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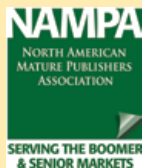
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June 6: How to Avoid Annuity Scams

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June 13: Balance Does Matter

Guest: Paula Click Fenter, University Health, School of Allied Health Professions

June 20: Stay Mobile and Age Stronger

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June 27: The Grand 31st season of Shreveport's Strand Theatre

Guest: Jenifer Hill, Executive Director of the Strand Theatre

July 4: Who Came Up With These Common Sayings and What do They Mean?

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-Darlene Franks Pace & Carolyn Franks Browning

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

-Terri Miller and family

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Stat! Medical News & Info

Long-Term Depression May Double Stroke Risk for Middle-Aged Adults



Adults over 50 who have persistent symptoms of depression may have twice the risk of stroke as those who do not, according to a new study led by researchers at Harvard T.H. Chan School of Public Health. Researchers found that stroke risk remains higher even after symptoms of depression go away, particularly for women. The

study was published online in the *Journal of the American Heart Association*. The researchers suggest that depression may influence stroke risk through physiological changes involving accumulation of vascular damage over the long term. Damage may also be incurred indirectly through depression's effect on health behaviors, including increased risk of smoking and physical inactivity.



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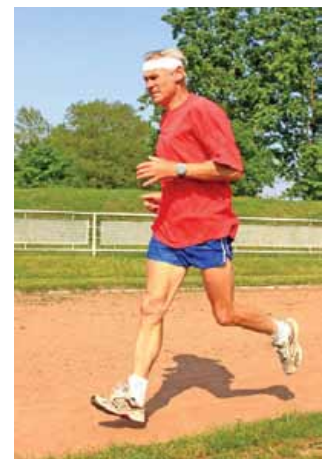
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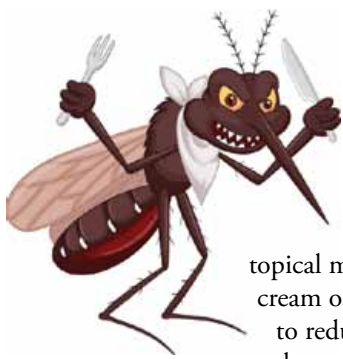
That May Indicate the Need for Treatment

- Depression, extreme sadness
- Confused thinking, difficulty concentrating
- Hallucinations; hearing voices
- Misuse of alcohol or medications
- Disorientation
- Numerous unexplained physical ailments
- Difficulties coping with daily living
- Excessive fears, anxieties or suspiciousness

Moderate Exercise May Make Cancer Treatments More Effective

Kansas State University kinesiology research offers encouraging information for cancer patients: A brisk walk or a slow jog on a regular basis may be the key to improved cancer treatments. The researchers have shown that moderate exercise on a regular basis enhances tumor oxygenation, which may improve treatments in cancer patients. Exercise is a type of therapy that benefits multiple systems in the body, and may permanently alter the environment within the tumor. But the key is moderate exercise. Too little exercise may have no effect, but too much exercise may have a negative effect and may shut down blood flow to the tumor region or impair the immune system. Moderate exercise is defined as an activity that uses 30 to 60 percent of someone's aerobic capacity. The activity is nonstrenuous and is something that most people can perform, such as a brisk walk or a slow jog. Research also has shown that moderate exercise can help cancer patients counteract some of the side effects of treatment - such as low blood count, fatigue, cachexia and lost muscle mass - which has led to many researchers labeling this as "aerobic exercise therapy" for patients with cancer.





Bug Bites and Stings: When to See a Doctor

“Most bug bites and stings can be safely treated at home with topical medication, such as hydrocortisone cream or ointment, or an oral antihistamine to reduce the itch,” said board-certified dermatologist Margaret E. Parsons, MD,

FAAD, associate clinical professor of dermatology, University of California, Davis. “Sometimes, however, a bug bite or sting could turn into something serious, particularly if you have been bitten or stung by many insects at the same time.” Dr. Parsons advises going to the emergency room immediately if you experience any of the following symptoms after a bug bite or sting:

- Difficulty breathing
- The sensation that your throat is closing
- Swollen lips, tongue or face
- Chest pain
- A racing heartbeat that lasts more than a few minutes
- Dizziness
- Vomiting
- A headache
- A red, donut-shaped or target-shaped rash that develops

after a tick bite: This could be a sign of Lyme disease.

• A fever with a red or black, spotty rash that spreads: This could be a sign of Rocky Mountain spotted fever, a bacterial infection carried by ticks, which should be treated immediately.

“Although most bug bites and stings do not turn into a severe or even fatal illness like Rocky Mountain spotted fever, it’s important to pay attention to your symptoms,” said Dr. Parsons. “If you feel tired all the time, you have a headache, fever or body aches, or you develop a rash after a bug bite, see a board-certified dermatologist immediately.” (American Academy of Dermatology)

Implant May Eliminate Need for Eye Drops After Cataract Surgery

Researchers have developed a drug-releasing implant that controls pain and inflammation, eliminating the need for eye drops following cataract surgery. Cataract is when the lens, the clear central part of the eye, begins to cloud. It is the most common cause of blindness worldwide, but is



routinely treated by surgery. After cataract surgery, patients are prescribed eye drops – to be taken four times a day for four weeks. Compliance is low, resulting in ocular pain and additional inflammation. The new implants are installed at the end of cataract surgery, providing the prescribed care over four weeks without any additional action required by the patient. The research was presented at the 2015 Annual Meeting of the Association for Research in Vision and Ophthalmology (ARVO).

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Weird Causes and Easy Treatments for Dry Eyes

by Suzy Cohen, R.Ph.

Gritty, scratchy, irritated, burning eyes, excess watering and/or blurred vision are all symptoms of dry eyes. Today I'm outlining some causes (including some weird causes) as well as simple, affordable solutions.

Blinking your eyes allows a complex mixture of oil, water, and mucous (kind of like tears) to bathe the surface of your eye. These tears remove debris, provide lubrication, help reduce your risk of infection, and keep the surface of your eye clean. We take for granted this vital function, until we run out, or we develop an imbalance of the make-up of your tear mixture.

Lack of oil for your tears causes the watery layer of the eye to evaporate, making it feel dry and gritty. This is why you often see

promotions for fish oil to help with dry eyes. It can improve levels of oil in your body and serves as a lubricant. The causes for reduced tear production vary, let's go over that now:

Age matters. Anyone over the age of 50 who has gone through hormonal changes (both men and women) may experience more problems with dry eyes.

LASIK surgery. This is an unusual but possible cause of dry, irritated eyes.

Autoimmune disorders. It could be a direct assault to the tear glands or collateral damage. Regardless, dry eyes are associated with many autoimmune disorders including Hashimoto's, Sjogren's syndrome, rosacea, diabetes, rheumatoid arthritis, scleroderma and lupus.

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that can dry you out! There are literally hundreds, at the top are antihistamines, which are intended to dry you out. That one is no surprise. But also decongestants, many anti-depressants, especially the tricyclics (nortriptyline, amitriptyline and doxepin). Muscle relaxers are big-time dryers, like cyclobenzaprine and baclofen. Sleeping pills, blood pressure medications and thiazide diuretics such as HCTZ are other eye dryers.

Palliative treatments such as natural tear drops are fine but your real goal is to reduce the inflammation and discover the underlying cause. It's pretty well known today that fish oils (omega 3 fatty acids) are able helpful for dry eyes. But you can do better. The new dietary supplement "Chia Seed Omega" contains essential fatty acids from chia seeds, a superfood plus omega 3s. Powerful stuff and sold without prescription at health food stores. What else can you try?

- Eat black currants or take a supplement of black currant seed oil. This significantly increases your plasma

concentration of GLA (gamma linolenic acid) which is an omega 6. It also enhances immune function.

- Place a small humidifier on your nightstand and sleep with it turned on; it can work wonders.
- Vitamin A, especially good if you have a BCMO1 gene SNP.
- Warmth will help loosen up any hardened oil in clogged meibomian glands. Apply a warm compress to your eyes for 10 minutes, morning and bedtime. Try Thermalon's compress for a better effect.
- Hyaluronic acid can make a huge difference for your eyes and skin, it helps you hold on to moisture.

This information is not intended to treat, cure, or diagnose your condition. Always consult your physician for all medical matters. Visit www.SuzyCohen.com. ©2015 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.



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– Janet F.

