

June 2011

The Best Of Times

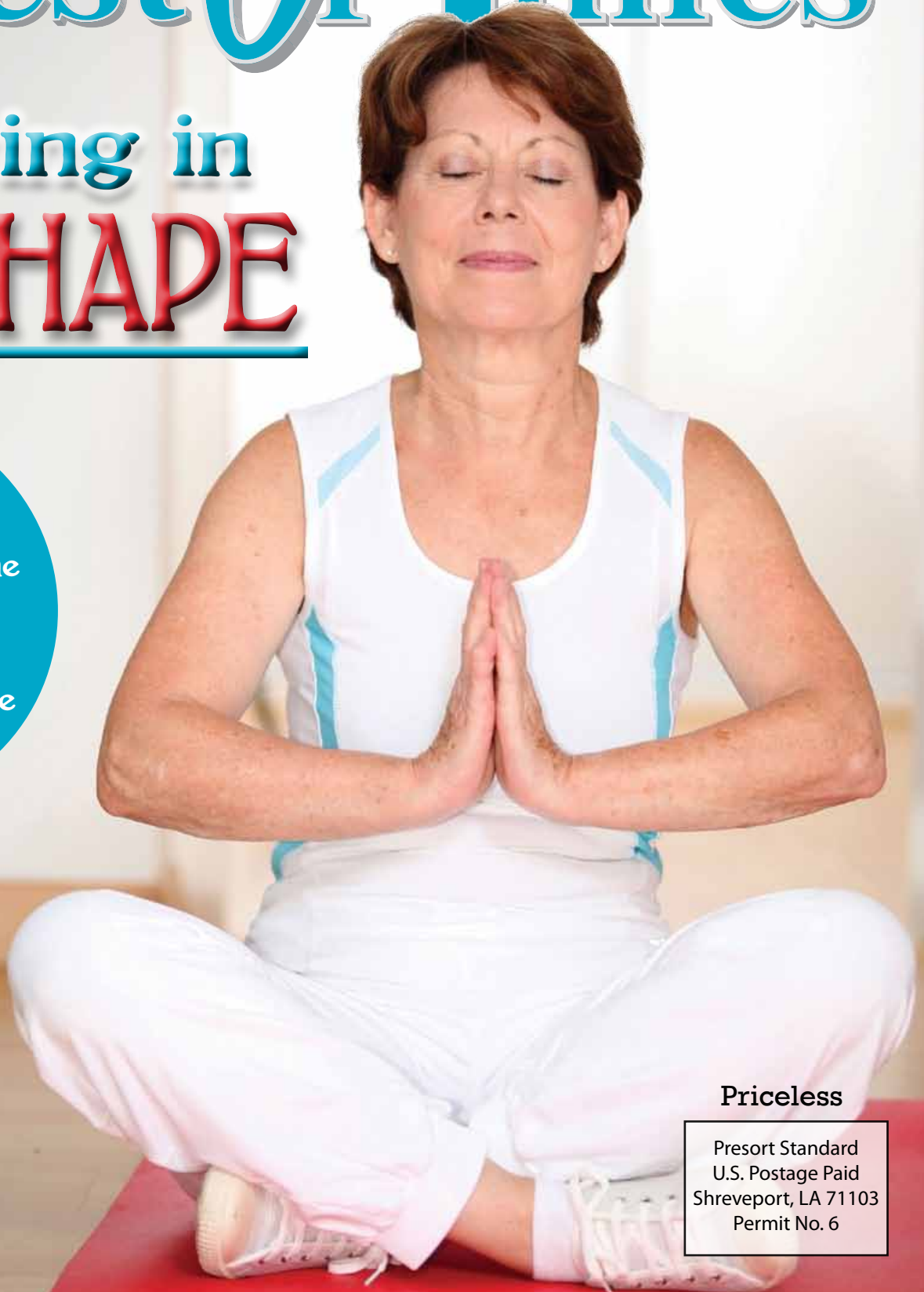
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TINA'S TURN



I love Spring-time! Even as a girl, I would fill those warm, sunny days with a combination of play and school-work as I dreamed of far away places.

It seems that not much has changed with me. Since our last issue, I played in my first ever Bridge tournament. An entire week of playing, visiting with old friends, and meeting a host of interesting people (including a 7 year old who hopes to become the youngest ever Life Master). Congratulations to Pat Stricklin, Bobbye Goodman, and all of the members of the local Bridge association for a fun and successful regional tournament.

The biggest difference from my childhood days though is that now my daydreams about travel have turned into reality. The minute the tournament was over, Gary whisked me away to the island paradise of Aruba to celebrate our 37th wedding anniversary. One warm day spent on the beautiful white sandy beach and all of my stress, worries and cares melted away.

All too quickly, back to Shreveport. Fully rested, relaxed, and ready to get back to the "real world", we've been hard at work on this issue - and what a great issue it is. We've also been planning a host of fun and exciting ways to celebrate our upcoming 10th anniversary of ownership of this magazine. You won't want to miss a single issue.

Until next month....
Tina

The Best Of Times

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CONGRATULATIONS!!
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Some Say "No Way" to Cutting Costs in Retirement

Eighty-five percent of those turning 65 this year have no plans to downsize their homes, while others say they don't intend to reduce any expenses in retirement. More than half of employed respondents expect to work until they're age 70 or older. Those who don't have enough money to retire said they would delay retirement and save money rather than reduce their standard of living. (US News and World Report)

Seniors Have Lost 32 Percent of Their Buying Power Since 2000

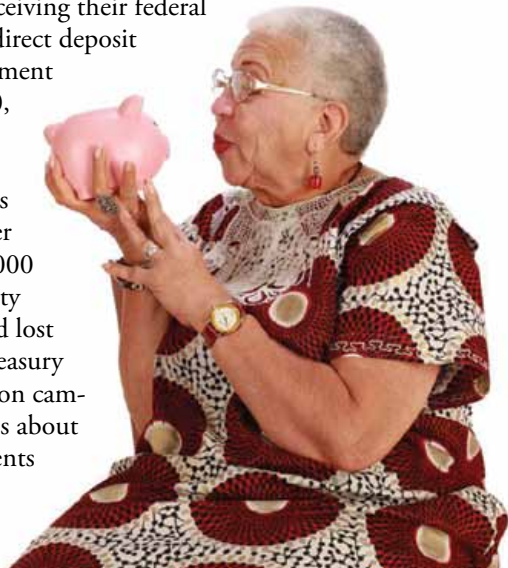
Seniors have lost almost one-third of their buying power since 2000, according to the Annual Survey of Senior Costs, released today by The Senior Citizens League (TSCL).

In most years, seniors receive a small increase in their Social Security checks, intended to help them keep up with the costs of inflation. But since 2000, the Social Security Cost of Living Adjustment (COLA) has increased just 31 percent, while typical senior expenses have jumped 73 percent, more than twice as fast.

In 2011, for the second consecutive year, seniors received no COLA. Prior to 2010, seniors had received a COLA every year since 1975, when the automatic COLA was introduced. Seniors are forecast to receive a very small COLA next year.

U.S. Treasury to "Retire" Paper Check for New Recipients of Social Security and Other Benefits

The U.S. Department of the Treasury is retiring the paper Social Security check for millions of baby boomers and others applying for federal benefits, a move that will save taxpayers \$1 billion over the next 10 years. Beginning May 1, 2011, anyone newly applying for Social Security, Veterans Affairs or other federal benefits will need to choose an electronic payment method - paper checks will no longer be an option. People currently receiving their federal benefits by paper check must switch to direct deposit by March 1, 2013. The Treasury Department published a final rule in December 2010, to gradually eliminate paper checks for federal benefit payments. In addition to the taxpayer savings, electronic payments are safer and more convenient than paper checks. Last year alone, more than 540,000 Social Security and Supplemental Security Income (SSI) paper checks were reported lost or stolen and had to be replaced. The Treasury Department's Go Direct® public education campaign provides information to Americans about the change to how federal benefit payments are being delivered and makes it easy for current check recipients to switch online at www.GoDirect.org.



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New Program Enhances VA Services for Family Caregivers



Staff at the Department of Veterans Affairs (VA) recently published the interim final rule for implementing the Caregivers and Veterans Omnibus Health Services Act 2010.

"This new program provides Family Caregivers the support, assistance and encouragement to care for their Veteran family members at home. It builds on the foundation of Caregiver support currently provided at VA facilities across the country and reflects what families and clinicians have long known; that Family Caregivers in a home environment can enhance the health and well-being of Veterans receiving VA care. I encourage Caregivers to contact The Overton Brooks VA Medical Center Caregiver Support Coordinator for more information on this program and to apply for the enhanced services," said Dr. Virginia Short, Acting Medical Center Director.

Additional services for primary family caregivers of eligible post-9/11 Veterans and Service members include a stipend, mental health services, and access to health care insurance, if they are not already entitled to care or services under a health care plan. Comprehensive Caregiver training and medical support are other key components of this program.

Veterans and their family caregivers can apply for the new services at www.caregiver.va.gov. Mr. Al Kimble, LCSW, the Overton Brooks VA Medical Center Caregiver Support Coordinator is also available to assist with the application process and direct Veterans and their family caregivers to other programs VA offers family caregivers for support. Assistance and info on additional resources are also available to family caregivers through VA's National Caregiver Support Line, 1-877-222-VETS (8387). Veterans and caregivers with questions can contact Mr. Kimble at (318) 990-5064.

