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March contents



BRIEFLY

- 6 In the News
- 8 STAT! Medical News



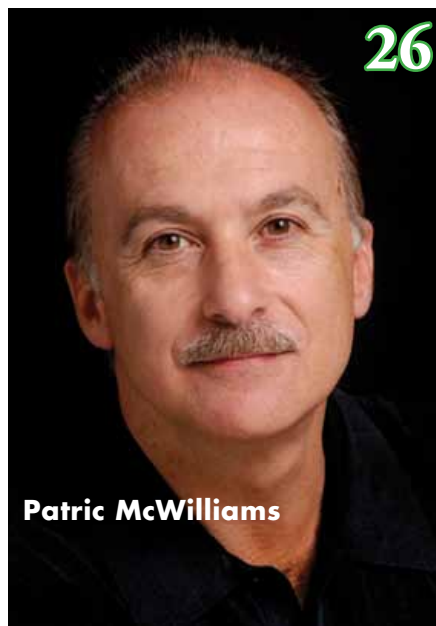
28

FEATURES

- 11 **Save Using Student Services**
by Amanda Newton
On the heels of what experts have called the worst recession in modern history, everyone wants to make every dollar go as far as possible. One way to do that is to use student provided services.
- 16 **8 Ways to Protect What You've Saved**
by Bill Lasey
Those who leave this world without their financial affairs in good order risk leaving their heirs some significant problems along with their legacies.
- 26 **The Play's the Thing**
by Mary Flanders
Shreveport native Patric McWilliams truly gives his life to the theatre.

ADVICE

- 18 **Laws of the Land**
That Check is How Old?
by Lee Aronson
- 20 **Dear Pharmacist**
5 Easy Steps for a Medicine Cabinet Make-over
by Suzy Cohen, RPh
- 22 **From the Bench**
What Happens if I Get Sued?
by Judge Jeff Cox
- 30 **Ask Dr. Marion**
Prioritize Help for Your Elder
by Marion Somers, Ph.D.
- 32 **Money Matters**
Make Sure You are Cyber Secure
by Jason Alderman
- 34 **Marci's Medicare Answers**
Monthly Q & A: Smoking Cessation, Medicare Part D & Nursing Home Care



26

Patric McWilliams

COLUMNS

- 28 **Travelitizers**
Chugging Through Canada
by Andrea Gross
- 29 **RSVP Volunteer of the Month**
Wynona Hammond: the Perfect Volunteer
by Linda Mullican
- 36 **Growing Up in Broadmoor**
March Memories
by I.V. Hastings, Jr.

IN EVERY ISSUE

- 38 **What's Cooking?**
The Fabulous Flavors of Mardi Gras
- 40 **Get Up & Go!**
A March events calendar full of places to go and things to do
- 42 **Our Famous Puzzle Pages**
Crossword, Sudoku, and Word Search
- 44 **Gold Pages**

FANTASTIC PHOTOS

- 31 **100th Anniversary**
Snell's Orthotics-Prosthetics Celebrates
- 46 **Parting Shots**



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TINA'S TURN



For such a short month, February sure was busy! Last month we announced that this issue would knock your glasses off...and I'm sure you'll agree that we delivered on that promise!! Our move to an all-glossy format was originally planned for our November 10th anniversary issue. But like children at Christmas, we just couldn't wait. The result is the same great magazine, but now with a bright new look. We would love to hear your feedback.

And speaking of new, the 2011 edition of *Silver Pages*, our annual resource directory, is completely updated and currently available. See below for details on how you can get *your* FREE copy.

Of course, very little in life is free. (Except, of course, for the tickets to the TEATRO concert that our lucky reader Jim Peveler won in last month's contest.) In fact, prices on just about everything keep rising. If you're feeling the pinch as much as everyone else, you don't want to miss our feature on ways to save money using the services of students from our area's institutions of higher learning. Then make sure to read Bill Lasey's article on ways to protect all that money you've saved.

And now on to March, a longer (and hopefully warmer) month that promises an even busier schedule. *Tina*

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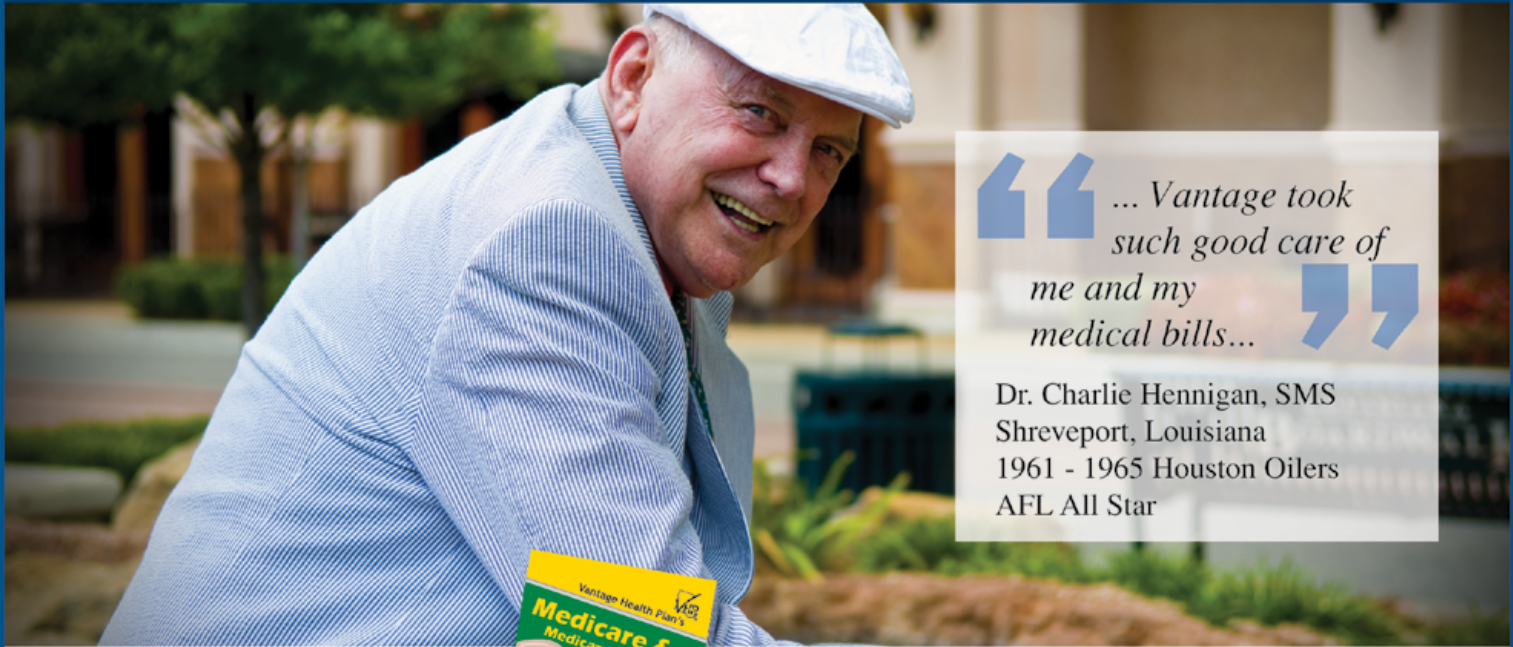


Now Available
Silver Pages is now available **FREE** at many of our key distribution sites and will be available throughout the coming year at area senior events. To get your copy by mail: Send \$5 (to cover p & h) to *Silver Pages*, P.O. Box 19510, Shreveport, LA 71149.

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65 Are you turning 65?

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WK Physician Network Achieves "Better Performer Status"

The Medical Group Management Association (MGMA) Performance and Practices of Successful Medical Groups: 2010 Report Based on 2009 Data identified Willis-Knighton Physician Network as a "better performer" because of superior operational performance compared with similar medical group practices nationwide. The report profiles medical practices that have demonstrated success in one or more areas: cost management, productivity, capacity and staffing; accounts receivable and collections; patient satisfaction; and managed care operations.

Assistance Needed

The Food Bank of NW Louisiana is looking for volunteers that are interested in helping with the 2011 Empty Bowls fundraiser. For more information contact Amie at aroberts@foodbankla.org or 318-675-2400.



Medicare: General Enrollment and Information

By Dora Miller

Need Medicare Part B? If you're eligible, now is the time to sign up. The general enrollment period for Medicare Part B runs through March 31. Before you make a decision about general enrollment, let us fill you in on some general information.

Medicare is a medical insurance program for retired and disabled people. Some people are covered only by one type of Medicare; others opt to pay extra for more coverage. Understanding Medicare can save you money; here are the facts.

There are four parts to Medicare: Parts A, B, C and D. Part A helps pay for inpatient hospital care, skilled nursing care, hospice care, and other services. Part B helps pay for doctors' fees, outpatient hospital visits, and other medical services and supplies not covered by Part A. Part C allows you to choose to receive all of your health care services through a provider organization. These plans, known as Medicare Advantage Plans, may help lower your costs of receiving medical services, or

you may get extra benefits for an additional monthly fee. You must have both Parts A and B to enroll in Part C. And Part D is the Medicare Prescription Drug Program.

Most people first become eligible for Medicare at age 65, and there is a monthly premium for Medicare Part B. In 2011, the standard premium is \$115.40. Some high-income individuals pay more than the standard premium. Your Part B premium also can be higher if you do not enroll during your initial enrollment period, or when you first become eligible.

There are exceptions to this rule. For example, you can delay your Medicare Part B enrollment without having to pay higher premiums if you are covered under a group health plan based on your own current employment or the current employment of any family member. If this situation applies to you, you can sign up for Medicare Part B without paying higher premiums:

- Any month you are under a group health plan based on your own current employment or the current employment of any family member; or
- Within eight months after your employment or group health plan coverage ends, whichever comes first.

If you are disabled and working (or you have coverage from a working family member), the same rules apply.

Remember: Most people are automatically enrolled in Medicare Part B when they become eligible. If you don't enroll in Medicare Part B when you first become eligible to apply and you don't fit into one of the above categories, you'll have to wait until the general enrollment period, which is January 1 through March 31 of each year. At that time, you may have to pay a higher Medicare Part B premium.

For more information about Medicare Parts A, B, C, and D, visit www.medicare.gov.

Dora Miller is the Social Security Public Affairs Specialist in Shreveport, LA



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Steps to a Shorter Hospital Stay

A study published in the *Archives of Internal Medicine* shows that the number of steps a person takes during a hospital stay might help indicate how long they'll be in the hospital. The more steps, the shorter amount of time the patient spent in the hospital. The study also adjusted for the different severities of patient illnesses. The results show how important mobility is to an older adult's independence and quality of life, both inside and outside of a hospital setting.

Spice in Curry Could Prevent Liver Damage

Curcumin, a chemical that gives curry its zing, holds promise in preventing or treating liver damage from an advanced form of a condition known as fatty liver disease, new Saint Louis University research suggests. Curcumin is contained in turmeric, a plant used by the Chinese to make traditional medicines for thousands of years. SLU's recent study highlights its potential in countering an increasingly common kind of fatty liver disease called non-alcoholic steatohepatitis (NASH). Linked to obesity and weight gain, NASH affects 3 to 4 percent of U.S. adults and can lead to a type of liver damage called liver fibrosis and possibly cirrhosis, liver cancer and death.