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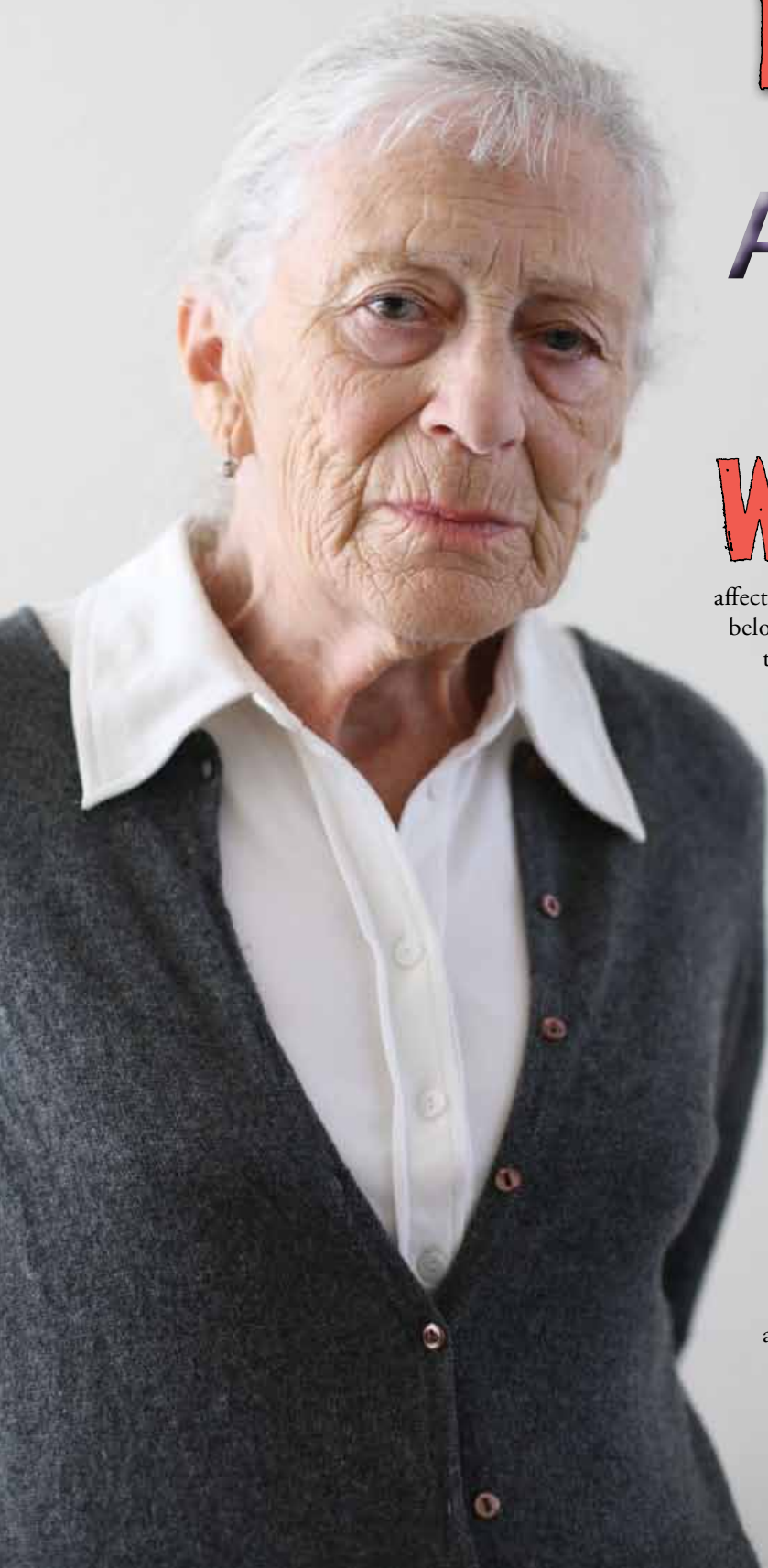
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BREAKING BARRIERS

with

Alzheimer's Disease

by Kelly Phelan Powell

Without a doubt, Alzheimer's disease is one of the cruelest illnesses a person can face. Some might say it's worse for the caretaker than the patient – eventually, most of those affected by Alzheimer's will cease to recognize even their most beloved family members, from their spouses of many decades to their adult children. As part of the disease, people with it undergo personality changes as well as memory loss and can become easily agitated or even aggressive. Thus, communicating with a person living with Alzheimer's can be extremely tricky, particularly at certain times – for instance, many patients experience “sundowning,” where they became increasingly confused and irritable in the late afternoon and evening. Fortunately, some people in our area whose families are dealing with this difficult and heartbreaking challenge have found some effective and innovative ways to help break down these communication barriers.

Lisa's mother, Marita, was diagnosed with early onset Alzheimer's five years ago when she was just 59. “My mother was a ‘Brady Bunch’ mom who worked outside the home but still managed to be the CEO of our household,” said Lisa. “She cooked meals, cleaned the house, constantly baked our favorites, helped with homework, sewed and mended our clothes, attended every school event my sister and I had and was a loving and devoted wife and still managed to read her favorite author, John Grisham.”

It was about six years ago when Lisa started noticing that the house wasn't as organized as it used to be. Marita left the main ingredients out of meals and desserts, like forgetting to put flour in a pecan pie. She asked Lisa

A group from the VA hospital in Alexandria participating in **Meet Me at the Museum** past three years, and Blair said that **some initially nonverbal are now talking more engaging with others.**

questions and then would ask again two or three more times. Sometimes, she would remember things that happened in Lisa's childhood as having happened to her. "With Alzheimer's in the family, it was something that we picked up on pretty quickly because we've been exposed to it before," said Lisa.

Marita is still able to live at home with her husband, Lisa's dad, as her primary caregiver. Lisa helps out as well, and they have a home health worker come once or twice a week for four hours at a time to help with light housekeeping and to see about Marita's general wellbeing.

Fortunately, Lisa and her father have found a wonderful way to help her mother remember and bring her joy even in the midst of a devastating illness: music. "It is such a part of our lives these days and helps us to remember the past," Lisa said. "My mother often struggles to form sentences or think of a particular word or name. But if we're at church, she sings all of the songs without any prompting. If we go to a concert to see one of her favorite performers, she sings even if it is just softly. It never fails to bring tears to my eyes. In this way, she remembers."

Pictures are another method Lisa and her father use to communicate with Marita and one that the editor of *The Best of Times*, Tina Calligas, used with her mother-in-law. "We looked at old family pictures, and she enjoyed telling us stories about her childhood," Lisa said.

In her role of Education and Outreach at the Alexandria Museum of Art in Alexandria, LA, Cindy Blair has seen firsthand how beneficial it can be to get Alzheimer's patients talking, thinking and socializing. "Meet Me at the Museum" is a program based on The Museum of Modern Art's "Meet Me at MoMA" program. In it, those suffering from the effects of Alzheimer's or dementia and their caregivers receive guided tours of the museum in which the patients are encouraged to

talk about the pieces they see. "There are no wrong answers," Blair said. "They ask them questions about the artwork, and it gets them thinking and talking." New York University studied the program at MoMA and found that it increases cognitive activity and helps with patients' socialization.

A group from the VA hospital in Alexandria has been participating in Meet Me at the Museum for the past three years, and Blair said that some who were initially nonverbal are now talking more and engaging with others. This particular method works, she said, because it doesn't rely on short-term memory; rather, they're talking about the pieces that are in front of them. Additionally, the patients sometimes engage in making art themselves as part of the program, which stimulates them intellectually as well.

Making art is a very beneficial activity for Alzheimer's patients at almost every stage of the disease. Dr. Rebecca Thomas, Ph.D., is an art therapist who has a lot of experience working with those affected by Alzheimer's. "The process of making art is therapeutic," she said. And even the colors and physical properties of the materials used (for example, paint) are enjoyable and stimulating. Making something tangible, she said, is one way for them to communicate to the world "I'm present." It also fosters a sense of pride and stimulates conversation with caregivers, family members and even other patients.

In the early stages of the disease, art therapy not only stimulates the mind, it can also evoke memories. One example, Thomas said, is a tree – what might begin as a simplistic picture can cause the patient to recall climbing a favorite tree in childhood. "It can be a good means of communicating with them," she said. In the later stages, while she might encounter a bit of difficulty getting patients to come in the room and helping them focus, they're usually so engaged by the art

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materials that before long, they're creating. And the pieces they make are sometimes one of the few ways to know what an Alzheimer's patient is thinking about or how he or she feels.

The Alzheimer's Association (www.alz.org) says that the most important aspect of communicating with a person with Alzheimer's is to be patient and supportive. Make it clear that you're listening and trying to understand and that you care about what he or she is saying. When it's difficult to understand, it helps to focus on the emotion behind what the person is trying to say – sometimes the emotions the person is trying to express are more important than the words he or she is using. And don't hesitate to encourage nonverbal

communication. If you don't understand, ask the person to point, gesture or even draw.

Caring for a person with Alzheimer's demands an uncommon selflessness that's practically foreign to most of us. But as Lisa said, it's important to be thankful for every day that we have with our loved ones. "It is our turn to take care of this incredible person who took care of us so selflessly for years," she said. "I'm honored to have her as my mother and I hope that I'm doing things that will help her to maintain her independence for as long as possible. I also grieve for my mother, as I'm losing a little bit of her every day, but I'm more aware than ever that time is precious."



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3 Bright Ideas for Boosting Memory

Staving off Alzheimer's and other brain-related diseases isn't always possible, but experts say an active, challenged mind is essential to mental health

By Bev Bennett

When you forget the name of a movie you recently saw or where you put your glasses, you may conclude you need to sharpen your memory, especially if you're a mature adult.

Look around and you'll find a wide range of options for brain training, from crossword puzzles to specially designed products to research projects that need volunteers.

Companies are spending a lot of money to create cognitive exercise programs, according to Michael Marsiske, Ph.D., associate professor in the department of clinical and health psychology at the University of Florida in Gainesville.

In addition, health experts are

dedicated to finding ways to reduce the risk of cognitive decline.

Yet even though there are lots of strategies and theories, scientists aren't at the point of being able to tell people "you should do this, this and this," says Marsiske, who has been a principal investigator on a long-term study of Advanced Cognitive Training for Independent and Vital Elderly (ACTIVE).

However, experts can make some suggestions for what you devote your time and energy to doing, based on current research.

1 TRY SOMETHING NEW AND DIFFICULT

Try something challenging and novel, says Jeffrey Toth, Ph.D., associate professor at the University of North Carolina-Wilmington.