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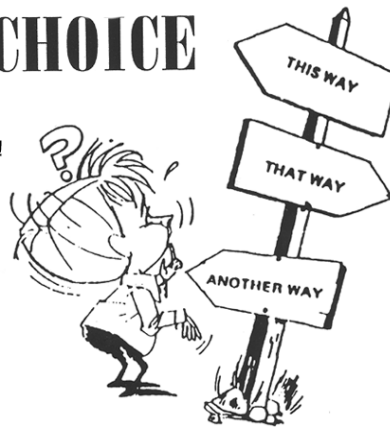


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Ingredient in Red Wine May Prevent Some Blinding Diseases

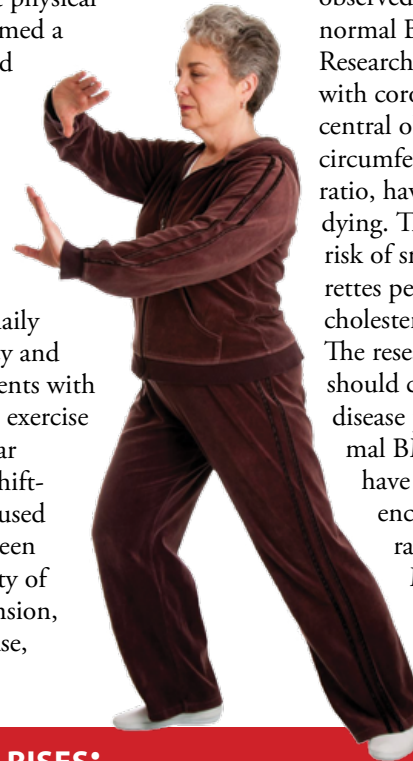
Resveratrol - found in red wine, grapes, blueberries, peanuts and other plants - stops out-of-control blood vessel growth in the eye, according to researchers at Washington University School of Medicine in St. Louis. The discovery has implications for preserving vision in blinding eye diseases such as diabetic retinopathy and age-related macular degeneration, the leading cause of blindness in Americans over 50. The formation of new blood vessels, called angiogenesis, also plays a key role in certain cancers and in atherosclerosis. Conducting experiments in mouse retinas, the researchers found that resveratrol can inhibit angiogenesis. (*American Journal of Pathology*)

Yoga Improves Quality of Life in Women with Breast Cancer Undergoing Radiation Therapy

For women with breast cancer undergoing radiation therapy, yoga offers unique benefits beyond fighting fatigue, according to new research from The University of Texas MD Anderson Cancer Center. While simple stretching exercises improved fatigue, patients who participated in yoga that incorporated yogic breathing, postures, meditation and relaxation techniques into their treatment plan experienced improved physical functioning, better general health and lower cortisol (stress hormone) levels. They also were better able to find meaning in their cancer experience.

Tai Chi May Help Improve Quality Of Life In Chronic Heart Failure Patients

Tai chi, the ancient Chinese meditative exercise, may improve quality of life, mood and exercise self-efficacy in chronic heart failure patients, according to research led by a team at Beth Israel Deaconess Medical Center. A study reported in the *Archives of Internal Medicine* found that while tai chi offered no significant physical differences in patients who performed a 6-minute walk, those who engaged in the “mind/body” exercise exhibited significant improvements in standardized tests that track the mood of patients with chronic heart failure. According to researchers, Tai chi is safe and has a good rate of adherence and may provide value in improving daily exercise, quality of life, self-efficacy and mood in frail, deconditioned patients with systolic heart failure. The Chinese exercise – which consists of flowing circular movements, balance and weight shifting, breathing techniques and focused internal awareness – has already been suggested to be helpful for a variety of medical issues, including hypertension, balance and musculoskeletal disease, including fibromyalgia.



Belly Fat Can DOUBLE the Risk of Death

One of the largest studies of its kind has found that people with coronary artery disease who have even a modest beer belly or muffin top are at higher risk for death than people whose fat collects elsewhere. The effect was observed even in patients with a normal Body Mass Index (BMI). Researchers found that those with coronary artery disease and central obesity, measured by waist circumference and waist-to-hip ratio, have up to twice the risk of dying. That is equivalent to the risk of smoking a pack of cigarettes per day or having very high cholesterol, particularly for men. The researchers say physicians should counsel coronary artery disease patients who have normal BMIs to lose weight if they have a large waist circumference or a high waist-to-hip ratio. The findings of this Mayo Clinic analysis are published in *Journal of the American College of Cardiology*.

OSTEOARTHRITIS IS MORE COMMON AS OBESITY RISES:

Osteoarthritis, a degenerative joint disease and the most common cause of disability, was once considered a problem of the old but it is now commonly diagnosed in those as young as the mid-twenties and early thirties. According to the Arthritis Foundation, those who are obese are more likely to develop advanced, end-stage disease than those who maintain a healthy weight. Each pound of excess body fat adds the equivalent of 4 pounds of stress to the knees. Studies show that women (who are at higher risk than men) can cut their risk of knee osteoarthritis in half with even small reductions in body weight. The Center for Disease Control and Prevention says obesity prevention, physical activity and self-management education are most promising for limiting osteoarthritis damage.

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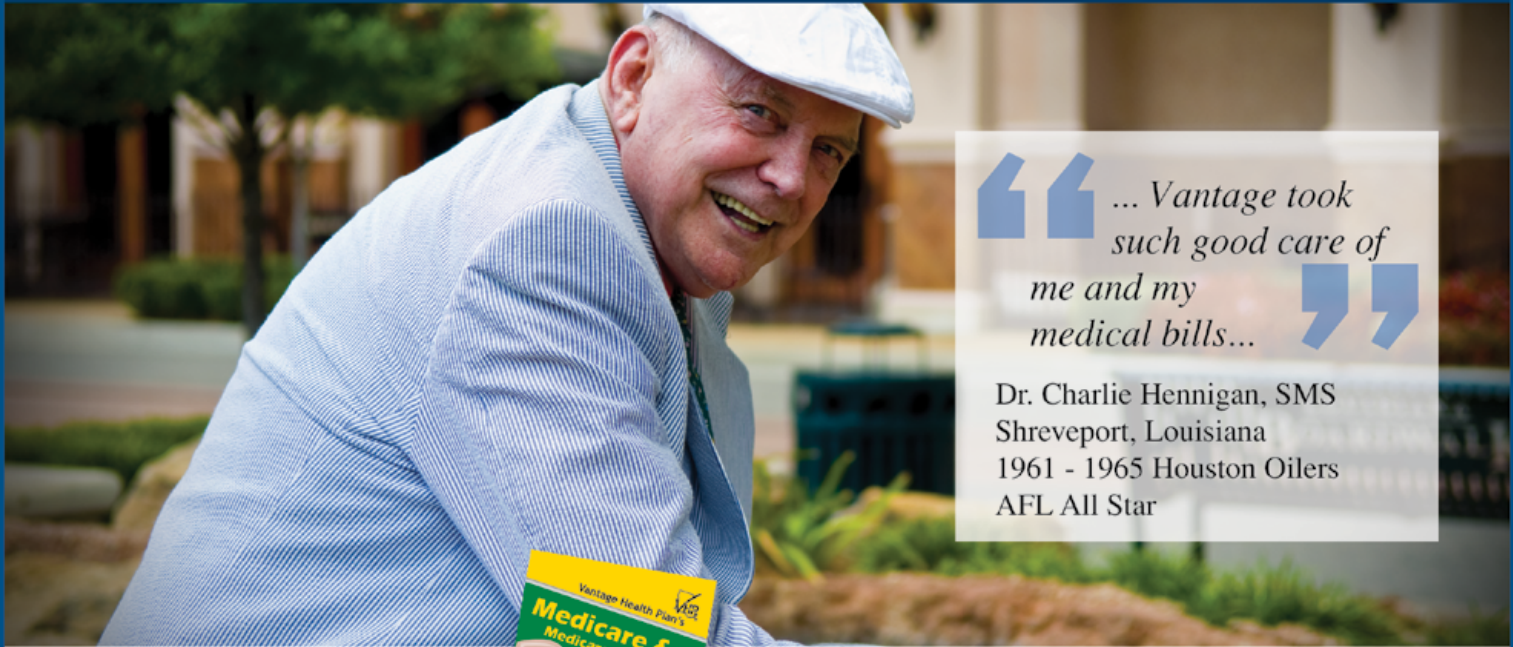
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Staying in SHAPE

by Kelly Phelan Powell

As mature adults come to understand more and more how important physical activity is to not only potentially lengthening their life spans but also to improving the quality of those life spans, they increasingly look for exercise opportunities that are effective, engaging, social and most of all, fun. The word “workout” doesn’t necessarily conjure images of sweating in Spandex to thumping music in a gym anymore. The physical activity we require comes in a myriad of forms: yoga, tai chi, dance in its many forms and even electronic game consoles like the Nintendo Wii and the Xbox Kinect.

Haley Young, a certified yoga instructor and personal trainer, said, “Yoga is a fantastic way for people over 50 to exercise because it’s low impact and focuses on building strength using only your own body weight. It’s important for people of all ages to maintain a certain amount of strength and also flexibility as they age and as the body has a tendency to wear down because doing so slows that natural process. This type of exercise is perfect for older adults who also have never had to exercise before because it’s easy to go at a pace you’re comfortable with and still reap the benefits.” She said yoga helps to alleviate the symptoms of conditions that plague the older population, such as depression, gastrointestinal problems, stress, lowered immunity and circulatory issues.

Young encourages anyone who might be skeptical about yoga just to give it a chance. “It is so important to always find ways to be active and keep your body in the best shape it can be, not only so you might live longer, but also so that you might live well longer. No one wants to spend their days inhibited by sickness or health problems that occurred because of a lack of priority on physical fitness. Moreover, most problems we see in our aging

“The physical activity we require comes in a myriad of forms: yoga, tai chi, dance in its many forms and even electronic game consoles like the Nintendo Wii & the Xbox Kinect”.

population can be prevented by dedication to healthy habits like exercise.”

