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Guest: Robert Darrow, Managing & Artistic Director

August 13 - Strand Theatre's 2016 - 2017 Season
Guest: Executive Director Jenifer Hill & Vice President
Jodi Glorioso

August 20 - Lose Weight and Keep It Off
Guests: Grey Rogers, Registered Dietician

August 27 - The Latest in Orthotics and Prosthetics
Guest: Clint Snell and Chris Snell of Snell's Orthotics
and Prosthetics

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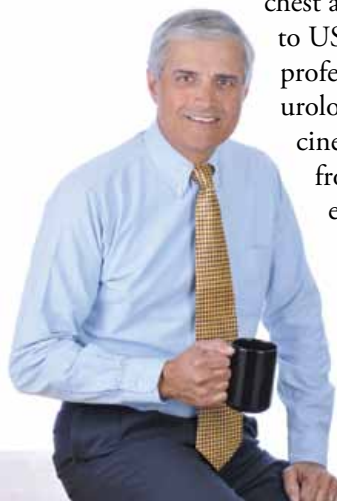
Working Memory in Aging Adults Increasingly Affected by Alcohol

Working memory can be thought of as short-term memory, temporarily holding ideas and recent events in the mind for quick recall. Working memory often declines with age; it may also be susceptible to interactions between age and alcohol use. In a small study of younger and older adults, participants were given either a placebo or an active dose designed to produce a breath alcohol concentration of 0.04 or 0.065 g/dL. Following absorption, participants completed a visual working-memory task in which they were required to remember briefly-shown images during a nine-second delay period. The results support a small but growing body of evidence that older adults are more sensitive than younger adults to the neurobehavioral effects of moderate alcohol use.



Piping Hot Drinks May Lead to Cancer of the Esophagus

Drinking piping hot coffee, tea and the caffeine-infused beverage yerba mate probably causes cancer, the World Health Organization recently announced. Beverages surpassing 149 degrees Fahrenheit (65 degrees Celsius) may increase the risk of tumors in the esophagus, which resides in the chest area below the throat, according to USC's Mariana Stern, an associate professor of preventive medicine and urology at the Keck School of Medicine of USC, and 22 other scientists from 10 countries. Researchers noted there is physical evidence that very hot beverages can contribute to cell injury in the esophagus and thus contribute to cancer formation. Their results were published in the journal *Lancet*.



Global Study Shows Stroke Largely Preventable

Ten risk factors that can be modified are responsible for nine of 10 strokes worldwide, but the ranking of those factors vary regionally. The two major types of stroke include ischaemic stroke caused by blood clots, which accounts for 85% of strokes, and haemorrhagic stroke or bleeding into the brain, which accounts for 15% of strokes. The study, published in the journal *Lancet*, was led by Dr. Martin O'Donnell and Dr. Salim Yusuf of the Population Health Research Institute at McMaster and collaborators from 32 countries. The study confirmed the ten modifiable risk factors associated with 90% of stroke cases in all regions, young and older and in men and women.



The study also confirms that hypertension is the most important modifiable risk factor in all regions, and the key target in reducing the burden of stroke globally. The investigators looked at the different risk factors, and determined the proportion of strokes which would be cut if the risk factor disappeared. The number of strokes would be practically cut in half (48%) if hypertension was eliminated; trimmed by more than a third (36%) if people were physically active; and shaved by almost one fifth (19%) if they had better diets. In addition, this proportion was cut back by 12% if smoking was eliminated; 9% for cardiac (heart) causes, 4% for diabetes, 6% for alcohol intake, 6% for stress, and 27% for lipids (the study used apolipoproteins, which was found to be a better predictor of stroke than total cholesterol). Many of these risk factors are known to also be associated with each other (such as obesity and diabetes), and when were combined together, the total for all 10 risk factors was 91%, which was similar in all regions, age groups and in men and women.

Vitamin D May Play Key Role in Preventing Macular Degeneration

Vitamin D has been studied extensively in relation to bone health as well as cancer. Research has discovered that vitamin D may play a significant role in eye health. In a paper published online in *JAMA Ophthalmology* online, Amy Millen, associate professor of epidemiology and environmental health in UB's School of Public Health and Health Professions, and her team found that women who are deficient in vitamin D and have a specific high-risk genotype are 6.7 times more likely to develop AMD than women with sufficient vitamin D status and no high risk genotype.

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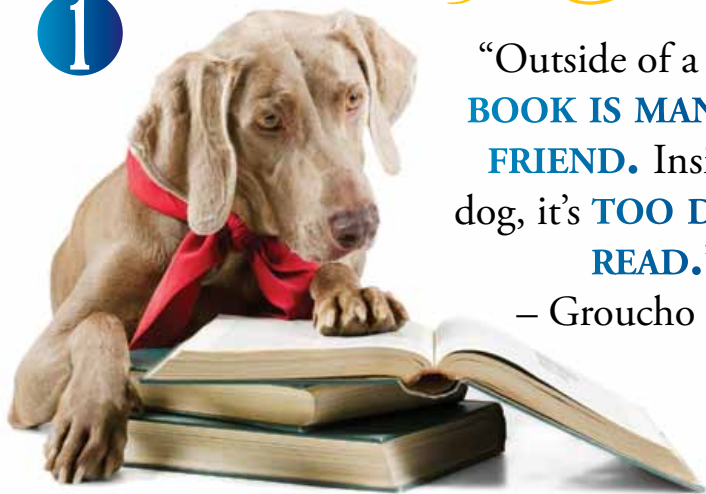
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Our Featured **5**

Fun Quotes for the Dog Days of Summer



1



“Outside of a **DOG**, a **BOOK IS MAN’S BEST FRIEND**. Inside of a dog, it’s **TOO DARK TO READ**.”

– Groucho Marx

“The world would be a **NICER PLACE** if everyone had the ability to **LOVE AS UNCONDITIONALLY AS A DOG**.” – M.K. Clinton

5



2

I think **DOGS ARE THE MOST AMAZING CREATURES**, they give unconditional love. For me, they are the role model for being alive.” – Gilda Radner

3

“Be the person **YOUR DOG THINKS YOU ARE**.”

– George Eliot aka Mary Ann Evans

“The only creatures that are evolved enough to **CONVEY PURE LOVE ARE DOGS AND INFANTS**.” – Johnny Depp

4



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Shreveport

Then & Now

These photographs, a blending of vintage and current photos of a particular location, are the result of twin brothers Mike and Mark Mangham's fascination with Shreveport history. If you have comments to share about these photos, please email Tina at editor.calligas@gmail.com. Photos blended and used with permission by Mike and Mark Mangham of Twin Blends Photography. For more photos visit www.twinblendsphotography.com or www.facebook.com/twinblendsphotography/.



Calvin Hardy Nelson's Gulf Service was on the corner of Market and Fannin Streets. The white house behind the gulf station was a boarding house. It was torn down and the Wray Ford service department was built there. Later the Gulf station and the Wray Ford service department were torn down to build what is now the Federal Building. *(Gulf photo courtesy of the Darlene Hicks Nelson Collection)*

Shreveport Union Station, also called Union Depot, was built by the Kansas City, Shreveport & Gulf Terminal Company in 1897. It stood out with its tall "watchman's tower" and was located on Louisiana Ave. across from the Jefferson Hotel. Due to increase air travel and automobiles, Shreveport Union Station shut its doors on November 3, 1969. Two days later, the station burned to the ground from a fire that started in the basement. *(Photo Courtesy of LSUS Archives and Special collections, Noel Memorial Library, Bill Grabill Photographic Collection)*





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VICKIE T. RECH
Client Care Coordinator

Our family was challenged with finding solutions to the many problems we were facing while handling affairs for our mother. Through the recommendations of a friend, we found our way to Kyle Moore and Vickie Rech. We cannot express sufficiently our deep appreciation for the incredible job they did and are doing for our mother. The many complexities of her financial situation are being handled professionally, in a timely manner and with compassion for our family. We consider them friends as well as legal advisors and highly recommend them!

-Darlene Franks Pace & Carolyn Franks Browning

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

-Terri Miller and family

Snapshot SLEUTH

Do you recognize any of the people in these photographs?

The Best of Times has partnered with the library at LSU Shreveport to identify individuals in photos from their collections. If you know any of the individuals in these photos or if you have any memory or comments about the images, email Tina at editor.calligas@gmail.com or Laura at laura.mclemore@lsus.edu. *Photos courtesy of Northwest Louisiana Archives at LSU Shreveport.*



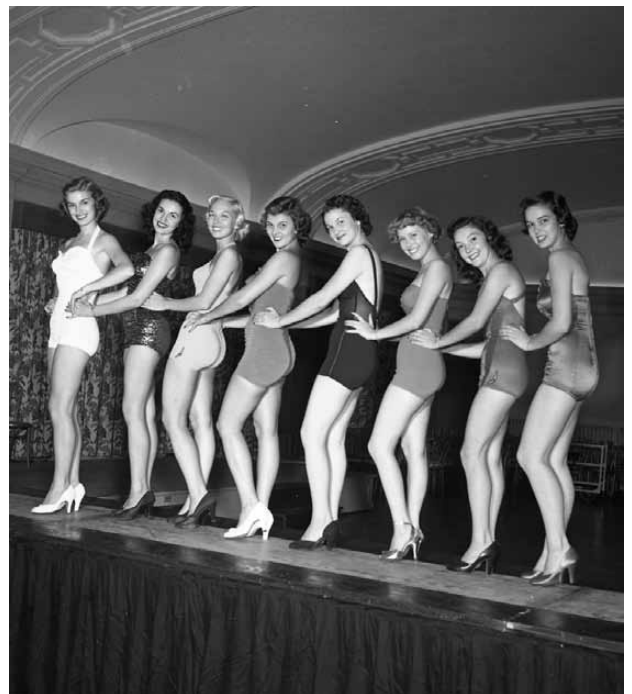
Pierremont Oaks Swim Meet, 5/8/64 (Shreveport Times coll.)