He recommends sustained cognitive activities that take you out of your comfort zone, such as learning a new language or taking up a musical instrument. In fact, doing something you find difficult may be beneficial.

"I actually think my non-enjoyment of video games may be helpful. I have to strain and pay attention because I'm not great at them," says Marsiske.

The reverse also may be true.

If your skill becomes easy and habitual, it's time to try something else, according to experts.

2 MAKE LEARNING A LIFELONG HABIT

"Learn new things. Take on challenging tasks throughout life," says Toth, a cognitive psychologist, who researches memory, attention and cognitive aging.

Still you may wonder about the efficacy of particular brain-training games.

A game based on recollection may be beneficial, according to Toth.

"I think that's the type of thing we should think more of," says Toth, who created Art Dealer, a memory enhancement game.

3 TRAIN THE BRAIN

Formal training programs also may provide positive results.

In Marsiske's ACTIVE research study, older adult volunteers who were given mental training sessions reported cognitive improvements for 10 years.

Volunteers selected for the training, designed to see whether cognitive training helps with everyday functions, underwent ten, 60- to 75-minute sessions of memory, reasoning and speed-of-processing exercises.

The volunteers received memory training, reasoning training and training in speeding up the time they spent in mentally processing information.

"ACTIVE challenged with something new and difficult; something that demanded something of people that wasn't in their current repertoire," says Marsiske.

Although some people in ACTIVE worked alone, being in a group may offer an advantage, according to the Florida expert.

"Some studies showed that small group training was more effective. You have peers who can model," Marsiske says.

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Caregiver Strong

How to Help
Those Who
Help Others

More than 65 million Americans are providing care to a family member, but knowing how to care for the caregiver is of equal importance to knowing how to care for the loved one

by Yuliya Nemykina

When Deborah Shouse's mother was diagnosed with Alzheimer's disease, she asked her father if she could help. "I wanted to stay connected with her on this journey," Shouse says. She would eventually use her diaries and notes to write two books about caregiving and raise more than \$80,000 for Alzheimer's research.

According to the National Caregiving Alliance, in 2009 more than 65 million people in the U.S. cared for elderly, disabled or chronically ill members of their families. On average, this caretaking takes around 20 hours a week – the same time allotment as a part-time job. (Keep in mind the average caregiver already is working a job.) Stress, exhaustion and the physical demands of caregiving can harm the caretakers as much as their charges.

Leah Eskenazi, director of operations for the Family Caregiver Alliance in San Francisco, says people often want to stay at home because they feel more comfortable surrounded by familiar things and people. But the caregivers also may benefit from the closer relationship. "You can be there to help somebody who, maybe, was there for you when you were growing up," Eskenazi says. "You can supervise what's going on, and make sure they have the best care." Shouse acted as her mother's assistant caretaker, supervisor and, once her mother began to lose communication skills, an interpreter. She says one of her favorite moments came from the psychological connection. "One of my favorite memories was when my mom could no longer carry on a conversation, but she was able to laugh. She looked into my eyes and it reminded me that even when she couldn't talk or she could even say my name, the essence of her was still there," she says.

However, you may want to reconsider caregiving if the relationship between you and a hypothetical care receiver is sour, or if you have a chronic health condition of your own. Eskenazi especially emphasizes the dangers of caregiving alone. If there is no one else who is willing to help, it might not be a realistic plan for you, she says.

Even caring for a favorite relative may prove difficult. Eskenazi says a caregiver may have to supervise midnight bathroom trips, lose the time they usually use to cook their own food, or forget

to set up their own doctor's appointments. "Often, we wind up with two patients," Eskenazi says. "And, it's always 'I'm the caregiver. How did I wind up in the hospital?'"

A caretaker's friends and family members can lighten some of that burden, but those people need to realize that caregivers often are too overwhelmed to think of calling for help or to identify what they might need help with at any given moment, says Janice Schuster, senior writer at the Center for Eldercare and Advanced Illness at Altarum Institute in Ann Arbor, Mich. "The least helpful thing you can do is say 'Give me a call if you need something,'" Schuster says. "The best thing to do is call and say 'I'm in the area. Would you like me to pick something up? Would you like me to come by and help with dinner?' Saying 'I'm thinking of you' is nice but not very helpful."

Having a willing listener may not be a bad idea. Denise Brown, founder of CareGiving.com, an online community to connect caregivers, also says the emotional rollercoaster can be the biggest surprise to new caregivers. "You feel guilty, you

feel resentful, you feel guilty, you feel angry, you feel guilty. Sometimes, when a caregiver expresses that frustration, someone who doesn't understand may say 'Well, why don't you just put them in a home?' But that's not what the caregiver is looking for."

And whether you're the primary caregiver or just giving them a break, it's important to do what you can to take care of yourself. Schuster says the first step might be recognizing that caretaking is a job, not just something you do as a good child or spouse.

It's also good to keep up favorite habits. Shouse carried a list of things she enjoyed doing for ideas during downtime. "They were simple things like 'I like to read,' 'I like to go outside,' 'I like to eat chocolate,'" she says. "When I had a few free minutes, I'd pull it out."

Shouse says she concentrated on "staying in the present" instead of missing the way her mother used to be or what life would be like as the disease progressed. "I trained myself to think about what she was to me," Shouse says. "Sometimes that could be holding her hand, or look-



ing into her eyes, or leafing through a magazine together. These days, everything is in a rush, but I needed to slow down with mom. I walked slower when I came into her area. It helped me get into the present."

Eskenazi says communities can offer services like grocery deliveries, adult day care, respite care, support groups and information. Brown cites a CareGiving.com member from a small British island who told her about a local initiative in which postal workers check on chronically ill, disabled and elderly people to make sure they have everything they need.

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Your Credit Score: Updates You Should Know

By Jason Alderman

Credit scoring has evolved over the last three decades and this fall, FICO made one more important change. Borrowers who have struggled with medical debt and those with a limited credit history might see better FICO numbers in the future. Even if these situations don't apply to you, understanding how credit scoring is changing can help you better manage your credit over time.

FICO Score 9, rolled out last fall, is described as a more "nuanced" version of the original FICO Score that the leading credit scoring company

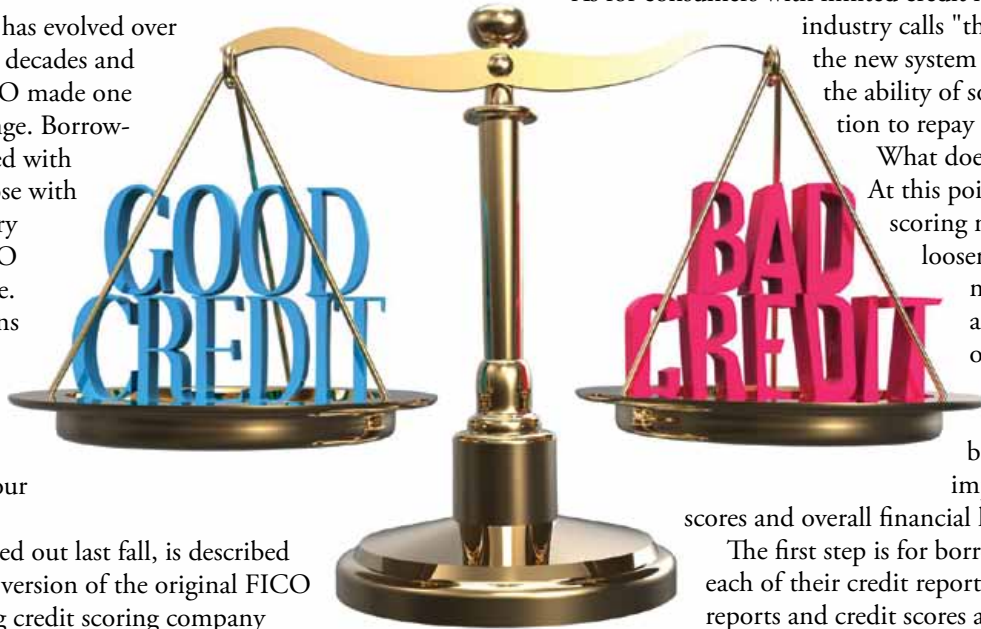
introduced in 1989. It is offered by three major credit bureaus – Equifax (www.equifax.com), Experian (<http://www.experian.com>) and TransUnion. (<http://www.transunion.com>). It now bypasses collection agency accounts and weighs medical debt differently than non-medical debt on a person's credit record. Borrowers with a median score of 711 whose only negative credit data comes from medical collections will see their credit score go up 25 points under the new system.

As for consumers with limited credit histories – what the industry calls "thin files" – FICO says the new system will better determine the ability of someone in that situation to repay a debt.

What doesn't FICO 9 address? At this point, the latest credit-scoring model really doesn't loosen or change requirements for mortgage and refinancing opportunities. Even so, there are many things ordinary borrowers can do to improve their credit

scores and overall financial health over time.

The first step is for borrowers to review each of their credit reports once a year. Credit reports and credit scores are two different



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things. Consider credit scores are a three-digit summary of creditworthiness; credit reports are the detailed record of a borrower's credit history. Consumers can view each of their credit reports from Equifax, Experian and TransUnion once a year for free (www.annualcreditreport.com). Stagger receipt of each agency's credit reports throughout the year to weed out any inconsistencies, inaccuracies, or worse, indications of fraudulent credit applications or identity theft.

Borrowers are seeing something else that's new – some lenders are making the credit scores they apply to existing borrowers available for free. A few major lenders have taken part in the industry-only FICO Score Open Access Program, which lets current customers see the exact credit scoring data applied to them at no charge. FICO's site doesn't offer the names of participating lenders, but a customer should ask their lender if they are offering free scores through that program.