One of Young’s students, Melody Silvio of Shreveport, can attest to the healing power of yoga. “It’s better than any drug you can take,” she said. Silvio, who suffers from fibromyalgia in addition to having previously broken her back, tried physical therapy but found no relief. As a person who was active in golfing, skiing, riding motorcycles, fishing and dancing prior to the car accident that caused her injuries, she found her immobility discouraging and depressing. One day, she saw Young’s free afternoon yoga classes advertised in her church bulletin and decided to give it a shot. “What they couldn’t do in physical therapy, I’ve been able to accomplish in yoga,” she said. For three and a half years, she’s been doing yoga six days a week (twice a week with Young and four days on her own), and she couldn’t be happier with the results. “I have found such relief, you wouldn’t believe,” she said. “My yoga is like training my body to be in its natural state. It helps me physically, mentally and spiritually.” She urges her fellow 50-plus citizens to join her in a practice that she says has changed her life. She said, “Step out and try it. If you’re committed to yourself and getting healthier and stronger, it’s going to work.”

Another Eastern-based exercise, tai chi (tie-chee) is often described as “meditation in motion” because it promotes calmness through gentle, flowing movements that connect the mind and body. Originally developed in ancient China for self-defense, tai chi evolved into a graceful form of exercise that’s noncompetitive, self-paced and perfect for those ages 50-plus.

Each tai chi posture flows into the next without pause,

ensuring that your body is in constant motion. It has many different styles, and each style has its own emphasis, such as health maintenance or the martial arts aspect of tai chi. The concentration required for tai chi forces the practitioner to live in the present moment and put aside distressing thoughts.

Most forms of tai chi are gentle and suitable for everyone, so anyone can practice regardless of age or physical ability. Tai chi emphasizes technique above strength or agility. As a low impact exercise, it is especially suitable for older adults who otherwise may not exercise. It’s also inexpensive, requires no special equipment and can be done indoors or out, either alone or in a group.

Linda Gaston had no dance experience at all when she decided to try bellydancing. “I had absolutely no dance background whatsoever. I had all the reasons not to do it,” she said. But she kept running into a friend from college, Kathy Fontaine, who had just begun to teach bellydance. “I had seen Kathy perform a long time ago at Artspace,” she said, “and they had taken the top floor and turned it into kind of a Middle Eastern tavern. I just thought it was the coolest thing.” At first she found the experience daunting, but it was long before she got bitten by the bug. “I totally can’t dance, and I’ve never done anything like this in my life,” she said. “I was completely uncoordinated and intimidated.” But soon, she said, “I just absolutely fell in love with it.”

Fontaine, who is now the Director of The Port Belly Project (www.portbellyproject.com), helps her students get into the experience of trying something new without overwhelming and intimidating them. Gaston said, “Kathy is a wonderful, gifted instructor. She’s great about breaking everything down and putting it on a level where you can understand.” And



“My yoga is like training my body to be in its natural state. It helps me physically, mentally and spiritually.”



“Many retirement communities are starting to use the Kinect and the Wii in their facilities as a way for residents to have fun while being less sedentary.”

aside from being a lot of fun, it's also a great workout. Not surprisingly, it works the midsection most of all. “It's definitely made me use muscles that I forgot I had or maybe never knew I had!” she laughed. And aside from being a good exercise opportunity, it's also an ideal environment for socializing. Gaston, who once thought she couldn't dance, now performs with the troupe at festivals and events like the Four Winds Renaissance Faire in Tyler, TX, and the upcoming Makers' Fair on Texas Avenue in downtown Shreveport. If you think bellydancing looks like fun, then Gaston says you should give it a whirl. “In the dance classes, there are people of all ages and sizes and all levels of physical ability,” she said.

It's not news that these days, people are staying inside and spending more time in front of their computers and gaming consoles than outside getting fresh air and exercise. It wasn't long before gaming companies decided to tap this (literally) growing market, and thus, systems like the Nintendo Wii and the Microsoft Kinect for Xbox 360 were born.

Thanks to a sophisticated depth-sensing camera, the Microsoft Kinect for Xbox 360 can track your movements without a game controller. In other words, no joystick required. The sensor and the console do most of the work, and users navigate menus and play games simply by moving their bodies and voicing commands, making it an ideal way to get some exercise indoors. Game activities include whitewater rafting, obstacle courses, dancing and racecar driving. One drawback is it needs a lot of space; Microsoft recommends six to eight feet between the Kinect sensor and the user. If you don't already have an Xbox 360, a Kinect bundle costs between \$299 and \$449.

For the Nintendo Wii (wee), the magic is in the remote. It's less expensive than the Kinect, costing just \$199 for everything you need. The standard Wii bundle includes the system, a Wii remote, a Wii nunchuck, the Wii MotionPlus accessory and copies of Wii Sports and Wii Sports Resort. One downside is each player needs his or her own remote, but it has a huge game library with dozens of fun games to help get your heart pumping with activities like bowling,



Tai chi emphasizes technique above strength or agility. As a low impact exercise, it is especially suitable for older adults who otherwise may not exercise.

tennis, yoga, strength training and aerobics. Many retirement communities are starting to use the Kinect and the Wii in their facilities as a way for the residents to have fun while being less sedentary.

Pat Covington, executive director of Horizon Bay Vibrant Retirement Living in Bossier City, said the residents there have a Wii console available to them, and they particularly enjoy the bowling game. But the most popular forms of exercise among the seniors at Horizon Bay are still walking and low-intensity aerobics. They have a walking group that walks the halls and outdoors when the weather permits, and, she said, “We

have an exercise group that’s really well attended.” A family member who’s a retired therapist leads the group, which mostly does chair aerobics and works with resistance bands.

There is no end to the enjoyable ways people in the prime of life can get the exercise they need to stay healthy, happy and mobile. It only takes a moderate amount of exercise to reap health benefits like decreased risk for coronary artery disease and stroke, weight loss and lower blood pressure. Physical activity doesn’t have to be strenuous to be beneficial. What’s important is to make physical activity a part of your regular routine.

“And aside from being a lot of fun, bellydancing is also a great workout. Not surprisingly, it works the midsection most of all.”



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The Hospital That Ignored the Government

Do you have a right to see your medical records? You sure do. But that's a concept that a hospital up in Maryland apparently was unable to understand.

During a 1 year period, 41 people complained that they had asked to see their medical records and this Maryland hospital refused. Who did they complain to? A government agency called the U.S. Department of Health and Human Services' Office for Civil Rights. This is the office that is charged with protecting people's health information privacy rights. (They can be reached at (214) 767-4056 or online at www.hhs.gov/ocr/privacy.)

After getting these 41 complaints, the

Office decided to investigate. So the Office sent the hospital a letter asking what was going on. The hospital didn't respond. So the Office tried to call the hospital but no one returned their calls. The Office sent the hospital more letters explaining that under federal law, patients have a right to see their medical records. And when a patient makes a request to see his or her medical records, the hospital or doctor has to 30 days to hand over the medical records. But the hospital ignored these letters as well.



Lee ARONSON

So the Office went to Court and got a subpoena for the medical records. Think the hospital responded to that? Nope.

So the Office sued, demanding that the hospital turn over the medical records of the 41 complainants. Guess who didn't show up for court. That's right: the hospital. So the Judge ordered the hospital to turn over the records. About a week later, the hospital responded to the court order by sending 59 boxes to an attorney



for the Office in Washington D.C. When the attorney opened the boxes, he found the original medical records for the 41 individuals listed in the subpoena as well as the medical records of approximately 4,500 other people "for whom [the Office] made no request or demand and for whom [the hospital] had no basis" for disclosing."

As you can imagine, the Office found

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the hospitals actions to be pretty outrageous. Especially as federal law requires hospitals and doctors to cooperate with the Office's investigations. So the Office fined the hospital to the tune of \$4.3 million. And here's what the director of the Office had to say: health care providers "must uphold their responsibility to provide patients with access to their medical records. The U.S. Department of Health and Human Services will continue to investigate and take action against those organizations that knowingly disregard their obligations under these rules."

Although federal law says that patients have the right to see their medical records, hospitals and doctors do not have to give copies of the medical records to the patient for free. A health care provider can charge a "reasonable cost-based" fee for copying or sending a patient's medical records. Louisiana law says that health care providers can charge up to \$1 per page for the first 25 pages of records, 50 cents per page for the next 325 pages and 25 cents per page thereafter as well as "a handling charge not to exceed \$25 for hospitals, nursing homes, and other health care providers" as well as the cost of the "actual postage" for sending the records.


Louisiana law goes on to say that if a health care provider fails to provide a patient a copy of his records in a timely manner, not only can the Office for Civil Rights issue fines, but the patient, on his or her own, can sue the health care provider. And if a patient does so, the Judge "shall" sanction the provider by ordering him to pay for the patient's expenses.

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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Social Security Looms for Baby Boomers

Talk about a stampede: The first wave of Baby Boomers begins turning 65 in 2011, which means they'll soon be tapping Social Security retirement benefits, if they haven't already. If you're a Boomer and haven't yet investigated how this program works, this may be a good time to learn the ropes.

When you work and pay Social Security taxes, you earn up to four "credits" per year based on net income. In 2011, it takes \$1,120 in income to earn one credit. You must accumulate at least 40 credits over your lifetime to qualify for a benefit; however, those who haven't earned sufficient credits sometimes qualify based on their spouse's work record.

Retirement benefits are calculated based on earnings during 40 years of work. The five lowest-earning years are dropped and each year not worked counts as zero. "Full retirement age" increases gradually from 65 for those born before 1938 to 67 if born after 1959.

If eligible, you may begin drawing benefits at 62; however, doing so may reduce your benefit by up to 30 percent. The percentage reduction gradually lessens as you approach full retirement age.



Jason ALDERMAN

Alternatively, if you postpone participating until after reaching full retirement age, your benefit increases by 7 to 8 percent per year, up to age 70.

You can use the Retirement Planner tools at www.socialsecurity.gov/retire2 to estimate your retirement benefit under different earnings, age and life-expectancy scenarios.