Limited Lymph Node Removal Does Not Appear to Result in Poorer Survival for Certain Breast Cancer

Among patients with early-stage breast cancer that had spread to a nearby lymph node and who received treatment that included lumpectomy and radiation therapy, women who just had the sentinel lymph node removed (the first lymph node to which cancer is likely to spread from the primary tumor) did not have worse survival than women who had more extensive axillary lymph node dissection (surgery to remove lymph nodes found in the armpit), according to a study in *JAMA*.

Loneliness Triggers Unhealthy Immune Response

Loneliness is no fun — and now it appears it's bad for you as well. UCLA researchers report that chronically lonely people may be at higher risk for certain types of inflammatory disease because their feelings of social isolation trigger the activity of pro-inflammatory immune cells. It's this same inflammatory response that, over the long-term, can promote cardiovascular disease, cancer and neurodegeneration. The report provides further evidence of how lifestyle and social environments can impact human health.



Spinal Manipulation Holds Its Own For Chronic Back Pain

For those suffering with chronic lower back pain, a review of existing research published in *The Cochrane Library* finds that spinal manipulation – the kind of hands-on regimen that a chiropractor might perform – is as helpful as other common treatments like painkillers. The researchers found that spinal manipulation worked about as well as the other treatments for certain kinds of patients, including those with restricted movement in the back, those without psychological issues, and those without symptoms below the knee related to the sciatic nerve. (Health Behavior News Service, part of the Center for Advancing Health)

Let the Light Shine In

A recent study, published in *The Archives of General Psychiatry*, suggests that bright light therapy can improve the mood and be as effective as antidepressant medications in treating elderly patients with Major Depressive Disorder. In addition to better scores on the depression scale, patients in the bright light therapy group also had lower urinary and salivary cortisol levels, higher melatonin levels and better sleep than those in the placebo group.






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Eating Berries May Lower Risk of Parkinson's Disease

New research shows men and women who regularly eat berries may have a lower risk of developing Parkinson's disease, while men may also further lower their risk by regularly eating apples, oranges and other sources rich in dietary components called flavonoids. The study will be presented at the American Academy of Neurology's 63rd Annual Meeting in Honolulu in April. In men, the top 20 percent who consumed the most flavonoids were about 40 percent less likely to develop Parkinson's disease than the bottom 20 percent of male participants who consumed the least amount of flavonoids. In women, there was no relationship between overall flavonoid consumption and developing Parkinson's disease. However, when sub-classes of flavonoids were examined, regular consumption of anthocyanins, which are mainly obtained from berries, were found to be associated with a lower risk of Parkinson's disease in both men and women.



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2. Share your old photos and personal stories about Snell.

Look around for photos of you being fitted at our facility or wearing a Snell prosthetic or orthotic device. As long as it was taken in the past 100 years, we'd love to get a copy of it to use in our Centennial materials. And if you have any personal memories about our facility or our employees, we might be interested in recording your story for posterity's sake.

3. Share your old prosthetic or orthotic devices with us.

If you've saved your old prosthetic or orthotic device, we'd sure appreciate it if you'd let us borrow it. We'll be putting together a Centennial exhibit and taking photographs to use in future printed materials.

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Tell your family, your neighbors, your local newspaper, maybe even Willard Scott...make sure everyone knows that turning 100 is a big deal!

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6. Attend one of our "Snell Centennial Open House" events.

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Save Using Student Services

by Amanda Newton

As people age they often find themselves with more time, if not necessarily more money. On the heels of what experts have called the worst recession in modern history, everyone wants to make every dollar go as far as possible. One way to do that is to use student provided services.

The benefits of using student provided services are numerous. Naturally, it helps the students further their education. It helps the school provide a complete education to the student. And, maybe best of all, clients who receive these services do so at a reduced price.

So what is the drawback? Well this is where that free time comes in. Students are not going to necessarily be able to perform a service as fast as someone with years of experience. In the case of some of the services, you might have to be placed on a waiting list. But if you have more time than money, student provided services are a wonderful alternative to commercial service providers.

A Little Off the Top and More in the Wallet

If the prices at the salon seem a bit out of reach a local cosmetology school or barber program is where you need to go.

Martha Self, business manager at Guy's Academy of Hair, Skin and Nails in Shreveport, said that client patronage benefits the students and saves people money.

"It gives students an actual person to work on and work with. When they get out there working in the salons, they are not going to be working on mannequins; they will be working on people," she said.

"Also, it gives them a chance to work on their people skills. It is a lot different working on something that can't talk back to you. People you have to please, a mannequin (doesn't) care how you cut their hair."

Guy's services include everything from a basic haircut, to perms and highlights. They also provide manicures, pedicures, extensions, facials, and microdermabrasion.

Guy's charges enough to cover overhead, Self said. Prices range from twenty-five to fifty percent less than commercial salons.

Self said the program at Guy's wouldn't be as successful without the opportunity for the students to work with the public.

"(The students) really need that interaction with people. Some of these girls come fresh out of high school or from home and they don't really have a lot of experience dealing

with the public," she said.

Joy Harris, a student at Guy's Academy, is nearing graduation and said the work she does on the public is beneficial to her education.

"It helps me understand the book side of it better if I can actually do it," Harris said. "I have gotten more comfortable interacting with the public by working on clients."

Harris said she doesn't think her education would have been as complete without clients to work on.

"I think because this is a trade, you need the hands-on to be able to understand it. You can tell me how to do something all day, but if I don't do it I don't know what you are talking about."

Harris has already passed her written tests for the state boards and will soon take her practicals. The time she has put in working on clients has made her feel confident she will pass those as well.

Ellen Torres, a client at Guy's, recently began going to the school for hair services after using traditional salons for the past couple of years.

"I came years ago and I used to be a regular and got away from it, just caught up with life and children," she said. "I always enjoyed coming. I enjoy having the girls practice on me. They are learning and, of course, it is a lot easier on the

pocketbook."

Torres taught school for ten years so she "is all about education." She has almost always been satisfied and said the instructors are always a constant presence to address any issues.

The services she has received include sew-ins, weaves and extensions. At a typical salon she would pay

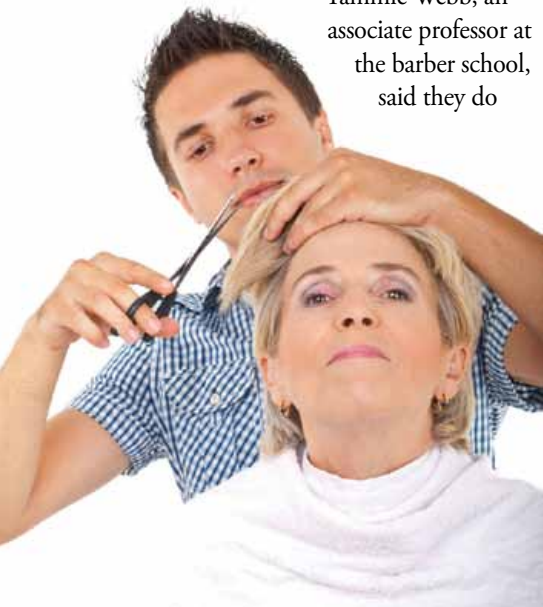


\$200 to \$250 dollars. At Guy's she pays about \$70.

"I went through a bout with cancer and my hair is just now growing back out so I have enough hair to get it done," she said.

Another location for hair services performed by students is the barber college at Northwest Louisiana Technical College (NWLTC). The prices on a basic haircut are absolutely rock-bottom.

Tammie Webb, an associate professor at the barber school, said they do



everything except for nails. They work on men, women and children. They don't take appointments; it is walk-in only. You can request a particular student when you go in.

For chemical services, such as colors and perms, they prefer clients to come in as early in the morning as possible, since those take more time.

"They are students and they are slow," Webb said.

When asked if their services save clients money, Webb got right to the point.

"For a haircut only, it is \$2. We use only professional products, too," she said.

Webb thinks the program would not be as beneficial for the students if they were not able to work with the public.

"(The students) have to have practice," she said. "I tell my students that this is where you mess up, because whatever they mess up, I can fix. Whenever they leave here and they are charging \$20 a haircut, they can't mess up."

"If it is something (the students) have never done, I am going to stand right there for however long it takes for us to get through it," Webb added.

At both Guy's and NWLTC the students don't get paid but tips are accepted, though

not required.

She thinks those who come in for services will walk away with more money in their pocket and a really great experience.

"A regular perm is \$18 and instead of two hours, you will be here three to four hours," she said. "But that is the only (drawback.) If you have time, come in, and you will be pampered just like anywhere."

Jamie LaCaze, a student in the barber program at NWLTC, loves the fact that working with the public gives her great hands-on experience.

"It is all kinds of situations that I will see when I start working on my own," she said.

Unlike many students, she has actually had a lot of experience working with the public, but the opportunity to do so in her chosen profession is a benefit.

"They teach students that don't have that background," she said. "They teach them what they need to do with their clients, how to approach them and what you need to say."

LaCaze already has a job in Bossier when she graduates and feels ready.

She said the education she has received and the experience has prepared her well.

"I feel very ready; more than ready," she said.

Cool Air for a Cool Price

If your central heat or air has been acting up a little and it is not an urgent matter, you might want to look into letting students in the HVAC department at NWLTC take a look at it.

While most of the systems the students work on are found through people the students know, they do sometimes work on systems of people who contact the school, said Eric Nixon, an instructor in the HVAC department.

"We send (the students) out and see if they can handle it themselves," he said. "They can call back and we can help them out over the phone. And sometimes we will do a field trip out there."

"The deal it is it is

hard to get to very many," he added. "We have classroom time and we have lab time. I hate to give people pie in the sky dreams. We can't service that many; we have a limited amount of time."

If students do come out and work on someone's HVAC system, the homeowner pays the cost of the parts. Nixon cautions that clients need to understand that these are students and not

professionals. But the ability for students to work in the field helps a student improve their technical skills and their people skills.

"We don't try to be in competition with local contactors so we don't try to do a mass quantity of (this) stuff," Nixon said. "Most of these guys are going to work for one of the local contractors when they finish the program."



Caviar Tastes on a Hamburger Budget

Want a great meal on a shoestring budget? Well you are in luck. Bossier Parish Community College (BPCC) culinary arts program's students provide services to the public.

During the school semester, several meals are served to the public and for the money saving price of \$7.

Chef Elizabeth Dickson, an instructor, appreciates the opportunity her students have to work with the public.

"The purpose of it is to get them real life experience with service and interacting with the customer. Additionally, since we don't take reservations, they will have to think on their feet if they don't prepare enough food," Dickson said.

Dickson said that clients are good about providing feedback to the students. Sometimes, she said, they are constructive about it and other times maybe not quite so much.

The meals bring in regulars, some of whom have been coming for the entirety of the 19 years Dickson has been there.

As far as it being a good deal for the public, Dickson is confident that it provides the clients with a lot of bang for the buck.

"Most of the time you can't go to McDonald's for seven dollars and get the type of food you get here," she said. "The meal changes every week. Sometimes it is a themed meal, so that it might be food that not only the students haven't seen before, but people in the community might not have."

Two of the regulars at the meals are Carl and Wilma Little. They have enjoyed attending the meals since even before BPCC relocated to its current site.

