

March 2014

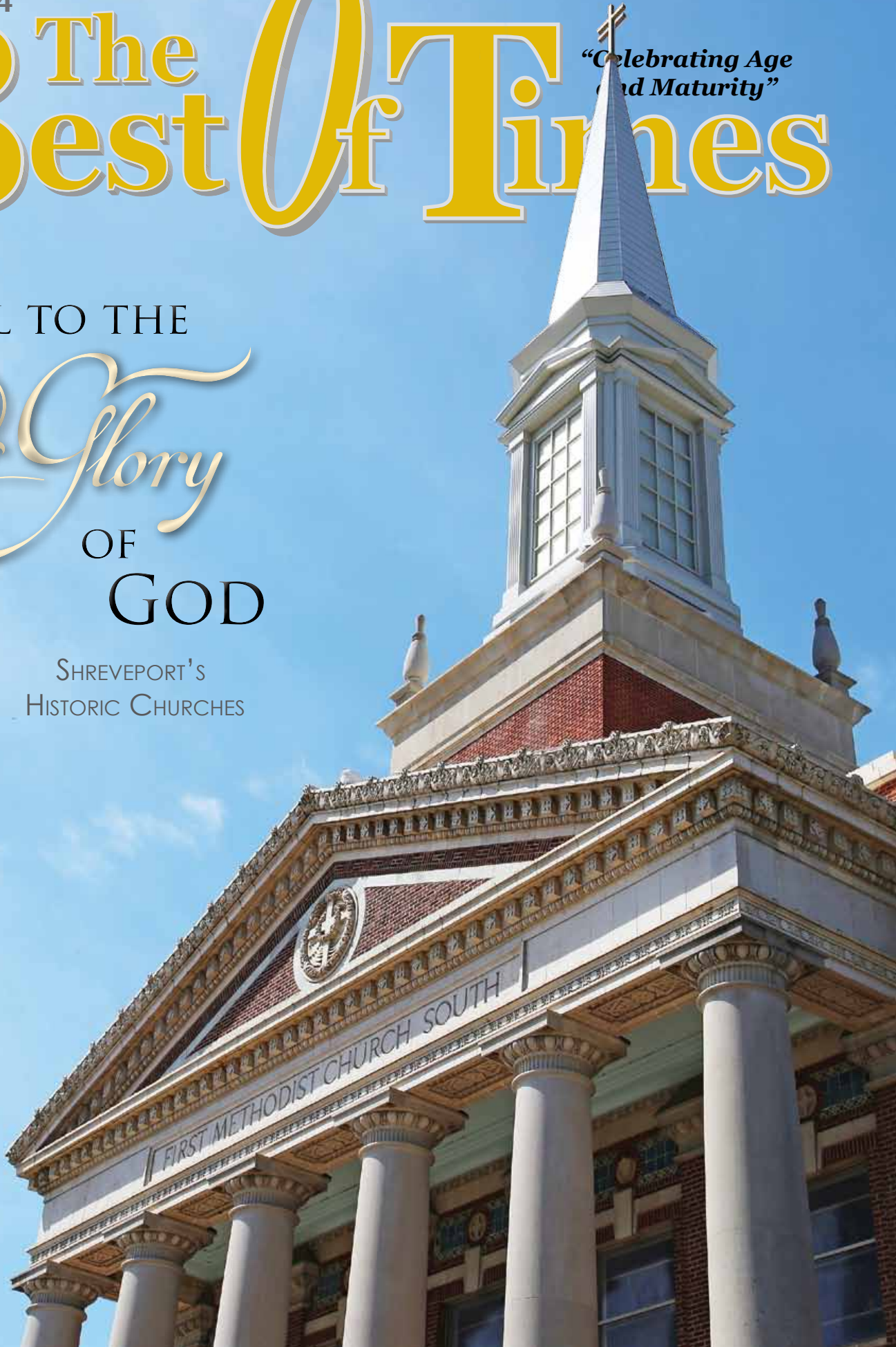
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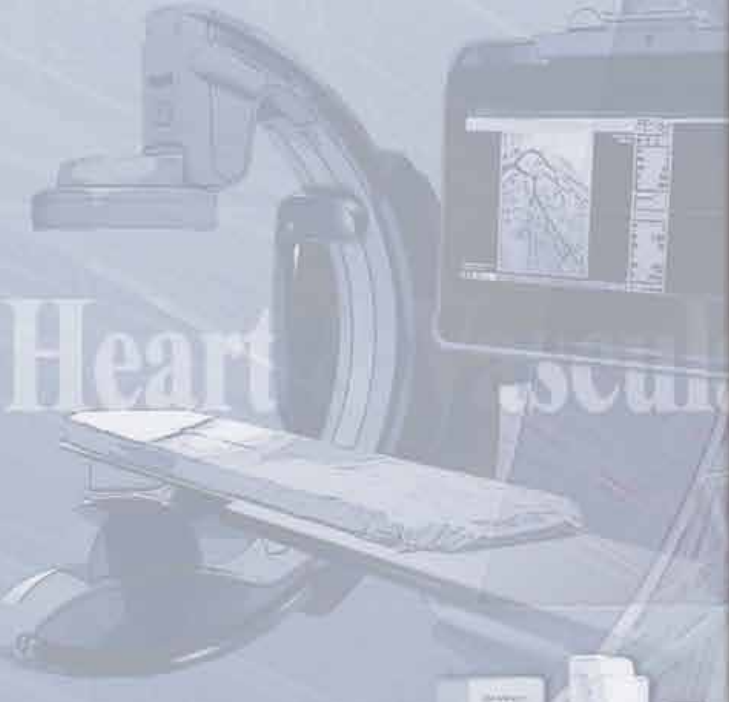
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HISTORIC CHURCHES



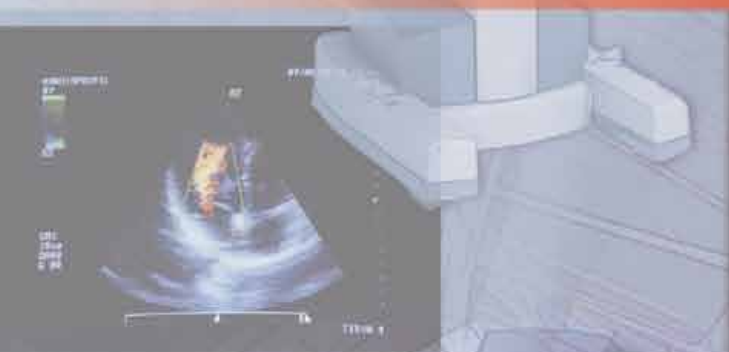


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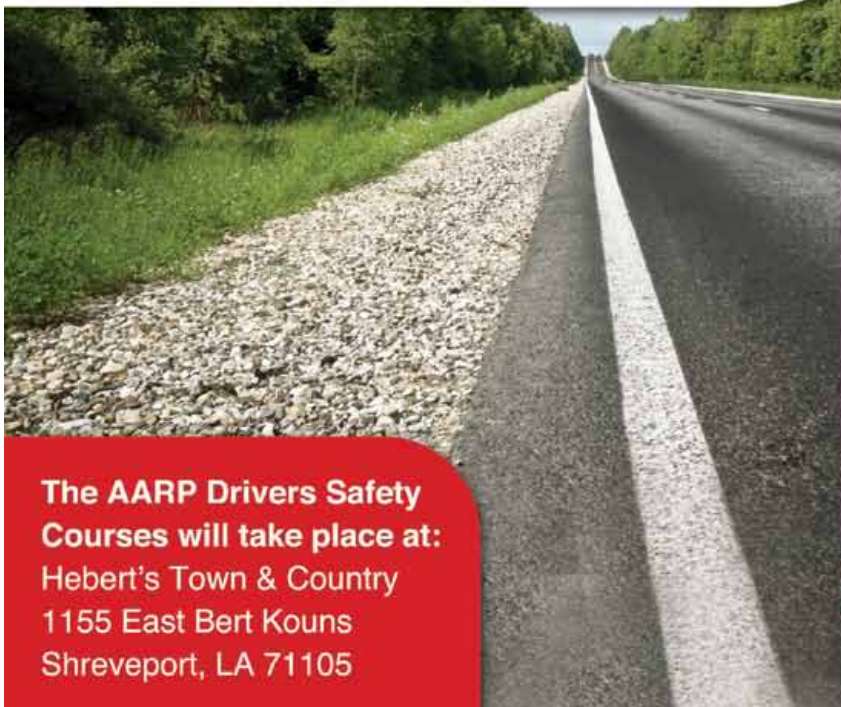
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Saturday, January 11, 2014
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, February 8, 2014
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, March 8, 2014
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, April 12, 2014
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, May 10, 2014
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, June 14, 2014
8:30 am to 12:30 pm
(Registration begins at 8 am)

**Call NOW for reservations to attend
one of the above course dates.
Seating is limited!
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March 1

"Début of the 2014 Silver Pages, Senior Resource Directory". [Broadcasting Live](#) from NurseCare of Shreveport at 1736 Irving Place.
Guest: Vicki Ott, NurseCare Administrator and other special guests

LIVE Broadcast

March 8

"The Benefits of the AARP Driver Safety Course" [Broadcasting Live](#) from Hebert's Town and Country of Shreveport.
Guest: Marty Hogan, District Coordinator of AARP Driver Safety Program

LIVE Broadcast

March 15

"The Healing Power of Oxygen"
Guests: Dr. Victoria Everton and Dr. Steven Kitchings with Willis Knighton Hyperbaric and Wound Care Center

March 22

"Restoring Your Vision After Cataract Procedures"
Guest: Dr. Norman Zaffater, ophthalmologist with Zaffater Eye Center

March 29

"Facing the Finish – A Road Map for Aging Parents and Adult Children"
Guest: Sheri L. Samotin, author and lecturer

