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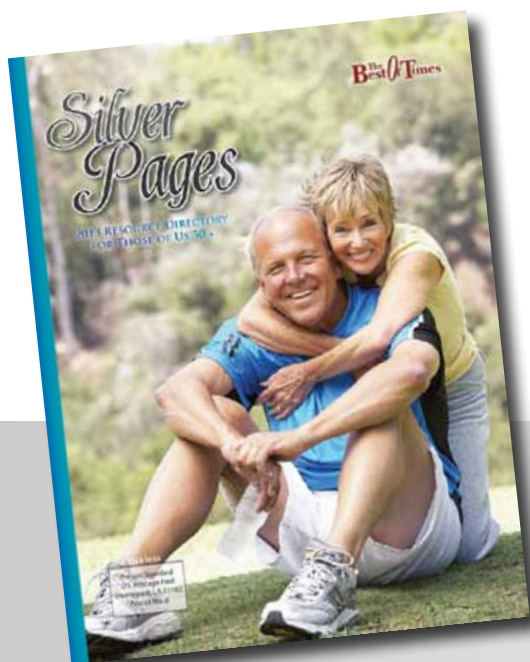
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**TINA'S
TURN**

When I moved here in the early 1970s, a trip downtown to go shopping

was a major social event. I fondly remember the streets were filled with well-dressed shoppers, especially during the holidays. Spreading out from the courthouse in all directions, the downtown area was once filled with retail outlets. This month's feature, by Kelly Phelan Powell, takes us on a stroll down memory lane where we revisit this cherished area tradition: a trip downtown to the golden age of locally owned department stores and shops. What do you remember of those by-gone days? We would love to hear from you.

As always this issue is jammed full of great columns and advice to help you end this year and begin the next. Are you looking to make a last minute donation to a worth-while charity? You don't want to miss Jason Alderman's warnings and tips on page 16. Did you make one too many trips through the buffet line this holiday season? Then check out Suzy Cohen's column on weight loss. Or are you looking for a fun place to start the new year? Andrea Gross introduces us to two unique destinations.

We also welcome a new wine column. In his first article David White helps us choose an appropriate sparkling wine to toast in the new year. And Vernon Hastings turns back the clock to a special Christmas from his childhood.

We also bring you delicious holiday recipes, a back-stage peak at the latest plays on Broadway, and a sampling of the latest DVD movie releases.

From all of us here at *The Best of Times*, we wish you a magical holiday season and we pray the new year brings you joy, peace and love.

Tina



December 2012
Vol. 21, No. 12
Founded in 1992 as
Senior Scene News
ISSN Library of Congress
#1551-4366

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

For a mailed subscription, send your name, address, and \$20 to cover postage and handling to the address above.

Publisher

Gary L. Calligas
Gary.Calligas@gmail.com

Editor

Tina Miaoulis Calligas
Editor.Calligas@gmail.com

Design

Jessica Rinaudo

Account Executive

Jo Anne Woodard
tbt.woodard@gmail.com

Webmaster

Dr. Jason P. Calligas

Writers

Kelly Phelan Powell, Lindsey Romain,
David White

Contributors

Jason Alderman, Lee Aronson,
Brian Bradley, Suzy Cohen,
Judge Jeff Cox, Mark Glass,
Andrea Gross, Vernon Hastings,
Marshall Jay Kaplan

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DECEMBER 1

"Research Your Family History"
Jim Jones, President of GENCOM, a
computer genealogy group

DECEMBER 8

"Five to Thrive - a Cancer
Prevention Plan"
Dr. Lise Alschuler, Naturopathic
oncologist

DECEMBER 15

"Bringing Homeless Veterans Home"
Christa Pazzaglia, Gary Jaynes,
Carolyn Green; Cliff Malone, Director,
and Kenneth Starns

DECEMBER 22

"Strange but True"
A fun-filled hour of little known facts
and strange trivia

DECEMBER 29

"2012 in Review"
World records achieved in 2012

Do you have a question for
one of our guests?
Email Gary.Calligas@gmail.com
prior to the show.

Digital Tablets Improve Reading for People with Moderate Vision Loss



People who have eye diseases that damage their central vision, such as macular degeneration or diabetic retinopathy, can regain the ability to read quickly and comfortably by using digital tablets, according to a recent study. The research conducted with the Asia-Pacific Academy of Ophthalmology found that people with moderate vision loss could increase their reading speed by 15 words-per-minute, on average. Using a tablet with a back-lit screen resulted in the fastest reading speeds for all study participants, no matter what their level of visual acuity. The researchers believe the tablet's back-illuminated screen is the key to the significantly improved reading speed achieved by patients with moderate vision loss. The vision factor involved is called contrast sensitivity, which means being able to see an object as separate and distinct from its background and to discern shades of gray. Loss of contrast sensitivity is common in people with low vision. The high word/background contrast provided by a back-lit screen is a big plus for such patients.

Omega-3 Lowers Inflammation in Overweight Older Adults

New research shows that omega-3 fatty acid supplements can lower inflammation in healthy, but overweight, middle-aged and older adults, suggesting that regular use of these supplements could help protect against and treat certain illnesses. Chronic inflammation is linked to numerous conditions, including coronary heart disease, Type 2 diabetes, arthritis and Alzheimer's disease, as well as the frailty and functional decline that can accompany aging. Researchers at Ohio State University noted that Omega-3 fatty acids may be both protective so that inflammation doesn't go up, as well as therapeutic by helping inflammation go down. The FDA considers daily omega-3 supplementation of up to 3 grams to be "generally regarded as safe."



Study Ties Early Menopause to Heart Attack and Stroke

Women who experience early menopause are more likely to have a heart attack or stroke than women whose menopause occurs at a later age, according to a new study conducted at the University of Alabama-Birmingham and published in *Menopause: The Journal of The North American Menopause Society*. The study is especially important because cardiovascular disease is the leading cause of death in U.S. women. The hope is that getting this message out will motivate women with early menopause to engage in the lifestyle and medical strategies known to reduce risk of cardiovascular disease - like controlling cholesterol, blood pressure and excess weight and by exercising.

Every Junk Food Meal Damages Your Arteries

A single junk food meal - composed mainly of saturated fat - is detrimental to the health of the arteries, while no damage occurs after consuming a Mediterranean meal rich in good fats such as mono- and polyunsaturated fatty acids, according to researchers at the University of Montreal-affiliated ÉPIC Center of the Montreal Heart Institute. The Mediterranean meal may even have a positive effect on the arteries. The study also revealed that participants with higher blood triglyceride levels seemed to benefit more from the healthy meals. Their arteries responded better to the Mediterranean meal compared to people with low triglyceride levels.



Losing Weight, Especially in the Belly, Improves Sleep Quality

Weight loss, whether it's from dietary changes alone or from diet combined with exercise, can help improve the quality of sleep among people who are overweight or obese, according to a new study by Johns Hopkins researchers. The researchers noted that the key ingredient for improved sleep quality was a reduction in overall body fat, and, in particular belly fat, which was true no matter the age or gender of the participants or whether the weight loss came from diet alone or diet plus exercise. Good sleep quality is important in general for good physical and mental health, as well as for a healthy cardiovascular system.



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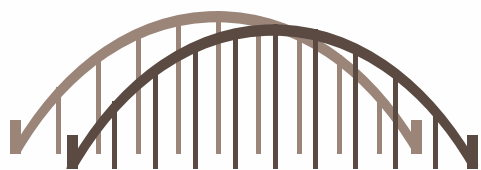
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Shopping OLD Downtown

by Kelly Phelan Powell

Once upon a time, shopping wasn't a chore, it was an event. Just ask Judy Phelan, whose earliest memory of shopping with her mother and baby sister Carol in downtown Shreveport takes place in 1949, when she was just four years old. "Mother would take us to work with her," she recalled. Nelwyn Campbell owned a reweaving business in the Levy Building (reweavers repaired holes in clothing by reweaving the fabric, rather than patching it), and on her lunch breaks when she had her daughters with her, she would take them for a quick lunch – "pear salad and a slice of pie or cake," Phelan remembered – and shopping. "It was such a treat," she said.

Shopping at strip malls, shopping malls, big box stores and the like may be convenient, but it can never recapture the glamour and gentility of the downtown shopping experience in the '50s and '60s. Here, we take a nostalgic look back at shopping in a bygone era with three people whose lives were profoundly entwined with Shreveport's legendary downtown retailers.

Mandel "Mandy" Selber, Jr. is the grandson of the tailor who moved to Shreveport in 1900 and began making denim work clothes for farm workers. In 1904, he closed that business and opened a small retail establishment at 227 Texas Street that included a tailor shop. A few years later, he sold it to his sons (one of whom was Selber's father), and Selber Bros. opened at its original location at 331 Texas Street, now the site of Regions Tower.

In 1924, Selber Bros. relocated the Ricou-Brewster Building, where they experienced enormous and rapid growth. Sales for the first two months were \$60,000; the very next year, 1925, they were doing \$300,000 in business. By 1929, sales had increased to \$500,000, but in 1933, following the stock market crash, sales were down to \$250,000. Selber Bros. realized they needed to diversify in order to stay in business, so they began selling women's clothing in addition to men and boys'. "I really consider my dad and his brothers to be visionaries of their day," Selber said.





“During this “golden age” of downtown shopping, retailers like Selber Bros. and Rubenstein’s sponsored most of the civic activities that took place in Shreveport.”

After moving to Pierremont Mall in 1964, Selber Bros. eventually closed its doors in 1987 after nearly three-quarters of a century in business. To what does Selber attribute this rare level of success? A personal touch. Not only were the stores (they expanded into

Monroe, Lafayette, Tyler and Longview over the years) always family-owned and operated – from 1966 on, there were always 10 family members active in the stores and in the community – the salespeople remained on staff for a long time and became recognizable to customers. “They sometimes waited on the same customers for several years,” he said.