"It gives you the experience of trying new foods," Wilma said.

Her favorites are the holiday buffets and the themed meals that might feature Greek or Italian foods.

"The price is very good and you get so much food," she said. "Most of the time we just tell them it is good. Of course you might tell Chef Liz (Dickson) something different. (But) you tell the kids how good they are because they need that positive feedback."

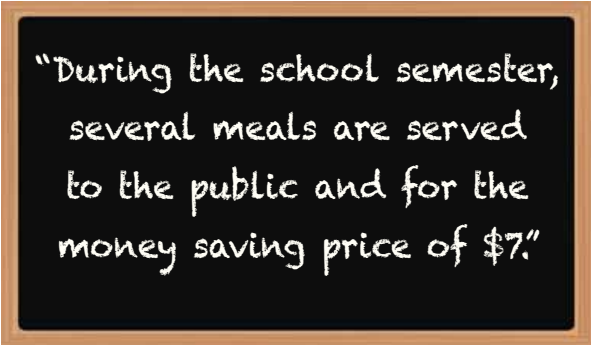
The benefits for Wilma are two-fold. She saves money and "I don't have to cook."

For over 15 years, Gayle and Virgel McMillan have also been regulars at the BPCC meals.

"We look forward to the meals," Gayle said. "I don't have to cook supper. One less thing that I have to do is a plus."

They are on the e-mail list for the culinary program and receive the menu for the meals in advance. Like the Littles, the Christmas and Thanksgiving buffets are favorites and they really enjoy the Mexican dinners.

"The yeast rolls



"During the school semester, several meals are served to the public and for the money saving price of \$7."



Contact List

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are just out of this world. And there is a wonderful salad bar that goes with it."

When it comes to offering feedback to the students, the McMillans said they are happy to do so.

"We tell them if there are some things we especially liked that day," Gayle said. "It might be something we had eaten there before, but it might just have been especially good that day."



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Want to mark a special occasion by doing something a little unconventional? Or, maybe you are tired (all you women out there) of standing in front of the mirror every morning applying your make-up.

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Dr. L. W. Pogue, owner of The World's Only Tattoo School, offers students six two-week sessions a year. While the students learn, you have the opportunity to receive a discounted tattoo under direct instructor supervision.

Now, if you want something extremely elaborate and intricate, this might not be for you. However, if you have a simple tattoo in mind, you can save money by visiting the school.

Because the schools are brief, you have to call and be put on a waiting list. Then it is just a matter of them contacting you when a class is in session so you can come in.

The price for a basic tattoo begins at \$10 and goes up.

"That is of course dramatically less than it would be at a regular tattoo shop," said Pogue. "It is supervised...kind of like a barber school where the instructors supervise the students through the procedure. It gives the students a chance to get hands on (experience) and perfect their skills before they go out and go into business."

It benefits the student and of course it helps the customer because they get a nice tattoo for "a dramatically reduced fee," Pogue added.

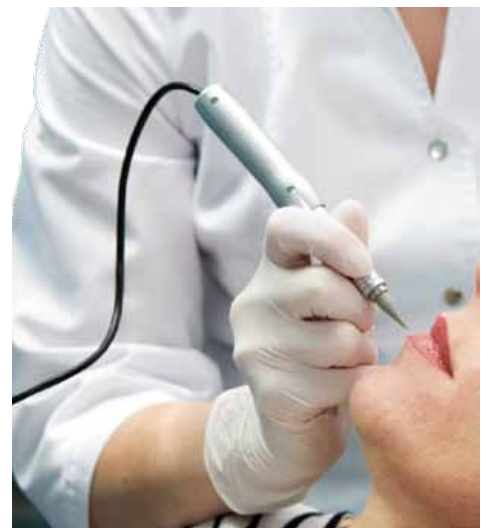
Most of the students come to the school with a lot of training

already. All of them have artistic skills, Pogue said, so the fourth day of school they start some small things like names or recolor. The school has them work on special plastic material it developed, or sometimes a honey dew melon, to make sure they are steady.

"When they look good there and they look good on their drawing skills, we let them try something small, sometimes on each other," Pogue said. "They all want to get tattoos while they are here and we encourage them to do that. If they are looking pretty good, I will turn them loose on somebody with a simple tattoo, roses or something easy, and then they just develop up from there."

The school also provides a course on permanent cosmetics. The waiting list for that can be long, since it is one-on-one training with an instructor.

"The instructor and the student both work on clients since that is very critical," Pogue said. "There are very limited times when we can do that since it is time consuming."



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8 Ways To Protect What You've Saved

By Bill Losey

Estate planning is a task that people tend to put off, as any discussion of “the end” tends to be off-putting. However, those who leave this world without their financial affairs in good order risk leaving their heirs some significant problems along with their legacies.

No matter what your age, here are some things you may want to accomplish this year with regard to estate planning.

1. Create a will if you don't have one.

Who doesn't have a will? You might be surprised. Some tremendously wealthy people have passed away without leaving a valid will. For example, Pablo Picasso and even Howard Hughes!

It is startling how many people never get around to this, even to the point of buying a will-in-a-box at a stationery store or setting one up online. A recent Lawyers.com survey of 1,022 Americans found that just 35% had wills. (For that matter, only 18% had some kind of trust.)

A solid will drafted with the guidance of an estate planning attorney may cost you

more than the will-in-a-box, but may prove to be some of the best money you ever spend. A valid will may save your heirs from some expensive headaches linked to probate and ambiguity.

2. Complement your will with related documents.

Depending on your estate planning needs, this could include some kind of trust (or multiple trusts), durable financial and medical powers of attorney, a living will and other items.

You should know that a living will is not the same thing as a durable medical power of attorney. A living will makes your wishes known when it comes to life-prolonging medical treatments, and it takes the form of a directive. A durable medical power of attorney authorizes another party to make medical decisions for you (including end-of-life decisions) if you become incapacitated or otherwise unable to make these decisions.

3. Review your beneficiary designations.

Who is the beneficiary of your IRA? How about your 401(k)? How about your annuity or life insurance policy? If your answer is along the lines of “Mm you know I'm pretty sure it's” or “It's been a while since ”, then be sure to check the documents and verify who the designated beneficiary is.

When it comes to retirement accounts and life insurance, many people don't know that beneficiary designations take priority over bequests made in wills and living trusts. If you long ago named a child now estranged from you as the beneficiary of your life insurance policy, he or she will receive the death benefit when you die – regardless of what your will states.

Time has a way of altering our beneficiary decisions. This is why some estate planners recommend that you review your beneficiaries every two years.

In some states, you can authorize transfer-on-death designations. This is a tactic against probate: TOD designations may permit the ownership transfer of

securities (and in a few states, forms of real property, vehicles and other assets) immediately at your death to the person designated. TOD designations are sometimes referred to as “will substitutes” but they usually pertain only to securities.

4. Create asset and debt lists.

Does this sound like a lot of work? It may not be. You should provide your heirs with an asset and debt “map” they can follow should you pass away, so that they will be aware of the little details of your wealth.

- One list should detail your real property and personal property assets. It should list any real estate you own, and its worth; it should also list personal property items in your home, garage, backyard, warehouse, storage unit or small business that have notable monetary worth.
- Another list should detail your bank and brokerage accounts, your retirement accounts, and any other forms of investment plus any insurance policies.
- A third list should detail your credit card debts, your mortgage and/ or HELOC, and any other outstanding consumer loans.

5. Think about consolidating your “stray” IRAs and bank accounts.

This could make one of your lists a little shorter. Consolidation means fewer account statements, less paperwork for your heirs and fewer administrative fees to bear.

6. Let your heirs know the causes and charities that mean the most to you.

Have you ever seen the phrase, “In lieu of flowers, donations may be made to” Well, perhaps you would like to suggest donations to this or that charity when you pass. Write down the associations you belong to and the organizations you support. Some non-profits do offer accidental life insurance benefits to heirs of members.

7. Select a reliable executor.

Who have you chosen to administer your estate when the time comes? The choice may seem obvious, but consider a few factors. Is there a stark possibility that your named executor might die before you do? How well does he or she comprehend financial matters or the basic principles of estate law? What if you change your mind about the way you want your assets distributed – can you easily communicate those wishes to that person?

Your executor should have copies of your will, forms of power of attorney, any kind of healthcare proxy or living will, and any trusts you create. In fact, any of your loved ones referenced in these documents should also receive copies of them.

8. Talk to the professionals.

Do-it-yourself estate planning is not recommended, especially if your estate is complex enough to trigger financial, legal and emotional issues among your heirs

upon your passing.

Many people have the idea that they don't need an estate plan because their net worth is less than X dollars. Keep in mind, money isn't the only reason for an estate plan. You may not be a multimillionaire yet, but if you own a business, have a blended family, have kids with special needs, worry about dementia, or can't stand the thought of probate delays plus probate fees whittling away at assets you have amassed well, these are all good reasons to create and maintain an estate planning strategy.

Bill Losey, CFP®, CSA, America's Retirement Strategist®, is a highly sought-after advisor, retirement authority, thought-leader, author and national TV personality. Bill has over 20 years experience in the financial services industry and is a Certified Financial Planner practitioner, a Certified Senior Advisor and Certified Retirement Coach. He is the author of Retire in a Weekend! The Baby Boomer's Guide to Making Work Optional, Founder of National Retirement Planning Month, and he publishes Retirement Intelligence®, an award-winning weekly newsletter that reaches thousands of subscribers worldwide. For more information, please visit www.BillLosey.com.



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That Check is How Old?

Jerry (not his real name) hired a brick layer to do some work on his home for \$5,000. The brick layer did the work and Jerry paid him with a \$5,000 check. A couple of days later, the brick layer called Jerry and said that he had lost the check and asked Jerry to write another. Jerry called his bank and put a stop-payment order on the first check and gave a second check for \$5,000 to the brick layer. The brick layer deposited the second check and everything seemed to be fine: Jerry got some brick work done on his house and the brick layer got \$5,000.

But 3 years later, the brick layer found that first check Jerry had written. But rather than tearing it up or returning it to Jerry, the brick layer deposited the check into his account. And by doing so, the brick layer got another \$5,000 from Jerry's account. \$5,000 the brick layer did not deserve. And when Jerry got his bank statement in the mail and found his account unexpectedly short by \$5,000, he was furious.

So he called the bank and raised a stink. The bank put the \$5,000 back into Jerry's account. Then, a couple of days later, the bank changed its mind and took



Lee ARONSON

the \$5,000 out of Jerry's account. Well, with \$5,000 unexpectedly going out of Jerry's bank account, many of the checks he had written bounced. And to add insult to injury, the bank charged Jerry a bunch of bounced check fees.

Jerry, who was fed up, sued his bank. He argued that the bank never should have cashed the \$5,000 first check because he had put a stop-payment order on that check.

Here's what Louisiana law says: if you tell a bank to put a stop-payment order on a check that you wrote, the order is only good for 14 days. That's it. In order to make a stop-payment order last longer, you need to put it in writing. But even if you do put it in writing, the order is only good for 6 months. (Technically, a stop-payment order can be renewed every 6 months, but realistically, who's going to do that every 6 months for the rest of their lives?)

