

February 2014

# The Best Of Times

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VALENTINE'S DAY  
*Then and Now*  
*Z*

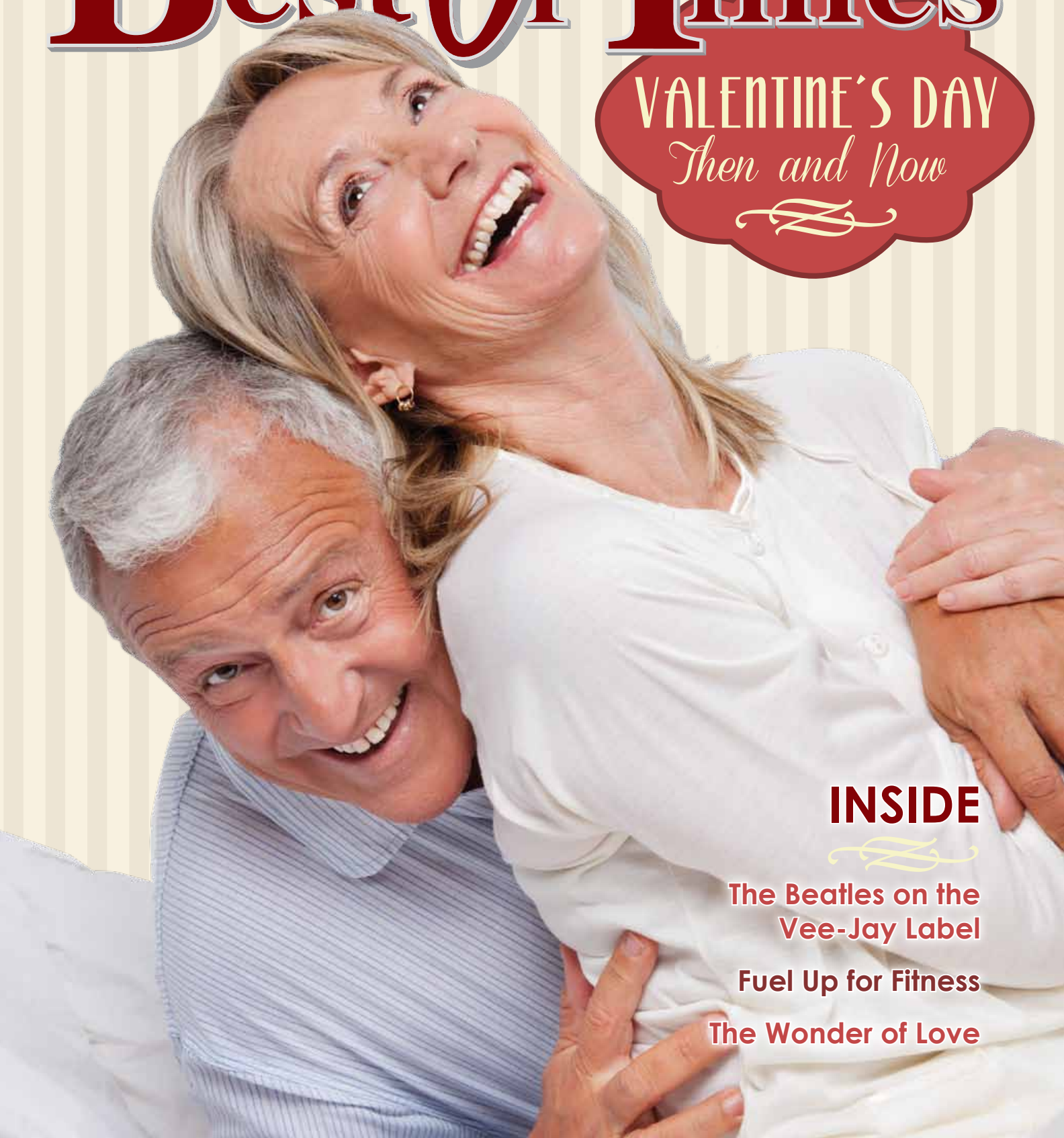
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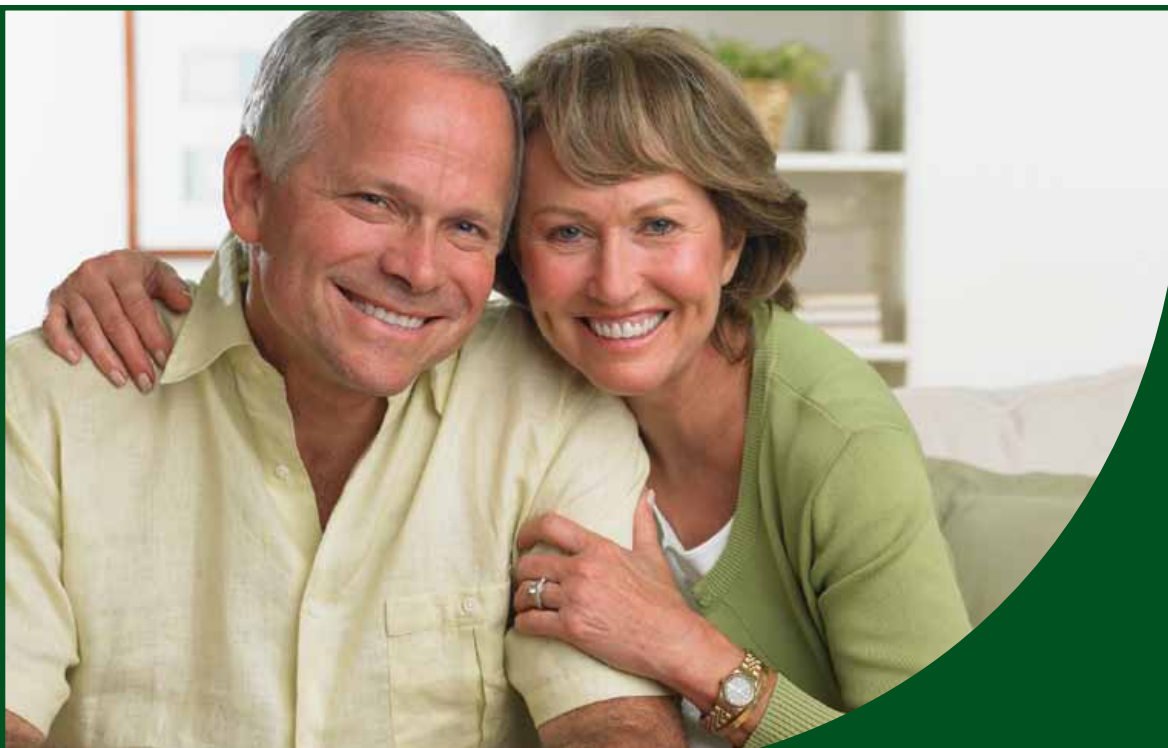