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The Best Of Times

March 2014
 Vol. 23, No. 3

Founded in 1992 as *Senior Scene News*
 ISSN Library of Congress
 #1551-4366

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

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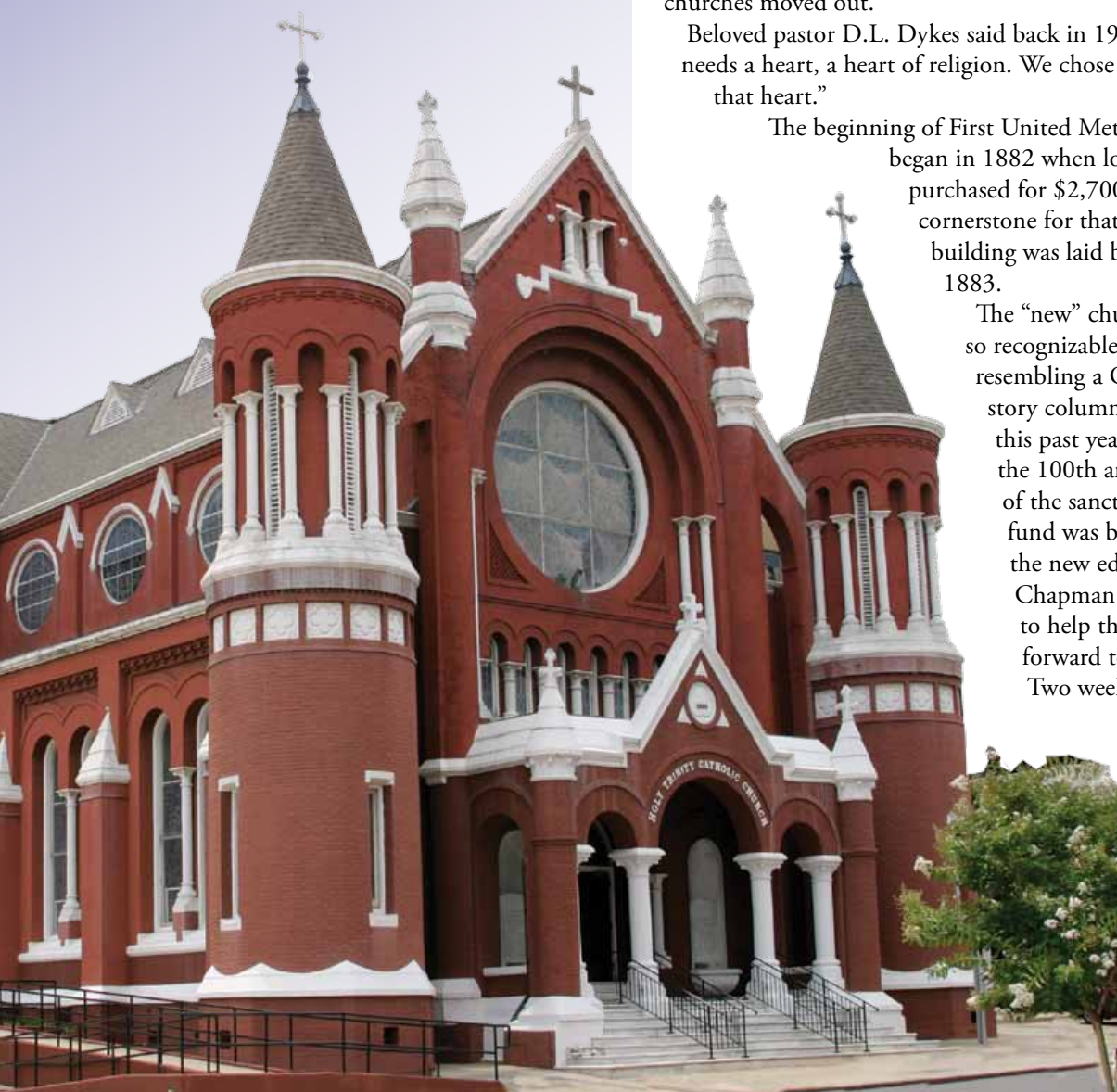
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DOWNTOWN SHREVEPORT'S HISTORIC CHURCHES

BY MARY FLANDERS



There was a time early in Shreveport's history, when downtown was the hub of life in the city. Not just commerce, but the spiritual center as well. Many area churches began downtown, but most have followed their congregations by moving out into the neighborhoods as Shreveport grew. Only a few remain, solidly ensconced, with vital and dynamic membership, active in downtown Shreveport.

In the early days, Shreveport's first churches were begun on Market Street in 1845 in a 35 by 40 foot meeting place that was shared by the Methodist, Baptist and Presbyterian congregations. From that one tiny building and a traveling circuit rider ministering to the faithful, grew First United Methodist Church.

Now a landmark of downtown Shreveport at the head of Texas Street, this large Methodist congregation is one of the few that began in downtown Shreveport and remains there to this day. In the early 60s as Shreveport grew and the population moved to the suburbs, many churches moved out.

Beloved pastor D.L. Dykes said back in 1960, "I think every city needs a heart, a heart of religion. We chose to stay downtown and be that heart."

The beginning of First United Methodist Church downtown began in 1882 when lots on Texas Street were purchased for \$2,700 from Jacob Hoss. The cornerstone for that first Gothic styled building was laid by Bishop A.V. Wilson in 1883.

The "new" church building, the one so recognizable today, with a façade resembling a Greek Temple with six two story columns was begun in 1913. Just this past year the church celebrated the 100th anniversary of the building of the sanctuary. When the building fund was begun for construction of the new edifice, nine year old Ida Lee Chapman gave her only silver dollar to help the new church, looking forward to her future church home. Two weeks later she suddenly died

< **Holy Trinity Catholic Church** was established in 1856 and moved to the present site in 1858. The present church, a Romanesque revival structure, was built in 1896.



< The beginning of **First United Methodist Church** downtown began in 1882 when lots on Texas Street were purchased for \$2,700 from Jacob Hoss.

and was buried in the Greenwood cemetery. Ida Lee's story spread, the building fund grew, and that precious silver dollar was mounted in the cornerstone of the church. There were no stained glass windows in the church when it was consecrated on September 28, 1913, but now the ten soaring windows are the first thing you see when you walk into the sanctuary. Six of them were installed soon after the consecration of the sanctuary and the other four in the 1950s. One of the 8 original stained glass windows in the beautiful sanctuary bears the image of Ida Lee Chapman to honor her. One of the more recently installed windows is dedicated to "the noble lads who paid the last full measure of devotion in WW I and WWII."

In the 1940s First United Methodist Church began an extensive remodeling under the leadership of Dr. Dykes. That era saw the construction of the Hunter Activities Building and Couch Chapel. In 1983 First Methodist built the Performing Arts Theater, the education building and the AVN television station. In 1972 the new-classical steeple was added, replacing the neon cross that had previously topped the church.

In October 2009 during a dreadful storm, the steeple was blown from the church and crushed a car driving down the road. By the most incredible of miracles, the man in the car, Michael Williams, a local artist, was not killed. The steeple has been replaced once again and once again First United Methodist Church stands proudly at the head of Texas Street.

Holy Trinity at 315 Marshall Street holds a place in history as the first Roman Catholic Church in North Louisiana. Unlike south Louisiana, which is predominantly Catholic, North Louisiana has long been a stronghold of Protestantism. The parish was established in 1856 and moved to the present site in 1858. The present church, a Romanesque revival structure, was built in 1896.

The distinctive architecture of Holy Trinity features pointed gables, twin circular towers, and gothic rose windows at front

and transept. When you step inside Holy Trinity, your eyes are drawn upward to the soaring ceiling and beautiful décor. Everywhere you look, from the carved columns to the painted portraits of the priests who died caring for yellow fever victims, there is a wonderful sense of sacred space. There are over 60 gorgeous stained glass windows throughout the church that date from the 1890s. The windows in the dome area depict scriptural messages. On the east nave of the church are five intricately designed matching windows with the message from the Sermon on the Mount. The equally ornate windows on the west nave are dedicated to the five priests who lost their lives in the 1873 Yellow Fever Epidemic. One beautiful design feature is the main altar, intricately carved from a single piece of Carrera marble. It was donated by prominent parishioner, Howard Frederick Doll. Mr. Doll was an early leading citizen of Shreveport, a prominent merchant and one of the first directors of Commercial National Bank. He is buried in the St. Joseph cemetery here in Shreveport.

The church bell dates to 1880, from the Meneely Bell Company



in Troy New York and is still rung to call the faithful to Mass.

Early Sacramental records for the parish begin in 1849 even before the first church was built. Some of the records include the first Baptism in the parish was of John Cochlin on February 15, 1857. The next year, the first marriage was performed on November 13, 1858 and united Peter Notary & Theodora Shints. It was the following year, 1859, that the first Funeral Mass laid to rest J. Long. One of the most notable early members of Holy Trinity was civic leader and city developer, J. B. Slattery, who contributed a great deal to the building of the present church. Stations of the Cross are hand carved, and probably date back to the beginning of the church says Monsignor Provenza, current Pastor of Holy Trinity. He also pointed out that the baptismal font is on wheels so that it can be rolled out into the center of the church for use. Hundreds of Shreveport babies have been baptized in the historic baptismal font, among them, Monsignor Provenza himself.

Another first for Holy Trinity was in 1952 when it was the only Catholic Church in Shreveport with air conditioning.

Holy Trinity Church was in urgent need of repair when Msgr. O'Hanlon inherited it in February 1974. With dedication and determination he secured the necessary funding. With capable architectural guidance he led a remarkable renovation of the entire exterior and interior of the church, restoring it to all of its Romanesque High Victorian and gothic beauty. Included in the restoration were the powdering of the outside red brick surface, a new roof, new carpeting, clear Plexiglas covers for all 60 stained glass windows, a restroom and a children's cry room, relocation of baptistery to left of the main altar in the sanctuary, enclosure of an entrance vestibule, modern lighting, refurbished

pews, artwork restored, reversal of the worn marble front steps to present like new surfaces and the addition of new brass handrails.

The beautiful gothic side altars dedicated to St. Joseph and the Blessed Mother were originally located in St. Vincent Academy, and were moved to Holy Trinity when St. Vincent was closed. The move almost proved catastrophic, says Monsignor Earl Provenza, because the previous altars were wooden and the new ones are marble. Immediately after installation the floor began to crack and emergency measures had to be put into place in the subfloor to keep the much heavier marble altars from crashing thru the floor.

Ten years later, in 1984, Holy Trinity Catholic Church was added to the National Register of Historic Places.

Holy Trinity's current pastor, Monsignor Earl Provenza has a particularly deep and meaningful connection to his church. Not only was he baptized there, he made his First Communion and first Reconciliation there. And to make it even more special, the day after he was ordained, he celebrated his first Mass at Holy Trinity. This year he is celebrating the fiftieth anniversary of his ordination.