In Jerry's case, he only gave the bank an oral stop-payment order. That means that it is only good for 14 days. And because the brick layer tried to cash the check more than 3 years after Jerry placed the stop-payment order (which is certainly longer than 14 days), the bank did nothing wrong by paying the check. The stop-payment order had expired long ago.

But Jerry had another point to make. He argued that the bank had no business cashing a check that was over 3 years old. Here's what Louisiana law says: a bank can, but does not have to, cash a check that is 6 months old or older. But if the bank does decide to cash a check that is 6



months old or older, then the bank better be able to prove it acted in "good faith." In Jerry's case, the bank made a big point of telling the judge that it had acted in "good faith."

The Judge decided that wasn't good enough. He said something like, "The bank just can't say it acted in good faith. It has to prove it. And in this case, the bank offered no proof at all." So Jerry got his \$5,000 back from the bank. The bank then turned around and sued the brick layer and got a judgment against the brick layer for \$5,000.

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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5 Easy Steps for a Medicine Cabinet Make-over

Dear Pharmacist, I saw you on TV the other day, talking about medicine cabinets and how to clean them out. I caught the tail-end of the segment, can you explain more about that in your column. I'm sure everyone can benefit. --M.L., Orlando, Florida



Suzy COHEN, RPh

they become useless, rancid or toxic. Because the task may feel cumbersome to people, and they may not want to let their 'goodies' go, I've prepared some ideas people so you can give your medicine cabinet a makeover in under 15 minutes. Here is my simple step by step action plan to keep your family safe and protected.

Step 1: Empty your medicine cabinet! This will allow you to find outdated products, or those that have changed color, begun to ooze, or developed an unpleasant aroma. Nearly every product has an expiration date, even sunscreen and makeup.

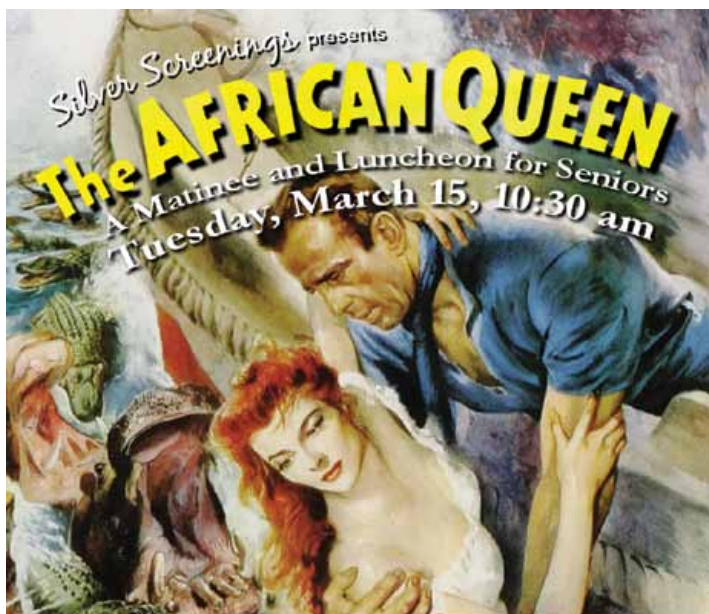
Step 2: Sanitize it. Wipe down the empty shelving.

Step 3: Properly dispose of all products, and be mindful of the environment. You can't just flush them down the toilet anymore. Don't hang on to outdated items. It doesn't matter if the medication is just a month out of date, it's out of date! You don't want to fool around and take any chances with your family's health.



Trash it if any of the following:

- it is outdated
- you no longer take it
- you had an allergic reaction, or developed skin rash after taking it
- you got it from a friend, never share prescription medications!



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- 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

- it's starting to deteriorate (crumbling, odor, color change, exposed to humidity)
- it's been recalled (you can find recalled products at the FDA website)

Step 4: Sort it. Keep groups of items together, for example, items for wounds such as bandages, gauze, medical tape and antibiotic ointment should be kept together. Eye drops, sterile eye pads and eye wash solutions should be stored together, and so on.

Step 5: Stock it properly. Keep the following on hand.

- a pain-reliever/fever-reducer
- antibiotic ointment, peroxide and tea tree oil
- ipecac for accidental poisoning (however do NOT use unless directed to by so a poison control Agent).

- anti-itch cream (will help with rashes, insect bites, poison ivy)
- cough medicine/throat lozenges
- tweezers for pulling splinters
- thermometer
- ice pack/ heating pad or castor oil pack
- eye wash solutions
- butterfly wound closures
- an antacid should that beef taco revisit you at 2am
- nasal spray
- phenazopyridine used to relieve burning pain/urinary urgency
- all your prescribed medications, preferably in child-proof containers.

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What Happens if I Get Sued?



Judge JEFF COX

You are at your home and you hear a knock on the door. You go to answer the door and see a deputy sheriff or marshal at the door with some papers in their hand. You open the door and the officer tells you they are delivering papers because you have been sued in a civil action. What happens now?

The first thing that runs through your mind is usually panic. Unless you have been involved in an auto accident or some type of ongoing legal dispute, you have no idea

why you are being served papers. Even if you knew that a lawsuit may be served, you still feel panic because of the thought of having to go to court. You have to take a deep breath at this point and start to think what to do.

Next, you have to determine why you are being sued. There can be a variety of reasons for being sued. For example, a car accident, failure to pay a debt, failure to pay rent, or causing damage to another person's property. This is not an exclusive list of why a lawsuit can be filed against an individual.

Once you have determined what type of lawsuit has been served, you must determine how long you have to answer the lawsuit. Depending on how the lawsuit was served and what type of action is involved, you may have as

little as fifteen (15) days to answer the lawsuit. If you fail to take any action in order to answer the lawsuit, a default judgment can be entered against you. This means that if you do not contest the lawsuit in the prescribed period of time, a judgment for the amount owed in the lawsuit can be entered against you without any evidence being put on by you. The judgment can then be collected by garnishment or any other legal method for collecting a judgment.

In order to avoid a default judgment being taken against you, you will need to consult an attorney to answer the lawsuit on your behalf or you can represent yourself and answer the lawsuit. The only problem with representing yourself is that you may not raise defenses that are available to you and these defenses may be waived by your not raising them at the appropriate time. Usually, if you are involved in an automobile accident, your insurance policy provides that an attorney will represent the insurance company and you if you are being sued.

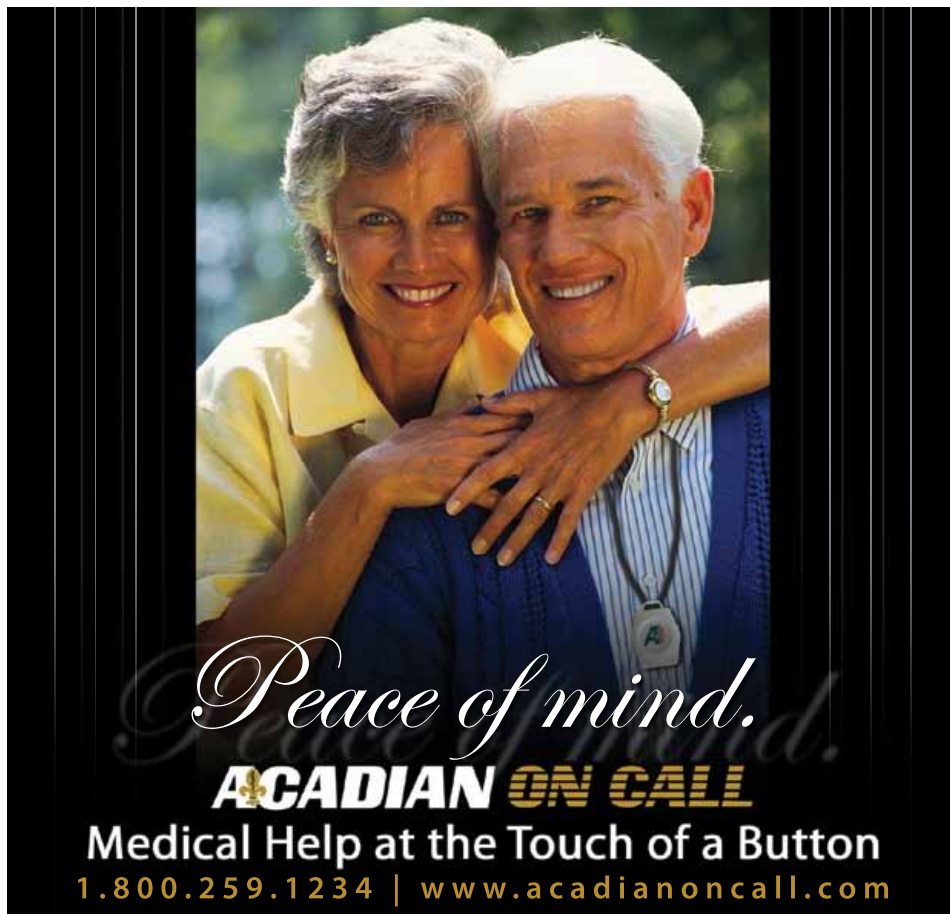
After an answer has been filed, discovery usually takes place. This is where the attorneys involved try to discover information that helps them prove their case. Discovery can take the form of written questionnaires and oral depositions where the attorneys ask questions while the answers are recorded by a court reporter.

Once discovery is complete, the attorneys may file motions attempting to get the claim dismissed or recognized as being a valid claim. Depending on what the court decides, the case will be set for trial.

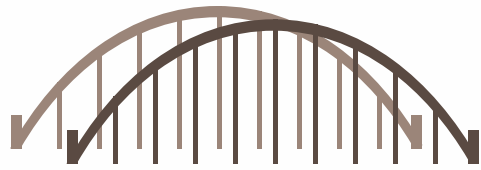
Finally, after what seems like several agonizing months or years to the parties involved in the lawsuit, the trial date arrives. Evidence is presented before the judge or a jury. The judge or jury weighs the evidence and a decision is rendered. Depending on how the parties feel about the decision reached, the decision of the judge or jury may be appealed which can take several more months before a final resolution of the case is decided.

Lawsuits can be an agonizing process to those involved. Lawsuits costs time and money and cause emotional strain on those persons named in the lawsuit. If you are sued, make sure to consider seeking legal advice in helping you resolve the case someone has brought against you.

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

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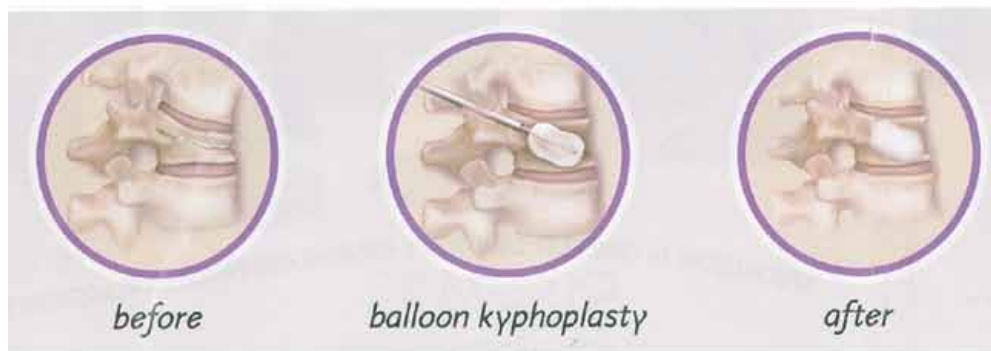
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Standing Tall: What Women Need to Know about Spinal Fractures

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.