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The Wonder of Love





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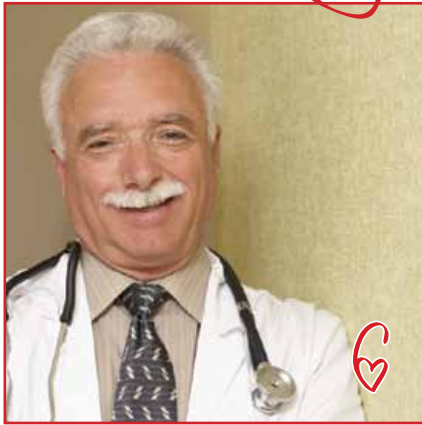
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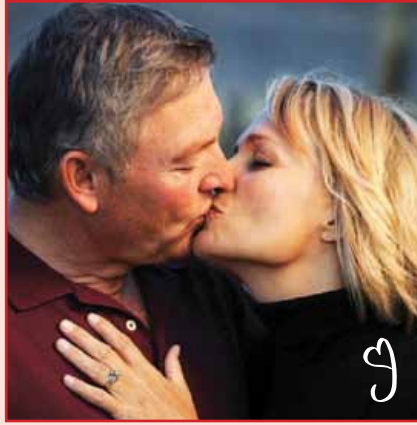


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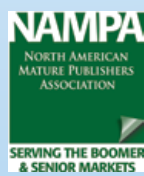


# The Best Of Times

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Email questions for our guests to  
[Gary.Calligas@gmail.com](mailto:Gary.Calligas@gmail.com) prior to  
the show.

## FEBRUARY 1

"Senior Services"

Tamara Crane, Exec. Dir. of Bossier Council on Aging, and Mary Alice Rountree, Exec. Dir. of Caddo Council on Aging

## FEBRUARY 8

"10 Tips for Improving Your Marriage"  
plus RiverCities Jubilee Chorus  
Eddie Millhollon, LPC, Director of Clinical Services with The Center for Families

## FEBRUARY 15

"Write Down Your Dreams, Listen to Your Inner Voice, and Change Your Life"  
Paul C. Emekwulu, internationally known author and lecturer

## FEBRUARY 22

"The Red River Waterway System"  
Suzanne Odom and special guests from the US Army Corps of Engineers

## MARCH 1

"Début of the 2014 Silver Pages, Senior Resource Directory"  
**Broadcasting Live** from NurseCare of Shreveport at 1736 Irving Place  
Vicki Ott, NurseCare Administrator and other special guests

2013  
2014  
SEASON



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**SWEET CHARITY**  
Friday, March 21, 2014

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STARRING SALLY STRUTHERS  
Tuesday, March 25, 2014

An Afternoon With  
**HAL LINDEN & HIS BAND**  
Sunday, April 6, 2014

**WEST SIDE STORY**  
Thursday, April 10, 2014

**VINCE:**  
The Life And Times  
Of Vince Lombardi  
Saturday, May 3, 2014

**ADAM TRENT**  
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**STAYIN' ALIVE**  
- A Tribute To The Bee Gees  
Friday, June 13, 2014

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# Stat! Medical News & Info

## It's All Coming Back to Me Now

For some, it's the tradition of steeping tea leaves to brew the perfect cup of tea. For others, it's the morning shuffle to a coffee maker for a hot jolt of java. Then there are those who like their wake up with the kind of snap and a fizz usually found in a carbonated beverage.