Phelan has fond memories of Selber Bros. “When I got a little older and started working downtown at the Junior Chamber of Commerce, I can remember buying clothes from Selber Brothers.


Their shoes and bags, especially,” she said. She still owns a suede coat with a mink collar that she purchased there in the early ‘60s.

Fresh out of secretarial school and navigating her first job, Phelan nevertheless enjoyed dressing fashionably on a modest budget with a little help from sales and the bargain basement at Selber Bros. and Rubenstein’s. At the beginning of each season, she and her mother would ride the trolley downtown to visit the stores and check out the latest styles, then purchase patterns and fabrics and make what she couldn’t afford to buy. “And if I made my clothes, then I would have money to buy a pair of shoes or a handbag to match whatever I had made,” she explained.


“We just tried to give people what they wanted – a personal touch,” said David Rubenstein. His father and uncle opened Rubenstein’s in 1895, and it endured for nearly 100 years before closing up shop in 1987.

Rubenstein said a lot of people who worked downtown shopped over their lunch hours, but the “main event,” as it were, took place on Saturdays. “Especially





de Selber Bros. Dept Store on Milam in the 1960s.



if you went downtown on a Saturday, you knew you would run into people you knew,” he said. “We would dress up to go downtown.” Phelan recalled that in the ‘50s and ‘60s, women always wore hats and gloves to do their downtown shopping – a far cry from the sweatpants and t-shirts one normally sees these days.

During this “golden age” of downtown shopping, retailers like Selber Bros. and Rubenstein’s sponsored most of the civic activities that took place in Shreveport. Rubenstein remembered fondly taking turns serving on various boards and committees with his fellow merchants.

Eventually, shopping in downtown Shreveport waned. Once the trolley system stopped running, “it got hard to find parking places, and they started building movie theatres out in the suburbs,” Phelan said. Plus safety became an issue. “It just wasn’t as safe downtown,” she said. Some stores moved out to the suburbs, but many simply closed their doors for good.

Enthusiasm about downtown shopping, dining and entertainment establishments has increased over the past few years as interest in supporting the local businesses and the economy has grown. So it’s possible that one day, shopping in downtown Shreveport will be more than a novelty or a pleasant memory.

Phelan, Rubenstein and Selber all agree that the linchpin in reestablishing a downtown retail district is to entice people to live downtown, or at least increase foot traffic in the evenings and on the weekends. “There was this massive exodus of retailers out of downtown. They all opened these suburban stores, much more convenient to the shopper. Big markets like New York

and Chicago were able to maintain...Until you have a large population living in a downtown area, retailers just can’t survive,” Selber said. Rubenstein agreed. “What they’ve got to do is get residences down there first. Convenience is what people like about shopping centers,” he said.

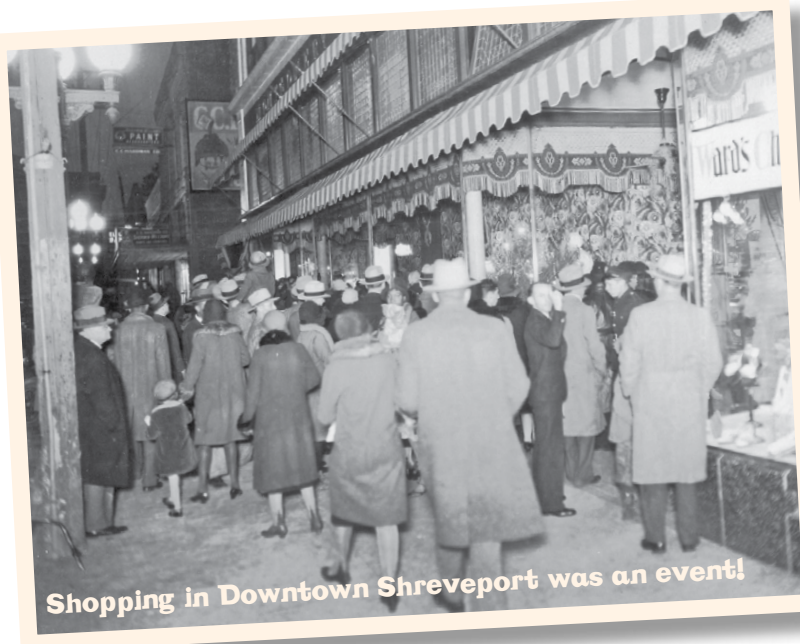
Hopefully, Phelan’s will not be the last generation to enjoy shopping in downtown Shreveport. At Christmas and Mother’s Day, she said, her parents or grandparents would give her and Carol a little money to buy their gifts at a five-and-dime located on Texas Street at the foot of the Texas Street Bridge. “Especially to a child, it was a wonderful place,” she said.

Phelan remembers the streets of downtown Shreveport were particularly festive during the Christmas holidays. “The windows all had these wonderful displays,” she said. She recalled she and her sister visiting Santa Claus in one of the department stores, and driving downtown with her family at night to see the lights and Christmas decorations.

Later, in junior high, Saturdays spent shopping downtown were all-day affairs. She said she and girlfriends from school would ride the trolley downtown, go window shopping in the morning, eat lunch at a lunch counter, go to the movies in the afternoon, then ride the trolley home again. “Can you imagine letting a 13-year-old do that today?” she laughed.

For Rubenstein and Selber, their memories of shopping in downtown Shreveport encompass not only their friends and families, but their successful lifelong careers, ones that brought each of them a great deal of happiness. Rubenstein said his favorite aspect of being an integral part of the heritage of downtown Shreveport is “the satisfaction of doing something for other people and serving the community.” That’s something to which every one of us can aspire.

[Photos: Archives and Special Collections, Noel Memorial Library, Louisiana State University in Shreveport]





Should I Stay Or Should I Go?

**A HEALTHIER
LIFESTYLE DOESN'T
ALWAYS HAVE
TO BE DOCTOR-
APPROVED. BUT
SOME EXPERTS
SAY: BETTER SAFE
THAN SORRY.**

By Lindsey Romain

Everyone's heard it: It's important to consult with a doctor before trying a new diet or exercise regimen. It's in the footnotes of every infomercial, magazine article, diet handout or meal plan. It's the go-to mission statement for any lifestyle change. But how important is it, really?

That depends, according to professionals.

"Unless you have some type of pre-existing health condition that requires you to check in with your physician, you really don't need to," says Colin Milner, CEO of the International Council on Active Aging.

But it isn't just Milner's opinion that counts. The American College of

Sports Medicine released an official statement last year declaring that consultations with a medical professional when beginning a new exercise regimen are "useful when clinically indicated, but are not recommended with universal screening."

Experts can almost unanimously agree that exercise is important for people of all ages, especially those middle aged and older. An active lifestyle manages weight and decreases the likelihood of chronic illness, and is also extremely beneficial to cognitive function, according to a 2007 report from the ACSM. Best of all, it's mostly risk-free.

"Eight-five percent of people have at least one chronic health condition

27%



Percentage decline in number of U.S. adults with high cholesterol.

Source: National Health and Nutrition Examination Survey, U.S. Centers for Disease Control and Prevention

by the time they're 65, but many of those conditions are improved with exercise," says Milner.

According to the 2008 Physical Activity Guidelines for Americans, "the health benefits of physical activity far outweigh the risks."

So when is it important to get a consultation?

According to Barbara Bushman, Ph. D., a Department of Kinesiology professor at Missouri State University, the ACSM guidelines suggest older adults do not require an exercise test prior to initiating a moderate physical activity program. But if an older adult wants to begin a vigorous intensity program and has risk factors – like a family history of heart disease, cigarette smoking, obesity, hypertension or prediabetes – then they are at moderate risk for cardiovascular disease and should have a medical exam first. As such, anyone will a full-on cardiac, pulmonary or metabolic disease, asthma, cystic fibrosis, diabetes, thyroid disorder, renal or liver disease should

also see a doctor.

Even if you don't fall into one of the above categories, Bushman says it's never a bad idea to speak with a doctor anyway. "I personally feel keeping open lines of communication with one's health care provider is a good thing," she says.

Milner also advises a mindful approach to the mixture of certain medications, as that can play a role in exercise performance. "As we get older, so many of us are taking more than one medication, and the interaction between the two is having an effect," he says. He advises being open with doctors so they're aware of what's going on and can prescribe according to a specific lifestyle.

For any older individual looking to start a new exercise program, Milner suggests taking it slow and starting with a solid comfort level. "A lot of people throw themselves into it," he says. "They go too hard, too fast. Just start off at a place that feels comfortable, and grow from there."

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Pop! Goes the Cork on New Year's



by David White

There's nothing like popping the cork on a bottle of Cham-

pagne when the clock strikes midnight on New Year's.

For good reason. Sparkling wine makes every event a bit more glamorous. That's why it's been the go-to beverage for celebrations for over 150 years. As New Year's approaches, it's important to understand the differences between sparkling wines – and figure out which ones you're going to stock up on for the big night.

Legend would have us believe that Dom Perignon, the Benedictine monk, invented Champagne in 1697. But historians

now know that sparkling wines were being produced in the French Pyrenees as early as 1531. And in 1662 – six years before Perignon even started working in wine – a British scientist by the name of Christopher Merret documented that the addition of sugar to a finished wine could create a second fermentation.