Consumers should know how credit scores are compiled. FICO uses five key ingredients:

- Payment history (35 percent)
- Amounts owed (30 percent)
- Length of credit history (15 percent)
- New credit (10 percent)
- Types of credit used (10 percent).

Visit www.myfico.com for a list of tips for borrowers to improve their scores. Base FICO scores have a 300 to 850 score range, and though FICO doesn't release what it considers good or bad scores, borrowers with excellent credit typically have scores in the mid-700s and up.

There are ways to preserve and raise existing credit scores. It might be wise for borrowers to ask if they can increase the credit limit on individual accounts while paying down existing balances on those accounts. Smart borrowers generally keep their outstanding balances at 30 percent or less of their available credit limit.

Bottom line: Smart credit management starts with an understanding of one's credit reports and credit scores.

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



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Do You Have Any Privacy After You Die?

by Lee Aronson

Would you feel comfortable going to a doctor who didn't know how to use a computer? What about a lawyer?

The American Bar Association says that lawyers have a duty keep up with changes in the practice of law, including competence in selecting and using technology. That's why a lawyer in Florida who refused to learn how to use e-mail ended up having his license to practice law suspended.

But unlike this Luddite lawyer, most people use computers and the internet and cell phones all the time. They use them for banking, for storing photos and phone numbers, and for all kinds of other things. In fact, technology was such an important part of Raymond and Deborah's life (not their real names) that they wanted to put all of their various passwords




and usernames into their wills. That way, if something happened to either of them, the other could access the online accounts or unlock the cell phone.

But that would have been a big mistake, because once you die, your will has to go through probate. That means that your will, and everything in it, becomes a public record. Anyone can go down to the courthouse and see your will. So when Raymond dies, if his will lists the secret password to his online bank account, it's no longer a big secret.


Even if Raymond's will doesn't have any secret computer passwords, the probate process is going to make a lot of information about his life part of the public record. For example, the

probate process requires that a list of everything that Raymond owned and how much everything is worth, as well as a list of all his debts and how much he owes, be filed at the courthouse. That's why identity thieves consider the public records to be a gold mine and it's also why some people set up an estate plan that protects them from the public probate process.

Whether you are concerned about your privacy after you die or not, more and more




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people want to make sure that their heirs have access to their digital assets. A few years ago, there was a marine who was killed in action in Iraq. His family wanted to get access to his e-mail account, but the provider refused because the marine's will made no mention of his digital assets. Many digital service providers say that when a person dies, access to the digital service dies with them. For better or for worse, some digital service providers will kick you out if you share your password with anyone, including your spouse.

In response, some states are starting to pass law that ensures families' rights to access the digital assets of loved ones during incapacitation or after death. Delaware was the first to do so, but some people don't like these laws. They feel that what they say and do online is none of their family's concern and should be kept private, even after death. Robert (not his real name) was one of those people. He put special language in his will that said a copy of his death certificate was to be provided to all of his digital service providers and that all of his digital accounts should then be terminated and permanently deleted.

Whether you're someone like Robert, who wants to keep his digital assets private, or someone like Raymond, who wants to make sure his wife has access to his digital accounts, it's a good idea for your estate plan to address your digital afterlife.

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



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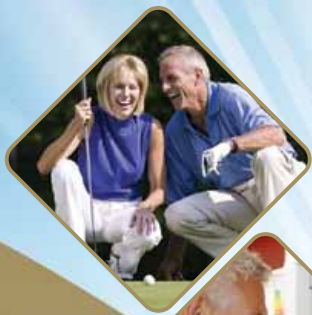
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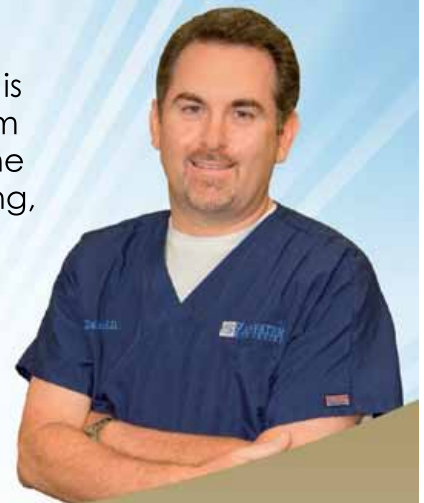


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by Judge Jeff Cox

Facebook is a communication program that hundreds of thousands of people a year use to communicate events in their life and their family's lives, share pictures with their friends, and communicate news and information regarding their life or business. Facebook has been a hugely successful communication outlet that has revolutionized the way people communicate with one another. Many of the seniors living in our area are able to communicate and stay in touch with friends and family across the country and world through Facebook. However, in the last few months, the court has been presented with cases where people have abused Facebook and they have been arrested and prosecuted for communications they have typed or posted on Facebook.

One of the crimes that has been prosecuted is Cyberstalking. Under Louisiana Revised Statute Article 14:40.3, Cyberstalking reads as follows:

A. For the purposes of this Section, the

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following words shall have the following meanings:

(1) "Electronic communication" means any transfer of signs, signals, writings, images, sounds, data or intelligence of any nature, transmitted in whole or part by wire, radio, computer...

(2) "Electronic mail" means the transmission of information or communication by the use of Internet, a computer, a facsimile machine, a pager, a cellular telephone, ...or other electronic means sent to a person identified by a unique address or address number and received by that person.

B. Cyberstalking is action of any person to accomplish any of the following:

(1) Use in electronic mail or electronic communication of any words or language threatening to inflict bodily harm to any person or to such person's child, sibling, spouse, or dependent, or physical property of any person, or for the purpose of extorting money or other things of value from any person.

(2) Electronically mail or electronically communicate to another repeatedly, whether or not conversation ensues, for the purpose of threatening, terrifying, or harassing any person.

(3) Electronically mail or electronically communicate to another and to knowingly make any false statement concerning death, injury, illness, disfigurement, indecent conduct, or criminal conduct of the person electronically mailed or of any member of the person's family or household with the intent to threaten, terrify, or harass.

(4) Knowingly permit an electronic communication device under the person's control to be used for the taking of an action in Paragraph (1), (2), or (3) of this Subsection.

Cyberstalking carries up to a one year jail sentence on the first conviction and longer terms on any subsequent convictions. In addition, hefty fines starting at \$2000 shall be imposed and these fines increase with each conviction. Additionally, the computer or property on which the crime occurred is to be seized by the court and sold according to the statute if the person is convicted.

Facebook is a wonderful communication tool for those that use it properly. However, as you can see, if you communicate in the wrong manner, you can be held criminally responsible. Remember, what you type or post on Facebook is out there for the whole world to see and read. Just be careful how you communicate and enjoy keeping in contact with your family and friends.



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



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Help Me! I'm Falling

by Kathleen Rhodes, LMFT/LPC

Upon learning I had osteopenia at forty years old; I was surprised, but unphased. My diet was better than average even when I factored in my penchant for sweets and diet sodas. My doctor explained that all people begin losing bone mass after they reach thirty years of age; especially people like me who

are “small boned”. I left the doctor’s office with a prescription for a monthly bisphosphonates and life went on.

Fast forward to the present day where, in my fifties, I continue a busy and productive life balancing my professional career as a therapist, church involvement, and quality time with family and friends and personal passions that include faith ministries, theatre, and travel. Then the unexpected happened. At a church event, I was exiting an unfamiliar dimly lit building via the stairs. When I realized the stairs were uneven, I reached out for the stair rail in a brief terrifying moment only to realize there was no rail. I tumbled down the remaining stairs. My outcome was a compression fracture with a new diagnosis of osteoporosis.

There are two parts to the healing process: physical and psychological. I am sharing my personal journey through the psychological healing process.

After being given the medical okay to resume most of my previous activities, I was hesitant. Hesitancy brought on by my realization that I was more fragile than I previously thought. I moved more gingerly and was hypervigilant; scanning for uneven sidewalks, protruding sprinklers, and unmarked curbs or steps. A pilgrimage to Italy, a longtime dream, seemed like an impossibility given those ancient cobbled streets. Two weeks after the fall, I passed on the opportunity to attend a concert at the

CenturyLink. As a Licensed Professional Counselor, I realized that I was exhibiting two primary symptoms of an anxiety disorder: hypervigilance and avoidance. With this realization, I wondered if I met the criteria for an anxiety disorder. I turned to the Diagnostic Statistical Manual and was able to rule out an anxiety disorder.

Still, I was perplexed by my new fear and concerned that it would expand to other areas of my world. This is frequently the case with anxiety disorders which often begin with one situation, object, or place. However, one situation can multiply to many situations. This results in a person’s world shrinking in an effort to avoid the situations that trigger anxiety.

The National Osteoporosis Foundation (NOF) offered me support by explaining that anxiety is reasonable after a “low trauma fracture”. NOF explained that a person takes extra measures to avoid another injury. I needed to distinguish between reasonable precautions and fear-avoidant behaviors that could eventually diminish my quality of life.

I concluded that being cautious by scanning the streets as I walked for a pot hole or an unexpected patch of ice was reasonable, but skipping the concert because of the stairs was not.