Regardless of the routine, the consumption of caffeine is the energy boost of choice for millions to wake up or stay up. Now, however, researchers at the Johns Hopkins University have found another use for the stimulant: memory enhancer.

The researchers found that caffeine has a positive effect on long-term memory in humans. Their research, published by the journal *Nature Neuroscience*, shows that caffeine enhances certain memories at least up to 24 hours after it is consumed.

According to the U.S. Food and Drug Administration, 90 percent of people worldwide consume caffeine in one form or another. In the United States, 80 percent of adults consume caffeine every day. The average adult has an intake of about 200 milligrams - the same amount used in the study - or roughly one strong cup of coffee or two small cups of coffee per day.



## Sedentary Lifestyle Ups Mortality Risks

Older women who spend a majority of their day sitting or lying down are at increased risk for cardiovascular disease, coronary heart disease, cancer and death, finds a new study. Women who were sedentary more than 11 hours a day were most at risk. Women who spent the most time sedentary were more likely to be white, to have a college degree and have higher body mass indexes (BMIs). Sedentary women were more likely to report fair to poor health, to be smokers and to have more falls in the past 12 months. Even when factoring in physical limitations due to chronic diseases, which are more likely to affect older women, being sedentary increased the risk of mortality. (Source: *Health Behavior News Service*)

## Cigarette Smoking After Cancer Diagnosis Increases Risk of Death

Men who continued to smoke after a cancer diagnosis had an increased risk of death compared with those who quit smoking after diagnosis, according to a study published in *Cancer Epidemiology, Biomarkers & Prevention*. Compared with men who did not smoke after a cancer diagnosis, those who smoked after diagnosis had a 59% increase in risk of death from all causes, after adjusting for factors including age, cancer site, and treatment type. When limited to men who were smokers at diagnosis, those who continued smoking after diagnosis had a 76% increase in risk of death from all causes compared with those who quit smoking after a diagnosis.



## Diet Beverages Are Not the Solution for Weight Loss

Heavy adults who believe drinking diet soda will help them lose or keep weight off should think again. Researchers at the Johns Hopkins Bloomberg School of Public Health who examined national patterns in adult diet beverage consumption and calorie intake found that overweight and obese adults who drink diet beverages consume more calories from food than obese or overweight adults who drink regular soda or other sugary beverages. The results are featured in the *American Journal of Public Health*. Consumption of diet soda has increased considerably in the past few decades from 3% in 1965 to 20% today. Individuals who drink diet soda typically have a higher BMI (Body Mass Index) and consume more snack food than those who drink sugary beverages. Earlier research may explain why the investigators found higher consumption of solid food among heavy adults who drink diet beverages. Artificial sweeteners, which are present in high doses in diet soda, are associated with a greater activation of reward centers in the brain, thus altering the reward a person experiences from sweet tastes. In other words, among people who drink diet soda, the brain's sweet sensors may no longer provide a reliable gauge of energy consumption because the artificial sweetener disrupts appetite control. As a result, consumption of diet drinks may result in increased food intake overall.



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# VALENTINE'S DAY

## *Then and Now*



by Kelly Phelan Powell

**V**alentine's Day: Some extol it as the most romantic day of the year, while others revile it as a "Hallmark holiday," a contrived, commercialized celebration devised to sell cards, candy and lurid underclothes. In truth, Valentine's Day (or St. Valentine's Day, as it is traditionally known) is an ancient rite with Christian and ancient Roman origins. And in its modern incarnation, it can provide just the right motivation for couples to rekindle their romance and single people to take a chance on love.

According to the History Channel, the Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One of these Valentines was a priest during the third century in Rome. Emperor Claudius II decided that single men made better soldiers than those attached to wives and families, so he outlawed marriage for young men. Valentine, recognizing the injustice of the emperor's decree, continued to perform marriages for young lovers in defiance of Claudius. When Claudius discovered what Valentine was up to, he ordered that the priest be put to death.

Another story suggests

that Valentine may have been martyred for helping Christians escape harsh Roman prisons, where they were usually beaten and tortured.

One such legend holds that an incarcerated Valentine actually sent the first "valentine" greeting himself after he fell in love with a woman – possibly his jailor's daughter – who visited him during his imprisonment. Before his death, he wrote a love letter to her signed "From your Valentine," an expression still in use on chalky candy hearts today.

So why do we make



The Catholic Church recognizes at least three different saints named Valentine or Valentinus.

dinner reservations on February 14 instead of, say, June 28? Some maintain Valentine's Day commemorates Valentine's death or burial, while others claim that St. Valentine's feast day was strategically placed in the middle of February in order to "Christianize" the pagan festival of Lupercalia, in which Roman priests would sacrifice a goat for fertility and a dog for purification. They would then tear the goat hide into strips, dip them in sacrificial blood and take to the streets, slapping women and crops with pieces of goat skin. Roman women actually welcomed this dubious ritual, as they believed it would make them more fertile in the coming year. Later in the day, all the young women in the city would place their names in a large urn. Unattached men would each choose the name of a woman with whom he would be paired for the year. This ancient precursor to "The Bachelor" often ended, not surprisingly, in a number of marriages.