The Play's the Thing: Patric McWilliams

by Mary Flanders

A theater is a magical place, where wonderful things happen. Theater is more than the building; theater is a way of life, a mind set, a way of thinking like not any other. To an actor the theater is the only home he loves. No matter what takes place out side those walls, once the curtain goes up an actor comes alive.

Shreveport native, **Patric McWilliams**, currently residing in New York City, knows that first hand. It seems he was born with greasepaint in his veins. "I was a strange little creature," Patric says, "From the first moment I can remember; I wanted to be an actor." He began his career with one of the best. Patric began studying at Centenary College where he met **Robert Busick**, long time head of the theater department. From the beginning he was consumed with acting. Musical theater, dramatic roles, Patric excelled at all of them. One of his favorite roles was played by the Broadway legend **Joel Grey**, The Emcee in "Cabaret" staged at Marjorie Lyons. He says some of the roles he enjoyed the most were the leads in "Nine" and "Bent."

Acting was his first love, but during a class his junior year, an assignment revealed a talent for costume design and expanded later into set design. That talent became his second love and led Patric into a new and different dimension of the theater.

The *Times* Drama Awards, an institution in the local theater scene for many years, was sponsored by the Shreveport *Times* newspaper. Every year the local theater community held their breath until they were announced. It was the highest honor one could receive. A *Times* Drama Award was a feather in the cap of every actor, director, costume designer, lighting and set designer in the area. Patric holds the record for most awards with 17 for his work in every area of local theater including acting, set design, costume design and directing.

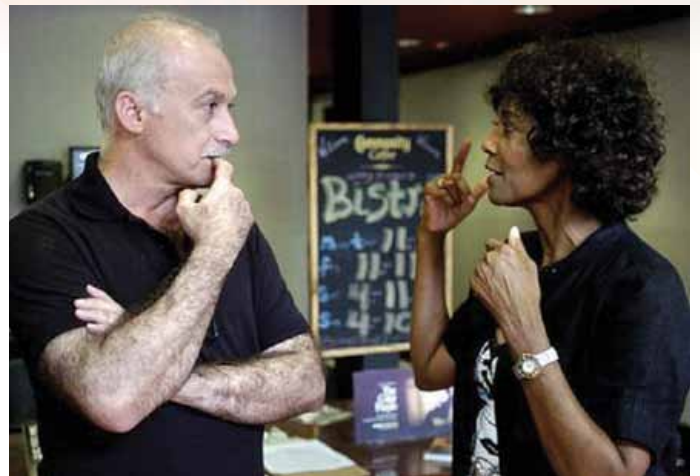
Patric has also studied in New York at the world renowned Stella Adler Studio of Acting. He auditioned among 800 other actors for one of the 17 available spots. He joined alumni such as **Kevin Costner**, **Candice Bergen**, **Jon Ritter** and **Warren Beatty**.

Five years ago Patric took his career to the next level and became the Artistic Director of the River City Repertory Theater here in Shreveport, the area's first professional theatre company. Since the beginning he has worked with top talent from Hollywood, Broadway and right here in Shreveport. Some of the well know talent he's worked with include Tony Award winning actress **Donna McKechnie**, the original Cassie from "A Chorus Line," who starred as **Amanda Wingfield** in the 2007 production of Tennessee Williams' "The Glass Menagerie," and Academy Award nominee **Margaret Avery**, "Shug" from the movie "The Color Purple," who starred in the 2008 production of Carson McCullers' "The Member of the Wedding."

Most recently he directed **Anne Lockhart** as Eleanor of Aquitaine in the 2009 production of "The Lion in Winter."

He says **Tennessee Williams** is his favorite playwright and in 1982 actually had dinner with the famed playwright. Directing **Donna McKechnie** was a huge highlight for Patric and since then they've become close friends. One of the best things he's learned in working with "big names" is that the bigger the celebrity, the nicer they are. And most of all, his theater family has become his family.

His advice to actors wanting to break into the big time, to make it past community theater in to the professional world: "Know it is not a hobby. You have to be serious. Be on it! It has to be the focus of your life."



Patric with Academy Award nominee Margaret Avery, "Shug" from the movie "The Color Purple."

"The Theater is a demanding Mistress," he says. Every serious actor knows it is a different profession, one that most other professions do not understand. It requires a level of dedication, a willingness to struggle, to face a level of brutal honesty that most are not prepared to do.

As Patric says, "It's tougher than ever to make it as an actor. As costs to mount a play skyrocket, investors are less likely to take a chance on an unknown. Fewer and fewer shows are being produced and no chances are taken with untested talent."

The River City Repertory Theater takes theatre to the next level and gives us, here in the ArkLaTex, a chance to see top caliber talent directed by a top caliber director, a man who truly gives his life to the theater, Patric McWilliams.

ANSWERS FROM THE EXPERTS

OPHTHALMOLOGY

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

LASIK is usually not a first option for people over age 65 because of cataracts. There is a new Multifocal Lens available 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.



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See our ad on page 35.

NURSING HOME CARE

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

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



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See our ad on page 23.

ORTHOPAEDICS

What are the symptoms and treatment of torn cartilage?

Meniscus tears are the most common surgical condition involving the knee. Medial meniscus (inside) tears are 3 - 4 times more common than lateral tears (outside). The meniscus support 50% of the body weight with the knee extended and 90% with the knee flexed 90°. Because the meniscus supports body weight every attempt should be made to repair or maintain as much meniscus tissue as possible. Popping, giving way, locking, tenderness at the joint line, stiffness, and swelling are some of the signs/symptoms of cartilage tears. Arthroscopic surgery is generally done on an outpatient basis and recovery is from a few days to a weeks.



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HOSPICE

Should I wait for our physician to raise the possibility of hospice, or should I raise it first?

The most frequent comment hospice agencies hear from their patient's and families is "I wish I would have known about 'it' sooner." In 2008, 35.4% of those served by hospice died or were discharged in seven days or less - a timeframe way too short to realize the full benefits of hospice care. Ideally, discussions about adding the benefits of hospice services to an individual's care regimen should begin when it appears that a cure may not be possible for a life-limiting illness and within the context an individual's goals for treatment. It would not only be appropriate, but also prudent to initiate the conversation with your physician about hospice services.



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Chugging Through Canada

Story by Andrea Gross;
photos by Irv Green
www.andreagross.com

On Day One we see bald eagle, osprey, beaver and the round, white rear ends of bighorn sheep.

On Day Two we see salmon, hundreds of them, and our guide gives us a quick science lesson: where they live, how they spawn, why some are deep red and others pale pink.

“The Trip of a Lifetime”



All the while, I sit in supreme comfort on the Rocky Mountaineer, a luxury train known for giving its guests the best in both scenery and service. This is a trip I've wanted to take since my parents took it 18 years ago, not long after the train was inaugurated.

The attendant brings scones and a cup of tea. “This is your before-breakfast snack,” he tells me, and I start to giggle. I'm not used to being pampered, much less being served a pre-breakfast cup of tea in a white china cup. As the train rumbles its way along its signature route — a 594-mile journey from Vancouver to Banff in the Canadian Rockies — I feel deliciously, delightfully decadent.

In a splurge we'll never regret, my husband and I have chosen to travel in Gold Leaf Service, which means we're riding at tree-top level in a two-story coach with huge windows that curve around to the roof, giving us a panoramic view. From our seats, which are wide and comfortable with plenty of legroom, we can peer down at the rivers and up at the mountains.

Later we walk back to investigate the less costly Red Leaf seating. The seats are fine, but without dome windows, the view is less expansive and the feel claustrophobic.

Soon it's time to walk downstairs to the first level for a white-tablecloth meal. I choose a cheese omelet with asparagus and Canadian smoked ham; my husband opts for scrambled egg with smoked salmon and lemon chive cr me fraiche. At our server's suggestion, we also get a vanilla yogurt parfait topped with granola and

fresh field berries. Oh yes, and don't forget the warm croissants.

Lunch is even more elegant. We have our choice of steak, prawns, or chicken one day; salmon, pork or chicken the next. Dessert is always chocolate — one day chocolate accompanied by vanilla ice cream, the next chocolate with apple tart. I think I'm in heaven.

Back upstairs, I watch lazily as the train takes us past fertile farmlands, through the beige and brown desert of the Fraser Valley, around pine-bordered lakes, and into the dense, forested mountains of eastern British Columbia and western Alberta.

Meanwhile, an attendant attends to our every need. Water? At your service. Cola, juice, wine, beer... How about a mixed drink? Someone on our coach asks for a Baileys on ice and the idea catches on. Pretty soon we're clinking glasses with the other passengers, lifting our Baileys to toast the mountains.

After an overnight in Kamloops, where some passengers go to a buffet-cum-musical show but we choose a quick meal at the nearby Frick and Frack Taphouse, we get back on the train for the highlight of the trip: our journey through the Canadian Rockies. By early afternoon we've begun a steep climb — gaining 2,500 feet in 130 miles — and the scenery changes again. The mountain peaks, which had been playing hide-and-seek with the clouds, are now tinged with snow. By this afternoon, says our guide, we'll be at the highest point of our trip, crossing the Continental Divide at 5,332 feet above sea level. This is the apex



of this part of the world, where the water to the west flows into the Pacific and that to the east makes a longer journey over to the Atlantic.

A bit later we enter relative flatlands, and someone in the back of our coach shouts that he sees a “bear or something” off in the distance. We rush to the windows on the right side of the train. A few of the hardier passengers run to the outdoor standing area between cars, where the temperature on this fall day has dropped to a breezy cold. Cameras flash. The bear, if indeed there was a bear, disappears. But wait, maybe he'll reappear. Cameras keep flashing. We're glad we have digital.

It's past 7 p.m. when we arrive at the Banff station, where we're greeted by an elk, who nods his head in a stately manner. His friends are cavorting in the lawn of a nearby house. Welcome to the Canadian Rockies.

www.rockymountaineer.com

Note: The Rocky Mountaineer offers four routes, from the three-hour Sea to Sky Climb between Vancouver and Whistler to the two-day trips that go between Vancouver and Jasper, Banff or Calgary.

RSVP Volunteer of the Month

By Linda Mullican



Wynona Hammond is a person that any organization would consider as the perfect volunteer. She is that to the Caddo/Bossier RSVP Volunteer Program. Her

willingness to help with whatever and wherever needed is a volunteer programs dream.

Wynona has been an RSVP volunteer since April, 2003 where she started by volunteering at a CCOA Nutrition Site and then has branched out by volunteering for a multitude of volunteer opportunities. She has volunteered at over 50 of RSVP's 70 something stations with her most favorite being the Louisiana State Exhibit Museum and being the primary bingo caller at Willis Knighton Progressive Care Center every Monday and Friday afternoon where she is known and loved by the residents and the Activity Director. She also has served on the Caddo/Bossier RSVP Advisory Council for the past four years where she has been instrumental in getting many door prizes. Wynona will receive the Presidential Volunteer Service Award at this year's Volunteer Recognition for having volunteered 4,306 hours.