Since the modern Champagne industry took form in the mid-19th century, the process of making the French sparkler has essentially remained unchanged. First, the wine is fermented until dry. It's then bottled, and a second fermentation is launched by adding yeast and sugar. At this point, the wine bottle is temporarily capped, and the dead yeast is gradually forced to the bottle's neck. After a period of aging, the neck is briefly frozen, and the temporary cap and surrounding sediment are removed. A small amount of wine and cane sugar is then added to top off the bottle and add a bit of sweetness. Finally, the wine is resealed with a more permanent closure.

This process, called the “traditional method,” is used to produce many sparkling wines across the world.

Champagne, of course, can only come from Champagne. Under European Union trade laws, wine can only be sold as “Champagne” if it comes from that region of France and is made in the traditional method. The primary grapes used in Champagne are Pinot Noir, Chardonnay, and Pinot Meunier.

Real Champagne is a treat, but it can be quite expensive. Even “budget” options cost upwards of \$35! Fortunately, there are plenty of affordable sparklers from regions outside Champagne.

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Consider Cava, a delightful sparkling wine from Spain that's produced just like Champagne, but using native Spanish grapes. As *Washington Post* wine critic Dave McIntyre recently wrote, "In the bargain bubbly category, it's hard to beat Cava... I've tasted many of these over the years and rarely have I found one I didn't like." Many top Cavas can be purchased for less than \$10.

There are also plenty of Champagne imitators – sparkling wines made from Pinot Noir, Chardonnay, and Pinot Meunier and produced in the traditional method.

In South Africa, these wines are called "Cap Classique." Graham Beck Wines has been producing impressive sparklers since the early 1990s, and its wines are readily available across the United States for less than \$15.

American imitators are often labeled as "Methode Champenoise." For about \$25, you can't beat Roederer Estate's Anderson Valley Brut Rosé or Argyle's Willamette Valley Brut. For less than \$15, Gruet's Blanc de Noirs, which comes from New Mexico, is delightful.

France even has its own Champagne

imitators! Sparkling wines labeled as "Cremant" are produced using the traditional method, and winemakers must follow some strict rules. Cremant de Bourgognes have long offered exceptional value.

The second method of producing sparkling wine is called the Charmant process, and it's primarily used in Italy to produce wines like Asti and Prosecco. In this process, secondary fermentation takes place in steel tanks rather than inside each bottle. These wines aren't as complex, but they're not supposed to be. Proseccos should be light, fruity, and fresh. Plus, they tend to

cost less than sparklers produced using the traditional method.

As you prepare for New Year's, don't hesitate to purchase some extra sparkling wine for 2013. We're taught to believe that Champagne and other sparklers are for celebrating. They are. But they're delicious every night of the week, even when there's nothing to celebrate.

David White, a wine writer, is the founder and editor of Terroirist.com. His columns are housed at Wines.com, the fastest growing wine portal on the Internet.



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'Tis the Season for Donating Money

by Jason Alderman

Like many other economic measures, charitable donations in the U.S. have yet to bounce back to pre-recession levels. According to Giving USA's Annual Report on Philanthropy, charitable contributions totaled \$298.4 billion in 2011 – up 4 percent from 2010, but still 11 percent below 2007 levels.

The vast majority of those contributions (73 percent) came from individuals, demonstrating that even during tough economic times, people still find ways to support organizations that

help those less fortunate than themselves.

Because half of all donations typically are made between Thanksgiving and New Year's, this is a good time to highlight precautions you can take to ensure your gift has the biggest possible impact, both on the people you want to help and on your own bottom line; also to remind seniors about a tax policy that has changed since last year:

- **Contribution eligibility.** If you itemize expenses on your 2012 income taxes, any charitable contributions you plan to deduct must be made by year's end. That means either charging your credit or debit card or postmarking a check by midnight on December 31, 2012.

You must have a receipt to claim deductions for cash or property, no matter how small. A cancelled check or credit card statement is fine for contributions under \$250, but amounts over \$250 require a written statement from the charity. See IRS Publication 526 for details (www.irs.gov).

- **Confirm tax-exempt status.** For your contribution to be deductible, the organization must be recognized as tax-exempt by the IRS. It's important to note that in recent years the IRS has revoked the tax-exempt status of scores of nonprofit organizations because they didn't file annual reports for three consecutive years, as required by law. Use the IRS Exempt Organizations Select Check tool to ensure an organization's eligibility.

- **Get bang for your buck.** Make sure any non-profit to which you donate is well-run. Ideally the organization applies at least 75 percent of contributions to programs that serve its beneficiaries, versus spending on salaries, advertising, fund-raising and other administrative expenses.

- **Study the organization's website, annual report and mission statement,** and ask for a copy of its IRS Form 990, which details how contributions are spent. Speak to staff members or volunteers, or volunteer there yourself. Or, if you know someone who has used its services, ask for their impressions of the organization's efficiency and helpfulness to clients.

Other helpful sites: Charity Navigator's "Top 10" lists and "Tips and Resources" sections provide helpful evaluation tools (www.charitynavigator.org). And GuideStar offers helpful questions to ask potential recipients and tips for choosing a charity (www.guidestar.org).

...if you can't afford a cash donation, consider donating your time.

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- No more direct IRA distributions. A major tax break for senior citizens regarding charitable contributions expired at the end of 2011. Formerly, people over age 70 ½ could contribute up to \$100,000 from their IRAs directly to charity and have it count toward their annual IRA Required Minimum Distribution. This allowed seniors to avoid having to count the funds as adjusted gross income, thereby reaping a tax advantage even if they didn't itemize deductions.

And finally, if you can't afford a cash donation but still want to help, consider donating your time. Numerous organizations can match you up with local charities that suit your interests, including the government's United We Serve site (www.serve.gov), Network for Good (www.networkforgood.org), and Volunteer Match (www.volunteermatch.org).

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



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Weight Loss and the Holidays

by Suzy Cohen, R.Ph.

Dear Pharmacist, What are some natural dietary supplements that can help me lose weight, or at least manage it during the holidays? --C.A., Gainesville, Florida

When it comes to weight management, nothing works better and faster than exercising and reducing your portion size. Do that alone and you can down a pound of pumpkin pie with no worries. There is no quick fix to circling the buffet three times in a row, however, there are lots of inexpensive vitamins and minerals that can assist you in your quest to manage weight. Everything below has scientific studies to back up my comments. Just follow label directions for dosage, and of course, ask your doctor if these are right for you:

Asparagine- This amino acid found in asparagus increases insulin sensitivity which helps the body store energy in muscle, rather than storing it as body fat.

Biotin - Best known for its beauty properties for hair and nails, this B vitamin boosts metabolism by stabilizing blood sugar (improving glycemic control) and reducing insulin. Fabulous, because insulin is known to store fat on us.

Zinc - This mineral improves immunity and protects the prostate, but it's very

closely tied to leptin. Low zinc reduces leptin, and that could cause you to feel hungry all the time. Restoring zinc could impact leptin and allow you to feel satisfied after one plate of stuffing instead of three.

Vitamin A - This vitamin just so happens to tell your genes to stop storing all the food you eat as fat! Studies suggest vitamin A is capable of shrinking fat cells.

Niacin - I recommend this B vitamin for people with high cholesterol, but it's nice for weight loss because it increases adiponectin, a natural fat-burning hormone that you make.

Chromium - This mineral makes the body more sensitive to insulin, thus reducing body fat and increasing lean muscle; it helps balance blood sugar.

Lipoic acid - I recommend this for people with diabetes to help manage blood sugar; it helps shuttle glucose into the cells, and this helps you burn carbs more efficiently. Good for neuropathy too.

Magnesium - This mineral improves mood and regulates blood pressure. Low magnesium impairs your ability to convert carbs and sugar into fuel, so it gets stored on as fat on your thighs or butt. Correcting a magnesium deficiency helps stimulate metabolism by increasing insulin sensitivity. It seems to also block fat absorption.



Do you think I'm suggesting you take all of these? I hope not. I'm only sharing options that might work for you. People often ask me what I do to stay thin. I don't take anything above, however, I consistently work out. I eat a dairy and gluten free diet, in fact, I avoid all grains for the most part with the exception of rice since sushi is my big temptation. Hey you've got to live a little, it's the spicy mayo I crave! Do you think that's good with turkey?

This info is not intended to treat, cure, or diagnose your condition. For more info please visit www.DearPharmacist.com. ©2012 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.



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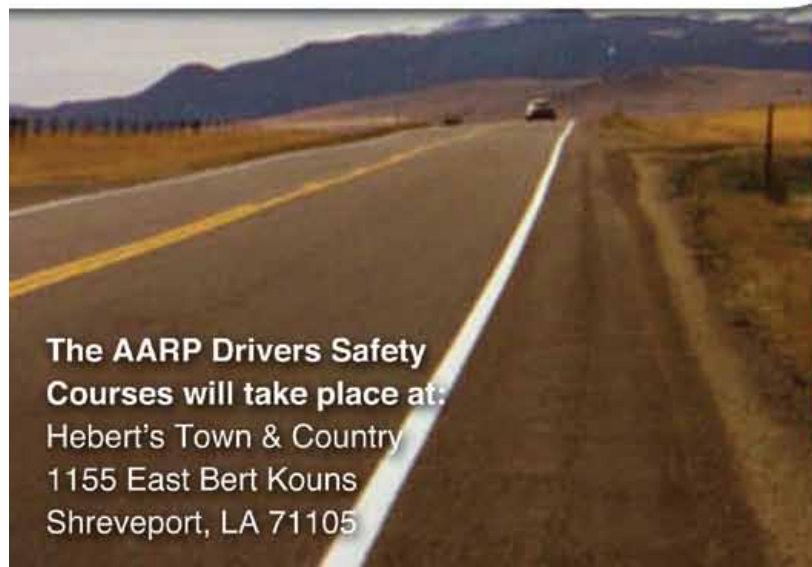
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Beware Low Prices and Hidden Fees

by Lee Aronson

Before I went to law school, I worked in advertising. It's a field that still interests me and one of the trends I've been noticing is something I call "low-ball and junk fee." Here's how it works: advertise a low price and then tack on a bunch of junk fees. See a hotel room advertised for \$50 a night? Well, that doesn't include the "resort fee" or the "parking fee." Those will cost you an extra \$40.