In the 21st Century, Valentine's Day is less a fertility rite and more an opportunity to show your special someone how special he or she is to you. There are the traditional methods – elaborate meals, candy, wine, candlelight, etc. – that are indeed effective but often lack creativity and can put a real strain on the wallet. Instead of breaking the bank at a fancy but impersonal restaurant, try one of these fun and frugal date ideas from [TheDollarStretcher.com](http://TheDollarStretcher.com):

Find out what makes Shreveport special. Make a date to

explore Municipal Auditorium, the Strand Theatre, the 8th Air Force Museum, Artspace, Logan Mansion and many other historical sites. Weather permitting, a picnic at one of the city's 17 major parks would be a perfect way to cap off the day.

Make it a game. Pitch in a few dollars each and come up with the most creative date you can with the money

you pooled and stretch your funds as far as possible. Ideas: Get a newspaper and solve the word puzzle at a location that's special to the two of you; buy a disposable camera and take photos of each other at picturesque locations around town; or share a malt and listen to old songs together.

Plan a Dollar Date Night where you spend no more than a dollar (or as close to a dollar as possible) on each activity. You could rent a dollar movie (or get one for free at the library), indulge in a dollar's worth of your favorite candy, go to the arcade and spend four quarters on video games or shop at Dollar Tree for the most romantic gifts that can be had for \$1.

While Valentine's Day can be great fun for couples looking to reconnect, it can be an occasion of prodigious loneliness for widows and widowers, divorced people and singles. "Putting yourself out there" isn't always a picnic at any age, and it's certainly true that mature adults can face unique challenges on the dating scene. But these obstacles are often overcome with a few changes in attitude and perspective.

After a spouse passes away, many men and women think



Once an almost taboo concept, **online dating** is now as ubiquitous as the coffee shop or the dog park when it comes to **places for singles to meet.**



it's inappropriate to date – they feel disloyal even considering the possibility of a boyfriend or girlfriend. But everyone deserves the chance to date, have fun and reinvent themselves, says Amy Sherman, author of “99 Things Women Wish They Knew Before Dating After 40, 50,

& Yes, 60!” She advises, “Tell people how you’re feeling, why dating would be important to you and that you need someone to enhance your life.”

Shop at the Dollar Tree for the **most romantic gifts that can be had for \$1**. Or, try renting a \$1 movie or taking four quarters to an arcade!

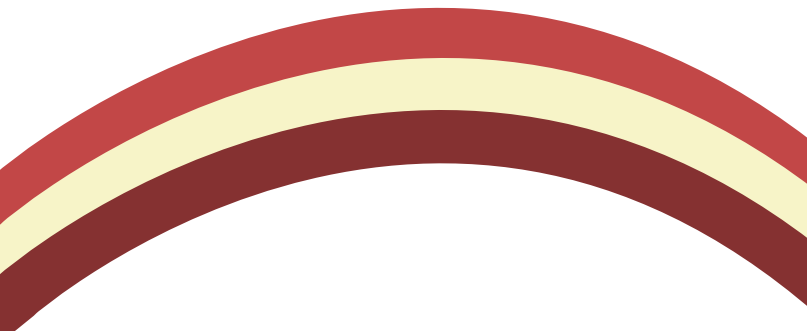
It can be scary to connect emotionally and physically with a new person after spending years with the same partner. Some may be ready to date right away after a divorce or the death of a spouse, while others need a long time to grieve the loss and build confidence again. Either way, it's important to go at a pace that feels right to you.

If you think you might be ready to start dating again, putting yourself in a position to meet other mature singles is the first logical step. Branch out a little. Attend community activities, get some exercise at a dance class or learn something new at an adult education class. You might meet someone, and what's the worst that could happen? You'll enjoy yourself and gain a fresh perspective.

For the more adventurous, there's always online dating. Once an almost taboo concept, online dating is now as ubiquitous as the coffee shop or the dog park when it comes to places for singles to meet. Even better, these sites now recognize that mature adults are not only interested in dating, they have a unique set of expectations for their potential romantic interests. In addition to the omnipresent eHarmony.com and Match.com, there are now sites dedicated specifically to singles over 50, like OurTime.com. There are also dating sites for various religious preferences (e.g., ChristianMingle.com and JDate.com) and even some as specific as FarmersOnly.com. Clearly, there is something for everyone on the World Wide Web.

Whether you spend your Valentine's Day with your spouse, your significant other or your dog, your slippers and your newest paperback, take the opportunity on February 14 to remind your loved ones that they are special and important to you. After all, love is what it's all about every day of the year.

Find out what makes **Shreveport special**. Make a **date to explore** Municipal Auditorium, the Strand Theatre, the 8th Air Force Museum...





# The BEATLES

on the  
Vee-Jay Label

by Jeff Figler

**F**ebruary 9th, 1964 is a red-letter date. Think back quickly and try to remember. The date may come to some of you. If it doesn't, you surely will recall the event. A huge hint... it was a Sunday night television show. Now you may know. It was the "Ed Sullivan Show."