Jackie DuBroc, Activity Director at Willis Knighton Progressive Care Center, says all the volunteers that help here are invaluable to her by freeing her time to do patient visits and paperwork that she would not have time to do if she did not have volunteers to help. According to Jackie, Wynona goes beyond volunteering by not only calling bingo, but sewing activity aprons for patients to use as therapy. She also helps with patients that attend the Nursing Home Olympics each year.

According to Cindy Grogan, Public Information Officer at LA State Exhibit Museum, "Wynona is almost like a fixture at the museum by helping with mail-outs, the Greening of the Trees, Glitz & Grits and serving at receptions and always willing to help us with anything we ask."

If you would like to volunteer please e-mail Linda Mullican at lmullicoa@yahoo.com or call the RSVP Office at 676-5187.

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Prioritize Help for Your Elder

How do I prioritize the many daily issues that I have to address to help my father? Fran in Connecticut, 60

The first thing you must do is figure out exactly what kind of help you need. Often, your father's needs (as well as your own) can be met by tapping into your network of family and friends. Look into this before you hire anyone. Ask who's available to help in your network of family and friends. Don't be afraid to ask. Some family and friends can offer financial help, transportation, food, cooking skills, or legal expertise. Get as much free help as you can, but be clear about your father's needs when asking friends and family for their assistance. How long will he require their help - a few weeks, months, a year? People are more likely to lend a hand if the role and time commitment are both clearly defined. They like to know where the finish line is. Some will contribute to a short sprint, while others will be in it for the long haul. You have to know how to ask for help from all types.



Dr. Marion SOMERS

The most common tasks include cleaning the home, handyman work like fixing broken items, loose wires, windows, and rotted wood, and taking care of trash disposal. There's a wide variety of help available in your local community, so be resourceful about where and how you find the help. You can hire help on a daily, weekly, or monthly basis, all determined by on your needs, financial ability, and your elder's wishes.

The caregiving challenge could be one of the most difficult things you face in your life. You can't go it alone. If at all possible, you should hire help when and where appropriate to take some of the caregiving load off your shoulders. It's often quite dif-

The caregiving challenge could be one of the most difficult things you face in your life. You can't go it alone.

ficult, if not impossible, for your elder to find a trustworthy, affordable housekeeper, handyperson, or aide. Seniors often don't know where to find the contacts or what the going rate is for services that are needed. Make your elder's life easier and safer by taking on this responsibility. Do



research, ask your friends and your elder's friends for references, interview candidates, and then hire someone.

Hiring help or assistance can be time consuming, but it's well worth the effort, and if you're persistent, you'll eventually find the right person. After I interview an aide, I also have my client speak with the person to make sure they feel comfortable. It's their home and space, and they usually don't take too kindly to "outsiders."

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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100th Anniversary of Snell's

Snell's Orthotics-Prosthetics kicked off their 100th anniversary celebration with a reception at their Youree Drive office on Saturday, February 19. The festivities also included a live remote broadcast of "The Best of Times Radio Hour" on AM 1130 KWKH, an exhibit detailing Snell's 100 year history, and a mini health fair.



Chris and Clint Snell with proclamations from Shreveport Mayor Cedric Glover and Louisiana Governor Bobby Jindal



Clint Snell welcomes Linda Biernacki



Gene Arant added a leaf to the Community Giving Tree. The charity with the most leaves at the end of each quarter will receive a contribution from Snell's.



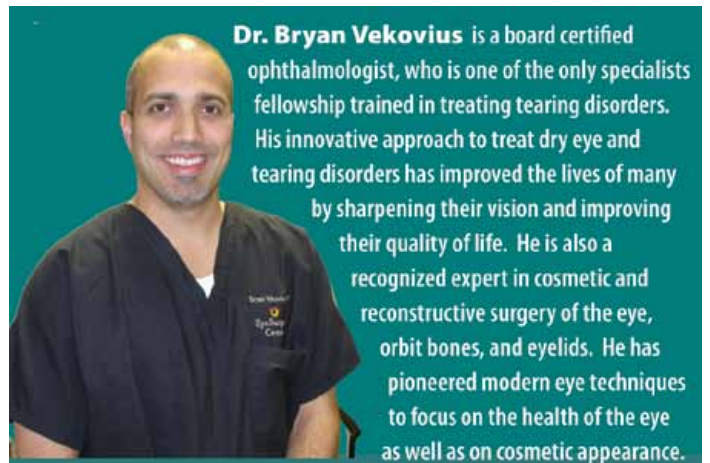
Gerry Hedgecock (left) attends reception and offers congratulations to Chris Snell.



Some of the Snell's staff enjoying the kick off event.



L to R: Maurice Lamothe, Clint Snell, Chris Snell, Bob and Judy Horne



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

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Make Sure You Are Cyber Secure

When Ben Franklin famously wrote, "An ounce of prevention is worth a pound of cure," I'm pretty sure he wasn't warning his readers about the perils of cyber crime. But in today's world of phishing, shoulder-surfing and computer spyware, his advice hits home.

It's a sad reality that some people will rip you off if you give them an opportunity. Just as you take safety precautions when handling cash, so should you be vigilant when using credit or debit payment cards for purchases, whether the transaction is in person or online.

Here are tips for protecting your account information and avoiding payment card scams:



Jason ALDERMAN

Prevent online intrusions. Use updated anti-virus and anti-spyware software, only download information from trusted sites and don't click pop-up windows or suspicious links in emails. These can all be tricks to install spyware, which can record your keystrokes to obtain account or other confidential information.

Use secure websites. When purchasing items online, look for safety symbols such as the padlock icon in the browser's

status bar, an "s" after "http" in the URL, or the words "Secure Sockets Layer" (SSL). These are signs that the merchant is using a secure page for transmitting personal information.

Protect personal information. Never provide sensitive information, such as credit card or bank account numbers, passwords, Social Security number, driver's license, or address/phone by mail, phone or email unless you initiated the communication. Report requests for personal information to your card issuer by calling the number on the back of your card.

Be wary of "free trial" offers. Take time to read and understand all terms and conditions. Pay particular attention to any pre-checked boxes in online offers before submitting an order. Failing to un-check the boxes may bind you to terms and conditions you don't want.

Track account activity. Regularly review credit card and bank statements and report any suspicious or unauthorized charges to the financial institution or card issuer. Ask whether your credit or debit card offers "zero liability," which means you won't be



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responsible for unauthorized or fraudulent purchases.

Transaction alerts. Sign up for email or text message transaction alerts from your bank to keep track of purchases. These alerts are triggered when the transaction meets certain criteria you select; for example, purchases over a certain dollar amount. In addition, banks generally will contact you if they spot unusual activity, such as multiple large purchases made within a short time frame or from different geographic areas.

A few other quick tips:

- Create strong, random passwords and change them regularly.
- Shield keypads from the eyes of "shoulder surfers" at stores and ATMs.
- Review receipts for accuracy before signing and retain them for your records.

There are many great resources where you can learn how to protect your personal and account information and prevent fraud, including:

- The National Cyber Security Alliance's www.StaySafeOnline.org is filled with tips for safe Internet use.
- The Federal Trade Commission's ID, Theft, Privacy and Security page offers extensive information about identity theft, privacy and information security at www.ftc.gov/bcp/menus/consumer/data.shtm.
- Visa Inc. offers VisaSecuritySense (www.visasecuritysense.com), which contains tips on preventing fraud online, in stores and at ATMs, spotting deceptive marketing practices, and more. Jason Alderman directs Visa's financial education programs. To follow Jason Alderman on Twitter: www.twitter.com/PracticalMoney

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Smoking Cessation, Medicare Part D, & Nursing Home Care



*Dear Marci,
I want to quit smoking. Can I get help through Medicare? --Carl*

Dear Carl,

Yes you can. Medicare covers counseling to help you quit smoking.

As of August 25, 2010, Medicare covers smoking cessation for all people with Medicare, regardless of whether or not they have a disease or condition caused by smoking. Medicare will cover two counseling attempts at quitting smoking per

year. Each attempt includes four sessions. Medicare will cover a total of eight sessions every 12 months.

Medicare will pay 80 percent of the approved amount for smoking cessation efforts after the deductible is met. In hospital outpatient departments, you will pay a copay that is no larger than the Part D deductible. If you are in a Medicare private health plan, contact your plan to see what rules and costs apply.

Starting January 1, 2011, if you have Original Medicare, and if you have not been diagnosed with an illness that is caused or complicated by smoking, you will pay no coinsurance or deductible for smoking cessation counseling. If you have a smoking-related illness, however, you will still need to pay the Medicare coinsurance or copay and deductible.

Prescription drugs for smoking cessation are covered under the Medicare prescription drug benefit (Part D).

You can receive counseling at the doctor's office (including physicians, psychologists, and clinical social workers), clinic or outpatient department of a hospital. Counseling must be done by a doctor or an approved Medicare provider. Note that Medicare will not pay for hypnosis sessions to help you quit smoking. ~Marci

Dear Marci,

I am a former military service member and have good drug coverage through TRICARE. Should I still enroll in Medicare Part D? --Tony

Dear Tony,

It depends. TRICARE coverage is more comprehensive than Medicare's drug coverage. You may be better off keeping your TRICARE and not enrolling in the Medicare drug benefit. If you decide you want to enroll in the Medicare drug

benefit later, you will not have to pay a penalty as long as you enroll within 63 days of dropping or losing this coverage. Contact TRICARE for more information.

Note that if you qualify for full Extra Help, your copays for covered drugs may be less than if you just kept TRICARE. However, TRICARE's list of covered drugs could be broader than those of Medicare private drug plans in your area and TRICARE will cover drugs not on its list for a higher copay.

If you have TRICARE and you decide to join a Medicare private drug plan, Medicare will pay first and TRICARE will pay second. ~Marci

Dear Marci,

My father is considering entering a nursing home. He has Medicare and Medicaid. Which will pay for his care? --Kim

Dear Kim,

While Medicare covers some skilled nursing facility care, it will only cover this care for a limited amount of time (up to 100 days in a benefit period) if you meet certain criteria. If your father does not meet Medicare's requirements for the skilled nursing facility benefit or has reached Medicare's limit of covered skilled care, Medicaid may pay for this care.

All states have a Nursing Facility Medicaid program that provides general health coverage plus coverage for nursing home services. These services include room and board, nursing care, personal care and therapy services. Nursing Facility Medicaid may pay for a stay in a nursing home if you need a "nursing-home level of care" or meet "functional eligibility" criteria and if your income and assets are below certain guidelines. Different states have different standards for determining whether you need a nursing-home level of care.

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Dr. Gary Booker is conducting a research study sponsored by a major pharmaceutical company.



When you have Nursing Facility Medicaid, you still have Medicare coverage for the medical services you need aside from your nursing care. For example, if you need to go to the hospital or need to go to a doctor or specialist's office, Medicare will pay first for most of these medical services and Medicaid will pay second by covering your remaining costs, such as the Medicare coinsurances, copayments and deductibles. Medicaid may also pay for some medical services that are not covered by Medicare, such as routine dental care.