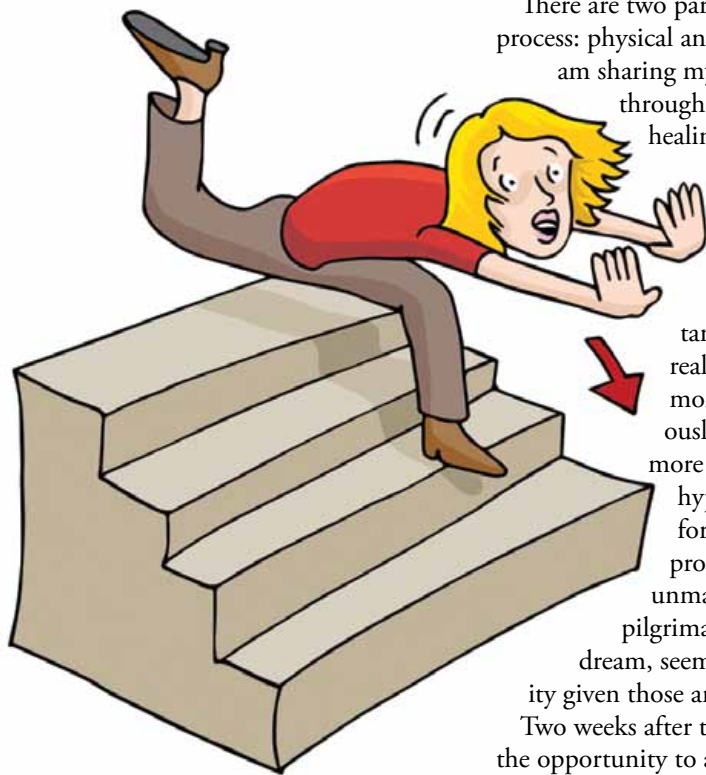
To overcome my anxiety associated with stairs, I began confronting my avoidance by gradually, intentionally, increasing my exposure to them. This technique is a type of exposure therapy known as desensitization. This started with me just walking by the stairs and glancing up at them until I felt comfortable to go further. With daily gradual exposure, I was able to successfully climb up and down two flights of stairs within four days.

Exposure therapy is often used by trained mental health professionals to help resolve anxiety difficulties. Exposure therapy is a treatment that encourages the confrontation of a feared stimuli. The feared stimuli is not a problem unless it is interfering, disrupting, or standing in the way of your life.

Oh and that pilgrimage to Italy is back on my calendar.

Disclaimer: Consult a licensed mental health professional before engaging in exposure therapy.

Kathleen Rhodes, LMFT/LPC is a counselor with The Center of Families in Shreveport.



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Osteoporosis Lifestyle Skills by and for Kathleen

1 Start thinking of yourself in a positive manner, as being healthy. I believe that how you think very often determines how you feel. This positive thinking can encourage and inspire you. Develop some affirmations or words of wisdom that inspire and encourage you. Some personal examples: I have osteoporosis, but I know I am doing what I can to stay healthy. I forgive myself for my past unhealthy behaviors and focus on what I can do now to stay healthy. I can do all things through Christ who strengthens me (Phil 4:13).

2 Downsize your purse or handbag or brief case. Schlep-ping a five to seven pound bag over my shoulder could not have been good for sustaining my balance. The bigger the bag, the more you can shove in it. A smaller bag keeps you honest and physically balanced. A cross-body bag is ideal because you are hands-free to dance or grab a rail to steady yourself depending on the situation.

3 Invest in a good pair of walking or running shoes AND wear them more often than not. If you must wear other types of shoes, be sure the heel is low and that it has a non-slip sole. I have found sandals that have soles almost comparable to my walking shoes. So you can show off your fashionably painted toe nails occasionally.

4 Let your light shine. At bedtime leave a small lamp on or use a plug in night light, so when you wake up in the middle of the night you can safely find your way. You can use your smartphone's flashlight when you are away from home. I now carry a small flashlight in my suitcase as a backup to my iPhone.

Things that you have probably read before, but are worth reading again:

- Check with your doctor to determine your appropriate intake of calcium and vitamin D. The National Osteoporosis Foundation recommends for adults 50 and older: 1,200 mgs of calcium and 800-1,000 international units of vitamin D daily.
- Moderate (not mild) exercise is essential for slowing the progression of osteoporosis. Moderate exercise is defined by NOF as three times a week for more than a total of 90 minutes a week. Before beginning any exercise program, talk to your doctor. Unfortunately many people with osteoporosis get bone fractures when trying to exercise. Exercise is important, but it must be the right type of movement for you.

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Beyond the Gumbo:

An Off-Beat Food Adventure in New Orleans

Story by Andrea Gross; Photos by Irv Green

The food is tasty, the service outstanding, and the money the best we've ever spent. Café Reconcile is New Orleans' most unusual restaurant.

While the French Quarter is exciting, after a few days my husband and I found it both too expensive and too frenetic for our taste. Therefore, we'd moved to the Whitney, a charming historic hotel in the Central Business District. My husband asked a gentleman who works at the hotel for a restaurant that caters to locals rather than tourists.

"There's a place about a mile from here where they train impoverished youth to work in the tourist industry. Can't get much more local than that. New Orleans has lots of tourists and lots of impoverished youth," he answered.

And thus began our off-beat New Orleans Food Adventure.

Big Dreams at a Small Café

When we arrive at Café Reconcile almost every table is filled, some with families, others with businessmen and women who are enjoying their lunch break. A bevy of young adults sporting Café Reconcile shirts are cooking, waiting tables, cleaning up. In short, they're running the restaurant.

"Most of these young people, who are between 16 and 22 years old, have seen nothing but poverty and violence. Many have mental health concerns, substance abuse issues and the vast majority have had run-ins with the juvenile justice system. We help them get on track and become self-sufficient members of society," explains Kelder Summers, one of the Café's directors.

Our server brings us our order: shrimp etouffée with salad for me; fried catfish with two sides for my husband (\$10.99 each). He's deferential, a bit tentative, but determined. I ask him why he joined the program at Café Reconcile. "Because I want to turn my life around," he says.

If the concerned folks who run Café Reconcile have their way, he'll be able to do just that. After completing a short apprenticeship at a New Orleans restaurant, they'll help him find a job and track him for a year, offering

him advice and support if he feels overwhelmed. By this time he should have the life skills as well as the work skills to break the cycle of poverty. (www.cafereconcile.org)

The Intersection of Culture and Cuisine

We only have to walk across the street and down the block to reach The Southern Food and Beverage Museum, 16,000 square feet dedicated to the culinary heritage of the South, both in toto and in all its regional variations. There are Coca Cola bottles from Georgia, fishing nets from Louisiana, a ham smoking rack from Virginia and an entire wall that explains the history of the Ameri-

The Southern Food and Beverage Museum helps folks understand the culinary culture of 15 Southern states.



Working at Café Reconcile teaches young folks the skills necessary to landing decent jobs.





Cooking demonstrations and classes are held occasionally at the Southern Food and Beverage Museum.

can cocktail. In addition, behind closed doors but accessible to the public, there's a library of more than 15,000 books. Most are cookbooks but some are manuals for old appliances. Finally I may learn how to work my mother's vintage blender!

The Museum's restaurant, Purloos, which is named after a traditional Lowcountry, serves southern regional fare such as Cape Hatteras clams and Delta corn tamales, as well Swamp Pop, a made-in-Louisiana soft drink to which I soon become addicted.

With a Swamp Pop Satsuma Fizz in hand, we look at a special exhibit highlighting the oldest continuously-operated family-owned restaurant in the United States, which just happens to be back in the French Quarter. (www.southernfood.org)

175 years of French-Creole Food

I know exactly what I want when I walk into Antoine's: Oysters Rockefeller, the restaurant's signature dish of fresh Gulf oysters topped with a rich green sauce. Its name is a tribute to the "rich" Rockefellers who, like the oysters, were awash with "green" - albeit in the form of money rather than spinach. These were exactly the kind of folks that Antoine Alciatore hoped would patronize his restaurant when he immigrated to New Orleans in 1840.

By that time the 18-year-old boy had spent ten years as an apprentice for a master chef in a ritzy French hotel, and he was familiar with the preferences of the upper class. He knew they would want more than the simple boiled dishes that were the staple of other Louisiana restaurants. Thus he added French flair in the way of sauces and seasonings and, voilà, a new regional cuisine and one of New Orleans' most renowned restaurants was born.

As we leave, my husband and I both have the same thought. Nearly 200 ago a young boy named Antoine learned kitchen skills from a master chef in France in order to ensure a more secure future for himself and his family. Today another young man is learning kitchen skills at a small café in New Orleans for much the same reason. Fingers crossed that he has similar success. (www.antoines.com)

Antoine's is one of New Orleans' most renowned restaurants.



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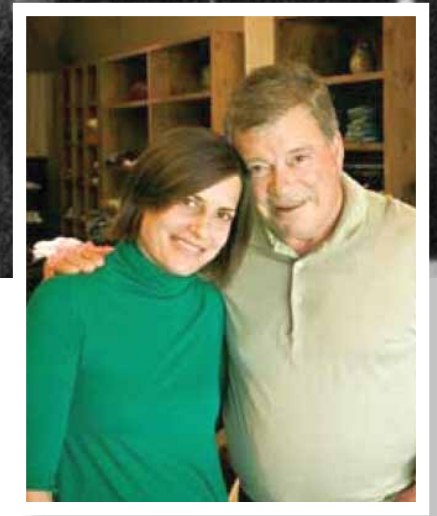
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WILLIAM SHATNER'S TREK THROUGH FATHERHOOD



by Nick Thomas

Her father commanded a spaceship in a popular 60's television series. Two decades later, in 1988, Melanie Shatner was featured alongside her dad in an Oldsmobile TV commercial revealing her own desire to zoom around in something "space age." But it wouldn't be the last time father and daughter acted together.