Not just any "Ed Sullivan Show." No. It was the highly anticipated first appearance of the Liverpool quartet, The Beatles. I'll forgive you for not remembering the date.

Countless books have been written about the group, (enough to fill a huge section of the Library of Congress) and enough trees have been cut in the name of the Beatles to make you blush. However, even though you can probably find a Beatle historian on every street corner, and double that in Manhattan and Hollywood, let me relate a scenario that might surprise you about their initial record sales in the United States.

As Beatle record sales were reaching record heights in their native England, Vee-Jay records signed a licensing agreement with the British EMI affiliate Transglobal, to pair foreign masters with U.S. record labels. Vee-Jay was given the right of first refusal on Beatle records for five years. In turn, Vee-Jay was to release the album "Please Please Me" in the U.S. in early 1963, which they were going to re-name "Introducing... The Beatles"

However, in probably one of the all-time blunders in record label management, a reorganization at Vee-Jay occurred. Company president Ewart Abner resigned, presumably because he used company funds to pay personal debts. The Beatles "Introducing... The Beatles" album was put on the back burner (along with albums by British star Frank Ifield, Alma Cogan, and a Jewish cantor), and the highly anticipated Beatles album was not forthcoming as agreed upon.

Transglobal proceeded to try to void the contract with Vee-Jay. With Capital Records ready to seize the opportunity to promote The Beatles, Vee-Jay decided to release "Introducing... The Beatles", despite knowing that legal action was about to implode, which it certainly did.

Restraining orders came and went, and when all the legal hoopla was over, Vee-Jay was given about six months, until October 15, 1964 to use the sixteen Beatles songs it controlled. From then on the rights would revert to Capital records.

Vee-Jay quickly did what it could in its limited time. They issued different albums, containing most of the same songs in each. Each one was a hit, with only the packaging being different. Besides "Introducing... The Beatles",

there was also “Songs, Pictures, and Stories of the Fabulous Beatles”, and “The Beatles vs. the Four Seasons”. That album had “Introducing... The Beatles” in one pocket of the cover and “Golden Hits of the Four Seasons” in another.

One can only imagine how Vee-Jay would have promoted the Beatles had it not had its internal problems. Would the record company have had a Butcher cover album as well? That Capitol cover of “Yesterday and Today” stirred a fair amount of controversy to say the least. Collectors eagerly purchase any Butcher cover album they can find, as the original Capitol recall did not leave many to begin with.

Speaking of collectibles, a Vee-Jay mono album of “Introducing... The Beatles” sold at auction for slightly under two hundred dollars. A collector should keep in mind that almost all of the Vee-Jay Beatle albums were mono. There were some stereo albums, but not nearly as many as the monos.

The rarest of all the Vee-Jay Beatles albums is “The Beatles and Frank Ifield on Stage.” This portrait cover album has sold for almost \$20,000. Of course, price will often depend on condition.

A signed Beatles 45 single or album will cause a little dent in your bank account.

You might be wondering about the rarest U.S. Beatle 45 single. Look no farther than the Decca record of “My Bonnie” by Tony Sheridan and the Beat Brothers. You guessed it... for

that one record, the Beatles were the Beat Brothers. It’s value? Anywhere from \$20,000 - \$30,000.

By the way, “Ed Sullivan Show” tickets in which the Beatles appeared are extremely rare. An August 1965 ticket of an “Ed Sullivan Show” featuring the Beatles, was auctioned for over \$10,000 several years ago.

“Yeah, yeah, yeah.”



Left: Decca record of “My Bonnies” is valued at \$20,000 - \$30,000. Top: The Beatles vs The Four Seasons was one of the few Beatles records released by the Vee-Jay Label.