Widely known for the sale of Greek pastries by the Ladies of the Philoptochos Society, the St. George Greek Orthodox church in Highland just outside downtown is a beautiful sacred space with a long history. The church was founded in 1919 by Greek immigrants, mainly from New Ephesus in Asia Minor. The small congregation originally met in an Episcopal church and as it grew, converted a residence on Hope Street into their first church building.

The Church is named for the St. George church in New



< The **St. George Greek Orthodox Church** was founded in 1919 by Greek immigrants, mainly from New Ephesus in Asia Minor.





Ephesus destroyed by Turks in 1917 during the Greco-Turkish war. And if the area sounds familiar, it is because it is indeed the church of Ephesus referred to directly in the New Testament.

Long time church member and native Shreveporter Emmanuel Stravolemos recalled a memory from his childhood going all the way back to the Hope Street Church. It was customary to have one of the young men recite the Creed from memory during the service. Five year old Emmanuel had been chosen that Sunday. He remembers starting out strongly, but then his mind went blank. Members of the congregation came to his rescue and coaxed him along.

Mr. Stravolemos' parents came to Shreveport in the 1920s and were among the early members of St. George. His mother, Stamatia, embroidered some of the original altar cloths.

The present church on Creswell was built

<The ornate windows on the west nave at **Holy Trinity Catholic Church** are dedicated to the five priests who lost their lives in the 1873 Yellow Fever Epidemic.

in 1935 and featured two levels. The lower level was for socializing and celebrations and was where Greek School was held. The Second level was the worship space. The activities center was built in 1953 and in 2008 the church was renovated. The interior was expanded and redecorated. One of the most striking features of the new inner church is the large icons of Christ and the saints painted by world famous iconographer, Athanasios "Tom" Clark.

Currently St. George is in need of a pastor, but the congregation continues to be active and vigorous and looks forward to the future.

The heart of a town may be in its commerce, but the soul of Shreveport is in its churches. First United Methodist Church, Holy Trinity Catholic and St. George Greek Orthodox churches, among many others, have had a profound influence on the lives of thousands of Shreveporters. They have had a long and wonderful history and look forward to the future. As energetic and vigorous churchgoers from all over town continue to live and build their faith, Shreveport will continue to be a city with a heart and a soul.

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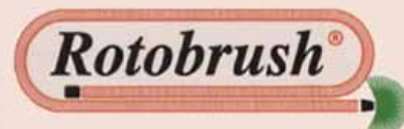
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Remember to always use e-file to file your returns electronically. You’ll get your refund faster when you combine e-file and direct deposit.

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Free File is just one of many self-help options available at IRS.gov. Wondering about your refund? Just select “Where’s My Refund” to track the status of your refund and get a personalized refund date.

Have a tax law question? Visit the Interactive Tax Assistant, IRS Tax Map or Tax Trails. You also can find payment options and request an installment payment agreement online. You can even order a summary of a previous tax return. When you have questions, make IRS.gov your first stop.

Materials Needed to Get Started

Keep this as a checklist of the items you will need to file your return. The IRS recommends keeping all tax-related documents for three years, in case of an audit. Tracking income-related documents can help you take full advantage of deductions available to you.

- A copy of last year’s tax return
- Valid social security numbers for yourself, spouse and children
- All income statements, i.e. W-2 forms from all employers
- Interest/dividend statements, i.e. 1099 forms
- Form 1099-G showing any state refunds
- Unemployment compensation amount
- Social Security benefits
- Expense receipts for deductions
- Day care provider’s identifying number

Earned Income Tax Credit: How to Get It Right

No tax benefit offers a greater lifeline to working families than the Earned Income Tax Credit (EITC). But putting this credit to work can be complex. The IRS has upgraded its EITC Assistant on IRS.gov to make it easier than ever to determine if you are qualified and how much you may receive.

Here are a few things to keep in mind:

- You must have a social security number and have earned an income.
- The maximum credit for 2013 tax returns is \$6,044 for workers with three or more qualifying children.
- Eligibility for the EITC is determined based on a number of factors including earnings, filing status and eligible children. Workers without qualifying children may be eligible for a smaller credit amount.

Learn more at www.irs.gov/eitc and use the EITC Assistant or ask your tax professional. If you are eligible for EITC, you also qualify for free tax help at VITA sites nationwide or for Free File at www.irs.gov/freefile.

Volunteer Income Tax Assistance

There are 13,000 Volunteer Income Tax Assistance (VITA) sites nationwide that offer free help to people earning \$52,000 or less. Search “VITA” on IRS.gov for a nearby site.

Tax Counseling for the Elderly, which is operated by AARP Foundation Tax-Aide, offers free help all with priority assistance to people who are age 60 and older. Find a Tax-Aide site at AARP.org or call 888-227-7660. Some VITA/TCE sites even offer Free File.

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Many of Medicare's Preventive Screenings Come at **NO** Cost to You

by Bob Moos

How often have you tried to ignore an ache or pain by telling yourself, "Maybe if I do nothing, it'll go away." Sometimes, that works. But wishful thinking isn't the best way to take care of yourself.

Medicare has put a new emphasis on preventive health care.

A few years ago, Medicare mostly concerned itself with paying for your treatment after you got sick. Now, it's also focused on helping you stay healthy and avoid diseases and illnesses in the first place.

People with Medicare are entitled to a broad range of exams, lab tests and screenings to detect health problems early, when they're most treatable or curable. Many now come at no out-of-pocket cost.

Many immunizations are also free.

To make sure you get started on the right foot, Medicare covers a "welcome to Medicare" visit with your physician during the first 12 months you're enrolled in the Part B medical insurance program.

Your doctor will evaluate your health, discuss any preventive services you may need, like shots or screenings, and make referrals for more care if required. There's no out-of-pocket cost.

You can make the most of your visit by coming prepared. That means bringing a complete list of your prescriptions, your family health history and your medical records, including immunizations.

Medicare also pays for an annual wellness visit with your primary care doctor. This isn't the same as an annual physical



Families

visit many doctors and
have many prescriptions

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To learn more about EHRs and health information exchange, please talk to your health care providers.



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exam, but it does provide the same opportunity to discuss your health.

Your doctor will develop a personalized prevention plan to keep you healthy. The visit also includes a review of your medications and routine measurements, like your height, weight, blood pressure and body mass index.

More than 25 million older Americans with traditional Medicare – including 371,208 Louisiana residents -- received at least one preventive service at no cost to them last year.

Here's a rundown of some of these services:

- Cardiovascular screenings check cholesterol and other blood fat levels. Medicare pays for the test once every five years.
- Blood sugar screenings can determine whether you have diabetes. Based on your health, you may be eligible for up to two screenings each year.
- Mammograms check for breast cancer. Medicare covers a screening every 12 months for women 40 and older and one baseline mammogram for women 35 to 39.

• Medicare typically pays for a flu shot once every flu season, a pneumonia vaccination once in a lifetime and, if you're at medium to high risk, a hepatitis B shot.

• Colonoscopies can find precancerous growths early. Medicare covers the screenings once every 10 years or, if you're at high risk, once every two years. You pay nothing for the test itself. If your physician removes a polyp, you may need to pay 20 percent of the Medicare-approved amount for the doctor's services and a copayment for the outpatient setting.

• Prostate cancer screenings include a yearly PSA test and digital rectal exam for men 50 and older. The PSA test is free. You pay 20 percent of the cost for the rectal exam, after meeting your deductible.

• If you're a smoker who hasn't shown symptoms of a tobacco-related illness, you may qualify for eight free counseling sessions each year to help you quit.

• Likewise, if you're obese with a body mass index of 30 or higher, you may be eligible for up to 22 free counseling sessions over a year to help you lose weight.

Keeping up-to-date with screenings and immunizations is important, so Medicare

encourages you to visit mymedicare.gov and register. There, you can see a description of your covered preventive services, the last date you had a particular test and the next date you qualify for it again.

By eliminating the out-of-pocket costs for many screenings and tests, Medicare's new emphasis on prevention not only can save you money, it can help you take control of your health.

It may even help save your life. *Bob Moos is the Southwest public affairs officer for the Centers for Medicare & Medicaid Services*

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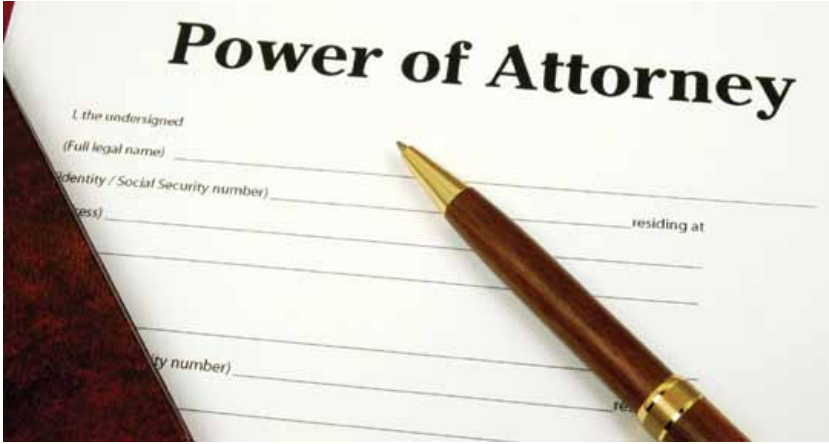
The Most Important Document a Married Couple Can Have

by Lee Aronson

When Ricky came to my office, he was furious. (I've changed Ricky's name and his wife's name, but their situation is real.) He was furious because he had just put his wife, Lucy, into a nursing home.

Ricky had known that Lucy was having problems, so it was really no surprise that she ended up in a nursing home. And that's why, years ago, the couple had bought insurance to help pay for nursing home care. So when Lucy was admitted to the nursing home, Ricky called the insurance company to put in a claim. But when he explained his situation to the insurance company, he was told that he would not be able to file a claim: his wife would have to do it.

Ricky tried to explain that Lucy couldn't make a claim. She had Alzheimer's. She thought the year was 1950 and that her husband was a big band singer. (He wasn't; he was a retired accountant.) So the



insurance company asked Ricky if he had power of attorney over his wife. (A power of attorney is a document that gives someone else the legal authority to help you take care of your business. You can give power of attorney to your spouse, your children, or anyone else that you want.) But Ricky and Lucy had never taken the time to give each other power of attorney. And now that Lucy's mental condition had deteriorated, it was too late for her to grant power of attorney. And it didn't matter one bit to the insurance company that Ricky and Lucy were married. No power of attorney? Then Ricky couldn't make a claim.