If you're married and your earned benefit is less than 50 percent of your spouse's, you're eligible for a benefit equal to half of theirs. Spousal benefits also are available if you're divorced, provided: your marriage lasted at least 10 years; you remained unmarried before age 60 (or that marriage also ended); and you're at least 62. If you remarried after age 60 (or 50,

if disabled), you can still collect benefits based on your former spouse's record.

If your spouse dies and was benefits-eligible, you and your children may be eligible for survivor benefits. Amounts vary depending on age, disability status and other factors. Read the Survivors Planner at www.ssa.gov/survivorplan/ifyou.htm for details.

Know that if you begin collecting Social Security before full retirement age yet continue to work, your benefit may be reduced. In 2011, you'll lose one dollar in benefits for every two dollars you earn over \$14,160. (Note: Investment income doesn't count.)

However, if you reach full retirement age in 2011, the formula changes: \$1 will be deducted from your benefits for each \$3 you earn above \$37,680 until the month you reach full retirement age. After that, no further reductions.

Thus, if you think you'll need to continue working, it might be wiser to hold off collecting Social Security until reaching full retirement age. These benefit reductions are not completely lost, however: Your Social Security benefit will be increased upon reaching full retirement age to account for benefits withheld due to earlier earnings.

And finally, although Social Security benefits aren't taxed by many states, they are considered taxable income by the federal government. So, depending on your income, you may owe federal income tax on a portion of your benefit. For more details, read IRS Tax Topic 423 and Publication 915 at www.irs.gov. Jason Alderman directs Visa's financial education programs. Sign up for his free monthly e-Newsletter at www.practicalmoneykills.com/newsletter.



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Early Warning Signs of Problems in Elders

I'm a total novice when it comes to caregiving, so I'm wondering if you have a list of signs that I can look for that can help me detect the onset of problems my father might encounter. Christopher in Oregon

Carefully consider this list of warning signs that could indicate a major change or prevent an oncoming crisis. Any one of these signs, or a combination thereof, may be cause for alarm. They could be caused by a reaction to a new medication, or just be the temporary symptom of nothing worse than a bad day. Every person is different. But it might indicate something serious, and it's definitely better to let your father's primary care doctor know what's happening.

- Bumping into walls, railings, or furniture

- Cuts and bruises appear
- Depression
- Difficulty walking
- Falls
- Greater desire for sleep
- Hiding empty bottles of alcohol
- Incontinence
- Increased irritability
- Lack of appetite
- Lack of ambition (even if the goals are small)
- Lack of interest in the holidays



Dr. Marion SOMERS

- Lack of response to doorbell
- Leaving mail unopened
- Loss of focus
- Loss of interest in money
- Loss of self-confidence
- Loss of taste
- Mesmerized by a TV that is tuned to the same channel every day
- Mismatched shoes, socks, or clothing
- Mood swings and inconsistent behavior

- Not answering the phone or not calling family and friends
- Not caring for pets
- Not caring for plants
- Not changing out of pajamas
- Not hearing or comprehending verbal communication or instructions
- Not sending birthday or holiday cards
- Reduced spatial awareness
- Repeating what was just said, or asking you to repeat yourself
- Shunning social outings
- Sitting alone in unlit room
- Skipping religious events
- Slurred speech
- Talking frequently about death or suicide
- Unkempt appearance
- Volume (TV or radio) is inappropriate, either too loud or too low
- Weight loss or gain

If required, the doctor can refer your father to a specialist for any additional diagnostic testing.



Over the last 40 years, Dr. Marion (Marion Somers, Ph.D.) has worked with thousands of seniors and their caregivers as a geriatric care manager and elder care expert. It is now her goal to help caregivers everywhere through her book ("Elder Care Made Easier"), iPhone apps (www.elder911.net) web site, columns, public service announcements, and more. For more information, visit www.DrMarion.com

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Father's Day and a Dad's Responsibilities

It is hard to believe that Mother's Day just passed and we are heading toward Father's Day. I am fortunate enough to still have my father and mother and to get the opportunity to celebrate these days with them. I also get the opportunity to celebrate Father's Day with my kids. Each year at this time of the year, I am reminded of the responsibilities a father has regarding his children.

The first responsibility a father has is to raise his children. I am reminded each day that a father is an integral part of his children's lives. Each day I see parents come into the courtroom that either don't want to raise their children or want to use

the children as pawns in getting a better deal on child support. If the father does not pay child support, the law allows the judge to take certain actions. The judge can hold the father in contempt and can remove his fishing/hunting licenses, driver's license, make him responsible for attorney's fees and court costs, and/or place him in jail. If the father is using the child as a pawn in a custody case, the court may restrict visitation to the father depending on how the father is acting toward the child. Each father needs to be involved in the child's life. A father provides a unique prospective and insight into life

that the child will never learn if the father does not teach them or is not involved in his or her life.

The next responsibility a father has is to protect his children. A father, according to the Louisiana Civil Code, is the natural tutor of the child. This means that the father has the duty to take care of the child's financial, as well as the child's physical,



Judge JEFF COX

well-being. A father is to take care of all the assets of the child and make sure any assets the child has are to be protected until the child reaches the age of majority. In addition, a father is to protect the child from harm to the best of his ability. Children will get injured, but a father is to do his best to protect the child from any foreseeable danger.

Until the child reaches eighteen, a father is responsible for his child's actions. The Louisiana Civil Code states that a parent is responsible for his child's actions. If a child under eighteen has an accident in a vehicle, then any injuries caused by the child's actions are to be paid for by the parent. A father needs to be actively involved with their child and constantly monitor their child's actions. The father should always instruct the child on the proper attitude toward other persons as well as the proper attitude in using any type of equipment. Failure by the father to properly instruct the child may cause the parent to become liable for the actions of the child.

Finally, a father has a responsibility to love. Each child needs attention and love. Each child needs a father to instruct them in life and be a shoulder to lean on when times seem tough or the road seems long. If you are a father, remember your responsibilities. If you are a child, remember your Dad and remember to say "thank you". In either case, Happy Father's Day to all of you!

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

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

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



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



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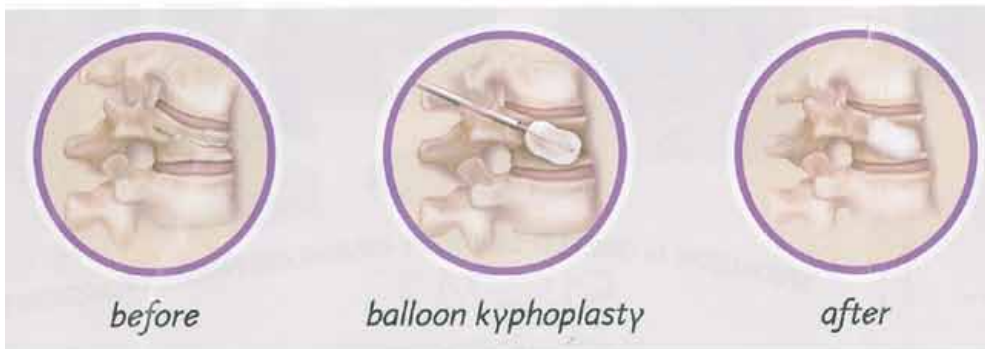
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Standing Tall: What Women Need to Know about Spinal Fractures

When you think of women's health issues, spinal fractures probably don't come to mind. But they should. These common fractures can not only be disfiguring, but deadly.

Spinal fractures are the most common osteoporotic fracture; over 900,000 spinal fractures occur every year in the United States alone, according to industry estimates and research. They occur more often than hip fractures in any one year. They also increase the risk of death. Unlike a hip fracture, the risk of death following a spinal fracture (link to: <http://www.spinalfracture.com>) continues to increase progressively, so it is important to treat spinal fractures soon after they occur. Sadly, only about one third of these fractures ever receive medical attention.

The main cause of spinal fractures is osteoporosis, which silently robs you of the density in your vertebrae — bones we often take for granted. Think of the vertebrae in your spine as a stack of square building blocks with mesh interiors. Osteoporosis causes the mesh architecture inside the blocks to deteriorate, eventually causing micro-fractures. As micro-fractures accumulate, the blocks become weaker and less able to resist the stresses we expect them to handle. Many times, what seems like very minor stress can cause fractures and the vertebrae to collapse, which causes the vertebrae to become compressed. You may notice you are getting shorter, and gradually you will notice a curving forward of your spine. This is called kyphosis.

Besides loss of height, some other changes occurring in your body might be due to spinal fractures. Do your clothes not quite fit right? Are you developing a "tummy" that you never had? Do you eat less because you get full so fast? Are you short of breath from small exertions?

With spinal fractures, what was once a nice sturdy compartment for your internal organs gradually becomes smaller and smaller, compressing your stomach, lungs and digestive tract. The compression keeps your lungs from expanding fully, makes your heart work harder and your entire digestive track is pushed forward between your ribs and hips.

Spinal fractures can occur spontaneously or from the minimal stress of day-to-day activities. Sometimes there is no pain and the fracture goes unnoticed, but sometimes there is extreme pain.

For Marian Williams, 80, of Salem, Va., it was both spontaneous and very painful. As she was walking down the stairs in her home, "It felt like something slipped in my back. It started hurting right away, and the pain quickly became unbearable. I couldn't do anything. Even when I was lying down or sitting down, it hurt," she said. "It hurt to move. It hurt to

breathe. I never had pain like that before. It was excruciating."

Marian was admitted to the hospital and referred to Dr. Van Lewis, a neuroradiologist in nearby Roanoke, who recommended a minimally invasive surgery known as KYPHON (R) Balloon Kyphoplasty. During this procedure, two tiny incisions are made in the back and balloons are inserted through small tubes into the fractured bone. The balloons are then carefully inflated in an attempt to raise the collapsed bone. The balloons are then removed, creating cavities in the bone that are filled with bone cement. A clinical study has shown that those who undergo this procedure experience improved quality of life, faster back pain relief and quicker return of physical function than patients who opt for non-surgical treatments such as physical therapy or pain medication. The benefits were sustained on average throughout 12 months. While spinal fractures may be associated with mortality, no data exists currently to show that KYPHON Balloon Kyphoplasty improves the mortality rate.