In order to qualify for Nursing Facility Medicaid, you will need to meet financial guidelines in addition to meeting functional eligibility guidelines. You can have income higher than you could have if you did not need nursing home care and still qualify for Medicaid. Your state may have higher Medicaid income guidelines for people who need nursing home care than for those who do not; and/or a "spend-down" or "medically needy" program. Spend-down programs are meant for people who have income higher than would normally qualify them for Medicaid coverage, but who have medical expenses that significantly reduce their usable income. -Marci

Marci's Medicare Answers is a service of the Medicare Rights Center (www.medicarerights.org), the nation's largest independent source of information and assistance for people with Medicare. To speak with a counselor, call (800) 333-4114. To subscribe to "Dear Marci," the Medicare Rights Center's free educational e-newsletter, simply e-mail dearmarci@medicarerights.org. To learn more about the services that Medicare will cover and how to change plans, log on to Medicare Interactive Counselor at the Medicare Rights Center's website at www.medicareinteractive.org.


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Louisiana Lagniappe
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March Memories

by I.V. Hastings, Jr.

I am a not a natural born native of Shreveport, We moved here in 1947, when I was six, but it sure feels like it. Schooled at A.C. Steere, Broadmoor Junior High, C.E. Byrd and Centenary

College, I have seen it all or at least heard about it. I will be writing a series of vignettes about my childhood in Broadmoor in the nineteen fifties. I hope to evoke some pleasant memories of your childhood for you. Hoping you enjoy, I.V. Hastings Jr.

There is no accounting for the things that we remember, things that burrow into our subconscious. Memories or images that remained with us thought our lives.

A cold, rainy day in March always stirs me to the memory of the day in March that the Semon Servicer truck delivered my Boy Scout equipment. Semon Servicer occupied the Northwest Market and Fannin streets, home of the American Towers today. Semon delivered for most of the stores downtown. In those days we got mail twice a day, parcel post once a day, the milkman delivered in the mornings. But the appearance of the Semon truck meant something special had arrived.

This day was cold and damp. I saw the truck stop in front of our house, the driver was carrying a large box. Soon, my trembling hands were tearing into the box. Boy Scout canteen, Boy Scout back pack, Boy Scout mess kit!!!! The cargo had a smell of new canvas almost as intoxicating as the new car smell

in later years.

I put the things on and off many times dreaming of the time March and its foul weather would pass. I could take to the wilds with my hiking gear. Actually, the only hike we went on was to the piles of dirt thrown up when Pierremont Bayou was deepened, about three blocks from my house.

Today, I am in very late middle age, but a damp March day evokes that time in me every year. I am sure that my mother saw nothing special in the event, just another bill to pay for the things, but it is forever etched in my memory.

This is the special magical mystery of childhood. One can never tell what will impress itself on a child's imagination. A trip to Disneyland may pale to the thrill of opening a package in the promise of adventures to come.

I still have that Boy Scout equipment, it is still ready to go. But the boy and his dream are now the imaginings of an old man.



I.V. Hastings, Jr. as a boy in Broadmoor.

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Bossier Council on Aging

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

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

Info & referrals - 741-8302

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

Outreach - Home visits are made

to help qualify seniors for services.

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

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

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

Congregate (Site) Meals - Hot,

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

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

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

Senior Centers - Recreation, crafts, educational seminars, and

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

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

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

Caddo Council on Aging

Information Referral - Call 318.676.7900 to find help for specific senior problems

Resource Directory:
www.caddocouncilonaging.org

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

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

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

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

• **Long Term Care Resources & Options** - Help you navigate through the complex system of Long Term Care

• **Medicare Counseling** - Answer questions on Medicare coverage

• **Medicare Part D Application** - Assist you to find the best plan every year through www.medicare.gov

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

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

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

Personal Care - Personal care provided weekly for homebound seniors.

Nursing Home Ombudsman - An advocate will investigate and resolve senior's nursing home complaints. Provided in Bienville, Bossier, Caddo, Claiborne, Desoto, Red River and Webster parishes.

Retired Senior Volunteer Program - 318.676.5186 - Seniors 55+ can volunteer to work with community non-profit agencies and health care

facilities. A great opportunity to meet new people and have fun! Program provided in Caddo and Bossier parishes.

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

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

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

• **AB Palmar SPAR** - 547 E. 79th St. Shreveport. Mon. - Fri. 9 am - 1 pm. Lunch at 10:30 am.

• **Airport Park SPAR** - 6500 Kennedy Dr. Shreveport. Mon. - Fri. 9 am - 1. Lunch at 11:00 am.

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

• **Canaan Tower Apartments**, 400

North Dale, Shreveport. Mon. - Fri. 8 am - 12:00 noon. Lunch at 11:00 am

• **Cockrell Spar** - 4109 Pines Rd., Shreveport. Mon. - Fri. 10 am - 12 noon. Lunch served at 10:30 am

• **Cooper Road Community Center**, 1422 Martin Luther King, Shreveport. Mon. - Fri. 9:30 am - 1:30 pm. Lunch served at 11:30 am

• **Lakeside SPAR** - 2200 Milam St., Shreveport. Mon. - Fri. 10 am - 12 noon. Lunch served at 11:30 am.

• **Morning Star Baptist Church**, 5340 Jewella Ave., Shreveport. Monday - Friday / 9:00 am - 12:00 pm. Lunch served at 11:00 am

• **Mooringsport Community Center**, 603 Latimer Street, Mooringsport. Tues, Wed, Thurs / 9:00 am - 12:30 pm. Lunch served at 11:30 am

• **New Hill CME Church**, 8725 Springridge Texas Rd, Keithville. Tues and Thurs / 9:00 am - 12:00 pm. Lunch served at 11:00 am

• **Oil City Community Center**, 310 Savage Street, Oil City. Monday and Friday / 9:00 am - 12:30 pm. Lunch served at 11:30 am

• **Southern Hills SPAR**, 1002 Bert Kouns, Shreveport. Monday - Friday / 10:00 am - 12:30 pm. Lunch served at 12:00 pm

Webster Council on Aging

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

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

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

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

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

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

Homemaker services - Provided to those meeting specific requirements.

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

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

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

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

for a homebound child or grandchild.

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

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

Medicaid enrollment center - take initial Medicaid applications

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



Mardi Gras

**CELEBRATE MARDI GRAS
WITH "FAT TUESDAY"
ALL DAY LONG**

FAMILY FEATURES

New Orleans may be the official home of Mardi Gras, but you don't have to live in the Big Easy to enjoy the party. Mardi Gras, or literally, "Fat Tuesday," is the final day of the Carnival celebration, the festive season that occurs before Lent.

While some people associate Mardi Gras with lavish parades and French Quarter parties, food is an integral part of the tradition. These tried-and-true recipes will ensure your party will start a tradition to be celebrated for years to come. For more information on New Orleans-Style cuisine, visit www.facebook.com/zatarains.

DULAC DIRTY RICE MINI FRITTATAS

Makes 12 (2 mini frittata) servings

- 1 pound bulk pork sausage
- 1 package Dirty Rice Mix, Original
- ½ cup raisins
- ¼ cup toasted chopped pecans
- 14 eggs, lightly beaten
- ½ cup milk
- ½ cup thinly sliced green onions
- ¼ cup each chopped red and yellow bell pepper

Cook and stir sausage in large skillet on medium-high heat 5 minutes or until no longer pink. Drain fat. Prepare rice mix as directed on package with sausage. Stir in raisins and pecans. Set aside.

Preheat oven to 350°F. Spray 2 (12-cup) muffin tins generously with no stick cooking spray. Set aside. Mix eggs and milk in large bowl until well blended. Add onions and bell peppers; mix well. Place ¼ cup of the rice mixture into each muffin cup. Pour egg mixture evenly into each cup.

Bake 20 minutes or until eggs are set. Run small knife or spatula around each cup to loosen frittatas. Let stand 5 minutes before serving.

CARNIVAL JAMBALAYA

Makes 12 (1-cup) servings

- 5 cups water
- ¼ cup oil (optional)
- 2 packages Jambalaya Mix, Original
- 1 pound boneless skinless chicken breasts, cubed
- 1 pound smoked sausage, ¼ inch thick
- ½ cup sliced green onions (optional)

Bring water and oil to boil in large saucepan. Stir in Rice Mixes, chicken and sausage; return to boil. Reduce heat to low; cover and simmer 25 minutes or until rice is tender.

Remove from heat. Let stand 5 minutes. Sprinkle with green onions before serving.

RED BEANS AND RICE PARTY DIP

- 3 cups water
- 1 package Red Beans and Rice
- 1 cup salsa
- 2 Tbs. chopped jalapeño peppers
- 2 packages (8 ounces each) cream cheese, softened
- 2 cups (8 ounces) shredded cheddar cheese

Prepare rice mix as directed on package, using 3 cups water instead of 3 ¼ cups.

Reserve ¼ to ½ cup of the shredded cheese to garnish dip, if desired. Stir remaining ingredients into rice mixture. Place mixture into food processor or blender; cover. Process or blend until smooth.

Keep dip warm in a chafing dish or slow cooker, if desired.





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BENEFITS

Monopoly for Meals

- Benefitting the Caddo Council on Aging's Meals on Wheels program. 6 to 10 p.m. March 26 at Eldorado Resort Casino.

Participants will be wined and dined and play Monopoly for prizes. Admission: \$60, individual, and \$500, tables for six. Call 676-7900.

Black Tie Bingo - Benefitting Goodwill Industries of North Louisiana. Friday March 11 at 6:30 p.m. at Sam's Town Hotel & Casino. Cocktails, dinner, silent auction, and Bingo. \$125 per person. Call (318) 869-2575 for tickets.

CLASSES

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).

• March 17th. 12:00 Noon. Bossier Council on Aging, 706 Bearkat Dr., Bossier City. Contact: Esperanza - 318-741-8302; Instructor: Ray Branton

Bridge Lessons - The Shreveport Bridge Association is offering introductory lessons. The lessons are for beginners and people returning to bridge after some years. Call Bonita Hays at 865-1224.



Noel Community Arts Program - Hand Building and Wheel Pottery classes. Call Erin Fort at 573-5913 to register or on-line at www.noelumc.org/NCAP. Noel United Methodist Church, 520 Herndon, Shreveport, LA 71101, (318) 221-5207.

CLUB MEETINGS

Rivercities Garden Club - 2 PM, Sunday, March 6 at Barnwell Art Center, 601 Clyde Fant Parkway, Shreveport. Area Horticultural Agent for the LSU AgCenter, Denyse Cummins, will be speaking on Louisiana Bulbs. Admission is free. For information: 318-797-6807.

The Ark-La-Tex Genealogical Association, Inc. - 1 PM, Saturday, March 12 at the Randle T. Moore Center, 3101 Fair-

field Ave., Shreveport. The speaker will be professional Genealogist, Philip Adderley. Topics: "Uncle Sam's Public Land in 1857 Louisiana" and "My Family Ain't There (in the National Archives)...Really?" Admission is Free. Information: 318-746-1851

The GENCOM Genealogical Computer Society - Sunday, March 27 at 2 p.m. at the Hamilton Branch of the Shreve Memorial Library, 2111 Bert Kouns Industrial Loop, Shreveport. Glenda Conradi will present a program on the basics of digital photography. The meeting is free and open to the public. For information call 318-773-7406 or email jimjones09@comcast.net.