The pair shared some on-screen time the following year when "Star Trek V: The Final Frontier," was released. Directed by her father, William Shatner aka Star Trek's Captain Kirk, Melanie can be seen wandering the Enterprise's bridge throughout the film.

"I actually auditioned for another part, but was completely wrong for it," recalled Melanie – now Melanie Shatner Gretsch after marrying actor Joel Gretsch in 1999.

"My dad called and said I didn't get the part but there was another small role for the captain's yeoman if I wanted it, and I said of course."

It launched her somewhat short adult acting career, which included two dozen movie and television roles over the next ten years.

"I didn't fully enjoy acting," she admitted. "I made a living acting for a while, but wanted to be successful in other ways."

That success was soon seen on Ventura Boulevard, in Studio City, California, in the form of Dari Boutique (see www.shopdari.com) which Melanie opened 16 years ago. Stocked with cutting edge fashions, Dari quickly became a popular destination for trendy shoppers.

Melanie says her dad wasn't too disap-

pointed when she abandoned a career in entertainment for retail sales. "He was probably relieved because acting can be a brutal profession. But really, anything I wanted to do was okay by him. He even helped by loaning me the money to get the store started."

"She was always the kid wearing smart clothes," recalls Bill Shatner, from his home in Studio City. "She just knew about style. Her sisters and all the other kids used to ask her for fashion advice."

Although growing up with a busy, famous father had its drawbacks, Melanie gives her dad high marks as a parent. "Ever since I was born he's been on television and his office was a movie or television set. When we were younger, he'd take one sister at a time away on location for a whole week. We all have such

great memories of getting to hang out with him and watching him work.”

Shatner and his first wife were divorced in 1969, but Melanie says she and her two older sisters – Lisabeth and Leslie – remained close with their father.

“We spent the weekdays with my mother and the weekends with him. He would do whatever it took to get home to see us, even if it meant driving all night. I think that illustrates what a wonderful, committed father he was and is.”

“All divorces are traumatic,” added Shatner. “But the girls have turned out to be wonderful, smart women. Each is talented in some area – Melanie with Dari’s, Lisabeth is a lawyer, and Leslie works in advertising. We get together often as a family.”

The Shatner clan expanded in 2005 when Andy Clement married Melanie’s sister, Lisabeth, and says he was a little surprised when told who her father was.

“But the first time I had dinner with them all, he welcomed me into the family even though Liz and I hadn’t been dating long,” recalled Andy, who founded Creative Character Engineering in Van Nuys (see www.creativecharacter.com). “It was incredible to see someone so attached to his kids.”

Clement, whose recent movie work includes special effects for “Interstellar,” says he is also amazed by his father-in-law’s inventive, restless mind.

“He really is a dynamo and his mind just never stops working. He always wants to get involved with a production to make it better. So many actors just turn it on when the cameras are rolling, but he’s always cranking.”

Like most in the business, Shatner has had his share of project clunkers over the years. But, says Melanie, “working is what keeps him young, excited, and creative. You’ve got to give him points for always trying something new.”

And if there’s a lesson Bill Shatner has learned in over 50 years as an actor, it’s one he willingly shares as a father.

“You can only pass on endurance,” he advises. “Everybody has to make their own mistakes and learn from them.”

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 550 magazines and newspapers.

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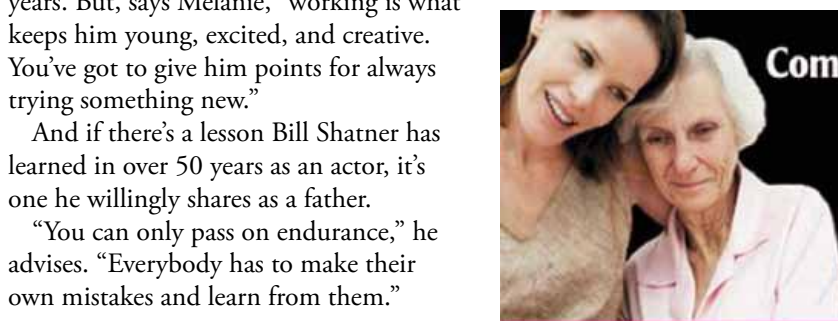
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Rest Easy Wine Lovers

Perception Is Easily Fooled

by David White

One glass of Cabernet Sauvignon was described as "powerful and heavy." Another was described as "subtle and refined." The only difference? The music that was playing while people drank the wine.

A few years ago, Adrian North, a psychology professor at Heriot-Watt University in Scotland, tested the impact of music on taste perception by pouring wine for 250 students. Some tasted the wine while listening to music identified by others as "powerful and heavy," while others listened to music that was "subtle and refined," "zingy and refreshing," or "mellow and soft." Other students drank without any music. After enjoying their wine for five minutes, the students were asked to rate how much the wine tasted like the musical descriptions.

The conclusion, as put simply in the *British Journal of Psychology*? "Background music influences the taste of wine."

When North's study came out, oenophiles were infuriated. Here was yet another academic calling wine appreciation into question.

Rest easy, wine lovers. Perception is easily fooled.

Widespread derision of wine criticism began in 2001 when Frédéric Brochet, a University of Bordeaux psychologist, poured one glass of red wine and one glass of white wine for 54 oenology students -- and then asked them to describe each wine in detail. Students described each wine with the laundry list of descriptors one would expect for reds and whites. What Brochet didn't tell the students? Both wines were the same. The white in one glass was simply dyed red.

Ever since, the media has jumped at any opportunity to call baloney on oenophilia. But psychologists have long known that humans are easily tricked, especially when relying on taste buds.

Consider a 2012 study from Cornell University's Food and Brand Lab. By giving an extreme makeover to a Hardee's, researchers discovered that people will eat less but enjoy their food more when at a fine-dining establishment instead of a fast-food joint. A 2006 study led by John Bohannon, a biologist and science journalist at Harvard University, found that most people can't distinguish pâté from dog food.

Does this mean that Michelin-starred restaurants should replace pâté with Purina Puppy Chow and start serving Hardee's Patty Meltdowns? Of course not.

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Expectations matter. Heck, confirmation bias dictates that expensive wines taste, well, expensive. And food, like wine, is unpredictable. But please hold the Puppy Chow; I'd rather eat pâté. And if I'm dropping serious coin on dinner, I hope it's prepared by a Michelin-starred chef and not a Hardee's line cook. I'm confident in my palate, but I'm also confident enough to admit that sometimes, I'm wrong.

Plenty of people have dedicated their lives to wine -- producing it, serving it, studying it, selling it. Plenty more simply enjoy wine and have opinions on what they drink. Sure, some people are particularly gifted tasters. But wine appreciation is a subjective pursuit for everyone who imbibes. And just as it's perfectly valid for a moviegoer to proclaim her preference for Batman over Birdman, it's perfectly valid for a wine enthusiast to proclaim his preference for a light-bodied Syrah from St. Joseph in France over a weighty Shiraz from Coonawarra in Australia.

Misleading a wine connoisseur by filling an empty bottle of First Growth Bordeaux with Two Buck Chuck might be fun, especially if he's insufferable. But it only proves that humans are fallible and easily tricked, especially when an environment has been manipulated. That's nothing to worry about.

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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**Recent DVD
Releases**

by **Mark Glass,**
*an officer & director of the
St. Louis Film Critics Association*



Big Hero 6 ★★★★★½

(PG) This animated sci-fi comic adventure is a lot more fun and energetic than *Frozen*, but probably will not bring in anywhere near the huge box office of last year's hit. It's smarter and more socially hip, and that rarely outdraws princesses and Oscar-level songs, however derivative they may be. C'mon. Didn't "Let It Go" and "First Time" in *Forever* sound a whole lot like a handful of ballads from previous Disney features?

This clash between good and evil features a brilliant young inventor who continues his brother's work after a tragic event to save the day. His main asset is a gentle giant in the form of a fluffy white robot, built for medical and protective purposes, but adaptable to more arduous tasks in an emergency. One promptly arises. The plucky lad is joined by a few other young whizzes, who chip in with their own creations to form an ad hoc Marvel Comics' Shield-type protective force using super brains, rather than superpowers. How nice that none of them needed a genetic mutation, radioactive spider bite, etc. to become exceptional.

The result is a high-octane adventure that deftly balances comedy and character development with the Valuable Lessons such films must convey. Disney's animation is first-rate, as one expects, serving up plenty of colorful action, establishing marketable protagonists (also as one expects), and generating welcome prospects for sequels. That's covering all the artistic and financial bases in style.

Kingsman: The Secret Service ★★★★★

(R) Years of reviewing has taught me to expect little from big-budget movies that hit the theaters in January - March. They tend to be the dregs of the industry left over from the rush to get their good stuff into theaters before New Year's Eve for awards eligibility. That makes exceptions like this even more of a treat. Of all the spoofs of James Bond and other superspy films, this is not only the most recent, but probably the funniest and splashiest since *Austin Powers* plied these waters.

The eponymous organization is a top secret group of elegantly-tailored gents who could pass for members of the



House of Lords while kicking ass like Jason Bourne. They transcend borders, but are more British in most respects than the Royal Family, led by Sir Michael Caine and Colin Firth. Such guardians require a megavillain, and get a superbly evil and campy one in Samuel L. Jackson, complete with his outrageous plan for a new world order. His way. He's also backed by one of the genre's most cleverly-crafted henchpersons (Sofia Boutella), who makes memorable predecessors like Oddjob and Jaws from the early 007 adventures seem like second-stringers.