The complication rate with KYPHON Balloon Kyphoplasty has been demonstrated to be low. There are risks associated with the procedure (e.g., cement leakage), including serious complications, and though rare, some of which may be fatal. This procedure is not for everyone. A prescription is required. Please consult your physician for a complete list of indications, contraindications, benefits, and risks. Only you and your physician can determine whether this procedure is right for you.

Three days after being admitted to the hospital, Marian was treated with balloon kyphoplasty. "When I woke up from the surgery, they took me back to my room and told me to lie flat for two hours ... the excruciating pain was gone," Marian said.

Marian no longer has excruciating back pain and is back to her regular activities, which include lifting light weights, using the weight machines and taking low-impact aerobic classes at her gym three times a week.

For a free, informational packet on KYPHON Balloon Kyphoplasty, potential patients and physicians can call [phone number to be inserted here]. More information about spinal fractures can be found on the Internet at www.spinalfracture.com (link to: <http://www.spinalfracture.com/>) or www.kyphon.com. (link to: <http://www.kyphon.com/us/home.aspx>) or by writing to Medtronic, Inc., 1221 Crossman Ave., Sunnyvale, CA, 94089.

KYPHON Balloon Kyphoplasty incorporates technology developed by Dr. Gary K. Michelson.





Traveling Through TIME and SPACE

Story by Andrea Gross | Photos by Irv Green

My seat tilted back. There was a loud noise, followed by spine-jarring vibrations. I felt a pressure on my chest, pushing me back against my seat. Then there was another boom — this one more deafening than the last — and the launch simulator at the Kennedy Space Center made me feel as if I were soaring into space.

Suddenly all was still, and I saw the earth floating before me, a round ball with vague outlines of recognizable continents. A youngster, who was sitting a few rows ahead of me, broke the silence. “I’m going there someday,” he said, and all the adults nodded approvingly.

The Space Center, 50 miles east of Orlando and home of the United States’ manned space program, is that kind of place — as inspiring as it is informational, as entertaining as it is educational.

Here, some of the must-sees:

- **“Space Station”** is an IMAX® film that serves as a primer to living in outer space by showing how astronauts eat, exercise, sleep and, yes, float in a weightless environment. In May, when the STS-134 crew led by Commander Mark Kelly [husband of Arizona Representative Gabrielle “Gabby” Giffords], spent 14 days at the space station, my husband and I could relate to what they were experiencing. After all, we’d been there too, albeit by way of a three-dimensional film.

Another IMAX® film, **“Hubble 3D,”** tells the story of the telescope that has given us unprecedented views of the universe. Watch this film towards the end of your visit when it provides a welcome excuse to sit down and rest your feet!

- **Early Space Exploration** isn’t the Center’s flashiest exhibit, but a quick visit helps put future advances into context. For a more personal look at the early missions, visit the **Astronauts Hall of Fame**, located several miles from the main complex. The hall is filled with astronaut memorabilia, including a Mercury spacecraft piloted by astronaut Wally Schirra.

- Fewer than 550 men and women have flown in space, but each day one of them hosts an **Astronaut Encounter** at the Kennedy Space Center. We heard a talk by Al Worden, who seemed like a nice, ordinary guy until I realized that as Command Module Pilot for the Apollo 15 moon mission, he’s one of only 24 people in the history of the world to travel beyond the orbit of the earth. Worden described walking in space 200,000 miles from earth, at which time he became the first human to see both the earth and the moon in their entirety. “It was



The Rocket Garden displays the base of historic rockets that launched the first Americans into space.

kinda cool,” he said with a grin that indicated this was a grand understatement.

• The **Kennedy Space Center Bus Tour** takes visitors to an observation stand that offers the best view most of us are going to get of the launch pad that sends astronauts into space. Then it continues to the Apollo/Saturn V Center, where the 363-foot long Saturn V rocket hangs from the ceiling, dwarfing everything around it. This rocket was used for Apollo 11, the United States’ first manned landing on the moon, an event that is depicted in a film shown in the Saturn V theater.

• We ended our Space Center visit at the **Mission Status Center**, where a NASA representative discussed the future of the United States’ manned space program. “The shuttle program is ending, and Washington hasn’t decided what to do next. Everything is up in the air,” he explained, without a trace of irony.



The Saturn V rocket was used to send astronauts into lunar orbit.

The next day we time-traveled back to the past at the nearby Valiant Air Command Warbird Museum, a combination restoration facility and exhibition hall that offers a unique view of aviation history. There are 25-30 aircraft on display at any one time, and in short order we saw a single-seat biplane from WWI, a helicopter from Vietnam, a fighter aircraft from Korea, a military transport from World War II, and a fighter jet like those used today. Also on display: a collection of related memorabilia including flags, flight gear and a plethora of model planes.

Every year more than 30,000 veterans and aircraft aficionados gather for the museum’s air show, which features everything from formation flying to rescue reenactments. (The next show will be March 9-11, 2012.)

Finally, we decided it was time to enjoy the present. The Space Center is surrounded by some of Florida’s best beaches, so instead of flying to the moon, we simply reveled in the sun.

For more information: www.KennedySpaceCenter.com ;
www.Vacwarbirds.org ; www.space-coast.com

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

Blood Pressure Medications Are Better Spaced Apart

I take four different medications for blood pressure in the morning. The labels all say, "Take once daily." Is that the best way to take them? I only ask because I bought a blood pressure monitor and I test myself, and my blood pressure is great all day and rises by nightfall. ~D.F.



Suzy COHEN, RPh

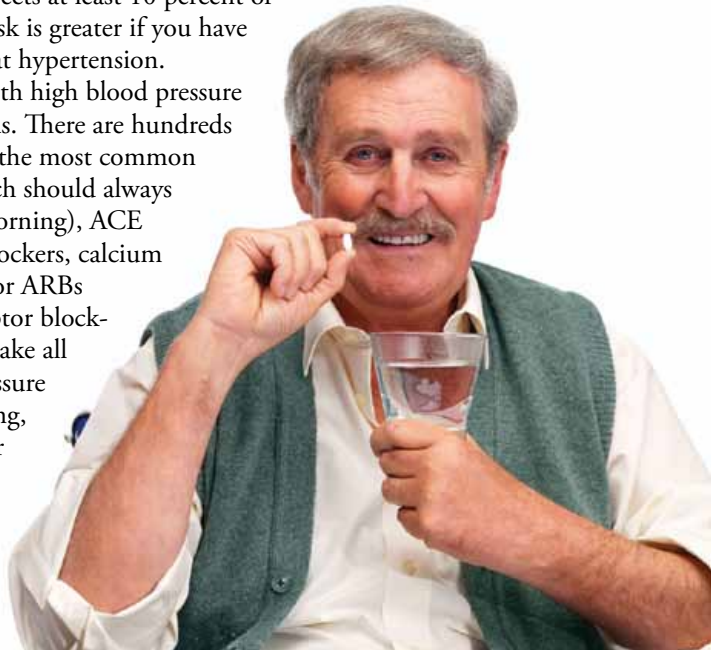
your body clock releases cortisol and other 'stress' hormones which gently raise blood pressure as you wake up.

I think it's sensible to take some of your blood pressure meds in the morning and some in the evening. I base my recommendation on research that found some people experience a rise in blood pressure while sleeping, rather than a dip. This dip in blood pressure gives your arteries a little vacation. In healthy people, blood pressure naturally dips about 10 to 20 percent while sleeping. You want to be a dipper because it reduces the overall risk of cardiovascular complications. But as I said, some people don't dip at night; this phenomena affects at least 10 percent of hypertensive patients, but risk is greater if you have kidney failure to go with that hypertension.

Most people with high blood pressure take multiple meds. There are hundreds available. Among the most common are diuretics (which should always be taken in the morning), ACE inhibitors, beta blockers, calcium channel blockers or ARBs (angiotensin receptor blockers). Now, if you take all of your blood pressure pills in the morning,

the effects of some may wear off at about the same time, in the evening. This leaves you more susceptible to higher pressures while you sleep.

Making this one little



Timing medications is very important, because your body has its own biological clock. At night, melatonin seeps out of your brain to help you fall asleep. The body's production of growth hormones, antioxidants and neurotransmitters is also ramped up at night. In the morning,



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Did You Know?

A newly identified compound in tangerines called nobiletin helps protect us from atherosclerosis, diabetes and obesity.

change, that is, taking one or two of your blood pressure medications at bedtime might help you to experience that dip, which is especially crucial if you're at high risk for heart attack or stroke. Italian researchers evaluated some people with hypertension and kidney disease. They asked participants to switch one of their drugs from a morning dose to a bedtime dose. In about 60 days, almost all of them (90 percent) experienced an average drop in blood pressure by 7 points, without experiencing any more side effects or spikes in their daytime blood pressure. Not only that, but kidney function improved significantly as well!

A common side effect with blood pressure drugs is orthostatic hypotension so get up very slowly from a sitting or resting position to avoid feeling faint or dizzy. Timing won't alter your risk for this particular side effect so please be careful. Ask your physician or local pharmacist if spreading your medications apart is right for you.

This information is not intended to treat, cure, or diagnose your condition. For more information visit www.DearPharmacist.com. ©2011 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.

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The Art of Breathing

By the time we reach our 50s and 60s, we have often learned habitual postures and positions that block our ability to breathe fully. These postures might be learned from parents, they might be developed from past injuries or result unconsciously from daily environments like driving or hunching forward to look at a computer.

You can go without food and even water for quite a while but stop breathing for more than a couple of minutes and you know what happens.

You take a breath about

every 5 seconds. Breathing is something we take for granted. But its powers are nearly magical.

Everything we do depends on the quality of our breathing: better circulation, clearer thinking, more positive mood, reduced stress and many say longevity and even peace of mind.