And it's not just hotels that do this type of advertising. So do airlines. And cell phones. And the list goes on and on. But according to the *Wall Street Journal*, you need to be particularly careful when trying to figure out how much a new car will cost. According to the *Journal* article, "in many instances, hundreds or perhaps thousands of dollars go to features and fees that often aren't mentioned by the dealer until after the buyer has

the impression the negotiating is over." One of those fees is sometimes called a dealer fee or document fee or administrative fee. In some states, dealers can charge as much as they want for this fee. But not in Louisiana. That's because Louisiana has a law that limits this fee to \$100. But that didn't stop one car dealer in Ruston from trying to get more.

Back in the 1990's, this Ruston auto dealer charged more for a "document fee" than the law allowed. When the government found out, they brought criminal charges against the owner of the dealership. The owner claimed that he didn't know about this law. But the jury didn't buy that. That's because a bunch of employees had testified that they had told the owner many times that he was charging his customers an illegal amount in documentation charges.

So when buying a car, my advice is to ask about any hidden fees before you start negotiating. Ask questions like, "Does that price include everything? Will I be charged a document fee? How much? An advertising fee? How much? A destination fee? How much? What other fees will I be charged? How much?" Otherwise the dealer could just add these fees to the price of the car you had negotiated.

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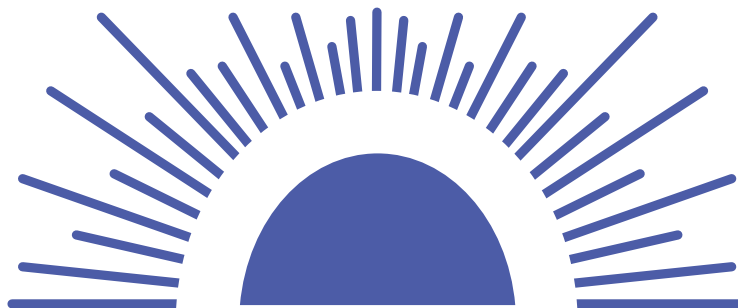
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And if you do buy a new car, it's going to be time for new auto insurance. I recently heard about a woman, Gladys (not her real name), whose auto insurance premium doubled. When she called to find out why, she was told that she had been in an accident and it was her fault. Gladys claimed that this was unfair as the accident was not her fault and the police report clearly showed that the other driver was at fault. But her insurance company was relying on something called a C.L.U.E. report. It's kind of like a credit report on your driving record.

C.L.U.E. stands for Comprehensive Loss Underwriting Exchange and many insurance companies use it to figure out how much to charge you for auto insurance. Apparently, when Gladys' information was entered into C.L.U.E., there was a typo and Gladys was listed "at fault" rather than "no fault." And that typo could have remained on Gladys' report for 7 years. But fortunately for Gladys, because federal law gives the right to dispute inaccurate information, Gladys sent in a copy of her police report and her C.L.U.E. report was corrected.

So here's my advice: because a C.L.U.E. report is a type of credit report, federal law says you are entitled to a FREE copy of your report once a year. So check your report and make sure it's accurate. You can call 1-866-312-8076 or write to C.L.U.E. Inc. Consumer Center, P.O. Box 105295, Atlanta, GA 30348-5295. Otherwise, you might really be paying too much for auto insurance.

Lee Aronson is an attorney with Legal Services of N. Louisiana. His practice areas include consumer protection, housing and health care law.



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From the Bench **A Victim's Right to Restitution**

by Judge Jeff Cox

Many times in the courtroom, we see victims that are impacted by a person's criminal actions. As a judge, we try to take the impact a victim suffers into consideration when determining a sentence to give a person who committed a crime. Victims do have rights in the courtroom when they have been the victim of a crime.

When a person has committed a crime and is to be sentenced by the court, the court will usually order a pre-sentence investigation report. This pre-sentence investigation report will detail the facts of the crime, the victim's name, amount of restitution that is owed to the victim, if any, a statement by the victim and by the person committing the crime,

the criminal history of the person committing the crime, and the personal and family history of the person committing the crime. The pre-sentence investigation report is conducted by the State Probation and Parole Department and forwarded to the court once it is completed. The court then studies this pre-sentence investigation report prior to the person who committed the crime being sentenced. This pre-sentence investigation report will detail what loss the victim has suffered as a result of

the crime and make a recommendation as to what restitution should be paid by the person being sentenced.

In addition to the pre-sentence investigation report that is given to the judge, the judge's office will mail a request to a victim that asks them for a Victim Impact Statement. This statement is sent by the victim to the judge's office and allows the victim to state factors they believe the sentencing judge should take into consideration prior to sentencing a defendant. If the victim is

owed restitution, the victim can list the amount of restitution they believe they are owed and the judge can take this into consideration when he or she considers a sentence.

Finally, the District Attorney's offices have a Victim Assistance Coordinator. This coordinator is charged with the responsibility to let the victim of a crime know when the defendant is to appear in the courtroom, when he or she is to plead guilty to a charge, or when the defendant is to go to trial. The coordinator can also assist the victim in helping to make sure that the District



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Victims do have rights in the courtroom...

Attorney or his or her assistant does not forget that the victim is owed restitution on the record when the defendant either pleads guilty or is found guilty. The Victim Assistance Coordinator is there to help keep the victim informed about court dates and court proceedings. Additionally, a Victim Assistance Coordinator will also be able to provide information regarding programs that may assist the victim overcome the trauma of a crime.

In fashioning a sentence for a defendant, the court needs to obtain all the information it can about the victim and the impact the crime had on the victim. The court needs to know if the victim is owed any type of restitution and the amount of restitution that is owed. If the defendant feels that the restitution is overstated by the victim, then the defendant may request a restitution hearing where the amount of restitution will be determined by the court.

If you are the victim of a crime, hopefully this will give you some useful information and the rights available to you. Hopefully, this article will only give useful information and you or your family will never have to learn about your rights as a victim in the courtroom.

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



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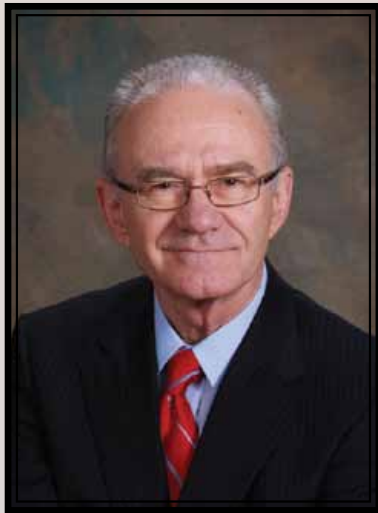
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Welcoming the New Year with Double the Fun

Story by Andrea Gross; photos by Irv Green
(unless otherwise noted)

The clock strikes midnight. Fireworks explode. Confetti fills the air. And I get a chance to make a whole new set of resolutions, some of which I may even keep. How can I not like New Year's Eve and New Year's Day? What's more, if celebrating once is nice, wouldn't twice be even better?

Squeezing two such festivities into one year takes planning, but it can be done. First, welcome the new year

on December 31st and January 1st, the dates set by the internationally-accepted Gregorian calendar. Then, several weeks later partake in a traditional Chinese New Year's celebration, the date of which is set according to the age-old Chinese calendar. [In 2013, Chinese New Year will fall on February 10.]

Here, two places that celebrate the new year in very different ways.

Savannah, Georgia

As midnight approaches, people make their way to the upper deck of the three-tiered riverboat. They've been partying for more than three hours — dancing to live music, feasting on hors d'oeuvres and a buffet of elegant offerings. Now, as fireworks from nearby Tybee Island color the sky, it's time to welcome the new year.

On shore, Savannah's famed City Market, a four-block area of restored buildings, is filled with landlubbers who are enjoying the city's biggest street party. Some are dining in one of the many restaurants; others are enjoying the free entertainment outside. Then the countdown begins, and a man lifts his son to his shoulders for a better view of the fireworks. Another man lifts his drink as the band strikes up *Auld Lang Syne*. The new year has officially begun.

Traditional stern-wheel riverboats offer a unique party spot for New Year's Eve revelers in Savannah. (credit: Savannah Riverboat Cruises.)

The next day more than 2,000 people, presumably recovered from the previous night's revelry, gather on Tybee Island for the Polar Plunge, an event that raises money for a local charity. In addition to swimming caps, which range from ordinary-plain to frivolously freaky, they are outfitted in glittery capes, feather boas, bathrobes, PJs and, occasionally, regular old bikinis and briefs.

At noon they race for the water, emerging a few minutes later, shivering and smiling. "I've washed off the sins of the past. Now I'm ready to enjoy the new year," says one woman. She wraps her arms about herself, smiles and disappears into the crowd of cold, but cleansed, folks.

www.savannahvisit.com

Richmond, British Columbia

Three thousand miles away people in Richmond, British Columbia have just finished packing away the piney boughs and glass ornaments that represent the Western holiday season when they begin preparing for the traditional Chinese New Year's celebration. In Richmond, this second welcoming of the new year is a very, very big deal. This isn't surprising given that the city boasts North America's highest percentage of people of Chinese heritage outside of China.