July 4 Safety Program, 1955 (Shreveport Times collection)



Municipal Pool Swim Meet, July 1, 1960 (Shreveport Times collection)



Texas League Bathing Beauties (J. Frank McAneny collection)



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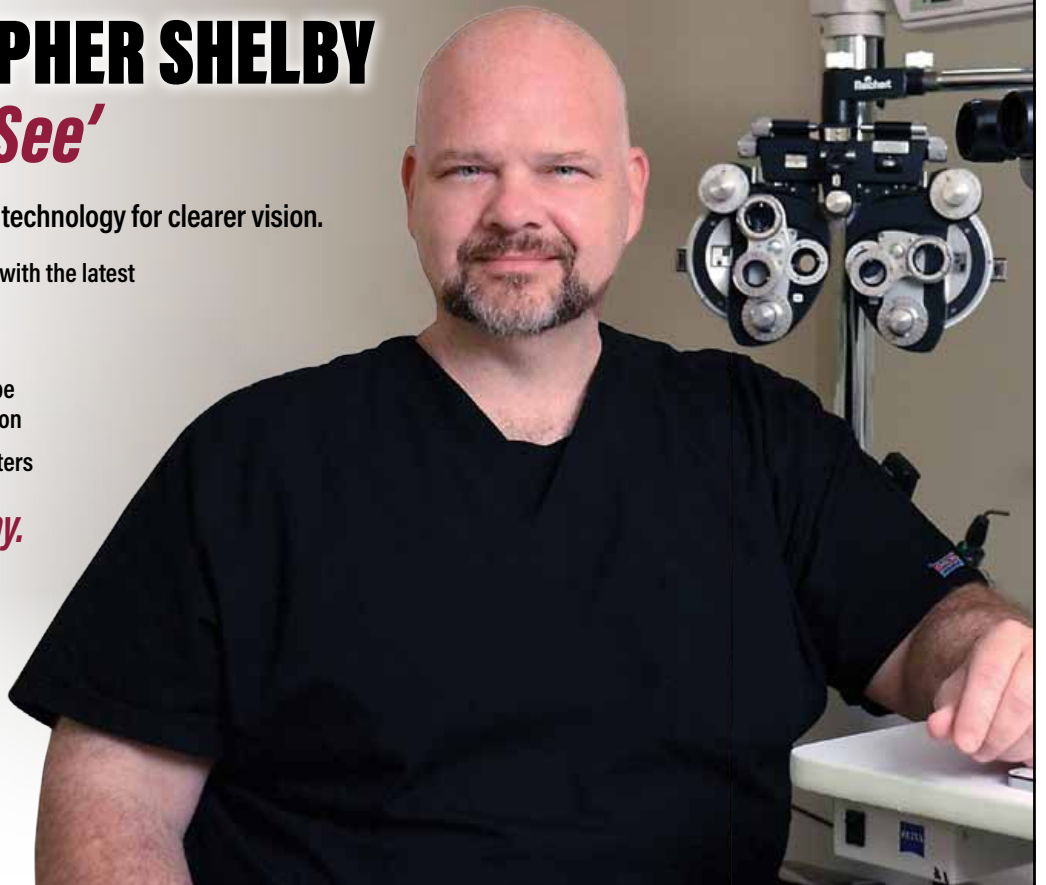
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Senior Living Options **Independent Living Facilities**

by Gary L. Calligas

Many seniors remain in their own homes, active and healthy, for many years beyond retirement. But for many in their golden years, owning and caring for a home may not make as much sense as it did before. Some want to downsize because they feel burdened with too much house and yard, which includes all of the required maintenance, upkeep, insurance, utilities, property taxes, and other expected and unexpected tasks and costs. Others consider downsizing or moving due to negative changes in their neighborhood. Some move for the fellowship and feeling of safety from living in a community with others their own age or to be closer to family. For some, complications due to the aging process such as illness, injury, disabilities, safety concerns, transportation issues, and other needs make it impossible to live independently in their existing home.

Whatever the reason for moving later in life, the decision can be complex, confusing, emotional, and stressful. It can be equally upsetting for family members as they struggle to accept the declining abilities of their loved ones. Making any move can be difficult, but trying to make the right decision when faced with a multitude of senior living options offering different amenities and levels of care can be overwhelming and challenging for the entire family. Planning your future housing needs is an important part of ensuring that you continue to thrive as you get older.

Because senior living options range from staying in the family home to moving to a facility that provides total care, it is important to be aware and understand all of the available options to ensure the right fit. The earlier the family assesses current and future needs, the easier the transition becomes. Key components of this decision should include physical limitations, medical needs, safety concerns, financial issues, home maintenance requirements, and social opportunities. Seek the guidance and recommendations from local transition care specialists or health care professionals to offer their independent and un-biased opinion.

An independent living facility is designed for active older adults who are relatively physically and socially independent and who want an enjoyable lifestyle free of the trouble and costs associated with home ownership. These communities are designed for those who are relatively physically healthy and require little or no assistance with the activities of daily living. The major benefits are maintenance free secure living, socialization opportunities and the availability of numerous activities. In fact, studies have shown that moving into a facility which provides for a host of activities and socialization can be a key to healthy aging.

Often described by residents as a “cruise ship on land”, most feature a wide variety of amenities, activities, and services. Many offer recreational centers or community rooms to give residents the opportunity for companionship and to participate in activities, such as arts and crafts, games, classes, lectures, entertainment, religious services, or movie nights. Some even offer a swimming pool and fitness center. Other amenities may include basic housekeeping and laundry services, pest control, most utilities, cable television, computer access, libraries, outings to area attractions and restaurants, scheduled transportation, and one or more meals served in a common dining area. Most are staffed 24/7 with safety and security measures in place to reduce the worry that comes from living alone and to respond in case of an emergency. Those who still drive may keep their car and many are pet friendly.

These communities do not provide custodial or medical care, however residents are permitted to bring in outside services of their choice. Neither long term care insurance nor

federal / state assistance living programs will cover the costs of living in an independent living center, but some senior apartment complexes offer rental assistance via federal and state programs. Some facilities offer a continuum of care to assisted or skilled nursing to meet the changing health needs of residents.

Most independent living communities offer their residents a month-to-month contract outlining the benefits and services of the community, as well as the resident’s financial obligation. Carefully, review the contract before signing.

Your first step is to visit several independent living communities to receive an overview of the facility and its services. Consider the size and layout of the apartments, location, cleanliness, staff attitude and cost. If possible visit with some of the residents and note whether they appear happy and engaged. Ask for a current calendar of events and references. Select your finalists, then ask to be invited to join them for a meal where you can note the quality of the food and the availability of options.

If the resident or family is concerned about the cost, you should perform a cost analysis. If your home is mortgage free, you will still need to take into account the cost of yard and home upkeep and maintenance, utilities, taxes, insurance, meals, needed renovations, and the cost of a personal emergency response system. Because the monthly cost of living in an independent living facility is all inclusive, it can be surprisingly affordable and a more cost effective option to a person living at home alone.

The important thing is to be open to exploring the



Independent Living Facility Basics

- Designed for active older adults who are relatively physically and socially independent and want an enjoyable lifestyle free of the trouble and costs associated with home ownership.
- Maintenance free secure living
- Many offer recreational centers or community rooms, activities and fitness opportunities.
- Some include basic housekeeping and laundry services, pest control, utilities, cable television, computer access, libraries, outings to area attractions and restaurants and scheduled transportation.
- Many offer one or more meals served in a common dining area.
- Most are staffed 24/7 with safety and security measures in place.
- Those who still drive may keep their car and many are pet friendly.
- * Does not provide custodial or medical care, however residents are permitted to bring in outside services of their choice.
- Neither long term care insurance nor federal / state assistance living programs will cover the costs of living in an independent living center.

many alternatives. My own mother resisted when I first broached the possibility of her moving from her beautiful home of forty (40) years to an independent living facility. Her initial anxiety subsided when my wife suggested that mom give it a two month trial run and to think of it as an extended vacation. It gave my mom the opportunity to assess her new environment, including determining if she could accept the smaller living space, to evaluate the quality of the food, to determine if she liked some of the many scheduled community activities and outings, and of course, to check out being around the other residents compared to her friends in the neighborhood who were like family. Although reluctant to leave her neighbors, as well as her home filled with memories, mom agreed to move on a trial basis. Knowing that she could return home at any time, gave mom a sense of control and peace about the entire situation.