The Kingsmen lose a couple of members while discovering Jackson's plot, forcing a recruitment and training effort. That brings in our troubled young protagonist from the lower classes (Taron Egerton, who looks like he could be Matt Damon's kid brother) to try for the roster. What follows covers all the bases of comedy, action and large-scale f/x with generous doses of social and political satire.

Matthew Vaughn deftly deploys his experience from action and comedy features as director and co-writer of this comic-book adaptation. The film runs just over two hours, which is long for such fare, but doesn't seem excessive. Always a good sign. In fact, this one builds to a couple of truly first-rate action sequences - one particularly hilarious; the others primed for adrenaline production. This may not be a great movie, but it's a wonderful and welcome winter escape, with some stunning, perhaps award-worthy, computer-generated elements.

Serena ★★

(R) It's the Great Depression. Bradley Cooper is a good guy with a struggling Appalachian lumber mill. He falls at first sight for a babe (Jennifer Lawrence), whose logging family had been thriving in Colorado



until a tragic fire left her as the sole survivor. She's smart, sexy, tough and knows the business. That makes her a valued asset to hubby, a rival to his closest pals, and another factor in his battle with local politicians and competitors. The resulting period drama could have been far more compelling than it turned out, wasting a fine cast that includes Rhys Ifans and Toby Jones in key supporting roles. Someone apparently spent far more effort on re-creating the locale and period than the writing or pacing.

Something seems a bit too-good-to-be-true about Lawrence's character, setting up a suspense element. The passion between the leads is surprisingly subdued, as if the Hayes Office that suppressed sexy bits in movies during that era were still monitoring the final edits here. They'd already shown better chemistry together in *Silver Linings Playbook* than director Susanne Bier decided to show in this pairing. I won't tell you what happens, but they took too long to get there. If you have enough patience, you may find the plot and principals satisfying enough to keep you engaged. But prepare for more mood and texture than story progression.



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Brown Rice Frittata with Bacon and Edamame

Servings: 6–8

- 1 cup Brown Rice
- 4 thick cut bacon slices, cut into ½-inch pieces
- 4 scallions, thinly sliced (whites and greens divided)
- 1 cup frozen shelled edamame or frozen green peas
- 6 eggs
- ¾ cup sour cream, divided
- ½ teaspoon kosher salt

Preheat oven to 400°F.

Prepare rice according to package directions.

While rice cooks, sauté bacon pieces in 10-inch ovenproof skillet over medium heat until starting to crisp, about 5 minutes. Drain off all but 1 tablespoon bacon fat, then add scallion whites and edamame (or if desired, use 1 cup frozen green peas) to the bacon in the pan and sauté 1 minute.

Add cooked rice, and sauté 1 minute. In a bowl, whisk together eggs, ½ cup sour cream and salt. Add egg mixture to pan, swirling gently to distribute mixture evenly throughout other ingredients. Cook undisturbed for 2–3 minutes, until edges look set. Then place pan in preheated oven until set in center, about 10 minutes.

Mix together scallion greens with remaining ¼ cup sour cream. Serve frittata in wedges topped with a dollop of scallion cream.

Sweet Potato Rice Casserole

Servings: 6

- 1 can (8 ounces) crushed pineapple in natural juice, drained (reserve juice)
- 1 cup White Rice or Brown Rice, uncooked
- 1 large egg, lightly beaten
- 1 can (5 ounces) evaporated skim milk
- 1 can (15 ounces) sweet potatoes, drained
- ½ teaspoon ground cinnamon
- 2 cups miniature marshmallows

Preheat oven to 400°F.

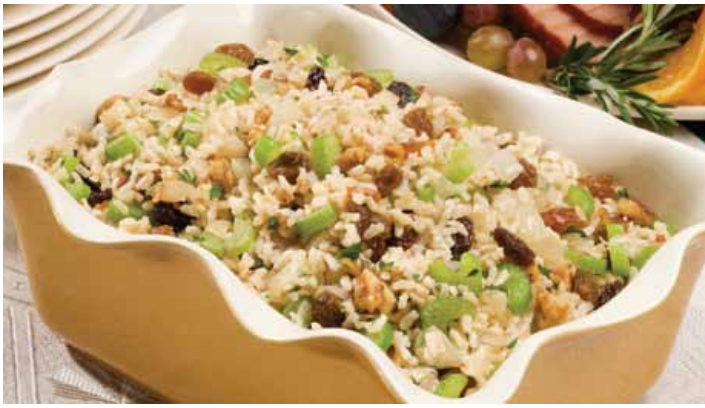
Measure reserved pineapple juice and add enough water to make 1 cup. Prepare rice according to package directions using juice-water mixture.

In large bowl combine pineapple, rice, egg, milk, sweet potatoes and cinnamon. Mix well. Spread in 2-quart casserole dish. Top with marshmallows.

Bake 20 minutes, or until marshmallows begin to brown.



Honey Nut Dressing



Servings: 6

- | | |
|----------------------------------|------------------------------------------------|
| 1 cup Brown Rice, uncooked | ½ cup raisins |
| 1 tablespoon butter or margarine | 2 tablespoons chopped fresh parsley (optional) |
| ¼ cup chopped walnuts | 2 tablespoons honey |
| ¾ cup chopped onion | 1 tablespoon lemon juice |
| ¾ cup chopped celery | ¼ teaspoon salt |

Prepare rice according to package directions.

Melt butter or margarine in large skillet over medium heat. Add walnuts; cook and stir until lightly toasted. Add onions and celery; cook and stir until crisp-tender.

Stir in rice and remaining ingredients. Heat thoroughly, stirring occasionally.

Cranberry Pecan Multi-Grain Stuffing



Servings: 4

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|------------------------------|--------------------------------------------|
| 1 tablespoon olive oil | 1 bag Minute® Multi-Grain Medley, uncooked |
| ½ cup chopped onion | ½ cup chopped pecans, toasted |
| ¼ cup chopped fresh celery | Salt and ground black pepper, optional |
| ¼ teaspoon poultry seasoning | |
| ½ cup dried cranberries | |
| 1 cup chicken broth | |

Heat oil in medium saucepan over medium heat. Add onion and celery, and cook 2 minutes.

Add poultry seasoning, cranberries and broth. Bring to boil, and stir in rice. Cover, reduce heat and simmer 5 minutes.

Remove from heat, and let stand 5 minutes. Stir in pecans and season with salt and pepper, if desired.

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EVENTS



Bossier Arts Council's Emerging Artist Gallery Presents Hannah Cooper McCauley - June 2 - July 31. 630 Barksdale Blve, Bossier City. 11:00 a.m. to 5:00 p.m. Tuesday - Saturday. For more information on this show and other Bossier Arts Council programming please email bossierarts@bossierarts.org or call 318-741-8310.



Empty Bowls event - Food Bank of Northwest Louisiana's main fundraiser. Thursday, June 4 at the Eldorado Casino and Hotel from 6:00 - 9:00 p.m.. Tickets are \$40 in advance and may

be purchased at www.foodbanknla.org or by calling 675-2400. Attendees will enjoy a modest dinner featuring soups, bread, dessert and a beverage. Cash bar. At the end of the event, each guest may choose a ceramic bowl (crafted by artists and community participants) to keep.

Let the Good Times Roll Festival - June 19 - 21. Festival Plaza, downtown Shreveport. Featuring food, fun, music, and talent. Friday \$5 before 6 p.m. \$10 after 6p.m. Saturday and Sunday \$10 all day. Kids 5 and under free.

Senior Art Program - For the visually challenged and blind. Every Friday at Louisiana Association for the Blind, 1750 Claiborne Ave. Shreveport. For more info call Patty at 318-635-6471, ext 228.

"The Shape of Shreveport" Documentary Series Premiere - Presented by Ring Media Group on June 4 at the Strand Theatre, downtown Shreveport. Doors open at 6; movie begins at 7. Episodes 1 - 4 focus on Henry Shreve; the Yellow Fever outbreak of 1873; the influence Elvis and MLK had on Shreveport; and the oil and gas crash of 1980's. Tickets are \$20 and available at www.Shapeofshreveport.com.



Proceeds will benefit the Strand Theatre.

MARKETS

Mall St. Vincent's South Highland Summer Market - Fridays from May 15 - July 24. 5:00 p.m. - 9:00 p.m. Under the tent in the parking lot near the Fairfield Ave. exit. Featuring fresh produce, specialty foods, & crafts.

Shreveport Farmers' Market - Locally-grown produce, meat, honey, plants, delicious artisan food products, a Market Café, and music. The market takes place in Festival Plaza in downtown Shreveport at 101 Crockett Street. Sat-




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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.

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SUPPORT GROUP

Senior Connection - Peer support group for persons 55 and older who are legally blind. 2nd Friday of the month from 11 a.m. to 1 p.m. in the Low Vision

Rehab Center, 1714 Claiborne Avenue. Speakers, activities, food and fun. For more info, call (318) 698-2300.