Walking the streets of the area known as the Golden Village — a four square-block enclave that is home to more than 400 Asian restaurants and three Asian-themed malls — it's easy to believe you're in China, except that there's no smog, the water is safe to drink and most people understand English.



Elaborate flower booths are set up in malls.



Festivities begin approximately two weeks before New Year's Day, as malls set up special booths where vendors hawk elaborate flower arrangements and special holiday treats. At Landsdowne Mall women make paper fish and lanterns; children perform dances and demonstrate their skill in martial arts; and expert calligraphers make banners that are used to decorate homes and public places.



Calligraphers make banners for the new year.

On New Year's Eve restaurants serve multi-course feasts where each food has a special meaning. Since pork symbolizes good luck, Shanghai River Restaurant prepares bamboo baskets filled with *xiao long bao* (steamed dumplings filled with minced pork and jellied broth). "These are packages of good fortune," says the waiter. Seafood dishes are supposed to bring prosperity because in ancient times only the wealthy could afford such treats, while eating long, uncut noodles foretells a long life. Sweet,

sticky rice is served as a reminder that families should "stick together" and support one another.

After dinner, many folks go to the Aberdeen Mall, where the new year is welcomed with speeches, lion dancing and lots and lots of confetti. Others go to the Kuan Yin Temple of the International Buddhist Society, which is modeled in part after the Forbidden City in Beijing. It is considered by many to be one of the most magnificent Buddhist temples in North America. There



Young dancers prepare to entertain people who are shopping for holiday presents at a Richmond mall.

they greet the new year with prayer, many even staying overnight in order to be among the first to receive blessings in the new year. By noon on New Year's Day thousands of folks have congregated at the temple for a prayer ceremony and vegetarian lunch.

"Yes," I say to myself as I munch on some bamboo shoots, "it's definitely nice to celebrate twice."

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by Brian Bradley; Photos ©Joan Marcus

The first thing that comes to mind at the Manhattan Theatre Club's taut new production of Henrik Ibsen's *An Enemy of the People* is how timely this tale of environmentalism and politics is today. The second thing is that Boyd Gaines is a truly consummate actor. The four-time Tony Award winner stars as an idealistic doctor who goes up against his master politician brother (a very fine Richard Thomas) over a public health concern that could destroy the community's economy and he is riveting.

Regardless if it's a musical (*Gypsy*) or a play (last season's *The Columnist*), Boyd Gaines always fully inhabits the characters he portrays and engages us through them. There is a depth and texture and complexity to his characters that come off very naturalistic and effortless nonetheless. Every aspiring actor should study his performances. And in *An Enemy of the People* he is particularly compelling.

Turgid writing undoes *Grace* at the Cort Theatre. Paul Rudd stars as an evangelic developer who has relocated his wife to Florida from Wisconsin for a highly speculative real estate deal. With his forceful presence and high energy he is the only redeeming aspect of this dreary drama that wears its message on its sleeve.

As his wife (a deadened Kate Arrington) becomes more and more disenchanted, she drifts into a lifeless and unconvincing relationship with their disfigured neighbor (Michael Shannon doing his best impression of Christopher Walken). Both are very low energy. Then there is Ed Asner in the superfluous role of a handyman who delivers the requisite Nazi horror story.

The play starts out with promise. It begins where the play concludes and literally rewinds from that moment to the beginning. Nice device. But after about thirty-five minutes of its one hundred minute length, one becomes weary of all the debate about God and faith played out against such an improbable story so sluggishly directed.

Had I not seen the brilliant Derek Jacobi/Sinéad Cusack *Cyrano de Bergerac* in 1984, I wouldn't have any idea how affecting this beautiful play can be when properly acted and in the right hands. The Kevin Kline production in 2007 had its moments but didn't come close to fulfilling the potential of this romantic masterpiece. Now we have a Roundabout Theatre Company production that disappoints and falls short on a number of levels.

Tony Award winner Douglas Hodge

stars as the title character, a proud Gascon with a flair for language and a prominent proboscis (rendered particularly grotesque here). The problem is Hodge plays the jokester so incessantly his constant shtick robs this drama of all its romanticism and lyricism and renders memorable moments like the balcony scene when Cyrano steps in for a flailing Christian to seduce Roxane using the beauty of his words limp. *Cyrano* is one of the great tragedies of unrequited love. Cyrano should break our heart through the depth of his passion and pain and personal sacrifice. But even his death scene lacks his signature panache.

Some plays like *Bare-*



Roundabout Theatre Company's production of *Cyrano de Bergerac*

foot in *The Park* do not hold up. Failing to age gracefully, they creak. Others like Edward Albee's *Who's Afraid of Virginia Woolf?* are as crisp and fresh as the day they indelibly premiered. The current revival of *Virginia Woolf* is the fourth Broadway production since 1962 of Albee's masterwork and the third that I've seen personally. And what I took away from this Steppenwolf Theatre Company production is the script requires a delicate balance.

Tracy Letts stars as George and Amy Morton is Martha. But it's Letts who dominates this ultimate marital melee. Morton's Martha seems at times almost an afterthought. She's certainly not on equal footing with George and lacks the bite we've come to expect from this boozy, venomous, castrating woman. And this is to the detriment of the play. George doesn't have to be the weak milquetoast, but having George forcefully steamroll through the party games and verbal assaults completely in charge suggests Martha to be as much a victim as their unsuspecting guests. But Martha is an eager participant and instigator. So this choice throws off the play's carefully constructed equilibrium.



Here's an update on the troubled *Rebecca*. After its spectacular collapse, *Rebecca* is now only a marquee. The mysterious investor was indeed a work of fiction, concocted by a stockbroker and financier to defraud the show's legitimate investors of \$60,000.00. That middle man was investigated by the F.B.I. and has been arrested. But the show's lead producer is still responsible to repay the other investors.

New York based theatre critic Brian Bradley is a voting member of the Outer Critics Circle. Send questions to brianbradleynyc@hotmail.com.

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1857



Belle Grove Plantation is completed in Iberville Parish and is one of the South's largest mansions ever with 75 rooms on four floors. The home would never fully recover from the Civil War, however, and fire claims what is left of the decaying home in 1952.

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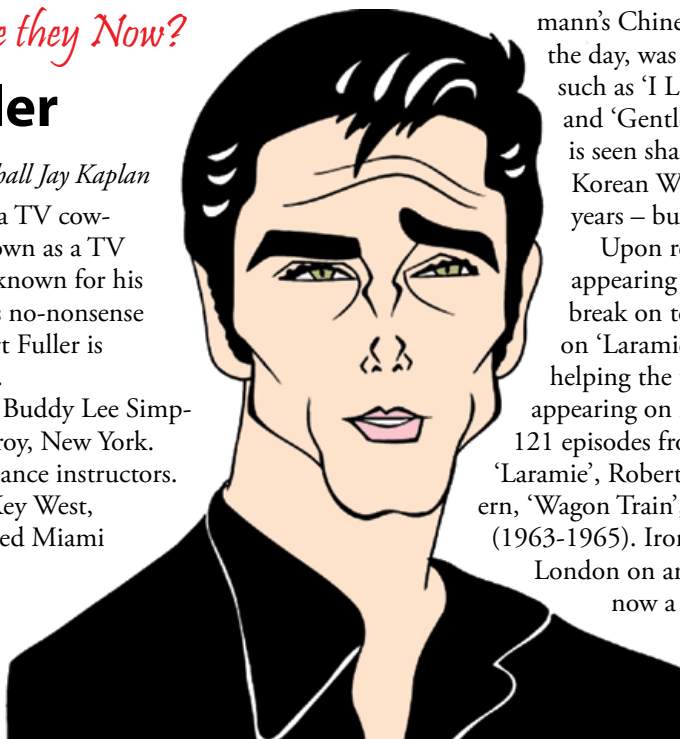
Robert Fuller

Written/illustrated by Marshall Jay Kaplan

He was known as a TV cowboy. He was known as a TV doctor. He was known for his rugged good looks and his no-nonsense acting. Today, actor Robert Fuller is retired and living in Texas.

Robert Fuller was born Buddy Lee Simpson on July 29, 1933 in Troy, New York. Both of his parents were dance instructors. The Simpsons moved to Key West, Florida and Robert attended Miami Military Academy.

In 1952, the family traveled to Hollywood. With his good looks, Robert landed a job as head usher at Grauman's



mann's Chinese Theatre during the night, and during the day, was able to get small roles in memorable films, such as 'I Love Melvin' (1953 with Donald O'Connor) and 'Gentlemen Prefer Blondes' (1953 where Robert is seen sharing a dance with Marilyn Monroe). The Korean War put Robert's career on hold for a few years – but it was definitely worth the wait.

Upon returning from the war, Robert continued appearing in small movie roles, but got his first big break on television, starring in the role of Jess Harper on 'Laramie'. The character was very likeable – always helping the underdog. Robert became a sex symbol, appearing on many magazine covers. He appeared in all 121 episodes from 1959 until 1963. Immediately after 'Laramie', Robert was signed onto another television Western, 'Wagon Train', starring as Cooper Smith for 60 episodes (1963-1965). Ironically, Robert met future co-star, Julie London on an episode of 'Laramie'. Robert Fuller was now a full-fledged television star!

He continued to work in television and films until being cast on yet another television series that was soon to become a favorite with audiences around the globe.

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'Emergency!' debuted in 1972 and was the first television show about the lives of paramedics. Robert played a member of the hospital staff, Dr. Kelly Brackett, who along with Nurse Dixie McCall and Dr. Joe Early (played by real life husband and wife, Julie London and Bobby Troup), handled patients that the paramedics brought to their hospital. To this day, 'Emergency!' has a loyal fan base. Robert remained close to Julie and Bobby until their deaths.