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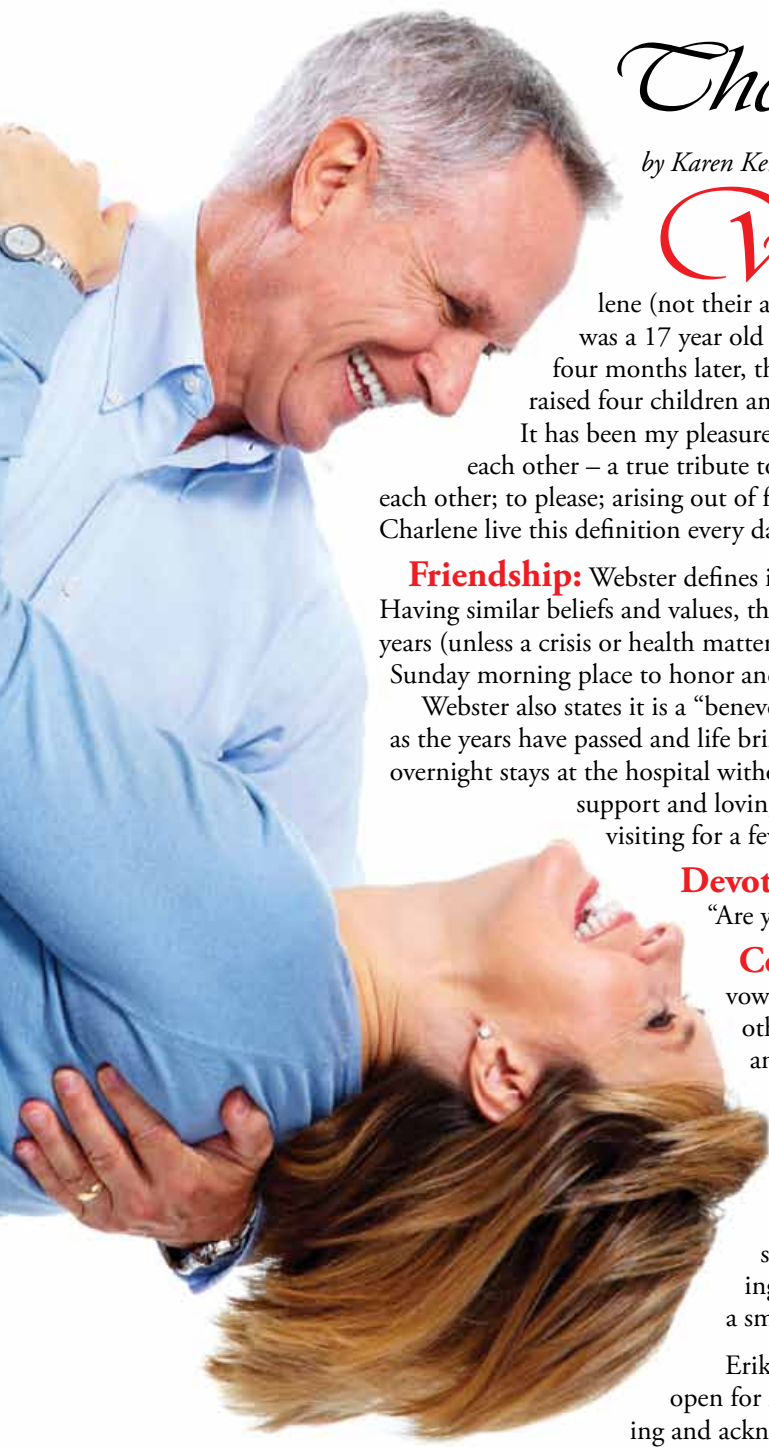
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# The Wonder of Love

by Karen Kersten, MA, LPC, LMFT

**W**ith this month of February honoring Valentine's Day – the patron Saint of Love, I thought I would share the love story of two of my dearest friends. Erik and Charlene (not their actual names) met when Erik was a young military airman and she was a 17 year old girl barely graduated from high school. An attraction took place and four months later, they married. At this writing, they just celebrated 57 years together, raised four children and are enjoying their many precious grandchildren!

It has been my pleasure to see the loving way these two special people share their lives with each other – a true tribute to the meaning of love! Webster defines “love” as “strong affection for each other; to please; arising out of friendship or personal ties; tenderness based on admiration.” Erik and Charlene live this definition every day!

**Friendship:** Webster defines it as an “unselfish, loyal; adoration; based on common interests.” Having similar beliefs and values, they attend their place of worship and have done so every week for 57 years (unless a crisis or health matter occurs). When they are out of town, a “new” church becomes their Sunday morning place to honor and celebrate their faith.

Webster also states it is a “benevolent concern for the good of another; devotion.” Erik and Charlene, as the years have passed and life brings some major health challenges, each is there for the other; many overnight stays at the hospital without hesitation, without complaint - being there every single time for support and loving concern. Their choice is always to stay with each other rather than visiting for a few hours a day. They “move in for the duration – no exceptions!”

**Devotion:** As I often ask my clients who are learning how to show love, “Are you choosing your loved one today?”

**Commitment:** Their attitude (thoughts) about each other and the vows they took together are mindfully chosen each day. They often tell others that they made a promise to their Higher Power, to themselves and to the community to cherish each other, in sickness and in health “forever”! And too, they both think loving thoughts about each other. He says so often – “Isn't she beautiful?” She tells me (and our mutual friends) “I am so lucky to have him!” These thoughts strengthen the feelings of love and lead to their demonstration of such kind and gentle behavior. Last week I visited their home and saw a crystal vase of ivory colored roses on the coffee table. Wondering if a special occasion was missed, I inquired. Charlene revealed with a smile, “no occasion other than he wanted to say he loves me!”

Erik and Charlene are often seen holding hands; he holds the car door open for her, too! She smiles, saying “thank you, honey.” (Every time! Noticing and acknowledging with gratitude that small, kind gesture).

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When asked about their demonstrative love, they reply “We got in the habit of being nice to each other!” Warmth was a word in the dictionary about love, as seen too in their frequent smiles to each other. Perhaps that comes out of such optimism. Erik and Charlene have a wonderful way of reinterpreting events *to the good*. In the counseling field, it is referred to as reframing. For example, if someone comments with annoyance that their neighbor did not call them yesterday, Erik or Charlene would most likely say, “Perhaps there is an illness or a concern in their home. Perhaps you could check on them?”

Reflecting on their life, I see many mutual decisions they had made - choosing:

- ♥ to be friends, and then consistently and daily building on that premise.
  - ♥ to commit to putting each other first above all else except their Higher Power.
  - ♥ to talk about their beliefs and values.
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Erik and Charlene.....the wonder of love!