Within a few weeks, mom had made a host of new friends and was busily enjoying all the activities. At the end of the first month in her new surroundings, mom told us she was happy in her new home. She asked that we bring the rest of her clothes and some of the items that held a strong sentimental value. She decided to sell the rest and rent the house. She loved her new environment and we had peace of mind knowing she was safe and engaged.

This is the first of a 3 part series on senior housing options. In September we will highlight assisted living facilities. August will feature nursing homes.



PROTECT YOUR FAMILY

Proactively Prepare for Emergencies

By Alan Stein



WATER - Water is perhaps the most basic necessity for survival. Depending on the challenges you're facing, drinkable water may be restricted in a disaster. It is recommended that you store at least one gallon of water per person for three days. However, depending on age, health, physical condition, activity, diet and climate, individual needs may vary.

FOOD - When a disaster occurs, access to food can be limited. Having an adequate supply will help alleviate those concerns, and you'll appreciate knowing you can keep your family nourished until services and supplies can be restored. No matter what you stockpile, make sure it's nonperishable. Canned foods, salt-free crackers and whole grain cereals are some of the best emergency food supplies that don't require any preparation material. In addition, a can

opener and pocket knife are essential.

FIRST AID KIT - In a situation where professional medical attention is not available, a first aid kit becomes invaluable. Some basic over-the-counter items will allow you to manage common injuries or ailments. In addition to bandages, sterile dressings, pain-relievers, antibiotic ointment and cleansing agents, make sure you have a supply of any necessary prescription medications.

OTHER SUPPLIES - Each family must recognize their unique needs and challenges. If you have children, their age will often dictate the supplies needed.



The potential for an unanticipated emergency to wreak havoc on our lives is a constant threat.

Floods, fires, hurricanes, earthquakes and a host of disasters can strike suddenly, putting your home, yourself and your family in danger. However, by planning now and creating an emergency preparedness kit, you can be equipped to respond to and recover from a disaster.

PREPARING FOR A THREAT

Recognizing which threats pose the most danger is the first step in strengthening your preparedness plans. Our geographic locations often force us to prepare for certain natural disasters. For example, if you live near the coast, hurricanes should be a major concern, while forest fires may be a fear if you live in a wooded region that experiences dry spells. Accounting for a palpable threat will greatly increase the odds of successfully protecting your family.

EMERGENCY PREPAREDNESS KIT

No matter what type of emergencies are common in your area, it's essential to maintain an emergency preparedness kit with resources that will adequately support your family through a shelter in place situation or an evacuation. Here are some tips for effectively safeguarding yourself during an emergency:

Climate also plays a major factor in your emergency preparations. If you live in an area where cold weather is frequent, keep warm clothes, jackets and blankets at your disposal. You should also plan for power outages - have a transistor or all-weather radio and flashlights with extra batteries. Also, in the event of an evacuation, you should have cash as you may not be able to get to an ATM.

COMMUNICATION

One of the most important aspects of an emergency preparedness planning involves communication. As a family, discuss potential emergency situations, review how you've prepared and what should occur. Resources such as Ready.gov can help you prepare. Every family should establish a meeting point. Our constant reliance on technology - including cell phones - creates daily conveniences but in an emergency, power and cellular outages are common. It is important to plan for where to go if your family can't access your home; as well as where to meet if your primary meeting spot isn't available. In addition, keep a written list of phone numbers in your wallet or purse so that the information is available. These contingency plans provide peace of mind now and a firm plan for action if the unthinkable occurs.

Alan Stein is the Vice President of Marketing Services & Product Development at AlliedBarton Security Services. Alan is also the Vice Chair of the BOMA International Preparedness Committee.



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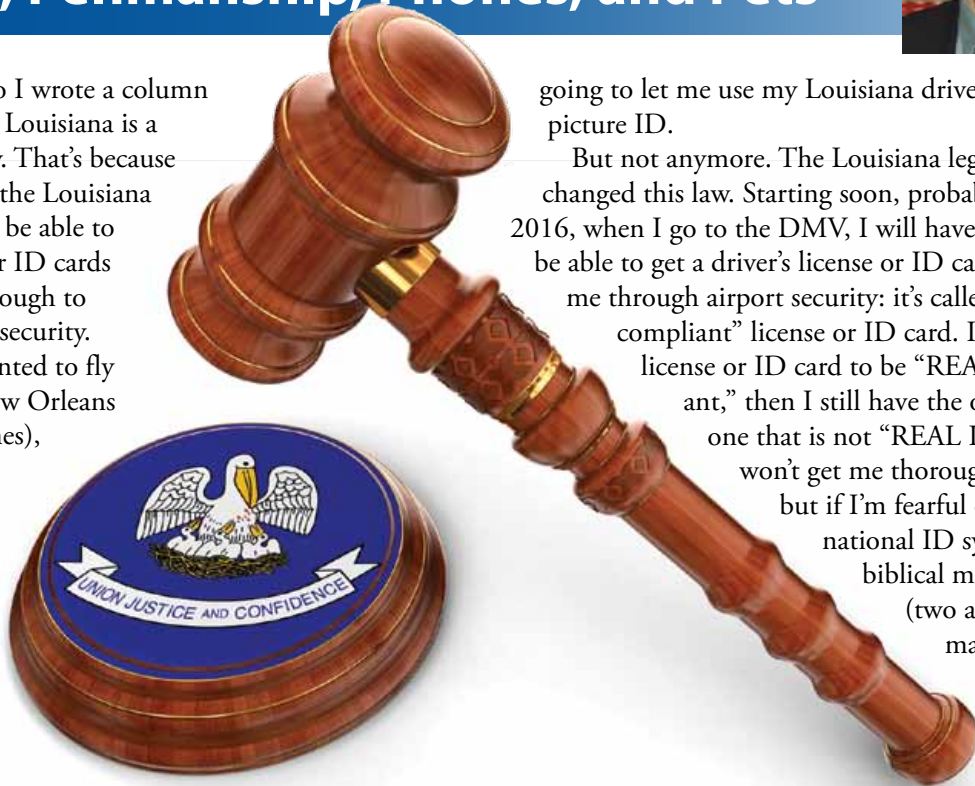
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Planes, Penmanship, Phones, and Pets

A few months ago I wrote a column asking whether Louisiana is a foreign country. That's because we had a law that said the Louisiana DMV would soon not be able to issue driver's licenses or ID cards that would be good enough to get us through airport security. In other words, if I wanted to fly from Shreveport to New Orleans (Thank You Glo Airlines), I was going to need a passport. A passport! It wouldn't have mattered where in America I was flying to or where I was flying from. Every security agent in every airport in the country was not



going to let me use my Louisiana driver's license as valid picture ID.

But not anymore. The Louisiana legislature has just changed this law. Starting soon, probably in September 2016, when I go to the DMV, I will have a choice. I'll be able to get a driver's license or ID card that will get me through airport security: it's called a "REAL ID compliant" license or ID card. If I don't want my license or ID card to be "REAL ID compliant," then I still have the option of getting one that is not "REAL ID compliant." It won't get me thorough airport security, but if I'm fearful of an "Orwellian national ID system" or "the biblical mark of the beast," (two actual objections made to REAL ID compliance,) then the non-compliant REAL ID driver's



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license or ID card is still available to me.

While I'm on the subject of new Louisiana laws, I've got news about our schools. For the past few years, people have been telling me that cursive handwriting is no longer being taught in our schools, but our legislature has now put an end to that. There is a new Louisiana law that says, "Cursive writing instruction" must be "introduced by third grade and incorporated into the curriculum in grades four through twelve."

Here are some more new Louisiana laws:

Using a handheld cell phone in a school zone is now illegal; but only if there is a sign warning you of such. No sign? No ticket. (We already have a law that says no texting while driving. That law applies everywhere, not just school zones. It doesn't matter if there is a sign warning you not to text and drive. Sign or not, if you are "using a wireless telecommunications device to write, send, or read a text-based communication," then you can get a ticket.)

It is also now illegal for anyone under the age of 18 to use a tanning bed in the state of Louisiana.

Need a new inspection sticker for your car? Vehicle Inspection Stations can now conduct inspections in the rain.

Finally, there's bad news for pet-human burials. What's a pet-human burial? Well, a lot of people love their pets. Some people love their pets so much that they want to be buried with them or next to them. But that's illegal in Louisiana. The legislature had been considering a law that would have allowed for "cemeteries to designate a garden or special section for pets to be laid to rest with their owners", but the bill did not pass.

And that's what our legislature, while facing a gigantic financial crisis, has been up to.

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

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Keep Seniors Safe From Abuse

In the last few years, I have seen more and more cases which involve abuse of the elderly. These cases range from financial exploitation, physical abuse, to mental abuse. In most instances, the abuser is a caregiver that can range from a child, relative, to a complete stranger. Most persons that are abused feel afraid and ashamed, especially because they feel they should be able to control their personal affairs and feel like they are losing control of their lives. For every person that comes forward, many suffer in silence. No matter the person involved, abuse against the elderly members of our society is very serious and must be dealt with in a serious manner.