Although Robert was never truly a cowboy, his TV roles have definitely made him one. He currently resides in Texas, where he enjoys wearing western clothes, horseback rides and taking care of farm animals. He was inducted into the Western Heritage Museum, which makes him very proud, "I've got a big plaque up on the wall next to Gary Cooper and John Wayne."

Marshall Jay Kaplan is a Gemini Award nominated TV producer, syndicated cartoonist, and TV host.



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The Free Sample

by Vernon Hastings

 It was Christmas time, a cold, clear night. Mother, my sister and I had been shopping, or at least window shopping, all day and most of the early evening downtown. We got off of the trolley at the corner of Kings Highway and Youree Drive, at the Christmas tree lot there.

After much indecision, the perfect tree was selected for our house and Mother's pocketbook. Tree in hand, we reboarded a trolley with the last of Mom's money, change from a coat pocket. We were the last riders when the driver let us off at the Big Chain shopping center.

The stores were all dark, closed, as was Mr. Payne's filling station. The night was so clear it seemed that we could touch the stars, the moon light was like a floodlight. Somehow, this made us feel more alone. Mother gave a weary sigh as she contemplated the long walk home carrying the tree. We were a pitiful little band trudging for home.

Parked in the front of the school, I spied one of the new diesel buses newly put in service to extend bus

service to areas away from the electric trolley lines. The driver was parked with the interior lights on reading a book before heading for the barn. His day was over and he was waiting out the clock on his day.

A flash of brilliance hit me. "I know!" I shouted over my shoulder as I ran for the open door of the bus. Mother shouted for me to stop, running after me, tree and all. I leaped into the bus, startling the driver. I shouted, "Are you giving any free samples?" Still startled, the driver looked up at me trying to understand my question. Now, sister and my weary Mother, tree in hand appear in the light of the bus door. Mother began to make excuses for my behavior. The driver saw the haggard look on Mom's face, the tree.

Sizing the situation, he closed his book. "I sure am!" he said to Mother. Embarrassed, but too tired to pass up the ride, Mom got on the bus taking a seat with the tree. The drive took us to the corner across from our home.

I never watch a Christmas story without this scene coming to my mind. I am sure that this driver has gone to the big barn in the sky, I don't know his ultimate reward, but this night he was an Angel.

This piece is from Vernon's book of childhood memories. "Barefeet and Tailfins, Growing Up in The 1950s" is available from Lulu.com, or King Hardware and Lewis Gifts in Shreveport.



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Recent DVD Releases



Mark Glass

Total Recall

★★★★★
(PG-13) In 1990, Arnold Schwarzenegger and Sharon Stone starred in a high-octane sci-fi flick based on a short story by Philip K. Dick. The premise was that life experiences are stored in our brains. It doesn't matter if an event actually occurred, so long as your brain has it filed as a memory. So in a dystopian future, a virtual reality business named ReKall hooks one up to vacations, fantasies or other scenarios of choice, giving one the net benefit of having lived it, without leaving its chair and electrodes. Surf Tahiti or save the world with your superpowers - it's all at the mall. 22 years later, Colin Farrell and Kate Beckinsale fill those roles for this remake, which most will consider an instant upgrade on the Thespian scale. The plot is essentially faithful to its ancestry. But the real stars are the legions of techies who contributed to art design, action-sequence storyboarding and all the other elements of computer-generated effects. Their collaboration drives this strong challenge to The Dark Knight Rises for summer-epic supremacy.




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Hope Springs ★

(PG-13) In this job I'm often disappointed, but rarely so annoyed by the gaps between potential and the reality of the finished product. Meryl Streep and Tommy Lee Jones star as empty-nesters, coasting on the fumes of their long marriage in middle-class Middle America. She's too shy and inhibited to express her loneliness; he's too clueless to even notice, much less care, how robotic their roles have become. Streep finally musters the combined desperation and courage to coerce her hubby to fly with her to a small

town in Maine for a week of intensive counseling with a self-help author (Steve Carell). The stars would seem to be ideally suited to depict the nascent angst of a generation, offering warmth, wit and insights into their own situations. But when the film starts, that hope begins to fizzle. Writer Vanessa Taylor creates mere caricatures of the demographics Streep and Jones should represent. The course we slog through with these cardboard cutouts becomes more excruciating for the viewer than for the characters. This film trivializes the real emotions of a couple too simplistically for substance, but not broadly enough for farce.

The Well Digger's Daughter ★★★★★

(NR) After nearly 90 films spanning almost 40 years, French star Daniel Auteuil makes his debut as writer and director in this moving period drama, set in the late 1930s - 40s. Auteuil plays a simple laborer, raising his six daughters in humble surroundings after his wife's death. The oldest and prettiest is Patricia, who was blessed with some years of higher education in Paris before returning home to help raise her younger siblings. Dad hopes she'll marry the nerdy, but thoroughly decent, Felipe who works for him. Unfortunately, she meets the handsome son of the town's richest merchant and falls instantly and hard. In lesser hands, what follows would be nothing more than maudlin soap opera, with family troubles compounded by the beginnings of WW II. But Auteuil gives heart and depth to the beleaguered father's struggles to maintain honor, dignity and stability for his progeny, despite a slew of extreme challenges. Two particular scenes within this fine performance should make him a candidate for acting awards on both sides of the Atlantic.



The Dark Knight Rises ★★★★★

(PG-13) Christian Bale's gravel-voiced take on The Batman returns in another brooding adventure with high-octane action and low morale playing ping-pong with our mood and adrenaline levels. The story opens eight years after the Caped Crusader had to kill the fiend that used to be good-guy Harvey Dent. Our hero vanished; his Bruce Wayne persona became a recluse; Gotham thrived in crime-free tranquility based on the twin lies of who was good and who was evil. But now comes some hyperthyroid, partly masked gorilla named Bane - a hard-core supervillain reviving an old plot to destroy Gotham. Everything about this is



dark - the colors, the lighting, the underground locations for much of the action, and the tone of gloom and impending doom pervading almost every scene. Laugh lines are all but missing from the script. The Batman rises in at least three different ways during this 2 ½ hour epic that comes pretty close to matching the sky-high expectations of the franchise's ardent fans. Go for the biggest screen in reach to max out on the effects and other pyrotechnics.

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

ANSWERS FROM THE EXPERTS

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Is Osteoarthritis (OA) hereditary?

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



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Goat Cheese Bruschetta with Berry-Thyme Spread

Makes: 12 slices

¼ cup Northwest Triple Berry Preserves
1 tablespoon minced shallot
1 teaspoon balsamic vinegar
1 teaspoon minced fresh thyme, plus additional for garnish

¼ teaspoon salt
¼ teaspoon black pepper
1 8-ounce baguette
1 tablespoon Extra Virgin Olive Oil
4 ounces goat cheese
Fresh thyme leaves (optional), for garnish



1. COMBINE preserves, shallots, balsamic vinegar, thyme, salt and pepper in small bowl.
2. SLICE baguette into ½-inch slices. Brush both sides of each slice lightly with olive oil. Heat skillet or griddle over medium-high heat. Grill baguette slices, 4 at a time, 2 to 3 minutes per side or until lightly browned. Place on serving platter.
3. SPREAD about 2 teaspoons goat cheese over each baguette slice. Top each slice with 1 teaspoon preserves mixture. Garnish with additional fresh thyme, if desired. Serve immediately.

Tip: Triple Berry-Thyme Spread can be prepared up to two days ahead. Cover and chill.

Red Tart Cherry Glazed Ham

Makes: 16 servings

1 4 to 5-pound fully cooked boneless ham, sliced ¼ inch thick
1 12-ounce jar Michigan Red Tart Cherry Preserves
1 tablespoon apple cider vinegar
1/8 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
Dash ground cloves, if desired
2 tablespoons raisins, if desired

1. HEAT oven to 325°F. Overlap slices of ham in shallow baking pan; cover with aluminum foil. Bake 50 to 60 minutes, or until internal temperature reaches 140°F.

2. COMBINE preserves, vinegar, cinnamon, nutmeg and cloves in a small microwave safe bowl. Microwave on high for 2 minutes.

3. ARRANGE ham slices on serving platter. Spoon ¼ cup glaze over center of ham. Serve with remaining warm glaze.



Raspberry Almond Waffles

WAFFLES

- 1 14-ounce can Sweetened Condensed Milk, divided
- 3 large eggs
- 2 cups All Purpose Flour
- 3/4 cup water
- 1/2 cup Pure Vegetable Oil
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon almond extract
- 1/2 cup sliced almonds, chopped
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TOPPING

- 1 cup heavy cream
- 1/8 teaspoon almond extract
- 2/3 cup Lakeside Raspberry Cranberry Preserves or Red Raspberry Preserves
- 2/3 cup sliced almonds, toasted*
- 30 fresh red raspberries

For Waffles [Makes: 10 (6-inch) waffles]:

1. COAT waffle iron with no-stick cooking spray. Heat waffle iron according to manufacturer's directions. Reserve 2 tablespoons sweetened condensed milk for topping.

2. WHISK eggs in large bowl until fluffy. Blend in remaining sweetened condensed milk, flour, water, oil, baking powder, salt and almond extract just until batter is smooth. Stir in chopped almonds.

3. POUR a scant 2/3 cup of batter onto center of hot waffle iron and close lid. Bake about 3 to 4 minutes or until steaming stops. Use a fork to remove waffle. Repeat with remaining batter.

For Topping:

1. BEAT cream in medium bowl with electric mixer on high speed until stiff peaks form. Add reserved 2 tablespoons sweetened condensed milk and almond extract. Beat until smooth.