Breathing is normally automatic but it can be made voluntary.

Controlled breathing helps the body and mind relax.

Breathing deeply can help you begin to slow down, even in the most stressful times of your life. Even if you are not inclined to practice meditation, doing 5 minutes of breathing exercises and concentrating on your breath during easy movement can have a similar relaxing effect.



Mirabai HOLLAND



These tranquil, replenishing exercises can be done wherever you are.

Let's try it. Start with your breath.

Go to a place that is a quiet and private as possible, even if it's a bathroom.

Sit in a comfortable position and close your eyes. Let them relax back into their sockets.

Breathe in deeply while relaxing your abs. Hold about 3 seconds and breathe out while pulling your abs in. Keep breathing. Concentrate on the sound of your breathing. It will help you clear your mind. Relax your shoulders and keep breathing. Let the stress melt.

When you're good and peaceful, open your eyes and when you're ready get up and rejoin your 400 mile and hour day.

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When we breath, we often inhale by tightening our abs and filling only the upper part of the chest with air, and the opposite when we exhale. The problem with shallow breathing like this is that the lungs don't completely fill with air, nor are we properly expelling waste gasses. We need to breathe more deeply.

The chest cavity is separated from our abdominal area by a dome shaped muscle called the diaphragm. Its sort of like a sheet of plastic wrap across a bowl. When you breath in, the diaphragm contracts and moves down, helping to suck fresh air into the lungs. When you breathe out, the diaphragm relaxes and moves up, helping to push out the old air and carbon dioxide.

When you inhale from down at the diaphragm instead of up in the chest, and relax the abdominals instead of contracting them, you enable a deeper, more complete filling of the lungs. And Exhaling from the diaphragm while contracting your ab muscles helps to better cleanse the body of waste gasses.

Breathing is normally automatic. But it can be made voluntary.

Mirabai Holland M.F.A. legendary fitness pioneer, is one of the leading authorities in the Health & Fitness industry, and public health advocate who specializes in preventive and rehabilitative exercise for women. Her Moving Free® approach to exercise is designed to provide a movement experience so pleasant it doesn't feel like work. © 2011 www.movingfree.com

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Simple Pleasures on a Sunday Afternoon

Sunday afternoon was a special time for my family. After church, the day was spent in a very low key way. It was as if the adults were recharging for the week ahead. Dizzy Dean would be calling a baseball game on the family radio in the living room. Mother, in the kitchen making fresh rolls, a roast in the oven. While it was work, this was Mothers favorite pastime, cooking for her family.

We would have a family dinner earlier than usual. This meal was taken in the dining room, the good silver, the good plates. Upgraded dress was mandatory. After eating, the plates were stacked



**I.V.
HASTINGS, Jr.**

in the sink for later. Dad would ask, "Anyone want to go for a ride?"

Now came the real treat. As this was the Summer, the day was still young and bright. We all took to the family car. In these times, most families had one car which the father took to work each day thus a ride in the car was special.

Before air conditioning in autos, the windows were rolled down to promote air flow. Somehow, it was bearable, even enjoyable.

Mother would direct Dad to the sights she wanted to pass, but the real destination was always the ride around Cross Lake. The winding tree shaded road was always fun, it never grew old.

Then we parked at the end of the runway of the Shreveport Airport, now called Downtown Airport, to watch the airplanes take off and land. There would always be a number of families there, watching the traffic.

Working our way home, we traveled Centenary Boulevard through downtown to the Dairy Queen on the Northwest corner of the Centenary campus. In the days before eating out was an almost daily



experience, the rich, creamy ice cream was divine. Rapid eating was best or the melted ice cream would soon be running down your elbow.

It was time to turn for home. The Sunday night radio shows will be coming on soon. We will gather around the radio to hear the "radio theaters of the air". Somehow, the radio show seemed as real as any television show of later times. Dad would pop popcorn on the stove, all was well in the world.

I miss those simple days, when a lazy car ride to nowhere was a weekly family highlight.

I.V. Hastings, Jr. moved to Shreveport in 1947 at the age of 6. He has written a series of vignettes about his childhood in Broadmoor in the 1950s.

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Recent DVD Releases



Mark GLASS

No Strings Attached ★★ ★

(Rated R) Romantic comedies inherently rely more on excesses than realism. The Screwball Comedies of the 1930s and their successors place our leading lovers-to-be in outrageous situations.



Others trade on unlikely pairs finding more in common than they expected. All the good ones thrive on a chemistry between the stars that neither of their characters appreciates as early and fully as the audience. However contrived the premise must be for their happy ending to emerge, the appeal of the characters, wit of the script, energy of the direction, etc. must overcome the artifice of their course. Despite the attractiveness and talents of Ashton Kutcher and Natalie Portman, this one ranks as a near-miss. She's a brainiac doctor with intimacy issues. He's the privileged son of a famous TV star (Kevin Kline), who seems like a typical frat rat, but turns into an unbelievably caring and patient adult while toiling in a low-level job on a schlocky TV series. As they meet, and periodically re-meet, we know what's coming before they do.

To its credit, the script calls for an interesting gender reversal. He's the booty call for her; she's the one who sets the limits against emotional attachments. But the characters are too cartoonish for real empathy, while the story plays out too logically for farce. That makes this one a 'tweener, of sorts, that falls short of either goal. There are a number of funny moments, and even a few satiric notes to keep things afloat for a likable cast. Just lower your expectations before entering. (5/10/11)

Blue Valentine ★★ ★

(Rated R) If your marriage or other relationship is going well enough that you're interested in a depressing drama about an attractive, though mismatched, young couple whose familial life is crumbling before your eyes, then here's an option for you. Ryan Gosling marries Michelle Williams based on chemistry and the folly of youth over all else. He's got no education or ambition; she abandons college and aspirations of medical school to bear their child. Several years later, they're both miserable for reasons they little comprehend -- as to their own, or each other's. They have no business remaining together, and the audience gets to spend a couple of mostly unpleasant hours learning their backstories and likely future, gaining surprisingly little insight into what makes them tick. There's one sex scene that initially earned an NC-17, but it's apparently been edited into a much tamer version, since nothing in the final release comes close to that level of explicitness. (5/10/11)



True Grit ★★ ★ ★



(Rated R) In a faithful remake by the Coen brothers, Jeff Bridges fares quite well as John Wayne's stand-in for his iconic, late-life Rooster Cogburn role. Newcomer Hailee Steinfeld outpaces Kim Darby's Mattie Ross in the rapid-

fire, overly florid dialog bursting from this determined teenager who hires an old drunken lawman to hunt the man who kilt her paw. Matt Damon joins their uneasy alliance, as they chase the elusive criminal through some rough country. The language is unique among westerns on the poetic, if not erudite, scale. But it works. The pace and action run true to form for the Coens, who seem to have found a gem in Steinfeld, justifying their extensive search among fresh faces for Darby's successor. (6/7/11)

Mark Glass is an officer and director of the St. Louis Film Critics Assn.

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Brunch

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Brunch is the ultimate way to gather friends and celebrate special occasions. Instead of going out, host your brunch at home where you can relax and make everything delicious. Mary Beth Harrington of the McCormick Kitchens shares ideas for successful brunch entertaining, including adding fresh twists to popular dishes. Check out www.McCormick.com for tips and tricks to hosting the ultimate weekend celebration.



Field Greens with Oranges, Strawberries and Vanilla Vinaigrette

Vinaigrette:

- 1/3 cup olive oil
- 3 tablespoons white wine vinegar
- 1 teaspoon Pure Vanilla Extract
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/4 teaspoon Black Pepper, Ground

Salad:

- 1 package (6 ounces) field greens or baby spinach leaves
- 2 seedless oranges, peeled and sectioned
- 2 cups strawberry halves or slices
- 1/2 cup toasted pecan pieces

For the vinaigrette, mix all ingredients in small bowl with wire whisk until well blended. Toss greens with oranges, strawberries and pecans in large bowl. (Or divide among individual serving plates.) Serve with vinaigrette.



Lemon Cheesecake Bars

Makes 24 servings

- 1 1/2 cups graham cracker crumbs
- 1/3 cup butter, melted
- 1/2 teaspoon Ground Ginger
- 3 pkg (8 ounces each) cream cheese, softened
- 1 cup sugar
- 1/4 cup milk
- 2 tablespoons flour
- 1 1/2 teaspoons Pure Lemon Extract
- 1 teaspoon Pure Vanilla Extract
- 3 eggs

Preheat oven to 350°F. Mix graham cracker crumbs, butter and ginger. Press firmly onto bottom of foil-lined 13 x 9-inch baking pan. Refrigerate until ready to use.

Beat cream cheese and sugar in large bowl with electric mixer on medium speed until well blended. Add milk, flour and extracts; mix well. Add eggs, 1 at a time, beating on low speed after each addition just until blended. Pour over crust.

Bake 40 to 45 minutes or until center is almost set. Cool completely on wire rack.

Refrigerate 4 hours or overnight. Lift out of pan onto cutting board. Cut into bars. Garnish as desired. Store leftover bars in refrigerator.

Berry Topping: Garnish top of cheesecake with 4 cups assorted berries, such as blackberries, blueberries, sliced strawberries and raspberries. Brush berries with 3 tablespoons currant or apple jelly, melted and cooled slightly.

Stuffed French Toast

Makes 8 servings

- 1 tub (8 ounces) whipped cream cheese
- 1 Tbs. brown sugar
- 3 tsp. Ground Cinnamon, divided
- 1 1/2 tsp. Pure Vanilla Extract, divided
- 16 slices Italian bread (1/2 inch thick)
- 1/2 cup apricot preserves or jam
- 5 eggs
- 1 cup milk
- 2 Tbs. butter, divided

Mix cream cheese, brown sugar, 2 teaspoons cinnamon and 1 teaspoon vanilla in small bowl until well blended. Spread 2 tablespoons cream cheese mixture on each of 8 slices bread. Spread 1 tablespoon preserves on remaining 8 slices of bread. Press one each of the bread slices together to form 8 sandwiches.