As baby boomers advance in age, they will become more susceptible to criminal activity. Aging baby boomers may be easy targets for persons wishing to exploit their

resources. Baby boomers have typically done fairly well in financial matters. They tend to be wealthier than their parents before them. As such, they can be targeted by the criminal element in society.

If you have an elderly parent or relative, you will want to check on them regularly. If someone you do not know starts to be in regular contact with the elderly relative and the elderly relative starts to give out money or gifts, then you may need to take action. This may include seeking advice from an attorney or reporting any activity to the police. You, as a caregiver, should also be aware if the elderly person has unexplained bruises or marks on their body. If you feel abuse is happening, you may need to consult a doctor.

In addition, do not discount other relatives. Financial exploitation or abuse occurs by close relatives in numerous



Information and Referral

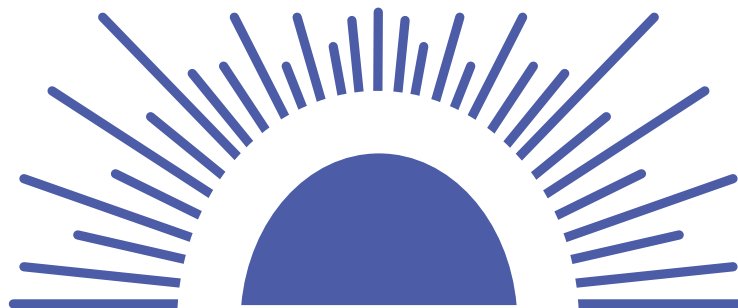
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instances. This type of situation is especially prevalent when the close relative is an aunt or uncle or cousin and the relative does not have any children of their own. Be aware if a relative who has never had contact with the elderly person suddenly is staying in close contact with them and never leaving their side. Also be aware if this person takes over the elderly person's affairs, gets a Power of Attorney, or starts taking them to an attorney. Abusers typically do not want anyone to question or get close to the person they are abusing.

Financial exploitation is difficult to prove in a court of law. The standard for proof of undue influence by a relative in a civil case is by clear and convincing evidence. This is a higher standard than normally required in a regular civil case. In addition, if the person being exploited lacks capacity, a doctor will be needed to verify the lack of mental capacity and the reason the person is incapacitated. If you notice bruises, make sure to have these documented and have pictures taken for further evidence. Of course, if you notice physical abuse, the police should be contacted and measures should be taken to protect the injured party.

The best advice for taking care of elderly relatives or friends and preventing any type of exploitation is to be aware. Laws are in place to help protect the person, but the law comes into effect after the crime or abuse occurred. Awareness may prevent exploitation or abuse from ever happening.

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

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Anyone Can Make Mistakes With Estate Matters



Adulthood brings certain financial responsibilities like the building of budgets, bank accounts and proper insurance. It's surprising how few consider a proper estate plan part of that essential mix.

In fact, a recent ABCNews poll found that only about 50 percent of Americans have created a will and significantly fewer have created the supporting estate documents like a living will or a power of attorney.

Preparing now for the end of your life or for illness may not sound like fun, but it is necessary. Having a plan for the future can help bring you peace and even put you on the road to stronger financial security. It can also help those you care most about. We've all heard cautionary tales about relatives or friends who did not have a will, and family members who were left with difficult but avoidable situations.

So, how do you start an estate plan? It has a lot to do with carefully drawn documents, but it's the planning behind them that really counts. I would encourage you to work with a qualified financial, estate and/or tax professional in your home state

at the earliest opportunity to make sure your plans fit your needs and the needs of your loved ones. Here's a bit more detail on each.

A will, also called a testament, is the starting point. Wills are generally seen as the umbrella document that drives the rest of an individual's estate process. A will generally accomplishes the following:

- It details how you want to leave your property to specific people or institutions after you die.
- If you have minor children, it allows you to name a guardian to care for them after you die or become incapacitated. It also indicates who will manage your kids' assets, including what you leave them.
- It lets you name your executor, the trusted person who will carry out all your wishes in the will.

If you die without a valid will, your state's court system may get involved in distributing your assets depending on intestacy laws on the books.

A living will – also known as an advance directive – al-

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allows you to define how you want to be medically treated under specific situations, including irreversible injury or terminal illness. Depending on your state laws, living wills allow you to express your exact wishes about feeding, breathing assistance and other life-sustaining procedures in addition to how you want them carried out at certain decision points in your care. A living will may also provide information on pain or infection medications you either want or don't want administered as well as specific instructions about your remains, including release to your family or donation for medical research.

Powers of attorney are legal documents that allow you to name a specific person to take care of your money or healthcare wishes if you are incapacitated. It is particularly wise to seek professional counsel from a qualified trusts and estates attorney in writing these documents. The person you designate as healthcare power of

attorney will be speaking with doctors and executing your wishes on various forms of treatment; your financial power of attorney will be in charge of paying your bills and depending on the range of responsibilities you outline for that person, handling your investment and business affairs. Both are extremely important jobs that should be carried out by people you trust, and that's why they need to be people in the know. Make their preparation part of your estate planning so they know how to step

in and carry out the assignments you've given them efficiently.

Bottom line: Estate planning is the final, responsible step in all good financial planning. While it may be unpleasant to do, it is essential in taking care of family, loved ones and causes you support after you're gone.

Nathaniel Sillin directs Visa's financial education programs. To follow Practical Money Skills on Twitter: www.twitter.com/PracticalMoney.

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7 Cool Things To Do With Cucumbers

In the winter in Colorado you can't get me to buy these, but come summer, there's always one or two in my fridge. Cucumbers have a lot of health benefits, they are known botanically as *Cucumis sativus* and they're actually a fruit, not a vegetable. They're in the same family as melons, zucchini and pumpkin.

Cucumbers have many active constituents among them, an anti-inflammatory flavonol called "fisetin" which supports brain health. Cucumbers offer compounds that are antioxidants, so they help prevent systemic rusting. Here's some fresh ideas:

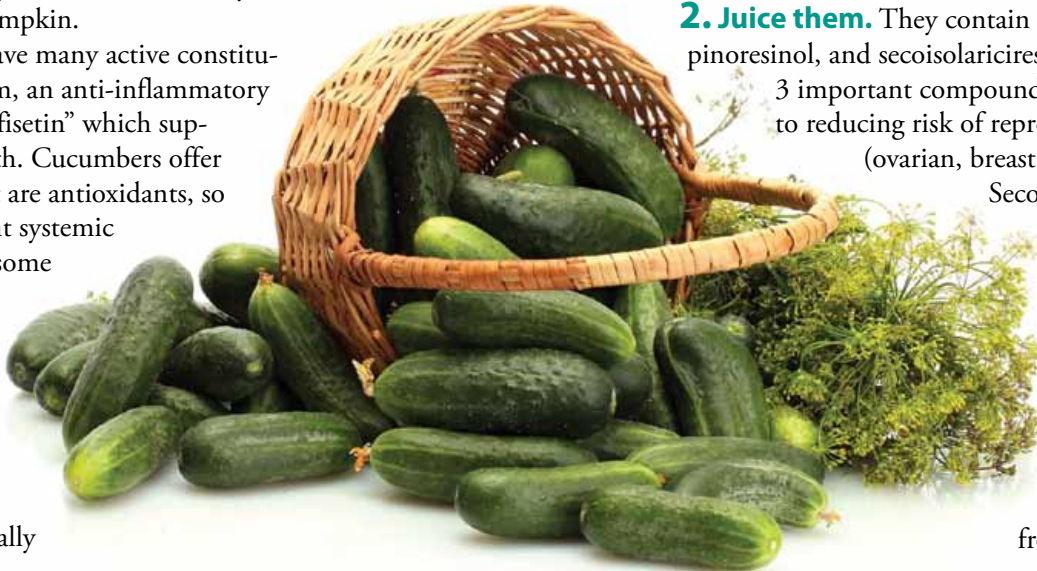
1. Soothe itchy eyes.

Cut 2 slices off and lay upon your eyes. This feels especially

comfy if you have red, itchy eyes from whatever's blooming. You can also cut slices and put in a jar of water and infuse the water for an hour (refrigerate), then make a compress out of the cucumber water. Squeeze it and lay that upon your eyes.

2. Juice them. They contain lariciresinol, pinoresinol, and secoisolariciresinol which are 3 important compounds when it comes to reducing risk of reproductive cancers (ovarian, breast, uterine, prostate). Secoisolariciresinol is also found in flax.

3. Heal burns. Cut the slices lengthwise and apply to areas of sunburn, or use my compress idea from above.



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4. Drink them. Cut cucumbers into 1/2 slices along with 1/4 slices of lemon and put into a beautiful glass decanter or carafe with some ice. Let it marinate for an hour and then drink all day. Among the many health benefits, you may see a mild diuretic effect which could help with blood pressure and weight loss.

5. Eat them. The profound medicinal benefits of cucumbers are not apparent to you. I bet you walk right past them in the produce section all the time. These guys can block COX2 enzymes (similar to Celebrex, a popular medication) dampening down pain-causing cytokines. While cukes are not as strong as drugs, I'd still chop some into your salad along with fresh tomatoes and basil leaves. Finish with Finish with cilantro-lime vinaigrette. This salad adds fiber which in turn helps you manage weight.