Now do you understand why Ricky was so furious? In the end, he actually had to go to court and sue his wife to have her declared incompetent and get himself appointed as her guardian. Which was a frustrating, time consuming and expensive process. All of which could have been easily avoided with a power of attorney.



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But even if you have a power of attorney, it's important to make sure that it is valid in Louisiana. That's because Louisiana law is different than the other forty-nine states. So a Texas power of attorney, for example, won't do you any good in Louisiana.

And here's something else about Louisiana law: even if you have a power of attorney that gives your agent the power to do anything that you could do yourself, that may not be good enough. That's because Louisiana law says that some powers must be specifically given; otherwise your agent won't have those specific powers and won't be able to help you with those specific issues.

So if you hear that a power of attorney is the most important document a married couple can have, you've gotten some good advice. Ricky wishes someone had told him.

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



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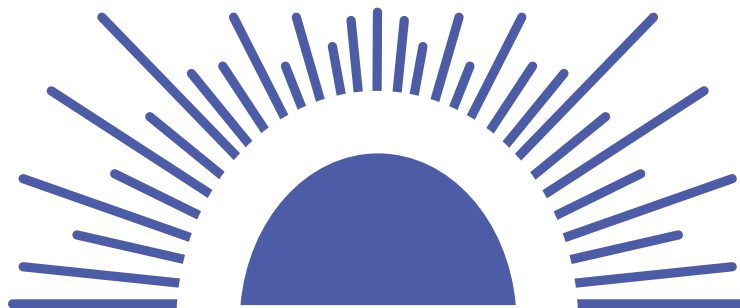
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Exploitation of the Elderly

by Judge Jeff Cox

I don't know if it is the bad economy or just more greed in our society today. Newspaper and television news abounds with stories about people across the country who have allegedly exploited or taken advantage of the elderly and have taken their life savings and/or property. Other stories talk about how those that are not able to care for themselves are being beaten or mistreated. These stories usually sadden and anger me at the same time. They sadden me because the elderly person who has been exploited usually loses all of his/her life savings or cannot defend themselves and the stories usually anger me in that a person would do another person this way.

Unfortunately, stories of financial and physical exploitation of the elderly are not isolated incidents in our society today. We have



seen many cases occur in our local area in the last few months. Included in this article are few tips to hopefully prevent you, the reader, from being harmed by someone attempting to take care of your finances, business and/or person.

First, it goes without saying, know the person you are trusting to handle your financial business. If the person is in the financial sector, check his or her credentials. Find out if any complaints have been registered against the person with the Better Business Bureau or the Securities and Exchange Commission. Also, if you can find clients of the person seeking your business, find out how other clients rate the person and whether they would recommend his or her financial services.

If you are being helped by an individual, know the person's background. Some questions that may need answering are: Does this person have an arrest record? Have they been convicted of any type of crimes? What experience do they have in investing money? Have they helped other people with their finances? If you feel you need the help and do not know the person or their background, it is a good idea to have them thoroughly investigated, even by a private investigator. Also, if you feel uneasy around the person, trust your "gut" feeling as the old saying goes.

Second, be careful of health caregivers who want



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to get into your personal financial business. Many situations started because the person was a health caregiver and gained the trust of the person they were helping. If possible, try to keep health care needs separated from the person who helps you with your finances. It is very easy to fall in the trap of trusting someone who spends a great deal of the day with you caring for your physical needs. Under no circumstances allow the health caregiver to know passwords, PIN Numbers, or your Social Security Number. In addition, watch access to checks and make sure no checks are missing or can't be found.

Third, if you, or a family member, feel you are being financially or physically exploited, contact your local law enforcement agency immediately. The quicker the agency is contacted, the quicker they can investigate and stop further losses if losses are occurring or further harm to the person being abused if abuse is occurring. You can also contact Elderly Protective Services if you feel you or someone close to you is being exploited by any person.

Being careful in choosing persons to help you with your finances or health care needs can help eliminate some of the risks associated with losing your life's savings or being physically harmed. You need to make sure that your best interests are being cared for by the person who is helping you. It is better to be safe than sorry and do a thorough investigation of any person who is hired to help you or a family member. *Judge Jeff Cox is the 26th Judicial Court Judge for Bossier/Webster Parishes, Division C.*



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Rule Changes Tighten Reverse Mortgage Eligibility

By Jason Alderman

Reverse mortgages have become increasingly popular in recent years, as cash-strapped seniors seek ways to keep pace with rising expenses – not to mention cope with the pummeling their retirement savings took during the Great Recession.

But the Department of Housing and Urban Development (HUD) noticed that borrowers increasingly have been opting to withdraw most or all of their home equity at closing, leaving little or nothing for future needs. Consequently, by mid-2012 nearly 10 percent of reverse mortgage holders were in default and at risk of foreclosure because they couldn't pay their taxes and insurance.

That's why Congress authorized HUD to tighten FHA reverse mortgage requirements in order to: encourage homeowners to tap their equity more slowly; better ensure that borrowers can afford their loan's fees and other financial obligations; and strengthen the mortgage insurance fund from which loans are drawn.

Here are the key changes:

Most reverse mortgage borrowers can now withdraw no more than 60 percent of their total loan during the first year. Previously, borrowers could tap the entire amount on day one – a recipe for future financial disaster for those with limited means.

The first-year limit may be waived for certain homeowners whose "mandatory obligations" (e.g.,



upfront insurance premiums, loan origination fees, delinquent federal debt, etc.) exceed the 60 percent amount; but they'll have to pay a higher upfront mortgage insurance premium – 2.5 percent of the home's appraised value instead of the normal 0.5 percent. (Note: Credit card debt isn't considered a mandatory obligation, so those with significant credit card debt may not be able to withdraw enough to pay off their debt.)

Generally, borrowers can take the money either as a lump sum at closing (with a fixed-rate loan), or as an ongoing line of credit or monthly payments (adjustable rate loan). However, lump-sum payments are now subject to the 60 percent mandatory obligations test, so to withdraw more than that you'll have to go the line-of-credit route, at least for the first year; after that, you can tap the remaining balance if you wish.

Under previous rules, almost anyone with sizeable home equity could take out a reverse mortgage. Now, potential borrowers must undergo a detailed financial assessment to ensure they'll be able to meet future tax and insurance obligations.

Lenders are required to review the borrower's credit history. They also must analyze all income from earnings, pensions, IRAs, 401(k) plans or Social Security, and weigh it against the borrower's likely living expenses, including other outstanding debts. Those who come up short (i.e., are more likely to default) may be required to set aside money from their reverse mortgage to cover future obligations – thereby lowering the amount of equity they'd be able to tap.

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The new regulations also reduce the maximum amount of home equity that can be borrowed against – 10 to 15 percent less than before, on average. Generally, the older you are, the more equity you have and the lower the interest rate, the more you'll be able to borrow. Note: The age component of this calculation is based on the youngest party listed on the loan.

Because reverse mortgages are so complicated, potential borrowers are required to consult an HUD-approved counselor before being allowed to apply. Do preliminary research at helpful sites sponsored by HUD (www.hud.gov), the Consumer Financial Protection Bureau (www.cfpb.gov) and AARP (www.aarp.org). Also check with an accountant, financial planner or lawyer specializing in elder law to make sure a reverse mortgage is right for you.

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



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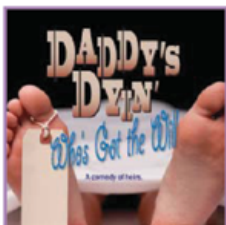
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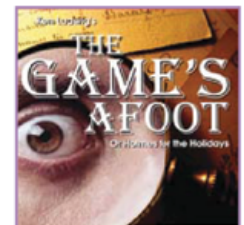
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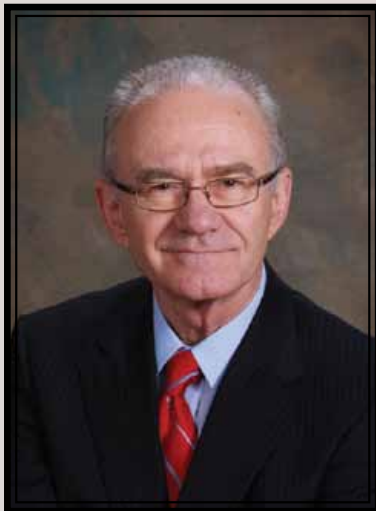
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As I left Joe and Kyle's office the other day, my words were, "Thank you for helping make today easier." Easier because of the plans you helped us and my sweet mama set in place. I've watched us as a family as we walked through the transition of life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

Are Fish Oils Your Only Choice?

by Suzy Cohen, R. Ph.

Fish burp often happens if you have a deficiency of probiotics and digestive enzymes, however people assume the burp happens from rancid oil. Fish oils aren't usually rancid nowadays. They've are the gold standard supplement for people seeking essential fatty acids.

I've been a fan of essential fatty acids, and fish oil in particular for many years, however, I respect your desire to find a vegetarian source. Depending on the oil, you won't get as high a concentration of EPA and DHA from a non-fish oil supplement, but you will get other benefits. I personally take plant-derived essential fatty acids, and cook with some too! I put other oils on my face, too. I'm not fat phobic; I think good fats are crucial to feeling well. Oils lube the joints, and help with regularity, they plump the skin and



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support heart health! Here are my favorite oils and how you can take them, then you can decide what's right for you. Not all of them have EPA/DHA in them, these are just my personal favorite oils:

Coconut Oil - I love applying this to my skin, and cooking with it. I also put this in my smoothies. Coconut oil is known to support brain health.

Chia Seed oil - I love chia seed oil as a supplement (Chia Omega by Essential Formulas is the newest kid on the block, sold at health food stores nationwide). Chia seed oil provides your body with alpha linolenic acid. Then, your body converts that to some EPA and DHA, which are the two primary ingredients in fish oil! Chia seeds also provide quercetin and antioxidants to support general cellular health.

Grapeseed oil - I love cooking with grapeseed oil because it has a mild flavor, so I use it in my pesto sauce recipe, in salad dressings and in place of olive oil.