THEATRE



Les Misérables - Presented by the Academy of Children's Theatre at Marjorie Lyons Playhouse on the Centenary College Campus. June 5, 6, 12, & 13 at 7:00 p.m., June 7 & 14 at 2:00 p.m. Les Misérables is an epic and uplifting show about the survival of the human spirit. Based on Victor Hugo's novel, the show tells the story of Jean Valjean who is unjustly imprisoned and pursued by Inspector Javert. The show culminates with the Paris Student Revolution of 1832. Tickets are \$25.00 and reservations can be made by calling 318-212-2822 or reserving online at ACTtickets.info

Mamma Mia! - Thursday, June 18 at 8:00 p.m. Strand Theatre, 619 Louisiana Ave, downtown Shreveport. The magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship. *Mamma Mia!* is the winner of 5 Tony Awards, including Best Musical. Tickets are \$72.50, \$59.50, \$39.50. Contact the box office at (318) 226-8555 or strand@thestrandtheatre.com

urday markets take place from 7:00 a.m. to noon from May 30 to August 29, with the exception of June 20; Tuesday markets will be held at the east end of Festival Plaza, June 2 to July 14 from 3:00 p.m. to 6:00 p.m. featuring home-grown fruits, vegetables, and meats. For more info, visit www.shreveportfarmersmarket.com or call 318-455-5788.

MEETINGS

Ark-La-Tex Genealogical Association, Inc. - 1 PM, Saturday, June 13. Randle T. Moore Center, 3101 Fairfield Ave., Shreveport. Joe Slattery, Genealogist, Historian, Librarian, will present "Shreveport's Historical Oakland Cemetery" based on records and photographs of the late Jane Newberry. **FREE**. 318-746-1851

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Restless Heart

Saturday, August 16, 2014

**Black Jacket Symphony Presents
Fleetwood Mac's Rumours**

Saturday, September 13, 2014

The Oak Ridge Boys

Friday, September 19, 2014

Smokey Joe's Café —Featuring The Coasters

Friday, October 10, 2014

1964 — The Tribute (Beatles)

Saturday, November 15, 2014

Darlene Love Christmas Show

Friday, December 5, 2014

Charles Dickens' A Christmas Carol

Saturday, December 6, 2014

Guys and Dolls

Thursday, February 5, 2015

Seven Brides for Seven Brothers

Friday, March 13, 2015

Million Dollar Quartet

Thursday, April 23, 2015

Broadway by Jeri (Jeri Sager)

Saturday, May 16, 2015

Mamma Mia!

Thursday, June 18, 2015

THE STRAND THEATRE
(318) 226-8555

www.thestrandtheatre.com

King Crossword

Puzzle answers on
page 40

ACROSS

- 1 Talk show host Kelly
5 Urban transport
8 Bridge coup
12 "American —"
13 Tramcar fill
14 Blood (Pref.)
15 Cat call?
16 "Gosh!"
17 State with conviction
18 Hero meat
20 Dervishes
22 Still
23 Profit
24 Intends
27 Butt holders
32 "The Raven" writer
33 Placekicker's pride
34 Ball-bearing item
35 Discourtesy
38 With 3-Down, info for interbreeding
39 Rage
40 Altar affirmative
42 Canada's capital
45 Rang out
49 Bygone flock

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					54				55			
56					57				58			

- of New Zealand
4 Nonstop
5 Think deeply
6 Exist
7 Vegan's no-no
8 Half a dinner-table pair
9 Rise
10 Cupid's specialty
11 Takes blades to blades
19 Yours truly
21 Pismire
24 Spring mo.
25 Chit
26 Ponder
28 "Help!"
29 Be indecisive
30 Longing
31 Witness
36 Got the lead out?
37 Fresh
38 Happy Gilmore, e.g.
41 Accomplish
42 Mr. Sharif
43 Color quality
44 Malaria symptom
46 Entice
47 Send forth
48 Landowner's paper
51 Thickness

DOWN

- 1 Edges
2 Concept
3 See 38-

MAGIC MAZE ● U.S. GOLD MEDALIST AT THE 2008 SUMMER OLYMPICS

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

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

- | | | | |
|----------|--------|---------|------------|
| Cafaro | Gould | Madden | Tunncliffe |
| Clay | Harper | Peirsol | Whipple |
| Coughlin | Liukin | Phelps | Zagunis |
| Eller | Lochte | Soni | |

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Sudoku

by Linda Thistle

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

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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The Best of Times

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(Puzzles on pages 38-39)

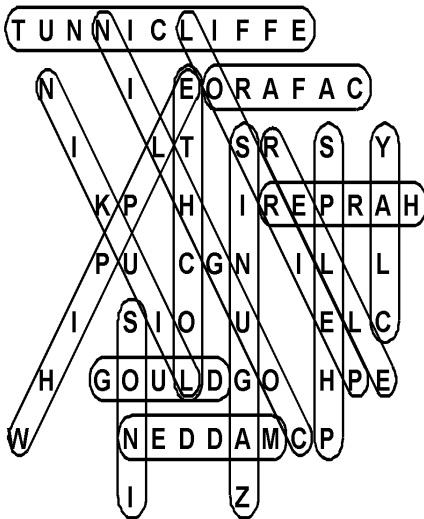
King Crossword

Answers

Solution time: 25 mins.

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

U.S. GOLD MEDALIST AT THE 2008 SUMMER OLYMPICS



SUDOKU

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

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?



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

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.

My mother's Medicare HMO tells me that she cannot utilize the home health agency for my mom that she used before as they are not part of their network. I am not familiar with the choices of home health agencies the HMO said that I can choose from, so I want to use the home health that we have used before. What are my further options and I can I appeal their mandate to use a certain agency?



Don Harper
CHRISTUS HomeCare & Hospice
1700 Buckner Sq., #200
Shreveport, LA 71101
318-681-7200
See our ad on page 35.

You can choose any home health agency serving your community. Each agency has contracts with specific and most likely many private insurances, managed Medicare plans (HGP), and some even accept Medicaid plans. Original Medicare is the most accepted insurance for home health agencies. If the agency is not in network with your current plan you may still choose to use the home health agency you prefer. If you are not in network, you will most likely have to pay more or even all of the cost yourself. You can also appeal the decision of the HMO to the Division of Administrative Law Health and Hospitals Section at 225-342-5800. They will lead you through your appeal. Appeals take time and paperwork so be prepared.

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



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

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

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



Chris Shelby, MD
Pierremont Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
www.ShelbyEye.com
See our ad on page 42.

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

JUNE Parting Shots

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

Shreveport Bossier Convention and Tourist Bureau tour, showcasing area attractions, was held at Chandler Event Center on April 16. (l to r) Tommy Chandler, Stacy Brown, Wayne McClain, Betty Walpool and Charlotte Rice.



A fun time was had by all at the Strand's gala performance of the Million Dollar Quartet on April 23rd.



Cousins Chris Booras and Georgia Booras



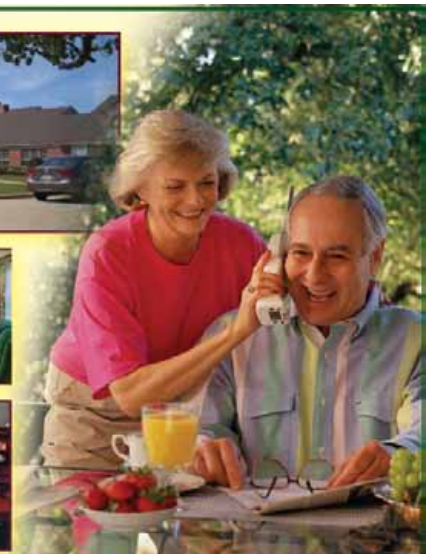
Lyndra and Paul Strickland

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June PARTING SHOTS (continued)

Dr. E. Bruce Heilman, Chancellor of the University of Richmond, Virginia, was welcomed to the area by veterans and guests at the American Legion's Lowe-McFarlane Post Number 14 on Cross Lake on April 27th. Dr. Heilman, a WWII Marine Veteran of the Battle of Okinawa and the Occupation of Japan, is on a 6000 mile motorcycle trek to publicize the 70th anniversary of the end of WWII.



(l to r) Ken Harrison, Johnny Benson, Dr. Heilman, Bernt Ebbesson, Luke Stetson, and Ron Chatelon



Ray Urban, Dr. Heilman, and Patsy Benson



Steve Lavery with the American Legion Post 14 welcomes Dr. Heilman



Yazzy Jazz Celebration Concert was held at Riverview Hall on April 24. Proceeds provide scholarships for Theatre of the Performing Arts students.

(l to r) Gloria Gipson, Freddie Pierson and Martina Mitchell

Dr. Christopher Shelby

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June PARTING SHOTS (continued)

Give for Good is a 24-hour online giving challenge led by The Community Foundation of North Louisiana to raise unrestricted dollars for the nonprofits in our community. This year's event was held on May 5 with various nonprofits hosting events.



Above: Patricia Yoruw, Gale Dean, and Mitch Iddins with New Horizons Independent Living Center

Below: Chris Jutze, Alexandra Oliver, and LaToya Harris of New Horizons Independent Living Center



Jennifer Steadman with the Community Foundation



Deon Behrman, Sham Ashley, and John Michael Alost with The Center for Families

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June PARTING SHOTS
(continued)



Choirs from throughout the city participated in SPAR's 7th Annual Spring Musical on April 22 at Riverview Hall.



Master of Ceremonies Ken Latin



Above: A B Palmer Community Center Choir



Left: Hattie Perry Community Choir

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June PARTING SHOTS

(continued)

A ribbon cutting and open house was held at Brookdale Senior Living Center in Bossier City on April 29.



Staff and dignitaries cut the ribbon.



(l to r) Judy Johnson, Dori Rupe, and Lisa Johnson



Carol Rhodes and Tamara Crane



Ron Young and Brookdale administrator Pat Covington

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Kacee Ferrier

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Angie Hayes

Charlotte McCune

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