6. Treat acne with them. Cu-

cumbers have the ability to remove dirt, dead skin cells, bacteria, and left over make-up residue. It naturally calms and cools a red or inflamed area. Put a quarter of an unpeeled cucumber in your food grinder along with a table-spoon of witch hazel and 2 drops of tea tree oil and 5 drops lavender. Grind to a smooth consistency and apply as a 'mask' or dab on an area.

7. Make a toner for your face.

Slice cucumbers into a 2 cups pure distilled water. Strain out the cucumbers so you are left with cucumber water, add 1 tablespoon of organic aloe vera leaf juice, 10 drops essential oil of lavender and 5 drops jasmine. For oily skin add to this, 5 drops helichrysum. If you have dry skin, use rose oil.

This information is not intended to treat, cure, or diagnose your condition. Always consult your physician for all medical matters. Visit www.SuzyCohen.com. ©2016 Suzy Cohen, R.Ph.



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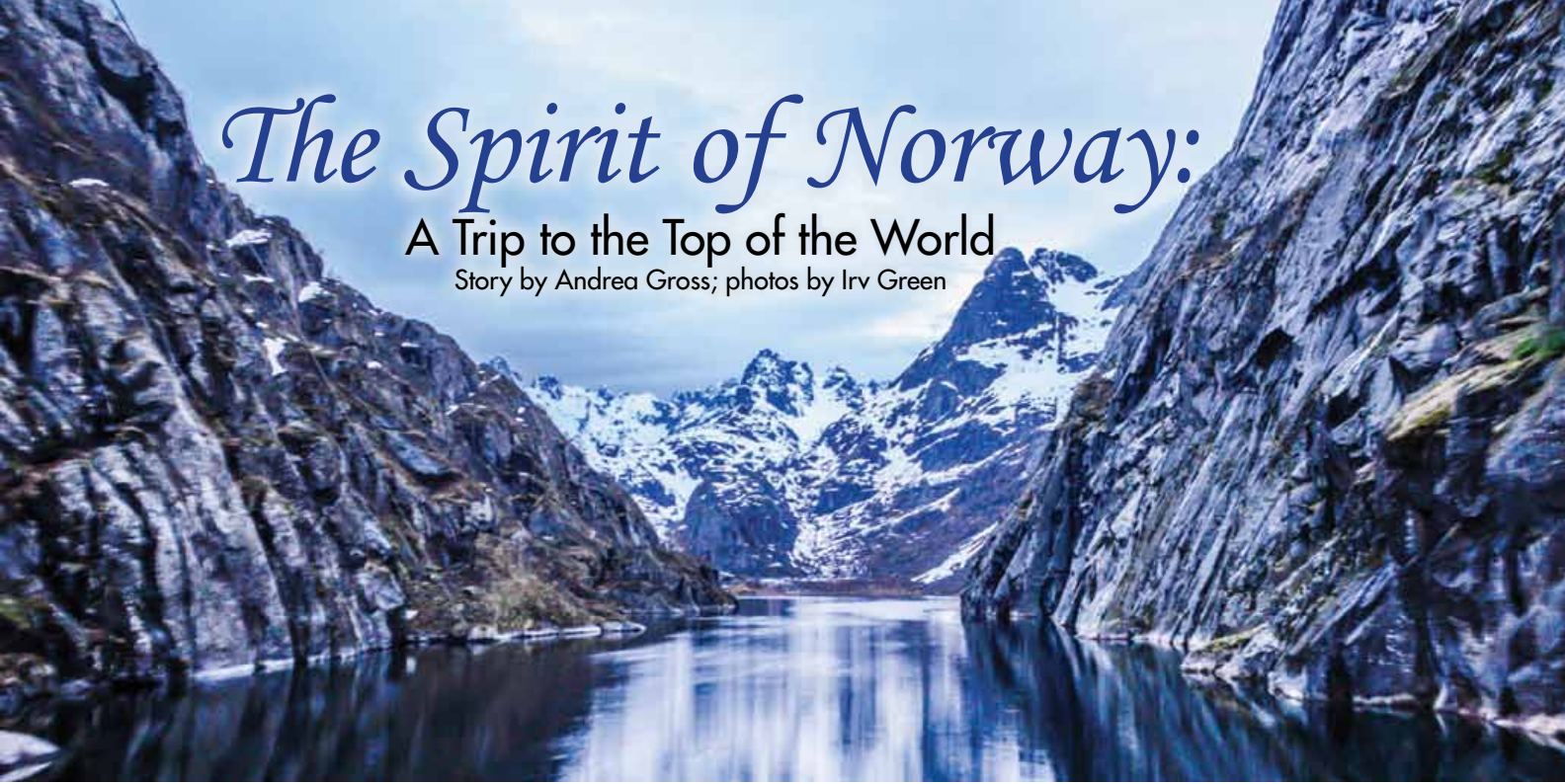
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The Spirit of Norway:

A Trip to the Top of the World

Story by Andrea Gross; photos by Irv Green



The sun still brightens the sky during a midnight ride into one of Norway's famous fjords. (Trollfjord)

I stay up all night to babysit the sun. At midnight its glow is faint, but the sky is still bright enough that I can read a newspaper without a flashlight and see the shore without squinting. By 2:00 a.m. the darkest part of the night has passed, and the light of the sky matches the white of the snow-covered mountains. The day that never ended has become the morning that has just begun.

I'm traveling up the coast of Norway on a mid-sized cruise ship, the MS Polarlys, and early this morning, as we cruised past a stylized globe that sits atop a small isle of rock, we officially entered the Arctic Circle. I am now in a place where winter days are

Hurtigruten ships are small enough to reach ports that are off limits to larger vessels.



The globe on Viking Island marks the southern edge of the Arctic Circle, which encompasses less than four percent of the Earth's surface. (approximately 5.5 million square miles)

cloaked with a Polar Night during which the sun never rises above the horizon, and summer nights glow with a Midnight Sun during which the sun never drops below it. In other words, I'm headed to the top of the world. ➔

Hurtigruten ships have been delivering goods to small villages since 1893.





Folks in “The World’s Northernmost Fishing Village” want to attract tourists.

(continued from page 29)

To call the MS Polarlys, one of the recently refurbished ships owned by Hurtigruten Cruise Line, a cruise ship is to miss the point. It’s a lovely vessel, awash with sleek handsome wood that has a distinctly Nordic sensibility, and it spoils its cruise passengers — at least those who like fish fresh from the sea and locally-grown vegetables — with insanely good meals. But its real mission is to deliver goods ranging from food to furniture to remote villages and at the same time to help the local residents travel to other coastal towns. (Think FedEx blended with Greyhound Bus.) Although the company was founded in 1893, cruise passengers weren’t welcomed aboard until the 1980s, when the company saw tourism as a way to make full use of its ships.

Between never-ending hours of daylight and the slow speed of the ship, — Hurtigruten ships can be outpaced by an average dog or reasonably fit cyclist — we have plenty of time to ogle the scenery. On our first night after entering the Arctic Circle our captain takes us for a midnight ride into Trollfjord, a channel of water so narrow that it’s off limits to larger ships. I forget to be tired as I gaze at the snow-capped cliffs that tower above us, outlined by the dusky light of the midnight sun.

As we relax in the ship’s Panorama Lounge, we become hypnotized by the passing scenes of small villages. Some are perched on rocky outcroppings, others are tucked into the hills, all are dotted with small houses, most of which are painted in tones of red and gold. The traditional colors date back to

The Sami people explain their culture to cruise passengers.



Passengers celebrate with King Neptune as the ship crosses into the Arctic Circle.



Norwegian homes are specifically designed for harsh winters. Peaked roofs and wood exteriors help winterize houses and cheery paint helps brighten moods.

the time when red was made from the blood and oil of codfish and ochre was produced from iron oxide found in the soil.

On a typical seven-day cruise a Hurtigruten vessel visits 34 ports, most for only a few minutes, but several for three or four hours. We disembark on the longer stops and, on occasion, treat ourselves to a ship-sponsored excursion.

Thus we hear a concert of Nordic music, visit a cathedral honoring Viking King Olav Tryggvason, and ride in a rubber boat to the edge of the world’s most powerful whirlpool.

But mostly we explore the villages on our own — engaging people in conversation and absorbing the rhythms of their life. In Skarsvåg, a gathering of 40 people that may well be one of the smallest communities north of the Arctic Circle, economic conditions caused fish processing plants to close and young people to search for jobs in larger towns. As the town dwindled to one third its former size, the women began knitting thick scarves and socks that they hoped to sell to tourists if they could entice some to come their way. It will take a lot of scarves to save the village, but when you live in what they dubbed the “world’s northernmost fishing village,” resilience is bred in the bones — or, pardon the pun, knit into the fabric of your existence.

As we leave Skarsvåg clutching our bag of warm mittens, we see our first reindeer. There are 100,000 reindeer in Norway, some that roam free but most of which belong to the Sami, an indigenous people who have traditionally worked as reindeer herders. We spend more than an hour with the Utsi family, who tell us about Sami traditions and offer us a cup of home-made reindeer broth.