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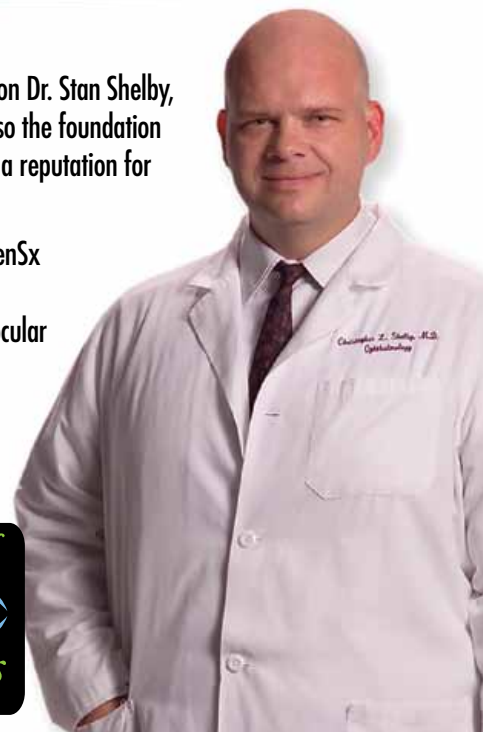
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Argan oil - It comes from a nut, common to Morocco, and it's used cosmetically. I use it on my skin for fine lines and elbows/heels. I sometimes spray Moroccan oil on my hair for lightweight shine.

Flaxseed oil - It provides a natural source of estrogen, which is thought to knock out bad estrogen from your cells. Like chia seed oil, it provides the precursor to EPA and DHA which translates to protection to the colon, breast, prostate, skin, heart and joints.

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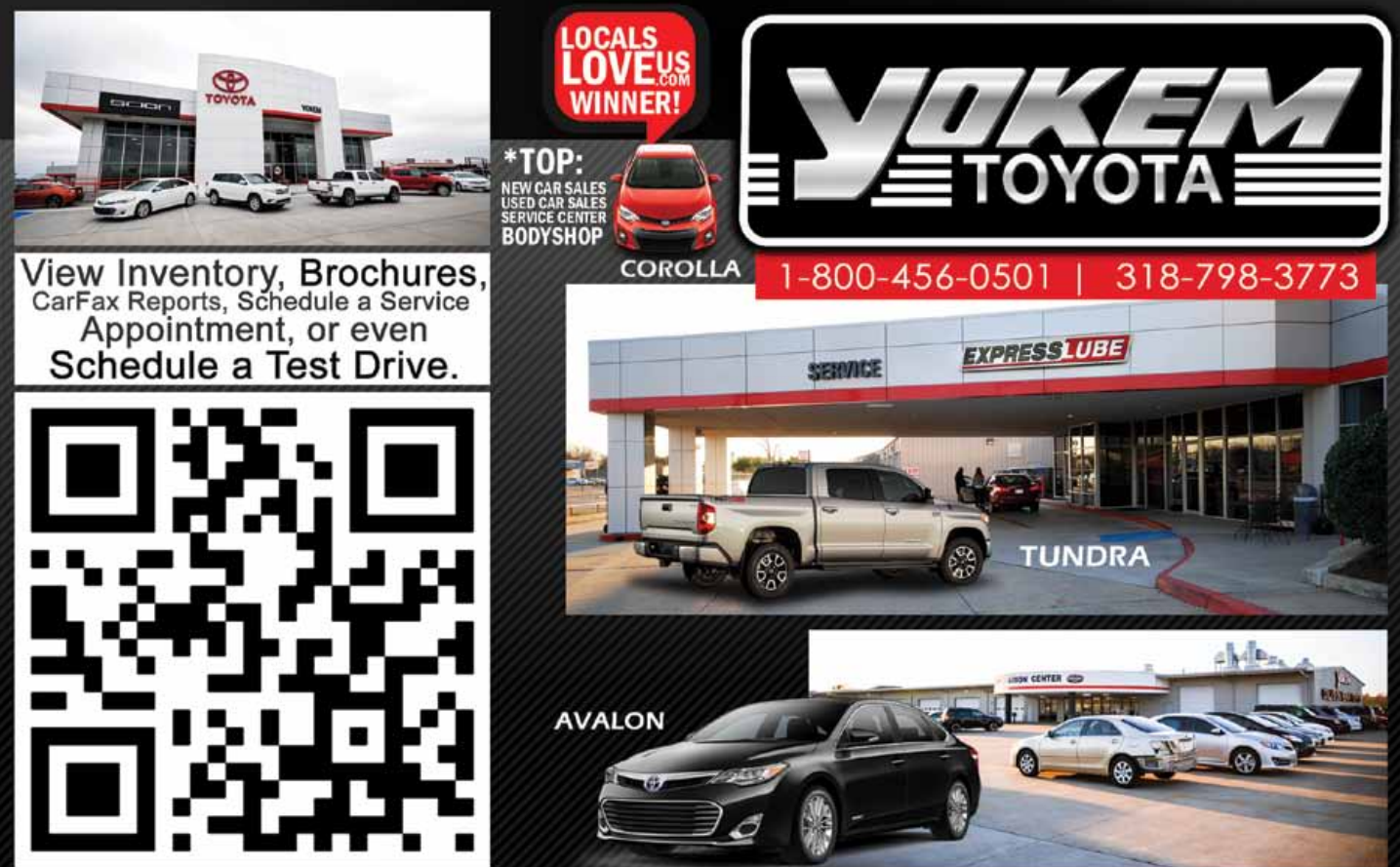


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Celebrating Balance in Pinot Noir

by David White

"If a Pinot Noir is overwhelmed with fruit -- or, indeed, by any element, like oak, fruit extraction, fruit ripeness, or alcohol -- you're going to lessen the possibility that the wine can express essential place. And for me, Pinot Noir is all about essential place."

If any grape demands contemplation, it's Pinot Noir. The great ones translate time and place, clearly expressing the characteristics of their vintage and the soils and climate in which they're grown.

So I wasn't surprised to hear these words from Jasmine Hirsch, as her father, David, planted what is considered one of America's top Pinot Noir vineyards nearly 35 years ago.

We were chatting about an annual wine event she launched with Rajat Parr, a celebrity sommelier, in 2011. Dubbed "In Pursuit of Balance," it applauds the California winemakers who eschew ripeness and power in favor of restraint and elegance.

The event has helped counteract the notion that California only makes fruit bombs. And it's brought attention to some of California's top Pinot Noir producers.

In Pursuit of Balance traces its roots to 2008, when Hirsch entered the wine industry by taking over sales and marketing for her family's winery. At the time, she was living in New York and had fallen in love with Pinot Noir, so it made sense to join the family business.

But the wines that stole her heart came from Burgundy. She was continuously "blown away by what they were able to achieve" in France.

When she started working for her family, she began drinking more California Pinot Noir. Too often, she didn't enjoy the wines. They were, quite simply, too big. In ripeness, alcohol, and oak, they lacked the subtlety and poise she'd grown to love in Burgundy.

Around that same time, Hirsch developed a friendship with Rajat Parr, the wine director for the Mina Group, a restaurant management company with a global reputation for its wine program. Parr was known for his obsession with Pinot Noir, so Hirsch asked him why California couldn't produce more elegant wines.

Parr showed Hirsch that the state could. Indeed, a handful of producers had been making Pinot Noir that achieved the grape's higher purpose -- translating both

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time and place -- for decades.

The two friends soon hashed out a plan for a formal tasting for sommeliers, journalists, and eager consumers. The first brought together nearly 25 California producers and generated tremendous buzz.

At that time, Hirsch said, "California was facing an identity crisis."

Most oenophiles believed what Hirsch thought just a few years prior: that California wines were over the top. Parr and Hirsch sought to debunk this notion.

The wines they showcased weren't always popular. Then, as now, the best-known critics gave their highest ratings to ripe, powerfully concentrated wines. While this praise is certainly defensible, such wines were the antithesis of what Parr and Hirsch looked for in Pinot Noir.

Naturally, the event stirred controversy. By presenting a limited number of producers, Hirsch and Parr created an exclusionary event. Plus, the word "balance" -- which refers to fruit, acidity, structure, and alcohol coexisting harmoniously, with no single element dominating -- is a lightning rod. Last year, Wine Spectator's Harvey Steiman proclaimed that he "[resented] the implication that richer, more full-bodied wines can't be balanced."

Hirsch and Parr acknowledge these criticisms. Today, wineries that hope to join their tasting must first pass muster with a panel of judges who taste blind. And Hirsch admits that the event might have been misnamed.

For my palate, the wines that Hirsch and Parr have chosen to celebrate are among America's most exciting and delicious. Producers like Copain, Littorai, and Peay make precise, focused wines that are full of charm. The wines from Hirsch's own property and Rajat Parr's two labels, Sandhi and Domaine de la Cote, are similarly stunning.

Pinot Noir is one of viticulture's most fickle grapes. It's challenging and expensive to grow. By bringing attention to the California wineries that work hard to achieve Pinot Noir's higher purpose, Hirsch and Parr deserve everyone's praise.

David White is the founder and editor of Terroirist.com, which was named "Best Overall Wine Blog" at the 2013 Wine Blog Awards. His columns are housed at Grape Collective.

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THE OTHER SIDE OF LEONARD NIMOY

by Nick Thomas

As Star Trek's Mr. Spock, Leonard Nimoy created one of the most iconic characters in television history. But for the past two decades, Nimoy has transported his career to the other side of the camera and is now regarded as a leading contemporary American photographer.

Early in his acting career, he recognized photography could be more than just snapshots on location.

"I carried a camera with me wherever I went and began to realize I was missing the place I was in because my eye was behind the camera so much," Nimoy recalled from his home in Los Angeles. "I had the photographs, but I hadn't had the experience. So I began using the camera when I was on a specific thematic quest."

The photography bug eventually bit him hard at the pinnacle of his career.

"I had finished three seasons of 'Star Trek' and two seasons of 'Mission: Impossible,' and I actually considered changing careers," Nimoy explained. "I went to school at UCLA to study photography under master art photography Robert Heineken and became very excited about the prospect."

But with no enthusiasm for commercial photography, he realized a career in fine art photography would be difficult at the time. "So I decided to stay with my acting and directing, al-

though I continued to study photography and work at it."

Around 1994, he became a full-time photographer (while continuing to tackle some film and TV projects of interest), producing work that was largely concept driven – themes that told a story, rather than random, individual photos. His diverse subjects include hands, eggs, landscapes, nudes, and dancers, all shot with black and white film cameras. "I have two darkrooms and do my own printing up to a 16" x 20" image. I like to be in touch with the whole process."