Beat eggs with wire whisk in 13 x 9-inch baking dish. Stir in milk, remaining 1 teaspoon cinnamon and remaining 1/2 teaspoon vanilla until well blended. Dip sandwiches in egg mixture, soaking for 2 minutes on each side.

Melt 1 tablespoon butter in large non-stick skillet or griddle on medium-low heat. Place 4 sandwiches in skillet. Cook 4 to 5 minutes per side or until golden brown. Repeat with remaining sandwiches, melting remaining tablespoon butter in skillet. Serve French toast with maple syrup, if desired.

RSVP Volunteer of the Month: Queen M. Oglesby

By Linda Mullican



Queen M. Oglesby has been a Caddo/Bossier RSVP volunteer since November 1, 2002. She is a resident of Haughton, LA and volunteers for the

Bossier Council on Aging on Bearkat Dr. in Bossier City. Ms. Oglesby was born in Doyline, LA to Josephine & David McFan and has 6 brothers and sisters. She is mother of two sons, Wilbur and David. She graduated in 1957 from Webster High School in Minden, LA and is a member of St. Mary C.M.E. Church in Doyline, LA. She retired from Lucent Technology in 1997 but only remained in retirement a short time, then began working as a caregiver for local families.

Ms. Oglesby's main hobbies include fishing and volunteering. Her volunteering is primarily at the Bossier Council on Aging where she arrives at 6:30 a.m. every Monday - Friday morning to help prepare breakfast for seniors and then stays through the lunch hours to serve lunch.

According to Carolyn Segelhorst, Nutrition Director at Bossier Council on Aging, "Ms. Oglesby is a true asset to the Bossier Council on Aging and they are proud to have her as a very dedicated volunteer".

Ms. Oglesby has volunteered 4,527 hours for the Caddo/Bossier RSVP at the Bossier Council on Aging Bearkat Senior Center. At the Caddo/Bossier Volunteer Appreciation Party held in April of this year, Ms. Oglesby received the highest Presidential Volunteer Service Award, the Lifetime Award, for volunteers who have volunteered at least 4,000 hours since the award was started in 2003. Ms. Oglesby is truly a wonderful volunteer and very much appreciated by our program.

If you would like to volunteer for the Caddo/Bossier RSVP, please e-mail Linda Mullican at lmullicoa@yahoo.com or contact the RSVP office at 676-5187.

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FOR THE RECORD

By Matt Skoczen; Edited by Rich Norris and Joyce Nichols Lewis

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 - 7 Surprise at the end
 - 12 Hot air
 - 15 Sight from Salzburg
 - 19 Trumpet relative
 - 20 Bandleader Shaw
 - 21 Job: Abbr.
 - 22 Dismiss
 - 23 Even (with)
 - 24 Composer Saint-__
 - 25 Like some bandits
 - 27 George Bush in late 1992, say
 - 30 Green gp.
 - 31 Persian Gulf prince
 - 32 Unruly crowds
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 - 34 Rip into
 - 36 Oaxaca "Of course!"
 - 37 "It Ain't All About the Cookin'" memoirist Deen
 - 40 Cut off
 - 42 Houston school
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 - 47 Bolts again
 - 50 Animation frame
 - 53 Wine bottle word
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 - 57 Souped-up wheels
 - 60 "Psst!"
 - 62 How a player may turn
 - 65 "Have ___!"
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 - 69 It's charged
 - 70 Either 2007 Best Director
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 - 76 Webster's entries: Abbr.
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 - 82 "Soap" actor Robert
 - 85 Phone button
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 - 94 "___ Blues": Beatles "White Album" song
 - 95 Facets
 - 97 Heads-up discovery
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 - 128 Former Giants closer Robb ___
 - 129 ___ Islands: autonomous
 - 130 Danish province
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 - 132 One may have several scenes
 - 133 Some grenades, briefly
 - 134 Lifts
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- 1 Places to study anglais, perhaps
 - 2 Endearing words from ftienne
 - 3 Friend of Athos
 - 4 At risk

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5/29/11

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| 8 Concludes | 45 Monastic title: | system | inhabitants |
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| yore | 46 "Uh-uh" | 68 Generation | wood source |
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| 11 "Veronica Mars" | 49 Actor ___ | 72 Not under, with | 106 Himalayan |
| actress Thompson | Diamond Phillips | "at" | leader |
| 12 Treating nicely | 50 2002 Hewlett- | 73 One of the | 107 Soap, e.g. |
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| 35 Back for a buck? | 58 Gave two stars, | 92 12th-century | |
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BIRD WATCHING

Beginner Bird Walk - Join the Wild Bird Center and Shreveport Bird Study Group for a beginner bird walk! Meet at the store in the University Place Shopping Center (between Dress Barn and Tiger Town) at the corner of Youree Drive and East 70th Street. Destinations vary according to local sightings. Loaner binoculars are available. For more information, call 318-797-2473(BIRD). FREE.

BRIDGE LESSONS

Easybridge 1 - The Shreveport Bridge Association located at 7625 E. Kings Hwy. is offering a series of 4 modern bridge lessons free to introduce players to the game. The registration fee is \$11, which covers the cost of the book. Easybridge will begin on Wednesday morning, June 1, at 9 am, lasting between 2 to 2 ½ hours per session. After 4 free sessions, the fee will be \$6 per session, which includes a lesson and playing time. The beginning course runs for a total of 15 weeks. Call Bonita Hays

at 865-1224 for more information and to register. Class limited to 28 people.

CONCERT



Hot Jazz on the Red Concert Series - Every Thursday through June. 6:00 – 8:00 p.m. Bring lawn chair, blanket, picnic basket or sit with friends at one of the pre-set tables. Patio of the Barnwell Garden & Art Center, 601 Clyde Fant Pkwy.. FREE. 318-673-7703 for more information

- June 2, Ms. Mercy & her Texas Sugar Daddy's
- June 9, Matthew Davidson Group
- June 16, Island Boogie Steel Drum Band
- June 23, Jazziana
- June 30, Lacour Trio

CLUB MEETING

The GENCOM Genealogical Computer Society - Regular monthly meeting Sunday, June 26 at 2:00 PM at the Broadmoor Branch of the Shreve Memorial

Library, 1212 Captain Shreve Drive, Shreveport. Bernie Conradi will present a program on "Hints and Tips for Windows 7". The meeting is free and open to the public. For information call 318-773-7406 or email jimjones09@comcast.net."

DRIVERS EDUCATION

AARP Driver Safety Program - A 4 hour classroom refresher course for drivers age 50+. Participants must preregister. \$14 for non-AARP members; \$12 for AARP members (AARP card required at registration).

- June 16 - 12:00 Noon. Bossier Council on Aging, 706 Bearkat Dr., Bossier City. Contact: Esperanza – 318-741-8302; Instructor: Ray Branton

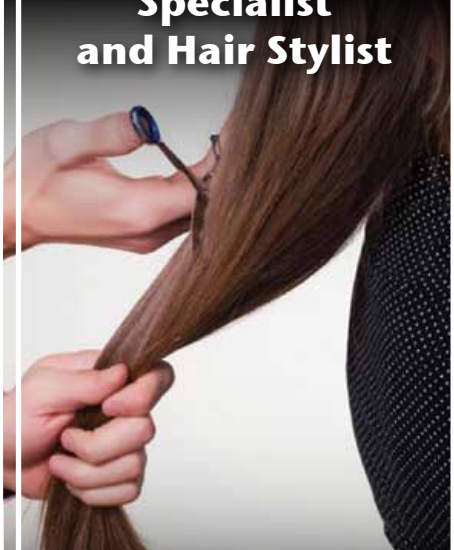
EXHIBIT

Remember in Shreveport When - The Exhibit - The Louisiana State Exhibit Museum at the Fairgrounds in Shreveport. This exhibit will celebrate memories of current and former residents of Shreveport. On Saturday, June 25 from 9 a.m. – 4 p.m. the public is invited to bring their Shreveport memorabilia to the museum to be considered for display in the exhibit. The exhibit will run July 2 - August 13. Monday through Friday, 9 a.m. until 4 p.m.; Saturdays from 12 p.m. until 4 p.m. Admission is free and tours are available by appointment.

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Shreveport

Contact Bonita Hays
(318) 865-1224



Wednesday
mornings at
9:00 a.m.
beginning June 1
4 FREE Lessons



American Contract
Bridge League

- Eldorado Casino Resort in Shreveport on Thursday, June 9th from 6 – 9 p.m. Patrons will have their bowls filled with a modest soup dinner. Silent auction. Each attendee will get to choose a ceramic bowl to take home. Advance tickets may be purchased at the Food Bank, 2307 Texas Avenue. \$30 for adults and \$15 for children 12 and under. For tickets or more information, call the Food Bank at 675-2400 x111.

GOLF TOURNAMENT

2011 City Amateur Match Play Golf Championship - Hosted by SPAR. June 17, 18 & 19 at Querbes Park Golf Course, 3500 Beverly Place. Open to all male amateur golfers. All players must qualify on June 4 - 5 or June 11 - 13. All skill levels may participate. Entry fee is \$85 per player (includes green fee). Entry deadline 5:00 pm Wed., June 15. Applications available at Q Pro Shop, Querbes Pro Shop and online at www.mySPAR.org. For more info call 318.673.7773.

KREWE OF ELDERS

Krewe of Elders party - Sunday, June 26 from 1:30 to 5:30 p.m., at the American Legion Hall Post No. 14, 5315 South Lakeshore Dr., Shreveport. Entertainment provided by Shree and Goldrush. Cash bar, door prizes, 50/50 raffle, food available for purchase. Open to public. \$6 members, \$10 non members. Info. 635-4901, 752-9175.