On our way back to the ship we see North Cape, the northernmost outpost in Europe. This obviously deserves a toast. That night, with the sun still high in the sky, we go to the Panorama Lounge and, with our fellow passengers, cheer the fact that we’ve truly reached the top of the world.

Skål! (Cheers)

◆ For an expanded version of this article and more information on Norway, go to www.traveltizers.com

◆ For more information specifically on Hurtigruten cruises, see www.hurtigruten.us

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Lindsay Wagner's One (Bionic) Woman Show



One of the hottest actresses to emerge from the 1970s has been appearing around the country in recent years presenting her stage show, “More than a Bionic Woman: An Evening with Lindsay Wagner.” In August, Lindsay will be in Ft. Walton Beach, Florida. (See www.lindsay-wagnerinternational.com for details.)

“I’ll be sharing anecdotes and stories from behind the scenes in my career, and showing clips and photos from my personal collection,” said Wagner from her California home. “So it should be a lot of fun and, hopefully, fond memories.”

Wagner began appearing in primetime network television series in the early 1970s, with her breakout film role coming in 1973’s “The Paper Chase.”

But it was her Emmy award-winning role as TV’s favorite female semi-cyborg in “The Bionic Woman” that brought her great acclaim, although her Jaime Sommers character was only planned as a two-part guest-starring role when introduced as a love interest for Lee Majors in “The Six Million Dollar Man.”

“The story ended by killing Jaime off and the response from the audience was huge,” explained Wagner. “They were so appalled that the studio had killed off a character that had resonated so deeply with them and especially their children. Even a children’s hospital in Boston wrote a letter of protest. So the studio had to bring me back for another two-parter to bring Jaime back to life and the network decided to do the spin-off series.”

Wagner retired her bionic implants after three seasons and three reunion movies to tackle dozens of TV movies throughout the ’80s and ’90s. Those roles often focused on social issues such as domestic violence, adoption, mental health, terrorism, and capital punishment.

“I have always felt that TV could be used not only to entertain, but also to highlight important issues and help people embrace their higher potential,” she explained.

But Lindsay almost never got to enjoy her post-Bionic Woman success. In May, 1979, almost exactly a year after the last



episode aired, she was scheduled to fly on the ill-fated American Airlines Flight 191 from Chicago to Los Angeles which crashed after takeoff, and today remains the deadliest single-aircraft aviation disaster in the U.S.

“I took a flight to Portland instead to meet up with my sister and didn’t hear about the crash until after I had landed and called my secretary to tell her of my change of plans. Everybody thought I had been on the flight so there was a lot of relief, and of course I was shocked and saddened to hear what had happened.”

Wagner went on to become an author, acting teacher, motivational speaker, and continues to act. She also actively promotes a holistic approach to health – a lifestyle she adopted after suffering gallbladder issues and stomach ulcers in her teens when she was able to avoid surgery after receiving counseling from a doctor and minister who shared a common philosophy to healing.

And while her famous TV character from the past relied on artificial physical strength to survive, Wagner continues to advocate the potential of one’s inner strength.

“We all have the ability to grow through our difficult circumstances in life rather than just survive them,” she says. “You have much more potential than you realize.”

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 600 magazines and newspapers.



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Review of *Big Magic*

Elizabeth Gilbert, well known for her book *Eat, Pray, Love*, has penned *Big Magic: Creative Living Beyond Fear* about being brave and working with your fear to live creatively. And while it's easy to think of living creatively as being an artist, or writer, etc., Gilbert extends that to include things we are intimidated to do that make our life more enjoyable.

The first chapter deals with fear in all its many forms – the crippling limitations we put on ourselves that are easier to take comfort in than the strength it would take to get out and do the deepest desires of our creative hearts. She looks at fear in all its many facets, pairing them with funny stories from her own life. She urges you not to be “fearless” (which she compares to the mindset of an overenthusiastic three-

year-old), but to take that fear, recognize it and have the courage to work alongside it.

She talks about inspiration as a partner in your creative process, anthropomorphizing its role in our creative lives. Throughout *Big Magic*, Gilbert emphasizes over and over again that living a happy creative life means giving yourself permission to do things you enjoy because you enjoy them, not because it's helping someone else, or because it will ultimately be your source of income, fame and fortune.

The first half of Gilbert's book soars on inspiration, anecdotes and humor. Her story of a magical idea sharing experience with author Ann Patchett is simultaneously enjoyable and somewhat awe-inspiring.

But about halfway in, Gilbert takes



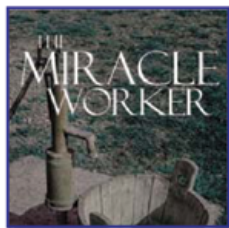
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the momentum she's created with these stories and inspiration and switches to somewhat of a critique for the need of higher education to be a creator. She considers whether people should go into educational debt to create, when creating can be done regardless of education: a point many people might argue against. I found myself kind of glazing through this section, eager to get on to the "good stuff."

Fortunately, Gilbert does finally step off this platform and move into other, more interesting topics. She takes aim at the idea that creators have to be tormented or martyrs to their art, and instead argues for joyful vocations.

"My work loves me as much as I love it. That it wants to play with me as much as I want to play with it. And that this source of love and play is boundless. I have chosen to believe that a desire to be creative was encoded into my DNA for reasons I will never know, and that creativity will not go away from me unless I forcibly kick it away or poison it dead."

She talks about "creativity" and "curiosity" as beings that walk alongside us, willing us to be human partners with them. She closes with asking creators to be persistent, even in the light of failure and shame. She invites you to use other creative outlets to heal and help you move on and exercise "fierce trust" to keep creating regardless of the outcome. "Why?" she asks, because it's fun.

Gilbert's book is ultimately inspiring, despite her tendency to wander off on tangents. And while she predominantly uses her experiences as a writer to illustrate her points, she explains how these ideals can apply across a variety of creative outlets (even ice skating). A good read, especially if you've ever been too afraid to do something creative. Even experienced professional creators can take away encouragement from this and perhaps be brave enough to move forward.

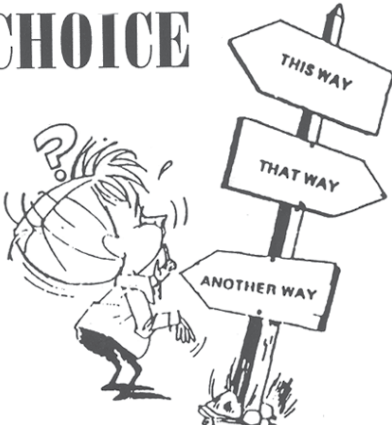
Grade: B

Jessica Rinaudo is an editor and graphic designer who has fostered a love of reading from a very young age. She lives in Shreveport with her husband and four children.

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Brisket Over Briquets:

Easy Ideas with GRILLED LEFTOVERS

Family Features

Although brisket is generally regarded as a cool weather dish, you may be surprised how this ultimate comfort food works in delicious recipes that help you hang on to the fading days of summer. Find more recipes featuring your favorite grilled meats at www.kingsford.com.

Barbecue Beef Brisket *(Makes: 8-10 servings)*

1 5 - 6 pound beef brisket flat	½ tablespoon paprika
1 tablespoon beef bouillon base	½ tablespoon black pepper
Dry Rub	½ tablespoon sugar
1 cup beef broth	¾ teaspoon garlic powder
Dry Rub:	½ teaspoon onion powder
½ tablespoon salt	¼ teaspoon oregano
	⅛ teaspoon ground coriander

Build a charcoal fire for indirect cooking by situating coals on only one side of grill, leaving other side void.

Cover entire brisket with beef bouillon base. In small bowl, mix dry rub ingredients and coat brisket with rub. When cooker reaches 225°F, place brisket on void side of grill and close lid. Cook for 4 hours, until internal temperature reaches 160-170°F.

Remove brisket from grill and place in shallow baking dish or disposable aluminum pan. Pour beef broth over brisket and cover pan with aluminum foil. Place baking dish in cooker for an additional 1-2 hours, until internal temperature reaches 185°F.

Remove baking dish from grill and let meat rest undisturbed for 20-30 minutes. Slice brisket across grain and serve.

Grilled Greek Salad Pita with Beef Brisket *(Makes: 8 stuffed pitas)*

Greek Dressing:

2 tablespoons olive oil
1½ tablespoons Kalamata olives, minced
4½ tps. lemon juice
½ tsp. dried oregano
⅛ tsp. black pepper

4 pita bread rounds, cut in half forming 8 pockets

1 cucumber, cut into ½-inch slices

1 tomato

½ red onion, cut into ½-inch slices

2 cups romaine lettuce, cut into 1-inch pieces

¼ cup feta cheese

1 pound leftover beef brisket

In small bowl combine all Greek dressing ingredients. Set aside.

Build charcoal fire for direct grilling. Place pita bread directly over hot coals (approximately 450°F) and cook for 1 minute on each side or until grill marks are visible. Place cucumbers, whole tomato and onion directly over hot coals (approximately 450°F) and cook, turning once, for 4 minutes or until they brown and start to soften.