His provocative Full Body project, published in book form in 2007, featured mostly naked full-figured women. "My original idea was to replicate some rather famous images shot by other photographers who had used fashion models, and to use these women in those same poses."

More recently, for his Secret Selves project - his first shot in color - he photographed 100 people from all walks of life, each acting out a fantasy identity.

Nimoy, who is represented by R. Michelson Galleries in Northampton, Mass., will have three concurrent exhibitions in the Boston area beginning in late March – when the artist turns



83 (see www.RMichelson.com). "The exhibits cover about 20 years of my career, so it's quite comprehensive."

Although Nimoy's works can be pricey (up to \$18,000), more affordable images with a Spock theme (eg the Vulcan hand salute) are sold through a site managed by his granddaughter (www.shopllap.com).

"She's quite the entrepreneur and operates it like a classy boutique," said Nimoy. "There are T-shirts, tote bags, and photographs signed by me. The things we do for our grandchildren!"

In February, reports surfaced that Nimoy was suffering from Chronic Obstructive Pulmonary Disease (COPD), a lung ailment that affects some 13 million Americans according to the Centers for Disease Control and Prevention, and caused primarily by smoking.

"Before I stopped smoking 30 years ago, I was deeply addicted," he said. "I had to go through various programs before I quit. But by then, the damage was done. In my late 70s and early 80s, I recognized that I did not have great breathing capacity, so wasn't surprised by the COPD diagnosis."

"I use medication daily and give myself a jolt of oxygen when I need it," he said. "The main difficulty is high altitudes. We've had a house in Lake Tahoe for 20 years, which is a beautiful retreat. But at 6,000 ft, I just can't go there anymore. Other than that, I'm still very active and not ready to cash it in yet!"

Despite rumors throughout his acting career that he resented being typecast as Spock, Nimoy says he regards the character with fondness. "I've always been proud to be identified with Spock."

And what if J.J. Abrams, the producer/director of the new Star Trek films, approached him for another film role?

"I'd take his call, but doubt I'd do any acting," he said. "I don't want to go off on location again. I'm enjoying life with my family too much."

[Photo Credit: Nimoy with camera on page 30 courtesy of Seth Kaye Photography]

Nick Thomas teaches at Auburn University at Montgomery, Ala. His features and columns have appeared in over 400 newspapers and magazines and can be reached at his blog: <http://getnickt.blogspot.com>.



Photo from Nimoy's early Shekhina series.



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Hazards of Spring Gardening

By Nick Thomas

You have to wonder what God was thinking when He created poison ivy. Was He having a rough day, or was He just furious with Adam and Eve?

“I’ll teach those darn kids to rummage through my garden in their birthday suites and steal my fruit,” said God, sprinkling the area with ivy and a liberal dose of Miracle-Gro.

Lucky for Adam the first thing he grabbed to cover his embarrassment was a fig leaf, rather than a bunch of poison ivy.

Whatever the reason for its creation, poison ivy has few redeeming qualities. It is little more than Kudzu with an attitude. (If you’re a Kudzu-weary Southerner, you’ll be familiar with this relentlessly annoying, invasive species; if not, think of it as a Kardashian, with leaves.)

And just like reruns of abysmal reality TV shows, poison ivy emerges in the spring to stalk millions of Americans innocently exercising their God-given right for the pursuit of outdoor happiness. Such activities might include hikes through the wilderness, family camping trips, or simply relaxing in the garden doing yard work.

While most people will take steps to avoid poison ivy, there are some who just seem to ignore the power of the wicked weed’s corrosive juices. Take our neighbor Larry, for instance (name changed to protect his stupidity).

He’s just awoken from his winter nap and, yielding to his wife’s growing threats, will soon grudgingly venture into the yard to perform his spring rituals. These include buffing the garden gnome, fruitlessly searching for tools he broke or lost last season, and attempting to start his lawnmower (which he hasn’t done successfully since 1987).

Failing to resuscitate his equipment amidst much wailing and gnashing of teeth, Larry will then begin tearing into his forest of weeds by hand – gloveless and shirtless, with pasty white legs protruding from khaki shorts like flabby columns of alabaster.

Sporting a bare body surface area approaching that of a humpback whale, he inevitably succumbs to exposure from poisonous plants, the sun, and other backyard dangers.

Along these lines, I’ve cautioned him many times about contact with poison ivy, and even explained the science behind

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its action. But Larry rarely listens, preferring to believe that “this year” he’ll be immune to the blistering bouts of discomfort.

One year, for instance, while he was patching weedwacker wounds on his legs, he barely looked up when I explained that poison ivy releases a corrosive oily substance called urushiol (sensuously pronounced oo-roo-shee-ohl) which is rapidly absorbed by the skin.

Another time, when I informed Larry that he only had 5 minutes after exposure to wash the urushiol from his skin before it permanently bonded to the proteins in his bleached flesh, he never even glanced at me – too busy plucking blackberry thorns from his pelvis, as I recall.

Nor was he especially interested when I described the incredible potency of urushiol, and that most people will develop a rash if exposed to a mere 50 micrograms. That’s way smaller than the average tick I’ve witnessed Larry dig out of his eardrum during supper, after a day’s gardening.

Having chosen to ignore my counsel over the years, I’ve now abandoned any attempt to advise Larry of gardening hazards, leaving him to wallow in his orchard of itching each spring.

Clearly, some men are determined to tempt fate in gardens where evil lurks. Mind you, that’s where any similarity between Larry and Adam ends.

According to the Book of Genesis, Adam lived for 930 years and, you know, fathered the entire planet. Larry just dreams about moving to an apartment.

Nick Thomas has written features and columns for over 350 newspapers and magazines and can be reached at www.getnickt.com.

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Recent DVD Releases



Mark GLASS

Philomena ***

(R) Dame Judi Dench takes on a new type of challenge in this fact-based drama that manages to deliver warm sentimentality and rage at virtually the same time.

At 15, Dench's Philomena became an unwed mother in 1950s Ireland.

Her father dumped her with an order of nuns who ran essentially a sweat shop and orphanage. The girls became forced laborers, with little access to their children, and no rights to oppose or influence their adoptions.

The film opens as the elderly Philomena redoubles her efforts to find out what happened to her son that the nuns handed to a couple when he was a toddler. She's led a simple life, raising a family after working off her debt to the nuns, but been stonewalled by the orphanage as to his fate. She turns to an out-of-work journalist (Coogan), who needs to rehab his image and career. Their quest is our tale, taking them to the USA and some surprising developments.

The script includes moments of levity, but it's mostly an artfully understated study of the characters, with a scathing indictment of the system that allowed such places to exist not only into the 1950s, but shockingly until the late '90s. Dench plays a simple soul who still feels guilty about her sin of promiscuity, and clings to a reverence for the Church's authority that seems baffling to others, considering the way she'd been treated from pregnancy to her old age. Tally one more finely nuanced performance in her lengthy, distinguished list.



The Hunger Games: Catching Fire ***

(PG-13) Now we have two films based on the popular young-adult novels about the saga of heroic lass, Katniss Everdeen (Jennifer Lawrence), who is forced into televised combat in a dystopian future, as a distraction from the wretched lives the era's One-Percenters are brutally inflicting

on the masses. This series of death matches appears to be the natural descent from today's "reality" programming, which serves the populace an endless parade of people they can be glad they're not, in straits worse than their own. In the first, Katniss and her



friend Peeta (Josh Hutcherson) survived and became cultural icons. We now learn that the glory was transitory, and fraught with more dangers from those on high, who fear their popularity could inspire rebellion.

In this round, they're forced back to the arena against 22 others, from which only one will be allowed to survive. The dangers are ramped up from the first, though a considerable, if not excessive, amount of exposition is required to get them there.

The first film was a huge success, and satisfied viewers on its own, even knowing further adventures were lurking on the bookshelves for sequelizing. Partial spoiler alert - after nearly 2½ hours, this one finishes with a cliff-hanger that screams for the next feature, akin to the end of the middle segment of the original Star Wars trilogy. Two more films are in the works. If you lack the patience or life expectancy to wait for them, either read the novels or hold off on seeing this one until the next installment is ready for release.

Frozen *1/2

(PG) Disney's animated musical adventures can be spectacular, but nothing lasts forever, which may include the allegedly cryogenically-preserved founder of the empire. Walt's legacy dwindles



with disappointing features like this. The musical numbers are pleasant, if overly derivative of others. The artwork is splendid, whether viewed in 3-D or not. But the screenplay is a tedious mess, leading to ill-defined characters in more of a patchwork quilt than a heartfelt tale. That's the missing touch of yesteryear.

A princess is cursed with a Midas-like touch that turns everything, living and otherwise, into ice. Her parents decide to lock her in a tower, without any explanation to her loving younger sister. When the older one comes of age after the parents have passed on to their own celluloid heaven, it's time to open the castle for her coronation. Disaster follows. Not only for the kingdom and its subjects, but the audience. As the young ladies and their cartoon cohorts plod through an insipid script, stopping occasionally for a burst into song, or attempt at comic relief, one wonders what happened to the writers who once delivered charming tales and colorful characters to Disney's legions of gifted animators and tunesmiths, resulting in movies worthy of multiple viewings.

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



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There are five basic taste categories the taste buds perceive:

Sweetness is recognized by the presence of sugar. It is very predominant in desserts, but also creates great contrast with salty and sour.

Sourness can be added through a variety of acidic foods, such as vinegars and citrus fruits.

Salt enhances flavor, intensifies sweetness and suppresses bitterness.

Bitterness may be found in a variety of foods, including chocolate and coffee. When not in balance, bitter can be offensive, but in very small quantities it adds richness and depth.

Umami is described as a savory, often mouthwatering taste perceived when eating meat, fish, cheeses like parmesan and bleu and certain vegetables such as asparagus.



FAMILY FEATURES

Dessert is an indulgence, and when you delight in the taste, texture and aroma of a decadent sweet treat, you savor every bite. It is easy to get lost in the flavor and fragrance of rich chocolate or creamy caramel but what happens when they are paired with different flavors, like salty, sour or savory? Spurred by curiosity, the food scientists in the Wilton Test Kitchen dug deeper into unusual flavor pairings to enhance the taste experience. Look for more inspiration at <http://treatology.wilton.com>.