*Karen Kersten is a therapist with The Center for Families, a non-profit counseling agency serving Northwest Louisiana since 1889.*

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## Give That Back!

by Lee Aronson

Last night I dreamt that Marilyn Monroe gave me a million dollars. Then she changed her mind and wanted all the money back. Would I have to give it to her?

Louisiana law says no “give backs.” That’s a term your grandkids may use; it means that once you give a gift, you can’t demand it back.

But there are a few exceptions to this rule. For example, let’s say that after Marilyn Monroe gives me the money, I try to kill her. Marilyn would be able to get her money back. That’s because Louisiana law says that a gift (or a donation) can be taken back (or revoked) because of “ingratitude” of the recipient. And “attempting to take the life” of the gift giver is definitely “ingratitude.”

But what about this real life case: Mom gave her house to her daughter. Mom

then changed her mind and wanted the house back because her daughter was mean to her. The daughter refused to give the house back so the Mom sued the daughter. The Mom told the Judge that the daughter was guilty of “ingratitude.” To prove the “ingratitude,” Mom told the Judge that her daughter did things that were naturally offensive to her. Specifically, Mom said that her daughter yelled at her, placed a blood pressure monitor on her stomach and kicked a stool from underneath her feet on several occasions. The Mom also told the Judge that her daughter controlled her medication and restricted her visitors.

The Judge explained to Mom that under Louisiana Law, there are only two circumstances that constitute “ingratitude:” 1) the recipient attempts to take the life of the gift giver or 2) the recipient is guilty towards the gift giver of “cruel treatment, crimes or grievous injury.” And in this case, the Judge held that even if Mom’s testimony was the absolute truth, the daughter’s actions “do not rise to the level of cruel treatment, crimes or grievous injury.”

Here are some more real life Louisiana cases:



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For Kristi, caring for others is just part of her nature. Since 1979, she has been rescuing neglected and abused Papillons, French Bulldogs, and Collies, so the dogs in her care also indirectly depend on the work we do. That’s exactly one of the heartwarming stories that inspires Snell’s experienced team of practitioners and technicians to continually seek out specialized training and to invest in the latest technology so we can consistently deliver the highest quality prosthetic and orthotic devices available.

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Grandpa gave land to his grandson. Grandpa then announced that he was going to marry a woman who the grandson did not like. So grandson threatened to send Grandpa to prison and made up a false story that Grandpa “molested his son and then pulled a pistol on him.” The Judge said that was cruel of the grandson and gave the land back to Grandpa.

Over in Caldwell Parish, a woman inherited some land. She then got married and donated the land to her new husband as a wedding gift. The marriage didn't last too long because the new husband got caught committing adultery. The Judge said that's “cruel treatment, crimes or grievous injury” and gave the land back to the woman.

And down in New Orleans, Dad gave stock certificates to his son. The son then went to law school and became an attorney. Dad then borrowed money from his son. When the Dad missed a payment, the son sued his Dad and won a money judgment against his father. Dad failed to pay the judgment, so the son used a legal process to direct “the sheriff to seize various items of personal property located at his parents' home, including jewelry, appliances and furniture. During the seizure, at which the son was not present, his mother fainted and his father was summoned to obtain medical attention for her.” Is that cruel treatment, crimes or grievous injury? The Judge thought so and therefore Dad got his stock back.

*Lee Aronson is an attorney at Lineage Law, LLC, an estate and business planning law firm serving clients throughout the State of Louisiana.*



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## How Organized Are You?

by Judge Jeff Cox

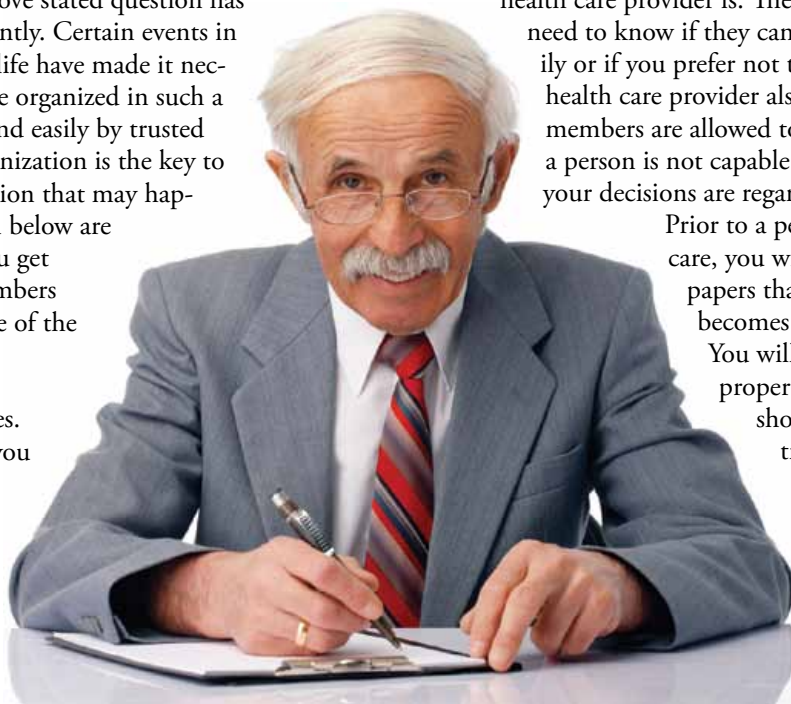
In the last month, the above stated question has entered my mind frequently. Certain events in my life and my family's life have made it necessary to make sure things are organized in such a manner that they can be found easily by trusted members of the family. Organization is the key to being prepared for any situation that may happen in a family's life. Written below are a few hints that may help you get more organized. Trusted members of the family should be aware of the following.