2. SPREAD each waffle with 1 tablespoon preserves. Top with whipped cream, toasted almonds and fresh raspberries.

*To toast almonds: Place almonds in dry nonstick skillet. Cook over medium heat, shaking pan until nuts are lightly browned. Remove from pan immediately to avoid over-browning.

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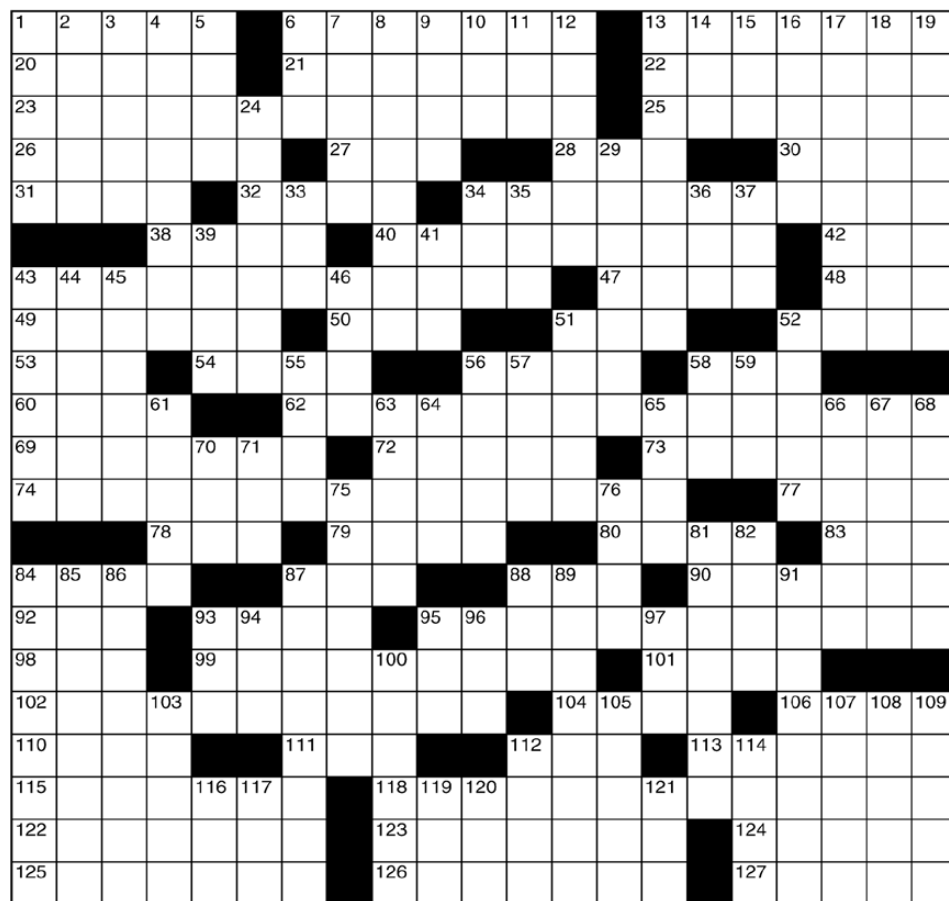
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- 23 Person used to increase a candidate's popularity, e.g.
- 25 Found a radio station on the dial
- 26 Inventor who rivaled Tesla
- 27 Caviar source
- 28 "Wild Thing" rapper Tone -
- 30 "Zip- -Doo-Dah"
- 31 Bumper flaw
- 32 Radiance
- 34 "It" novelist
- 38 "Ah, OK"
- 40 "The Dukes of Hazzard" co-star John
- 42 Zeta follower
- 43 Singer with the Pips
- 47 "You've Got Mail" director Ephron
- 48 Tiny amount
- 49 Acting in place of a ruler
- 50 Punker/folkie DiFranco
- 51 Huge
- 52 Aruba, e.g.
- 53 English rocker Brian

- 54 Writer John Dickson -
- 56 Yemeni port
- 58 Inclined
- 60 "Look -!" ("Aren't we a pair!")
- 62 High fortress in Scotland
- 69 Attend as a visitor
- 72 Wood shoe
- 73 1959 Neil Sedaka hit
- 74 "Filling Station" poet
- 77 Agreeable
- 78 Prefix with center or dermal
- 79 Watering aid
- 80 Golda who succeeded Levi Eshkol
- 83 Kind of acct. that accrues interest
- 84 Give guff to
- 87 Stage design
- 88 "There's no - team"
- 90 Stinging plant
- 92 - to the test
- 93 U.S. gas brand
- 95 Hit for Abba
- 98 Ending of ordinals
- 99 "Kung Fu" star David
- 101 City laws: Abbr.
- 102 Theme of this puzzle
- 104 Western lily
- 106 Valet for the Green Hornet
- 110 Highway cost
- 111 Marne "Mrs."
- 112 Precursor of

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- | | | | |
|---|-------------------------------|---------------------------------------|----------------------------------|
| reggae | 9 Hookah, e.g. | lookalike | 86 Brit. island in the Atlantic |
| 113 Li'l tyke | 10 D.C.'s land | 46 Quaint ointment | 87 Penny pincher |
| 115 Tourist guide | 11 Like valleys | 51 Sailor's bed | 88 Hospice |
| 118 1959 romantic comedy appropriate for this puzzle? | 12 Shakers founder in America | 52 "- uphill climb" | 89 Bladed boot |
| 122 Campsite shelters, collectively | 13 Furry guard | 55 Surrealist Magritte | 91 Alabama city |
| 123 Attributed | 14 School Web site suffix | 56 Hoffman of the Yippies | 93 Elec. coolers |
| 124 French playwright Jean | 15 Indian flatbread | 57 Bands of two | 94 SŽance reply |
| 125 "Roots" Emmy winner | 16 Adjust a bit | 58 Frau's cry | 95 HST follower |
| 126 People painting, e.g. | 17 Trendy weight-loss plans | 59 With 116-Down, classic arcade game | 96 "- for Alibi" (Grafton novel) |
| 127 It merged with Kmart | 18 Of the East | 61 T-shirt data | 97 Drink with 114-Down |
| | 19 Outlaw type | 63 Strike while the iron - | 100 Kind of acid in vinegar |
| | 24 Things eaten | 64 Catches | 103 Thin boards |
| | 29 Expressing views | 65 Wish (for) | 105 Bistro patron |
| | 33 Albanian | 66 Mournful | 107 "32 Flavors" singer Davis |
| | 34 "Zip it up!" | 67 Place | 108 Less savage |
| | 35 Blast creator | 68 Ten plus one | 109 "Golden Boy" playwright |
| | 36 Ending for auction | 70 Brief sleep | 112 Dirty stuff |
| | 37 Gun lobby inits. | 71 Sendai sash | 114 Hen's clutch |
| | 39 'N - (pop boy band) | 75 Axiom's kin | 116 See 59-Down |
| | 41 Hi-tech film effects | 76 Hotel chain | 117 Grow mature |
| | 43 Oily stuff | 81 Like some painful hairs | 119 Med. service |
| | 44 Soup bean | 82 Necessary: Abbr. | 120 Air quality gp. |
| | 45 Rabbit's tropical | 84 Watch from the stands | 121 Bouncers check them |
| | | 85 Penned | |

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- 5 MEASUREMENTS: What did the Binet-Simon Scale measure?
- 6 GEOGRAPHY: On which continent is the country of Paraguay located?
- 7 MEDICINE: What is digitalis used to treat?
- 8 ENTERTAINMENT: Which humorist created the fictional town of Lake Wobegon?
- 9 GENERAL KNOWLEDGE: What is an aqueduct?
- 10 LITERATURE: Who wrote the novel "The Portrait of a Lady"?

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1. A Western film
2. 80
3. It's a stand with open shelves for display
4. Eggplant
5. Intelligence
6. South America
7. Congestive heart failure
8. Garrison Keillor
9. An artificial channel to bring water to a town
10. Henry James

MAGIC MAZE ● STANDARD

Answer: Page 41

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

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

Accepted	Common	Orthodox	Stock
Average	Conventional	Reference	Textbook
Benchmark	Gauge	Regular	Touchstone
Classic	Model	Staple	

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Sudoku

by Linda Thistle

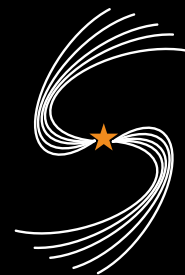
9				8		7		
		6	7					1
3	4				9		8	
5					4	1		9
		2	9	1				4
	1			7			3	
	7				2	5		
1			6	4				2
		3	8				6	

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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Michael Buttermann, conductor
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- Friday December 7 - 6:00 pm Grilled Ribeye steak with sides \$13; 6:30 pm - 10:30 pm Along for the Ride Band.

- Friday December 14 - 6:00 pm Charbroiled burgers \$6; 7:00 pm - 11:00 pm. Nickel Beer Band.

- Friday December 21 - 6:00pm Christmas Buffet Dinner \$12; 6:30-10:30 pm. Dickie T and the Back When Band.

- Saturday December 22 - Christmas Party 2:00 - 5:00 pm. Louisiana Crossroads. Bring your favorite appetizer to share.

- Friday, December 28 - Pulled pork sandwich plate \$10; Mason Dixon Band playing from 6:30-10:30pm

- Sunday nights from 6:30-10:30. Line Dancing and Karaoke with DJ Dickie Turner. Covered dish @ 6pm.

- New Year's Eve Party - 8 pm to 1 am. Dance to Rocking Redeyes. Heavy hors d'oeuvres. \$40 couple or \$25 single. Call 318-635-8186 for tickets.