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Pear and Brie Honey Tartlets

- 1 sheet (½ of a 17.3-ounce box), puff pastry, thawed
- 1 teaspoon ground cardamom
- ¼ teaspoon salt
- 3 tablespoons honey, divided
- 1½ cups diced, peeled firm ripe pear
- ½ 4-ounce wheel, brie, cut into ¼-inch pieces

Preheat oven to 400°F. Prepare a 24-cavity mini muffin pan with vegetable pan spray.

On a lightly floured surface, unfold puff pastry; roll out to about 12 inches x 8 inches. Cut into 24 squares, about 2 inches x 2 inches. Press each square into a prepared pan cavity.

In a small bowl, stir together cardamom, salt and 2 tablespoons of the honey. Add pears; toss to coat. Add 1 heaping teaspoon pear mixture to each pastry tartlet.

Bake 13 to 16 minutes or until puff pastry is golden brown and filling is bubbly. Immediately top with pieces of brie. Cool in pan 5 minutes. Remove to cooling grid. Drizzle remaining honey over tartlets and serve immediately. (Makes about 2 dozen)

Frozen Greek Yogurt Pops with Pistachios and Raspberries *(Makes 8 pops)*

- 1 cup plain Greek yogurt
- 2 Tbs. heavy whipping cream
- ¼ cup, plus 4 teaspoons honey, divided
- 1 tsp. Clear Imitation Vanilla Extract
- ¼ cup raspberries
- 3 Tbs. chopped pistachios, divided
- 4 8-inch Cookie Sticks, cut in half



In medium bowl, whisk together yogurt, cream, ¼ cup honey and vanilla until smooth.

Place one whole raspberry in the bottom of each Round Brownie Pops Mold cavity. Cut the remaining raspberries into quarters.

To assemble pops, spoon 1½ teaspoon yogurt mixture over raspberry in mold cavity; lightly tap mold against work surface to level. Sprinkle ½ teaspoon pistachios over yogurt and then ¼ teaspoon honey over pistachios. Repeat, layering yogurt, pistachios and honey, as listed above, lightly tapping mold to level. Add a quartered piece of raspberry; top with remaining yogurt mixture and lightly tap to level. Insert sticks about 2/3 into pop; freeze at least 3 hours or overnight.

Coffee Toffee Heath Cupcakes

Cupcakes (makes about 24)

- 1 cup water
- 2 tablespoons instant coffee
- 1 package (16.2 ounces) Devil's Food cake mix
- 3 eggs
- 1/3 cup vegetable oil

Preheat oven to 350°F. Line muffin pan with baking cups.

In a small bowl, combine water and instant coffee; stir to dissolve.

In a large bowl, combine cake mix, coffee, eggs and oil. Beat with electric mixer on low speed for 30 seconds, scraping bowl frequently. Then, beat on medium speed for 2 minutes. Fill baking cups 2/3 full with batter.

Bake 16 to 18 minutes or until toothpick, inserted into the center, comes out clean. Cool cupcakes in pan 5 minutes. Remove from pan and place on cooling grid to cool completely.

For ganache, combine cream and instant coffee in small saucepan; stir to dissolve. Warm over medium heat until cream begins to steam; do not boil. Remove from heat and add chocolate chips; stir until smooth. Cool slightly.

Place 1/2 cup ganache in disposable decorating bag. Using the handle of a wooden spoon, create a small hole in the center of each cupcake; pipe in ganache. Dip tops of cupcakes in remaining ganache; shake off excess. Immediately dip cupcake in toffee bits.

Ganache

- 1/2 cup heavy whipping cream
- 2 tablespoons instant coffee
- 1 cup semi-sweet chocolate chips
- 1 package (8 ounces) English toffee bits

Sweet and Salty Caramel

Cashew Brownies (Makes 15 brownies)

- 6 ounces semi-sweet chocolate (squares or chips)
- 12 tablespoons (1 1/2 sticks) butter
- 1 cup all-purpose flour
- 1/4 cup cocoa powder
- 1 teaspoon coarse sea salt
- 1-1/3 cups granulated sugar
- 3 eggs
- 1 teaspoon pure vanilla extract
- 2/3 cup cashews, chopped plus additional for garnish
- 15 soft caramel candies

Preheat oven to 350°F. Prepare 9-inch x 9-inch pan with parchment paper.

In a large saucepan, melt chocolate and butter over low heat, stirring to combine. Cool slightly.

In a small bowl, stir together flour, cocoa powder and salt. Add sugar, eggs and vanilla to chocolate mixture. Stir until well combined. Add flour mixture; stir until just incorporated. Stir in cashews. Pour into prepared pan.

Bake 24 to 28 minutes or until toothpick inserted into the center comes out nearly clean.

While brownies bake, unwrap caramel candies and roll each one out until it is 1/8 inch in thickness. Cut with medium sized Leaf Cut-Outs cutter.

Remove brownies from oven and immediately top with caramel cut outs, arranging in 3 rows of five. Position a cashew on each caramel. Return to oven for 1 minute. Remove from oven. Cool on cooling grid until just barely warm. Cut into 1 1/2 inch x 3-inch rectangles and serve warm or at room temperature.



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- March 6: 8:30 a.m. – 12:30 p.m. Salem Baptist Church, 109 Church Road, Stonewall. Contact: Bonnie, 318-925-9231; Instructor: Mary Sue Rix.

- March 7: 8:30 a.m. – 12:30 p.m. Caddo Sheriff's Dept., 1121 Forum, Shreveport. Contact: Deputy Claire Crawford, 318-681-0869; Instructor: Martha Hogan.

- March 8: 8:30 a.m. – 12:30 p.m. Hebert's Town and Country, 1155 E. Bert Kouns Ind. Loop. Hosts: Hebert's and *The Best of Times*. 318-221-9000;



Instructor: Wayne Ebarb

- March 18: 8:30 a.m. – 12:30 p.m. Summer Grove Baptist Church, 8924 Jewella, Shreveport. Contact: Connie Russell 683-6931; Instructor: Mary Sue Rix

EVENTS

2014 Master Gardener Horticulture Series - The Northwest Louisiana Master Gardeners will present their first speaker on March 25 at 10 am at the Louisiana State Exhibit Museum on Greenwood Road in Shreveport. The scheduled speaker is Dr. Allen Owings with the LSUAgcenter. He will be speaking on the Louisiana Super Plant program, which is an educational and marketing campaign that highlights tough and beautiful plants

that perform well in Louisiana landscapes. **FREE** and open to the public. For more information contact the Master Gardener office at (318)698-0010.

KREWE ACTIVITIES

Krewe of Elders End of Mardi Gras Party - Saturday, March 15 at Cash Point Party Place located at 221 Cash Point Lodge, Bossier City. 6:00 p.m. to 10:00 p.m. Cash bar, food for purchase. \$6.00 per person. Entertainment provided by A.J. Cascio and The Two Tone Blues. Info. 752-9175, 631-8865, 965-0586. Open to everyone.

MEETINGS

The GENCOM Genealogical Computer Society - GENCOM will hold two meetings in March from 2:00 p.m. to 4:00 p.m. at the Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport. On Sunday, March 2 the topic will be "FamilySearch.org – Courthouse on the Internet", which will demonstrate how to find many courthouse records for your ancestors on FamilySearch.org. On Sunday, March 23, the topic will be "Using Ancestry.com and Google To Complete Your Family Tree", which will demonstrate how to use these two websites to find those elusive ancestors in your family tree. The information presented will help get you started on your research and break down some of those genealogy brick walls. Meetings are **FREE** and open to the public. For information call (318) 773-7406 or email jgjonas09@gmail.com.

Ark-La-Tex Genealogical Association monthly meeting - 1 PM, Saturday,

\$70,000

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

March 8. Randle T. Moore Center, 3101 Fairfield Ave., Shreveport. Thad Pardue, educator, will tell his family research and share some very surprising findings. Admission is **FREE** and open to the public. For information call 318-746-1851.

MOVIES

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

RANDALL T. MOORE SENIOR CENTER

Senior Center Fun - Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Every Thursday and Friday. Coffee and cookies at 9:30 a.m. Program/speaker every Thursday at 10 a.m. Fridays Tech Talk at 10 a.m., 1on1 Tech at 11 a.m. Admission is **FREE**.

THEATRE

Fiddler on the Roof - One of the most beloved musicals of all time presented by Bossier Parish Community College Cavalier Players. March 13, 14, 15, 20, 21, 22 at 7:30 p.m.; March 16, 23 at 2:00 p.m. Tickets are \$15 for Adults, \$12 for Seniors, Military, and non-BPCC Students. For tickets call 318-678-6021, email is theatre@bpcc.edu or visit the website at www.bpcc.edu/performingarts/index.html to reserve online.

Hello Dolly starring Sally Struthers - March 25 at 8 p.m. Strand Theatre, 619 Louisiana, Shreveport. Sally Struthers stars as matchmaker Dolly Levi in this

timeless musical, winner of 10 Tony Awards, Ticket prices: \$68.50; \$55.50; \$33.50. For tickets call 226-8555 or visit www.thestrandtheatre.com

Sweet Charity - March 21 at 8 p.m. Strand Theatre, 619 Louisiana, Shreveport. Sweet Charity features incredible dancing mixed with a poignant story and big musical numbers that leave the crowd on its feet. Charity works at a dance club where she has seen only the dark side of life through bad relationships. One day she meets Oscar and believes her luck has changed. When things turn sour, Charity stays sweet and hopeful that someday her dreams will come true. Tickets are \$25.50 - \$59.50. For tickets call 226-8555 or visit www.thestrandtheatre.com

To Kill a Mockingbird - presented by Shreveport Little Theatre, 812 Margaret

Place, Shreveport. March 1, 6, 7, 8 at 8 p.m.; March 2 and 9 at 2 p.m. A classic of modern American literature, the Pulitzer Prize-winning novel is renowned for its warmth and humor, despite dealing with the serious issues of rape and racial inequality. \$17. For tickets call 424-4439 or boxoffice@shreveportlittletheatre.com.

SEMINAR/WORKSHOP

Essential Estate Planning Document for Every Family - presented by Elder Law Attorneys Joseph R. Gilsoul and Kyle A. Moore. Come learn why your family deserves more than just forms off the internet. Thursday, March 20 from 3:00 to 4:30 p.m. Bossier Parish Library Historical Center, 2206 Beckett Street, Bossier City (Meeting room in the Historical Center) **FREE** and open to the public. Reservations are required. RSVP to 318-222-2100, ask for Joe's Group.

Shreveport Bridge Association

Open House

Attention party and rubber bridge players!