CONCERT

The Sounds of New Orleans - Shreveport Symphony. Friday March 4 at 7:30 p.m. Riverview Theatre in downtown Shreveport. Featuring Byron Stripling on trumpet and vocals. For tickets call the box office at (318) 227-8863 or visit www.shreveportsymphony.com

HEALTH FAIR

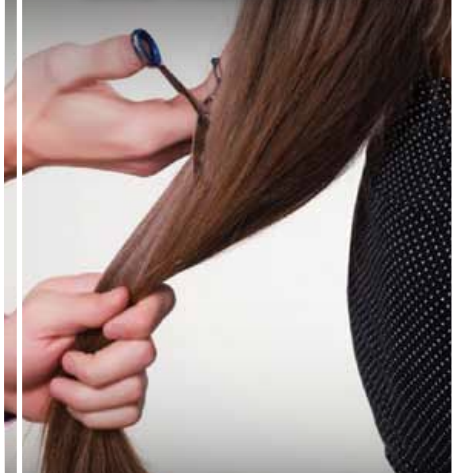


Allied Health Fair 2011 - Hosted by the LSU Health Sciences Center School of Allied Professions, 1450 Claiborne Avenue in Shreveport on the LSUHSC campus. Saturday March 19 from 10 am - 2 pm. Free of charge and open to the public of all ages. Free parking, including handicap accessible parking, will be available in close proximity to the building. Adults 18 and older will be able to participate in various screenings including blood glucose testing, vision, hearing, blood pressure, non-fasting cholesterol, and balance testing.

MOVIES

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

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games & activities available. All for \$9. Groups call (318) 424-8660 to schedule.

Silver Screenings - presenting *The African Queen*. Matinee and luncheon for seniors on Tuesday March 15 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.

SPEAKER

Genealogy Education Month - March 5, 19, & 26 - Broadmoor Branch Library, 1212 Captain Shreve Drive; March 12 - Randall T. Moore Center, 3101 Fairfield Avenue. All meetings are free and open to the public, but preregistration is recommended. Pre-register at the Genealogy Department, Broadmoor Branch Library. For more info, visit www.rootsweb.ancestry.com/~laaltga/, call (318) 219-3468 or email smlgenealogy@shreve-lib.org. Sponsored by Genealogy Department, Broadmoor Branch Library and Ark-La-Tex Genealogical Association."

SUPPORT GROUPS

- **Bereavement Support Group** - Thursdays, 5:30 p.m. Willis-Knighton Medical Center, Hospice Family Room, 3300 Albert L. Bicknell, Ste 3.
 - Man to Man Prostate Educational Support Group -

Thursday, Mar. 31, 6 p.m. WK Pierremont Health Center, 8001 Youree Drive, Auditorium. FREE. Reservations required, space limited.

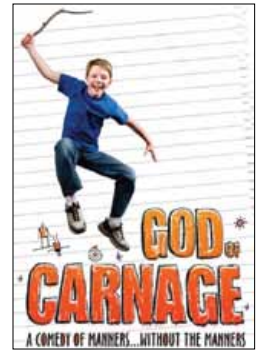
- **North Louisiana Multiple Myeloma Support Group** - Second Wednesday of every month at the Broadmoor Baptist Church on Youree Dr. in Rm. 3109 at 2pm to 4pm. For more info call Carolyn Petty at 318-797-6620.

THEATRE

A Streetcar Named Desire - Presented by the Shreveport Little Theatre. March 4, 5, 11, 12, at 7:30 p.m.; March 6, 13, 2011 at 2:00 p.m. at the new theatre, 812 Margaret Place. Tennessee Williams' Pulitzer Prize winning classic. A feverish story of the mental demise of a delicate Southern lady, Blanche du Bois who is antagonized by her animalistic brother-in-law, Stanley Kowalski. Box office open Monday - Friday noon to 4 p.m. Call 318 424-4439. Tickets: \$15 for seniors, students & active military; \$17 for adults.

God of Carnage - Presented by River City Repertory Theatre. March 30, 31, April 1, 2 at 7:30 p.m.; April 3 at 3 pm at Riverview Theatre, 600 Clyde Fant Parkway. The play is the 2009 Tony Award for Best Play and Winner of the 2009 Olivier Award for Best New Comedy. An innocent

playground squabble between two eleven-year-old boys brings together two sets of parents for a meeting to resolve the matter. At first, diplomatic niceties are observed, but as the meeting progresses the gloves come off and the situation dissolves into an all-out hilarious brawl between the two couples. All seats are \$35. Tickets go on sale March 14. Call 318-868-5888 for reservations and info.



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www.odsyhealth.com

IT'S AN HONOR JUST TO BE NOMINATED

By Jeremy Horwitz and Byron Walden; Edited by Rich Norris and Joyce Nichols Lewis

Across

- 1 *1964
- 7 *2006
- 12 Award since WWI
- 15 Try for a contract
- 18 Dressed like Cinderella
- 19 "Pardon my ___"
- 21 Letter after pi
- 22 With 39-Across, soapbox racer, e.g.
- 23 Concerned with pupils?
- 24 Shoemaker on a horse
- 25 2009-'10 "At the Movies" co-host
- 27 Sprayed in defense
- 28 *1968
- 30 Prefix with gram
- 31 Venetian evening
- 33 Yule VIP
- 34 "I Put a Spell on You" singer Simone
- 35 Bygone ruler
- 37 Sadie Hawkins Day suitors
- 39 See 22-Across
- 42 PC backup key
- 43 *1972, with "The"
- 47 Item, such as interest, recorded only when earned
- 49 "Man alive!"
- 50 Prizes
- 53 J.D. holder
- 54 1981 World Series co-MVP Ron
- 55 Rental ad abbr.
- 57 Made misty
- 60 Muslim pilgrim
- 64 Fertility clinic cells
- 65 *1982
- 67 *With 71-Across, 1962
- 71 See 67-Across
- 72 *1969
- 78 Baseball's "Master Melvin"
- 79 Record of the year?
- 80 Take on, as

tenants

- 81 Kyrgyzstan city
- 82 Op. ___
- 85 Cyclotron bit
- 87 Make sense
- 89 Peerless
- 91 Eye of round, etc.
- 96 *1980
- 98 Part of ETO: Abbr.
- 99 Tennis shoe that debuted at Wimbledon in 1966
- 102 78-Across's 1,860, briefly
- 103 Told, as a tale
- 104 Some PX patrons
- 106 Creeps
- 109 "Love Me, I'm a Liberal" singer
- 111 It always increases
- 112 See 127-Across
- 116 Egyptian sky god
- 118 Needing serious help
- 119 Make it to
- 120 Schleppers
- 121 Have the flu, say
- 122 Valuable deposit
- 123 Mambo bandleader Tito
- 124 Vital supply lines
- 125 Once known as
- 126 According to
- 127 With 128-Across, performer nominated for 112-Across (he didn't win any) in all of the answers to starred clues
- 128 See 127-Across

Down

- 1 Like the most secure passports nowadays
- 2 Summarize
- 3 Vitality

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125						126					127					128			

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Solution on page 45

2/27/11

- 4 Leafy green
- 5 "Gadzooks!"
- 6 Original Dungeons & Dragons co.
- 7 Facilities for many ex-GIs
- 8 Buffalo's lake
- 9 "Gimme a Break" star Carter et al.
- 10 Turned off
- 11 Descendants
- 12 Toasted
- 13 Tell partner
- 14 Squeeze album "___ Fan Tutti Frutti"
- 15 Soft shoes
- 16 Like nail-biters
- 17 Take away
- 20 '20s-'30s skating gold medalist
- 26 King's station
- 28 Hints
- 29 Empowering motto
- 32 Hunt subject
- 36 Kid
- 38 Didn't act
- 40 Grandmother of Spain's Juan Carlos
- 41 Instead of
- 44 Remedy for a pain in the neck
- 45 Note to ___
- 46 "I ___ Darkness": 1999 Bonnie "Prince" Billy album
- 48 Patronize, as an inn
- 51 Dallas cager
- 52 Sign of a big hit
- 56 Loads of
- 58 Psyche's lover
- 59 Variance, in the vernacular
- 61 Gettysburg general Stuart
- 62 "___ Ho": 2008 Best Original Song
- 63 Glass on the radio
- 64 Decree
- 65 "Who wants candy?" response
- 66 Kit Carson House site
- 67 Queens, N.Y., airport
- 68 Chicago Loop's ___ Center
- 69 Broke the tape
- 70 "Ice Age" unit, e.g.
- 73 Dorm VIPs
- 74 Winnipeg winter hrs.
- 75 Spiciness
- 76 Rash reaction
- 77 It may involve drawing
- 81 Light-minded pursuit?
- 82 Rate against
- 83 Quadrennial national rite
- 84 Titans' home
- 86 Letters before xis
- 88 It runs through four Great Lakes
- 90 Superiors of 104-Across
- 91 Either parent in "Heather Has Two Mommies"
- 92 Prince Andrew's younger daughter
- 93 Place to buy prints
- 94 Site with tweets
- 95 ___-Japanese War
- 97 Find a seat for, in slang
- 100 Throw out
- 101 Grew quickly
- 105 Peter, Paul and Mary: Abbr.
- 107 Rival of Helena
- 108 Obsession, for one
- 110 Fire
- 113 Individually
- 114 Center
- 115 Date opening?
- 117 iscar's other
- 120 Way of the East

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



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

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Solution on page 45

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

Beads
 Coins
 Costume
 Daffodil
 Floats
 Green
 Irish

King Cake
 Kite
 Lamb
 Leprechaun
 Lion
 March
 Mardi Gras

Parades
 Rainbow
 Robin
 Shamrock
 Spring
 St Patrick
 Wind



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MARCH PARTING SHOTS

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

TEATRO Concert Preview Party — A “rubbing elbows” party was held the night before TEATRO’s concert at Dr. Ron and Earleen Bergeron’s home.

Dr. and Mrs. Ron Bergeron with TEATRO performer Michael Cotton

(L – R) Janet Lindsay, Rochelle Goldsholl, TEATRO performer Forest Van Dyke, Jane Lindsey, and Sheldon Goldsholl



Dr. Jeff & Joann Faludi

Don and Rochelle Massad

Delton Harrison (seated) is greeted by Lonzo Hicks

TEATRO Concert — The River City Repertory Theatre presented the international singing group TEATRO in concert on February 12 at Riverview Theatre.



Dr. Carl and Sylvia Goodman

TEATRO performer Jeremiah James with Dr. Ron Bergeron

Martha and Sam Talbot



LSUHSC Wellness Lunch & Learn at Ernests.

Above Left (L – R) Ethelyn LaHaye, Maureen Barber, Nancy Curry, Kitty Provenza, and Sandra Ginsburg

Above right (L – R) Frances Rowe, Maye Spells, and Louise Williams



Wellwishers stopped by McCary's Jewelers to surprise R.L. on his birthday. Here with daughter Lynn McCary Thomas



Volunteer Service Recognized

The NWLA chapter of the American Red Cross recently honored Bobbie Hetrick as an Outstanding Volunteer in recognition of her countless hours of service. With her are Volunteer Director Jodie Quinn (left) and Executive Director Reid Brau.

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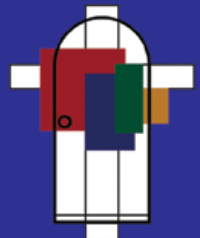
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or **Roberta Martin** for Southwood Square at 318-671-1888

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