Remove vegetables from grill and dice. Place vegetables into medium bowl and stir in dressing. Let mixture stand for 5 minutes before adding romaine lettuce and feta cheese.

Fill each pita pocket with leftover beef brisket and grilled Greek salad.

Barbecue Benedict *(Makes: 6 servings)*

1 white onion cut into 1/2-inch-thick strips
 Onion Marinade
 Barbecue Benedict Sauce

3 English muffins cut in half
 1 pound leftover beef brisket
 6 poached eggs

Onion Marinade:

9 Tbs. soy sauce
 3 Tbs. lemon juice
 6 Tbs. extra virgin olive oil
 6 Tbs. water

In small bowl, mix onion marinade ingredients. Pour marinade into resealable plastic bag and add onion strips. Let marinate for 30 minutes.

For sauce, place egg yolks, vinegar and water into stainless steel bowl and vigorously whip until mixture is thickened and doubled in volume. Place bowl over sauce pan containing barely simmering water (just below boil), making sure bottom of bowl does not touch water. Whisk continuously, making sure eggs don't get too hot or they will scramble. Very slowly drizzle melted butter into mixture while whisking rapidly until mixture thickens and doubles in volume. Remove from heat and stir in remaining sauce ingredients.

Build charcoal fire for direct grilling. Place onion strips in grill basket and cook directly over hot coals (approximately 450°F), stirring often for 5 minutes or until onions brown and start to soften. Remove onions from grill and set aside.

Place English muffin halves directly over hot coals for 2 minutes or until toasted. Remove each from grill and top with leftover beef brisket, grilled onions and a poached egg. Drizzle with Barbecue Benedict Sauce.



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- Thursday August 4 - 10:00 a.m. "All Things Norton Art Gallery" Ashley Newberry-Mills
- Thursday August 11 - 10:00 a.m. "Seniors: The Non-Traditional Students" by Jay Williams
- Thursday August 18 - 10:00 a.m. "How Chimpanzees Age" by Andrea Falchetto
- Thursday August 25 - 10:00 a.m. "Old Shreveport: Do You Remember" By Ernie Roberson
- Friday August 5, 12, 19, & 26- 10:00 a.m. Senior

Tech Talk. Introduction to Laptops, tablets and smart phones and other tech tips

EVENTS

"Train Days in the Gardens" - Every other Thursday, families are invited to come out and let their children ride the replica steam engine unlimited times for \$5. American Rose Center, 8877 Jefferson Paige Road in Shreveport. The train will run from 10 a.m. to noon on August 11 & 25. Stroll the gardens and enjoy the picnic area and a playground. Rose Center open Mon. through Sat. 9 a.m. to 5 p.m. and Sunday 1 p.m. to 5 p.m. Admission is by donation.

Ark-La-Tex Genealogical Association Annual Seminar and Book Fair - Saturday, August 13 from 9 a.m. - 3:30 p.m. at the Broadmoor

United Methodist Church, 3715 Youree Drive, Shreveport. Featured speaker will be Diane L. Giannini, professional genealogist and lecturer. Advance registration recommended. Registration fee is \$40 and includes lunch if pre-registered. For info and registration visit: www.rootsweb.ancestry.com/~laaltga/ or call Jim Johnson at 746-1851 or email jjohnson747@suddenlink.net.

Dance Fest 2016 - Square and Round Dance Open House on Tuesday, August 30 from 6 to 9:30 pm at Promenade Hall, 5400 Benton Road, Bossier City. Hosted by Southern Swingers Square Dance Club and Red River Rounders Dance Club. Open to the public with **FREE** admission and refreshments. Casual dress with comfortable shoes and no high heels. Dance partner recommended but not required. Weekly classes begin Tuesday, September 6. For more information call (318) 469- 2929 or email jmingles@bellsouth.net.

Mini Medical School - An inside look at the learning that takes place at LSU Health. No science back-

ground is necessary. Classes will take place from 5:30 to 7 pm each Tuesday in August, starting August 9 at LSU Health Shreveport. \$40 for first-time participants (includes a white coat) and \$20 for Mini Med alums. The fee includes all classes in the session. Register at www.lsuhsfoundation.org/minimed or call 318-861-0855. Topics include:

- August 9: Diabetes Mellitus: About Sugar, Fat and Muscle.
- August 16: His & Hers Plumbing Problems.
- August 23: Tick. Tick. Boom! Tick-Borne Illnesses.
- August 30: Anesthesia and Pain Medicine in the News.

Shreveport Farmers' Market - Festival Plaza in downtown Shreveport, 101 Crockett Street from Market Street to Commerce Street. Saturday markets from 7 a.m. to noon through August 27; For info, visit www.shreveportfarmersmarket.com.

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Weight Loss Support Group - The All Women's chapter of Take Off Pounds Sensibly (TOPS) meets every Monday at 5:30 p.m. at Fitness Lady, 1800 Old Minden Road. Contact 318-773-5923 for more information.

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King Crossword

Puzzle answers
on page 42.



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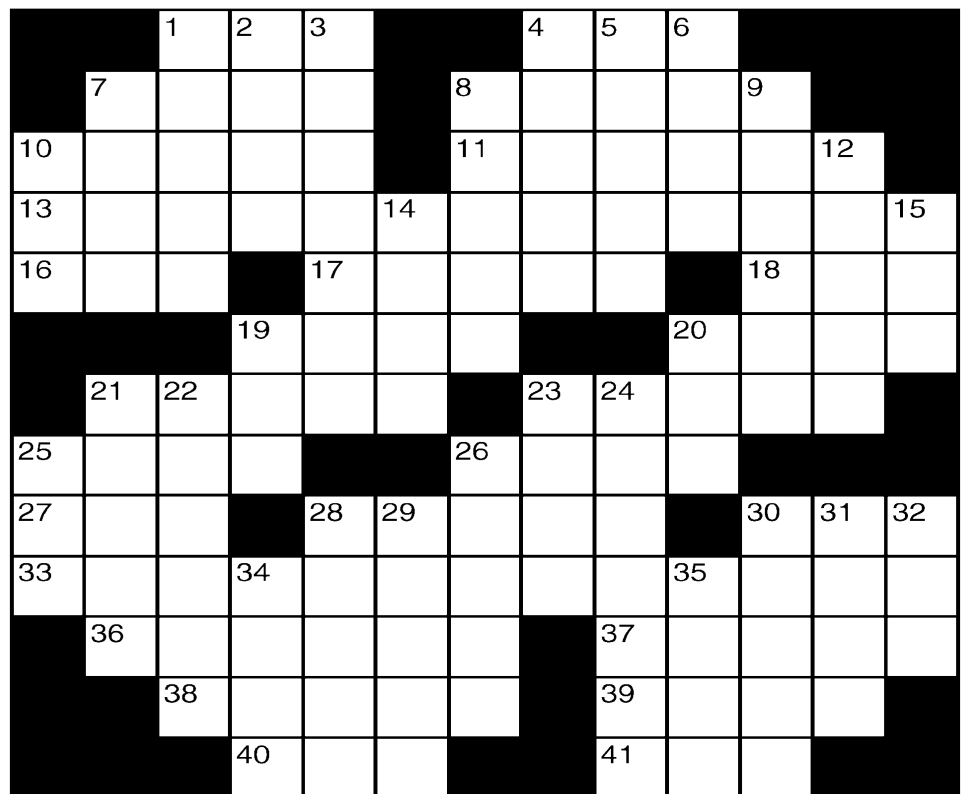
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- ACROSS**
- 1 Integers (Abbr.)
 - 4 Journey segment
 - 7 Mr. Crockett
 - 8 Baby's ailment
 - 10 Roof edges
 - 11 Parka
 - 13 Square one
 - 16 Chum
 - 17 Jagged
 - 18 Cattle call?
 - 19 Portent
 - 20 Show boredom
 - 21 Accumulate
 - 23 Carriages
 - 25 Coagulate
 - 26 "Peter Pan" pooch
 - 27 Existed
 - 28 Oddballs
 - 30 Extinct bird
 - 33 1996 movie title that's an anagram of 13-Across
 - 36 Champagne + OJ
 - 37 Two under par
 - 38 Ship of the desert
 - 39 Sore
 - 40 Tex- -- cuisine
 - 41 Speck
- DOWN**
- 1 Fleet-related
 - 2 Finished
 - 3 Methods
 - 4 Years (for)
 - 5 Run off to wed
 - 6 Early helicopter
 - 7 Information
 - 8 Church law
 - 9 Alligator's cousin
 - 10 Kreskin's claim
 - 12 Recognizes
 - 14 Angers
 - 15 Heavy weight
 - 19 Cheerios grain
 - 20 Nay canceler
 - 21 Antitheft device
 - 22 Tile art
 - 23 Variety of shark
 - 24 As a substitute
 - 25 5 percent of a ton (Abbr.)
 - 26 Kathmandu's land
 - 28 Travelocity mascot
 - 29 Newark's county
 - 30 Strength
 - 31 Siblingless
 - 32 Candle count?
 - 34 Mosque bigwig
 - 35 Snack in a shell



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Sudoku

by Linda Thistle

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

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

Difficulty: ◆◆◆

◆ Moderate ◆◆ Challenging
 ◆◆◆ HOO BOY!