Come see what we are all about. Learn about the duplicate style of bridge and receive instruction on the use of Bridgemates and bidding boxes. Everyone is welcome! Light refreshments will be served.

**Sunday
March 16
2:00 - 4:00 p.m.**

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King Crossword

Puzzle answers
 on page 42

ACROSS

- 1 Egyptian fertility goddess
- 5 Lingerie item
- 8 Go bankrupt
- 12 Less than bi-
- 13 Started
- 14 Discourteous
- 15 Many eBay sales
- 17 Geometry calculation
- 18 Speedometer stat
- 19 Father
- 20 Rascally sort
- 21 Lustrous black
- 22 Stick out
- 23 — New Guinea
- 26 Starbucks employee
- 30 Luke Wilson's brother
- 31 Energy
- 32 Piece of work
- 33 Skirt slit
- 35 Pesky insects
- 36 Cowboy nickname
- 37 — de deux
- 38 Unadorned
- 41 Island neck-

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18					19				20			
			21				22					
23	24	25				26				27	28	29
30						31				32		
33					34				35			
			36				37					
38	39	40				41				42	43	44
45						46				47		
48						49				50		
51						52				53		

- piece
- 42 Witness
- 45 Continental coin
- 46 Parts
- 48 “— go brag!”
- 49 Khan title
- 50 YouTube offering
- 51 Cincinnati team
- 52 Triumphed
- 53 Vortex
- 5 Become swollen
- 6 Tear
- 7 Commercials
- 8 One-half and three-fourths
- 9 Emanation
- 10 The same
- 11 Jump
- 16 Thought
- 20 South (Sp.)
- 21 Meeting places
- 22 Toast topper
- 23 Burst
- 24 Piercing tool
- 25 Shell game item
- 26 Piece
- 27 Hot tub
- 28 Ancient boy king
- 29 Donkey
- 31 Irritate
- 34 Understanding
- 35 Pace
- 37 Pie nut
- 38 Juror, in theory
- 39 Enticement
- 40 Saharan
- 41 Toy block name
- 42 Hawked
- 43 Oklahoma city
- 44 Catch sight of
- 46 Carpentry tool
- 47 Hockey venue

DOWN

- 1 Mosque VIP
- 2 First course, maybe
- 3 Part of the foot?
- 4 Drunkard

Sudoku

by Linda Thistle

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

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

Difficulty: ★★★

★ Moderate ★★ Challenging
 ★★★ HOO BOY!

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MAGIC MAZE ● ALL ABOUT ME: SELF —

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

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

Assured	Doubt	Praise	Taught
Contempt	Esteem	Regard	Will
Denial	Image	Starter	Worth
Discipline	Made	Styled	

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ANSWERS FROM THE EXPERTS

My father is taking many prescription medications and is about to be admitted to a nursing home for rehab care from hip surgery. How will he get prescriptions refilled and will Medicare cover them?

The hospital's discharging physician will write orders for medications. Generally, the nursing home's primary pharmacy will dispense the meds and they will be delivered to the center the same day. As to cost, if your father admits under Medicare Part A, the medications are paid for by the nursing center. If he admits as private pay, either your father or his prescription drug plan will be billed for the costs. If he is eligible for Medicaid and has been awarded benefits, the pharmacy will bill Medicaid for reimbursement.



Vicki Ott
NurseCare Nursing and
Rehab Center
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 48.

My mother has been recently diagnosed with Alzheimer's disease, does she qualify for hospice care under her Medicare benefits?

Yes, Medicare pays 100% for hospice services for Alzheimer's disease and any diagnosis where patients are determined to have a life expectancy of less than six months. Most newly diagnosed Alzheimer's patients won't qualify for hospice care. Medicare also pays 100% of home health services. CHRISTUS Behavioral Home Health will assess your mother under the direction of our staff psychiatrist. We treat symptoms of Alzheimer's disease like memory loss, wandering, and personality changes. Social workers, counselors, and chaplains assist your family. When your mother qualifies for hospice care, our team will help with this change.



Don Harper
CHRISTUS HomeCare
& Hospice
1700 Buckner Sq., #200
Shreveport, LA 71101
318-681-7200
See our ad on page 21.

Is Osteoarthritis (OA) hereditary?

OA does have a genetic predisposition. Common forms of OA of the hands has a familial component. Obesity is a modifiable risk factor for bilateral (both) knee OA and weight loss will reduce the risk of OA in the knee. Obesity, surprisingly, does not show an increased risk of hip OA, but does show increased risk of hand OA. Whether adipose tissue releases OA-causing growth factors or hormones is not known at present, but what is known is that weight loss does have an identifiable improvement in OA of the knee.



John J. Ferrell, M.D.
Mid South Orthopaedics
7925 Youree Drive;
Suite 210
Shreveport, LA 71105
(318) 424-3400

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

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



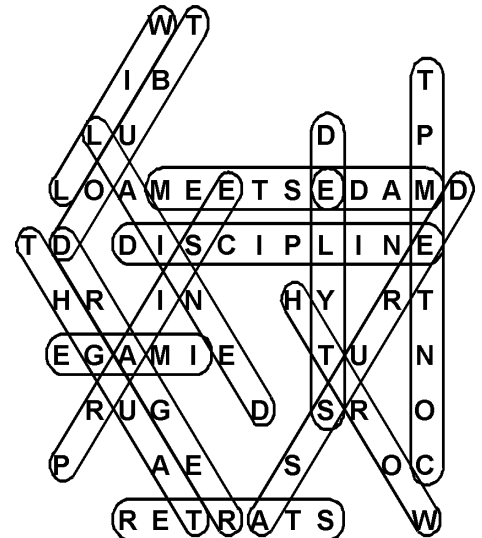
Chris Shelby, MD
Pierremont Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
www.ShelbyEye.com
See our ad on page 26.

King Crossword — Answers

Solution time: 21 mins.

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

ALL ABOUT ME : SELF —



SUDUKO

Answer

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

Strange BUT TRUE

by Samantha Weaver

✂ It was famed cultural anthropologist Margaret Mead who made the following sage observation: "One of the oldest human needs is having someone to wonder where you are when you don't come home at night."

✂ If you're like the average American, you will eat about 150 bananas this year -- 26 pounds worth.

✂ Up until the 1500s, the accepted way of dealing with a patient who was hemorrhaging was to cauterize the wound, often with boiling oil or red-hot irons. It was in the latter part of the 16th century that a French surgeon named Ambroise Pare began tying off the broken blood vessels with cord. That's pretty much what surgeons do today.

✂ When pop star Christina Aguilera is on tour, she insists on having a police escort. She hates to be stuck in traffic.

✂ Next time you're heading to Illinois, you can stop off in Metropolis and visit the self-declared birthplace of Superman. In honor of their hometown superhero, the citizens erected a 15-foot bronze statue of him on Main Street.

✂ It was Abraham Lincoln who signed into law the legislation that created the Secret Service. That very night, he was assassinated.

✂ Those who study such things say that on the 13th of every month, triskaid-ekaphobia (fear of the number 13) causes a loss of \$83 million to American business due to absenteeism from work and other disruptions.

✂ In the United States, more babies are born on Oct. 5 than on any other day of the year. If you do the math, you'll find that New Year's Eve is 9 months and 5 days before that.

Thought for the Day: "Show me a hero, and I will write you a tragedy." -- F. Scott Fitzgerald

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MARCH PARTING SHOTS

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Over 400 seniors enjoyed an early Valentine's Day luncheon on February 13 hosted by Horseshoe Casino and Hotel. The festivities included food, music, dancing, door prizes, and even a kissing contest.



(above: l to r) Joseph Clark, Lucille Cash, Patsy and Tommy Wilson



(left) Winners of the Longest Kiss Contest were (l to r) Marsha and Monty Brown, Jim Tyler, Barbara Kethley, Tom Kinney, Betty Ware, James and Linda Jones



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- Misuse of alcohol or medications
- Disorientation
- Numerous unexplained physical ailments
- Difficulties coping with daily living
- Excessive fears, anxieties or suspiciousness

**MARCH PARTING SHOTS
VALENTINE DAY LUNCHEON
(continued)**



(above) Ed Walsh with Horseshoe Casino and Resort presents a donation to BCOA's Executive Director Tamara Crane



Gary Calligas presents a doors prize to Joann and Doyle Blasingame



Jeanne Barseth and Jim Whitman



(right) Dorothy Morris and Fred Landry



Sonja and Charles Crick

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

Bryan Vekovius, M.D.
Oculoplastic Surgery and Neuro-Ophthalmology

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MARCH PARTING SHOTS (continued)

The Krewe of Centaur held their Grand Bal XXIII on Feb. 8 at Shreveport's Convention Center.

(right) Anna and Darrell Folse



Ken Philley and Sophie Duke



Captain Corky Bridges



Ruby and Michael Blackwell



King Doug Kochenderfer and Queen Cindy Watson



Queen and King of Elders Pat and Bill Stell
(Left) Duke of Fantasy Trey Tomasek with wife Tina and children Nolan and Summer

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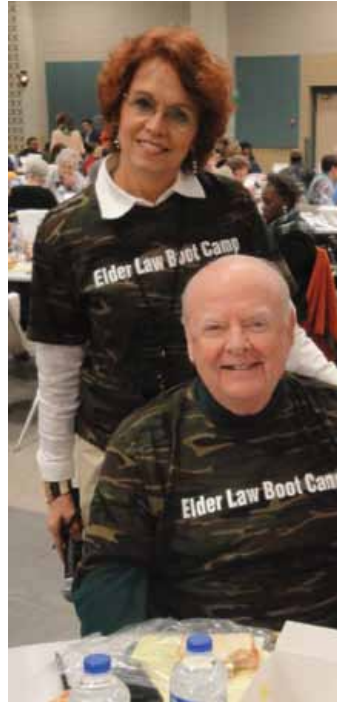
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MARCH PARTING SHOTS (continued)

Linda Shemwell, of Pet Savers, accepts a donation from Ashley Sabins on behalf of The Oaks of Louisiana. The donation was from proceeds from the sale of commemorative Christmas ornaments that featured a picture of the residential community's beloved mascot – a chocolate lab named Rudy.



An Elder Law Boot Camp, hosted by the Caddo and Bossier Councils on Aging, was held on January 23 at Riverview Hall in Shreveport.



Jane A. Thomas and James Gardner were among the speakers



Attorney Lee Aronson (left) and John Bogard



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