at risk for the dangers of a phenomenon educators know as “the summer slide.” The danger of this slide isn’t physical – it’s the well-known mental slide that affects most students when formal education stops during the summer months.

Studies confirm what teachers see in millions of American school kids when they return each fall:

- According to The U.S Department of Education, on average, children are set back by 25% in reading skills each summer.
- The average student loses approximately 2.6 months of grade-level equivalency in mathematical computation skills over the summer months and all young people experience learning losses when

they do not engage in educational activities during the summer. (Research compiled for an Association for Public Policy Analysis and Management Conference report.)

- Teachers typically spend four to six weeks re-teaching or reviewing material that students have forgotten over summer break, according to John Hopkins Center for Summer Learning.

Simply getting your child to read every day can slow the summer slide. According to Scholastic Parents Online, research shows that reading just six books during the summer can keep a struggling reader from regressing. When choosing the six, make sure they’re the right level – not too hard and not too easy.

According to Dr. Ken Gibson, author of *Unlock the Einstein*

Inside: Applying New Brain Science to Wake Up the Smart in your Child, the key to stopping the mental slide is exercising the brain. “Think of it like this: The brain is like the body. If you exercise it, you improve it, but if you let it sit idle, it’s going to lose ability,” says Dr. Gibson. “Many no-cost or low-cost brain games can energize the brain enough to prevent a mental slip, and an intense, one-to-one cognitive skills training program, can not only stop the slide, but can build cognitive skills to the point where learning is much faster and easier for kids when they return to school.”

Personalized one-to-one training can also bring impressive improvements for those with dyslexia, ADHD, certain autism disorders, age-related cognitive decline and traumatic brain injury.

LearningRx offers a free 5-page summary of the summer slide that includes dozens of games and exercises that build cognitive skills, along with tips on how to incorporate brain building into every day activities. Many of these combine physical and mental exercise and are disguised as fun so kids will never even realize they’re strengthening their mental skills with a heavy brain workout.

“If your child can do a few of these each day, it will make a big difference,” says Donesia Walker of LearningRx. “They’ll notice the difference in the fall, and so will their teachers.”

For a free copy, contact LearningRx on Youree Drive by calling (318) 797-8523, LearningRx on Pines Rd by calling (318) 671-0310, LearningRx on Airline drive by calling (318) 742-8004 or email [Shreveport.la@LearningRx.net](mailto:la@LearningRx.net)

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LearningRx can help your child overcome tough learning obstacles such as Autism, ADHD, Dyslexia and more!

Call Today to begin a personalized brain training program and change your child’s life, one cognitive skill at a time!



6331 Westport Avenue • Shreveport | 318.671.0310 | www.learningrx.com/shreveport

8856 Youree Drive, Suite D • Shreveport 318.797.8523 | www.learningrx.com/shreveport

4128 Airline Drive • Bossier 318.742.8004 | www.learningrx.com/bossier-city





MAY PARTINO SHOTS

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



The Shreveport Bridge Association

celebrated their 30 year anniversary of owning and operating their own clubhouse on April 1.

(Left) Current Shreveport Bridge Association President Judy Steinfeld (left) with former National and World Bridge champion Nell Cahn who was president when the unit purchased the clubhouse and moved it to it's current location on East Kings Highway.



A luncheon to benefit the Pioneer Heritage Center at LSU Shreveport was held on April 14th at Sam's Town.

(L to R) Cissie Broner, Janet Barlow, and Susan Harrison

The First Tee of Northwest Louisiana Golf Tournament

(L to R) John Hubbard, Bobby Brown and Jerry Welch at the 1st annual The First Tee of Northwest Louisiana Golf Tournament. The tournament gives young people of all backgrounds the opportunity to develop life-enhancing values through golf and character education.



(L to R) Rosemary Watts, Betty Turner, Sandra Breithaupt



Bob Lafargue, Janet Barlow, and Rosemary Lafargue

Birthday celebrations

Debbie Unzvergat (left) toasts birthday girls Sue Wyche and Dianne Lane at Giuseppe's.



Robert Edsel (right) autographs "The Monuments Men" for Sylvia & Carl Goodman



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We offer three personal service packages:

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This is our all-inclusive package which includes packing, moving furniture, unpacking, uploading furniture, hanging pictures, arranging nick-nacks, setting up the kitchen, setting up the bathroom, hanging clothes, and making the bed.

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May Parting Shots continued



Stephanie Lindsey (left) and Julie Dupree



Floy and Mark Hebert

Cork Wine Festival participants enjoyed delicious food provided by area restaurants and over 80 wines from around the world at the sold-out Cork Wine Festival in Festival Plaza in downtown Shreveport on March 31st.



Marianne and David Mosteller



(L to R) Faye LeBlanc, Pamela and Brandon Niles, and Ken LeBlanc

The SPAR Choir Competition took place at Riverview Convention Center on April 11th.



(L to R) Jeff Everson, Patrick Wesley, Emma Roberson, and Oliver Jenkins



Freddie and Mary Wilson dance along



Brenda Thomas (left) and Carrie Maysback



AB Palmer Community Choir



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