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MAGIC MAZE ●

COUNTRIES
 WINNING GOLD
 MEDALS IN
 LONDON 2012

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

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

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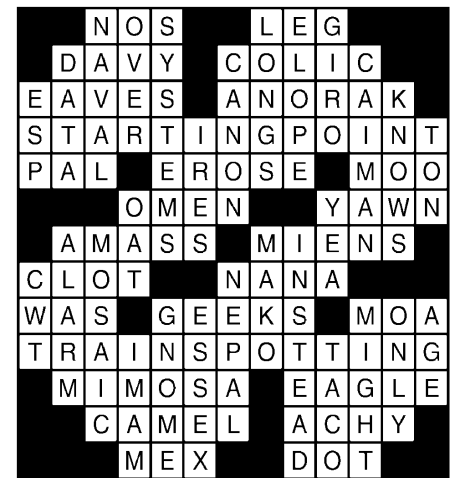
John J. Ferrell, M.D.
Mid South Orthopaedics
7925 Youree Drive;
Suite 210
Shreveport, LA 71105
(318) 424-3400

(Puzzles on pages 40 - 41)

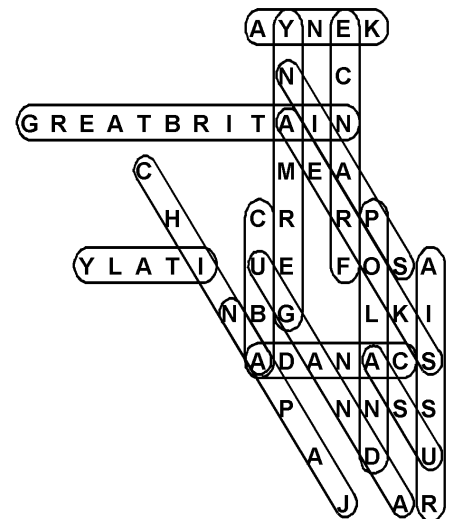
— King Crossword —

Answers

Solution time: 25 mins.



COUNTRIES WINNING GOLD MEDALS IN LONDON 2012



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

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by Jacuzzi Inc.

Myth #1- Walk-In Tubs are only for safety. While having a door on your tub can prevent bathroom falls, a great Walk-In Tub does so much more. Only Jacuzzi® Walk-In Tubs feature the patented PointPro® jets that provide the optimum mix of water and air to provide strong yet gentle hydrotherapy.

Myth #2- Walk-In Tubs make you wait a long time while they fill and drain. Most do, but the innovative engineers at Jacuzzi Inc. have spent years perfecting the FastFill™ and FastDrain™ Technology that enables you to spend more time bathing and less time waiting.

Myth #3- You have to pay for extra features. Most Walk-In Tubs are base models, and as you tack on extra features the price goes up... a lot. Jacuzzi® Walk-In Tubs come standard with Air and Water Jets, Color Light Therapy, Aromatherapy, FastFill™ and FastDrain™ Technology and the only foot massage jets on the market. All for one low price.

Myth #4- Walk-In Tubs are expensive. Moving into an Assisted Living Facility is expensive. So is a broken hip. Jacuzzi® Walk-In Tubs are a great investment and can even increase the value of your home. Quality craftsmanship and innovative design are worth every penny.



Myth #5- All Walk-In Tubs are the same. They aren't. And only one of them is made by the company that's known worldwide for its bath tubs- the company that practically invented hydrotherapy.

Now that you know a little bit more about Walk-In Tubs, why not take the next step.

Call now for more information on the Walk-In tub that's revolutionized the bathing industry. Jacuzzi® Walk-In Tub... there's only one.



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“My friends all hate their cell phones... I love mine!” Here’s why.

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Say good-bye to everything you hate about cell phones. Say hello to the **ALL-NEW Jitterbug Flip**.

“Cell phones have gotten so small, I can barely dial mine.” Not the new Jitterbug® Flip. It features a larger keypad for easier dialing. It even has a larger display so you can actually see it.

“I had to get my son to program it.” Your Jitterbug Flip set-up process is simple. We’ll even program it with your favorite numbers.

“I tried my sister’s cell phone... I couldn’t hear it.” The Jitterbug Flip is designed with a powerful speaker and is hearing aid compatible. Plus, there’s an adjustable volume control.

“I don’t need stock quotes, Internet sites or games on my phone. I just want to talk with my family and friends.” Life is complicated enough... The Jitterbug Flip is simple.

“What if I don’t remember a number?” Friendly, helpful Operators are available 24 hours a day and will even greet you by name when you call.

“My cell phone company wants to lock me in a two-year contract!” Not with the Jitterbug Flip. There are no contracts to sign and no penalty if you discontinue your service.



Monthly Plan	\$14.99/mo	\$19.99/mo
Monthly Minutes	200	600
Operator Assistance	24/7	24/7
Long Distance Calls	No add'l charge	No add'l charge
Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
Friendly Return Policy ¹	30 days	30 days

More minute plans available. Ask your Jitterbug expert for details.

“I’d like a cell phone to use in an emergency, but I don’t want a high monthly bill.” The Jitterbug Flip has a plan to fit your needs... and your budget.

“Many phones have features that are rarely needed and hard to use!” The Jitterbug Flip contains easy-to-use features that are meaningful to you. A newly designed built-in camera makes it easy and fun for you to capture and share your favorite memories. And a new flashlight with a built-in magnifier helps you see in dimly lit areas, the Jitterbug Flip has all the features you need.

Enough talk. Isn’t it time you found out more about the cell phone that’s changing all the rules? Call now, Jitterbug product experts are standing by.

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IMPORTANT CONSUMER INFORMATION: Jitterbug is owned by GreatCall, Inc. Your invoices will come from GreatCall. Plans and Services require purchase of a Jitterbug phone and a one-time setup fee of \$35. Monthly fees do not include government taxes or assessment surcharges and are subject to change. Coverage is not available everywhere. 5Star or 9-1-1 calls can only be made when cellular service is available. ¹We will refund the full price of the Jitterbug phone and the activation fee (or setup fee) if it is returned within 30 days of purchase in like-new condition. We will also refund your first monthly service charge if you have less than 30 minutes of usage. If you have more than 30 minutes of usage, a per minute charge of 35 cents will be deducted from your refund for each minute over 30 minutes. You will be charged a \$10 restocking fee. The shipping charges are not refundable. There are no additional fees to call GreatCall’s U.S.-based customer service. However, for calls to a GreatCall Operator in which a service is completed, you will be charged 99 cents per call, and minutes will be deducted from your monthly rate plan balance equal to the length of the call and any call connected by the Operator. Jitterbug and GreatCall are registered trademarks of GreatCall, Inc. ©2016 GreatCall, Inc. ©2016 firstSTREET for Boomers and Beyond, Inc.

August

PARTING SHOTS

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

Caddo Council on Aging Fan Drive winner Shirley Fair Bourg, is pictured with the new TV she won at Azalea Estates 4th of July program. She is pictured with Lt. Colonel George Finck who drew the winning ticket, Fan Drive Co-chair Darlene Sandidge, and Azalea Estates Executive Director Lorrie Nunley. Azalea Estates annually collects fans and money for CCOA's worthy cause.



Happy Birthday

Lynnda Pope celebrates her 72nd birthday with hubby Lewis.



Fitness Lady held their Senior Day event on May 25. Member Nancy Strauss receives valuable information on "How to Avoid Falling" from an NSU student.



NSU Upper Level student providing eye sight screening for member Gale Pearce.



The new Asian Bamboo Cafe at Margaritaville Resort Casino in Bossier City held a soft opening on Friday, July 15.

Left: Margaritaville General Manager Barry Regula congratulates Chef Ngo on a successful opening.

Right: Executive Chef Frederick Ngo with Peggy and Rodney Herring



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August

PARTING SHOTS (CONTINUED)

Azalea Estates recently celebrated 20 years of serving seniors with an anniversary party.



Volunteers and staff (l to r) Marvin Young, Tori Self, Bobbie Graves, Melissa Cross, Bridget Odums, Deborah Williams, Nancy Sevier, Nancy Rivers May, Shirley Fair Bourg.



Resident Mr. Osborne dances with Mary Coker

Residents Mrs. Jarrel and Mrs. Smith with Sister Rivers



Resident Mrs. Long with grandson Jamie Long

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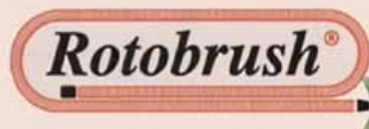
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CARING FROM THE HEART



Front Row (L to R): Chasity Ellis, Vicki Ott, Jennifer Cole
Seated (L to R): Somanya Jackson, Kacee Ferrier
Back Row (L to R): Angie Hayes, Charlotte McCune, Donnie Flint



Vicki Ott, Executive Administrator
Angie Hayes, Assistant Administrator
Donnie Flint, Director of Nursing
Charlotte McCune, Assistant Director of Nursing
Kacee Ferrier, Director of Rehab
Chasity Ellis, DPT/Assistant Rehab Director
Jennifer Cole, Admissions Director
Somanya Jackson, Clinical Liaison

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