MOVIES

Movies and Moonbeams - Sponsored by Shreveport Public Assembly and Recreation (SPAR), along with the Robinson Film Center. Bring your blanket or folding chair. Free admission. Concessions available or bring your own. For more info call 318.673.7892 or visit www.moviesandmoonbeams.org.

- June 17 - Ford Park. 8:30 p.m. "Yogi Bear" (PG)
- July 1 - Riverview Park. 8:30 p.m. "Grease" (PG)

Sci-Port's Golden Days

Matinee - Weekdays 1:00 - 4:00 p.m. On the Shreveport riverfront. Seniors enjoy an IMAX film, FREE admission to Sciport galleries and a frozen yogurt. Cards, board games & activities available. All for \$9. Groups call (318) 424-8660 to schedule.

Silver Screenings

- Presenting "Artists and Models" starring Dean Martin and Jerry Lewis. Matinee and luncheon for seniors on Tuesday June 21 at 10:30 a.m. at Robinson Film Center, 617 Texas Street in downtown Shreveport. \$5.75 for the film. \$14 for the film and lunch. Call (318) 459-4122 to RSVP.

SEMINAR

Pink Ribbon Garden Chats

- Presented by SPAR, along with the organizers of the Pink Ribbon Garden located at Betty Virginia Park, 3901 Fairfield Avenue, Shreveport. First Saturday of each month. A series of FREE, educational mini-seminars. Open to the public. Participants are encouraged to bring a folding chair and water.

- June 4th at 9:00 a.m. - Hummingbird and Butterfly Gardens. Lynn Eddy, Master Gardener, will provide info on how to attract hummingbirds and host butterflies in your garden. For more info contact Penny Durham at 318.865.6494 or pennydurham@comcast.com.



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American Life in Poetry

By Ted Kooser,
U.S. Poet Laureate (2004 - 2006)



Peter Everwine is a California poet whose work I have admired for almost as long as I have been writing. Here he beautifully captures a quiet moment of reflection.

Rain

*Toward evening, as the light failed
and the pear tree at my window darkened,
I put down my book and stood at the open door,
the first raindrops gusting in the eaves,
a smell of wet clay in the wind.
Sixty years ago, lying beside my father,
half asleep, on a bed of pine boughs as rain
drummed against our tent, I heard
for the first time a loon's sudden wail
drifting across that remote lake—
a loneliness like no other,
though what I heard as inconsolable
may have been only the sound of something
untamed and nameless
singing itself to the wilderness around it
and to us until we slept. And thinking of my father
and of good companions gone
into oblivion, I heard the steady sound of rain
and the soft lapping of water, and did not know
whether it was grief or joy or something other
that surged against my heart
and held me listening there so long and late.*

American Life in Poetry is made possible by The Poetry Foundation, publisher of Poetry magazine. It is also supported by the Department of English at the University of Nebraska-Lincoln. Poem copyright ©2008 by Peter Everwine, whose most recent book of poems is From the Meadow: Selected and New Poems, Pitt Poetry Series, Univ. of Pittsburgh Press, 2004. Reprinted from Ploughshares, Vol. 34, no. 1, Spring 2008, by permission of Peter Everwine and the publisher. Introduction copyright ©2010 by The Poetry Foundation. The introduction's author, Ted Kooser, served as United States Poet Laureate Consultant in Poetry to the Library of Congress from 2004-2006. We do not accept unsolicited manuscripts.

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June Parting Shots

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

The Shreveport-Bossier Bridge Association hosted a regional Duplicate Bridge Tournament, "Bridge on the Bayou", April 25 - May 1.



Tournament CoChairs Pat Stricklin and Bobbye Goodman with tournament spokesperson, "Bridge-ette"



Betty Ann Kennedy
Congratulations to Shreveport resident and 5 time Bridge world champion, Betty Ann Kennedy, who was recently named the 2011 Sidney Lazard, Jr. Sportsman of the Year by the American Contract Bridge League (ACBL)



Earlene Boddie
Congratulations to Shreveport's newest Life Master



Linda Johnson
shows off the pencils donated by Brock's Collision



Above: Ann Cook, Virginia McInnis, Jerry Thomas, and Tom Reed

Right: Marilyn Gallagher, Jackie Thompson, Betty Vaughan, and Diana Ely



Birthday Celebrations!

Ruth Isler recently celebrated her 95th birthday with friends at the Shreveport Bridge House. (l to r) are Frances Bailey, Vy Ammons, Ruth, and Nina Archer.



Jan Glasgow's birthday celebration with her Thursday afternoon Bridge group. (l to r) Anne Marston, Beth Hayes, Paula Rubel, Jan Glasgow, Brookie Walker (seated), Sherry Hennigan, Abby Averett, Chloe Thornton, Charlcie Bain, Martha Malone, Deedy Roberts, and Debbie Grand

Safety Town Internet Safety event, April 16

Left: Caddo Parish Deputy Richard Corbett with Lloyd Childress

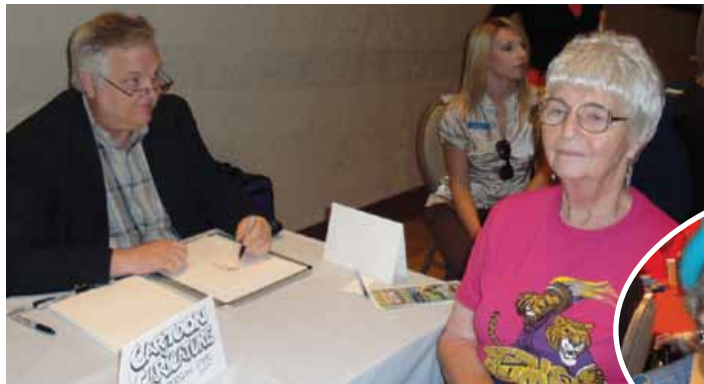


Below (l to r) Pollye and EJ Baker, Sharon and Billy Hamm, and Mark Dupre



RSVP Volunteer Appreciation event, April 28.

Right: Doyle Blasingame, Boocoos the clown, and Wynona Hammond



Above: Sci-Port's Al Bohl sketches Bettie Turner



Left: (l to r) Ann Drews, Cathleen Connell, and Donna Gunter

A Celebrity Waiter Dinner, benefiting Evergreen Foundation, East Ridge Country Club, April 28

T-Bo McCartney, "Lucille Ball" (aka David Oliver), Rob Franks, and Ted Lyles



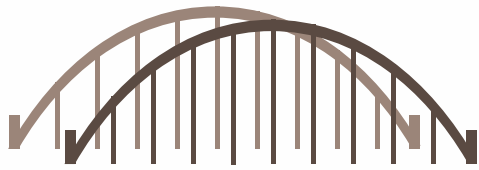
BJ Boubelik, Claudia Lyles, Vicki Franks, and Linda Biernacki

Silver Screenings at the Robinson Film Center, April 19

(l to r) Janet Stinson Brittain, Mary Carol Lowry, Dana Stinson, and Jeannine Pasini Beekman



(l to r) JoAnn Quaid, Hugh Coyle, Vince Scholtes, and Bev Bowers



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June Parting Shots (continued)

WWII Veterans Honored

Brookshire's Grocery hosted a group of WWII Veterans on a 3 day trip to Washington DC to visit the WWII Memorial and other landmarks. On May 12 the veterans were greeted with a hero's welcome at the Shreveport Regional Airport.



Peggy and Sam Canter with family



Above: Dale Foster with his family and sister Rue Wehlender

Right: Mason and Gertieann Ferguson



Grady and Rozell Shows



Don and Brenda Odom

DominoChamps

SPAR Airport Park Community Center's Seniors Domino Tournament undefeated winners Daniel Washington (left) and Miles E. Green with Center Manager Gerald Brown.



My 411 Club Community Health Expo, Shreveport Convention Center, May 10

Middie Farrow (left) with Kathy Mondello



(l to r) Alan and Pat Henigan visit Kyle Baird at the Humana booth

Senior Olympics Awards Banquet at the BCOA, May 14

Below: Gerry Robicheaux and Doyle Blasingame bestow the Distinguished Service Award to Paul Murray (center)



Above: Athletes of the year Betty Dark and Les Brossett

Below: Martha Shaw (left) and Betty Smith were awarded the 2011 Ken Howard Spirit Awards. Here with Elaine Howard (center)



Oval Left: Hazel Thompson is awarded the Hazel Gay Award by Doyle Blasingame

Left: Susan Berry receives the Volunteer of the Year award

Horseshoes - Claudia and Ted Lyles back yard was the perfect venue for an afternoon of horseshoes Dr Susan Seiler-Smith, Vicki Franks, and Judy Toth



Dr Scott and Karen Kennedy are fierce competitors



Joye Gamble prepares to toss



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EasyBridge – The Shreveport Bridge Association recently offered introductory bridge lessons.



Participants that completed EasyBridge 1 were: (front row) Joyce Ritter, Bonita Whitecotton, Elsy Murcia, Jane Manco, Clem Caplis, Beth Psalmonds; (2nd row) Ellie Sockrider, Joan Lurie, Jan Grigsby, Roger Dekay, Judy Austin, with EasyBridge Presenter Bonita Hays; (3rd row) Ruthanne Seitz, Frances Washburne, Sue Hedges, Carol Bean, and Dave Foley; (back row) Michael Perry and Keith Hedges

Cosmorama II Reception, Karpeles Museum, May 7
The "Cosmorama II" exhibit features more than 100 original artworks created by 45 students of local artist and instructor Robin Clawson.

Below: Robin Clawson with her students



Above: Robin Clawson (2nd from left) with students Jayne Baugh, Roxanne Bosserman, and Claudia Lyles

SPAR 3rd choir musical "Senior Spring Musical Splendor", April 25.

Shreveport Major Cedric Glover with his mother, Elizabeth Glover



Hattie Perry Community Choir



A.B. Palmer Community Choir



Airport Park Community Choir

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