CRUISE

2013 Alaskan Cruise - The Best of Times invites you on a 7 day Alaskan Cruise aboard the Carnival Miracle departing Seattle, Washington on July 2, 2013 and returning on July 9. Cruising the inner

passageway with stops in Skagway, AK; Juneau, AK; Ketchikan, AK; and Victoria, BC, Canada. Special discounted cruise fares. For more info see page 48 of this publication or contact Cindy Loeb with All About Travel at 970-434-6494 or email her at Cindy-L@Qwest.net.

DRIVER SAFETY

AARP Driver Safety Program - A 4 hour classroom refresher course for drivers age 50+ which may qualify participants for an automobile insurance premium reduction or discount. Participants must preregister. \$14 for non-AARP members; \$12 for AARP members (AARP card required at registration). Correct change or checks payable to AARP accepted.

- December 18: 8:30 a.m. - 12:30 p.m. Hebert's Town and Country, 1155 E. Bert Kouns Ind. Loop. Hosts: Hebert's and *The Best of Times*. Contact: 318-221-9000 Instructor Ray Branton

- December 18: 12:00 noon - 4:00 p.m. Open to those with access to Barksdale Air Force Base. Barksdale Golf Course Clubhouse Meeting Room Barksdale AFB. Host: Retiree Activities Office. Phone 318-456-4480; Instructor: Dave Jampole

EVENTS

Christmas in the Sky - "Apocalypse Wow: Party Like There's No Tomorrow". Benefiting Shreveport Regional Arts Council. Harrah's Louisiana Downs.



Dec. 8. Live and silent auctions, cocktail buffets, entertainment, dancing, open bar. \$280 per person. Call (318) 673-6500.

EXHIBITS

Titanic: The Artifact Exhibit. Through January 20 at Sci-Port on Clyde Fant Parkway in downtown Shreveport. Features numerous artifacts recovered from the Ship's wreckage housed in galleries recreated to resemble various sections of the Ship. Monday - Friday 10 am - 5 pm; Saturday 10 am - 6 pm; Sunday noon - 6 pm. (318) 424-3466.

HOLIDAY EVENTS

29th Annual Christmas in Roseland - Through Sunday, December 23. Fridays, Saturdays and Sundays only. Gates are open from 5:30 p.m. to 10:00 p.m. Last car admitted at 9:30 p.m. Presented by

Super Crossword

Answers

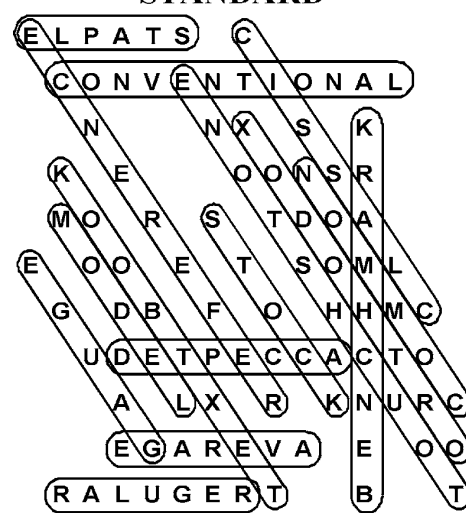
C	A	C	A	O	S	C	A	P	U	L	A	W	E	N	T	F	O	R
A	B	O	R	T	A	L	L	I	S	O	N	A	D	A	W	A	R	E
P	O	L	I	T	I	C	A	L	P	A	W	N	T	U	N	E	D	I
E	D	I	S	O	N	R	O	E	L	O	C	A	D	E	E			
D	E	N	T	G	L	O	W	S	T	E	P	H	E	N	K	I	N	G
I	S	E	E	S	C	H	N	E	I	D	E	R	E	T	A			
G	L	A	D	S	K	N	I	G	H	T	N	O	R	A	T	A	D	
R	E	G	E	N	T	A	N	I	B	I	G	I	S	L	E			
E	N	O	C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

Weekly SUDOKU

Answer

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

STANDARD



Gardens of the American Rose Center, 8877 Jefferson Paige Road, Shreveport. The Gardens of the American Rose Center are transformed into a whimsical winter wonderland featuring more than a million twinkling lights, dozens of lighted displays, giant Christmas Cards to the Community created by area school children, Santa's Candy Shop and much more. This multi-weekend event features nightly entertainment, photos with Santa, rides on the Roseland Express Train, a model train display and tons of fun for the whole family! Ages two and under get in free. Tickets are \$5 per person or \$20 per carload. Call 318-938-5402 for info.

Candlelight Christmas Tours - Tour two elegant homes in the historic district of Shreveport, decorated for the holidays!! There are tours on Thursday, December 6th; Friday, December 7th; Thursday, December 13th and Friday, December 14th. 6:00 PM to 8:30 PM. \$20.00 per person. Transportation is provided. For more info and to purchase tickets online please visit www.Yesterdayslady.eventbrite.com.

Holiday Pops - presented by Shreveport Symphony. Saturday, December 15 at 7:30 p.m.; Sunday, December 16 at 2:30 p.m. at Riverview Theatre in downtown Shreveport. Celebrate the holidays in style with this event. A memorable and fun evening filled with seasonal favorites. This concert will put you in a festive mood! \$17-\$42. Call 318-222-7496 for more info.

MEETINGS

GENCOM Genealogical Computer Society - annual members Christmas Party Sunday, December 16 at 2:00 P.M. at the Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport. There will be genealogy fun for all with plenty of good fellowship and good food. For information call 318-773-7406 or email jgjoness09@gmail.com.

MOVIES

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



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December Parting Shots

Share your photos with us.

Email to editor.calligas@gmail.com

The Shreveport Mayor's Women Commission Hera Awards & Reception was held at the Barnwell Garden and Art Center.



(l to r) Dottie Bell, 2012 Hera Quality of Life Award Recipient Mary Alice Rountree, Joyce Patton and former Hera award recipient Candy Welch.



(l to r) Diana Roark, 2012 Commission President Award Recipient Diana Simek and Ophelia Nicholson.

Fair Park Class of '66 fun at the fair. (Standing l to r) Linda Feathergil Green, Diane Swan Stetler, Mickey Whitney Watts, Jo Ann Cannon Harris, Pamela Bird Zern, (sitting) Vineta Crista Vincent



Health Fair at Cedar Hills Senior Apartments -

Bob Griffin with retired veteran George Shanks at the Oct. 19 fair.

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--	--	--	--

December Parting Shots continued —

Foster Grandparents – (l to r) Christine Shaw, Mable Prim, Rose Shine, and Margaret Gatson were honored at CCOA's annual Foster Grandparent Volunteer Program Service Award banquet on Nov. 2. Mrs. Prim was awarded the Foster Grandparent Volunteer of 2012.



Dr. Lise Alschuler presented Cancer prevention plans at LSUHSC on Oct. 19.



Dr. Alschuler (left) with Christine Reeves



Becky Dekay (left) and Lori Panu with Feist Weiller Cancer Center

The Shreveport Symphony's performance of movie masterpieces featured a screening of Moonbot Studio's Oscar-winning short film *The Fantastic Flying Books of Mr. Morris Lessmore* with the symphony performing the score.



Moonbot Studio co-founder and film co-director Brandon Oldenburg with Mr. and Mrs. William Smith



Moonbot Studios co-founder and film co-director Bill Joyce



(l to r) Judy Steinfeld, Ruby Jackson, and Betty Williams



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 Shreveport
 (318) 212-2020

EYE INSTITUTE SOUTH
 Wyche T. Coleman, III, MD
 2530 Bert Kouns Industrial
 Loop, Suite 116
 Shreveport
 (318) 212-5901

December Parting Shots continued —

A Horseshoe Pitching Party was hosted by Ted & Claudia Lyles at their home on Oct. 28. The party was purchased by a group of friends as an auction item at Goodwill Industries Black Tie Bingo event. The party featured delicious food, great fellowship and a spirited horseshoe pitching competition.

Left: Host Ted Lyles welcomes Maggie Malone and Rebecca Miller



Winners of the competition were first place: Jon Black **(Left)** & Dave Bosserman; 2nd Place: Joye Gamble & Dianne Turnley **(right)**

The Center for Families held their Wine, Cheese and Therapies fundraiser at Ristorante Giuseppe on Nov. 2nd. Attendees were served a fabulous four course wine dinner and were treated to a wide variety of relaxing therapies and entertainment.

Sandra Normand **(left)** with Kim Bailey



Center Executive Director Laura Brucia Hamm with Julie Presler

A presentation about DBS Therapy for the treatment of Parkinson's disease was held on Nov. 10th.



Amy Mullins and Allen Mason



Motion disorder specialist Dr. George Plotkin with Elizabeth Guthrie

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December Parting Shots continued —

Speakers at the monthly meeting of the Rose City Chapter of AARP (l to r) were President Vernon Varnell, LSUHSC audiologist April Daniel, Corporal Jimmy Thomas, and Bobby Henderson..



The 2013 Rose City Chapter of AARP officers are (l to r) Carolyn Franklin, Marilyn Varnell, Vernon Varnell, and Jenny Hebert (seated).



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December Parting Shots continued —

Happy Halloween:

Peggy and Rodney Herring hosted the fun-filled party at their home in Shreveport.



Below: Jackie and Jack Kennedy (aka Lillian and Vernon Richie) joined in the festivities.



Grand Opening: (L to R) Larry Brandon, Lisa Johnson, Mayor Lo Walker and Candy Welch at the grand opening and ribbon cutting of Brothers Seafood in Bossier City.



Titanic: The Artifact Exhibit will be at Sciport through January 20.

Right:

The exhibit is hosted by Lady Astor and Captain Edward Smith



(L to R) Tommy and Rena Worsham with JC Odom

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