One of the first things to organize is health care policies. You need to make sure that you have access to these policies, along with good contact numbers to the health care provider. You will need to be able to provide health policy cards with policy numbers to the hospital

and to the doctors that may treat you or a family member. If you have any additional policies, such as a Cancer Policy or Medicare Supplement, you need to be able to provide these to the health care provider so that they can file a claim on your behalf for any services rendered.

In addition, trusted family members need to know who your health care provider is. The health care provider will also need to know if they can discuss matters with the family or if you prefer not to have matters disclosed. The health care provider also needs to know which family members are allowed to make decisions in cases where a person is not capable of making decisions and what your decisions are regarding end of life decisions.

Prior to a person entering any type of care, you will want to organize important papers that may be needed if a person becomes incapacitated or passes away. You will need to know where deeds to property are located. Titles to vehicles should be easily accessible and trusted members of the family should know where their family member banks. Trusted members of the family should also be aware if the person entering care has mineral interests or receives dividend checks and from



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whom they receive these checks. Finally, trusted family members should know where the will, power of attorney, and living will are located.

Another matter that should be organized is life insurance policies. These policies need to be reviewed to ascertain who the beneficiary is on the policy and if any additions or deletions need to be made regarding beneficiaries. It is always helpful to put life insurance policies in a folder that can be easily accessed. It is helpful to have an agent to contact if something happens to the insured or if a question regarding a policy should arise.

In addition, trusted family members should ascertain whether or not the person being cared for has a cemetery plot and a funeral plan. Even though the person may not have a cemetery plot or funeral plan, you may be able to discuss with the person how they wish to be cared for if they pass away. Local funeral homes have planning guides that help a person to be able to write down their wishes for burial purposes. A person can choose music they want played at any service they have and what type of service they wish to have in the event of their death.

Trying to organize the above listed items will help your family members under stressful times while trying to care for a sick family member. Organization will save costs and help to alleviate some of the stress involved in caring for a sick or disabled relative. If you have not organized your papers, hopefully this will be a helpful guide to consider.

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



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## Pain Relief for Tendonitis, Sprains and Strains

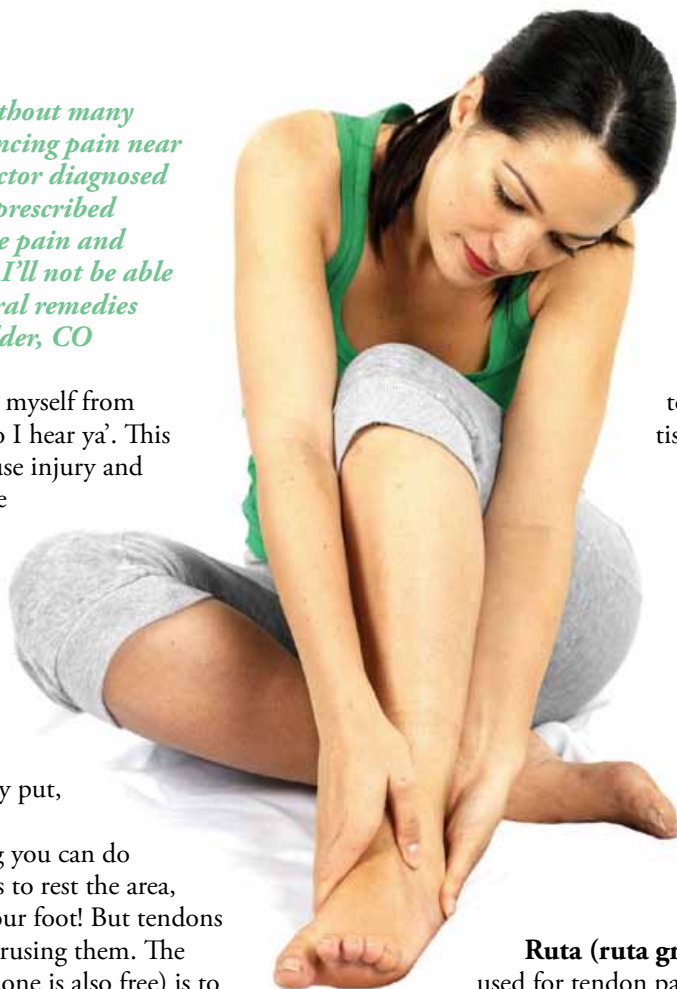
by Suzy Cohen, R. Ph.

*Dear Pharmacist, After years of hiking without many problems, I began experiencing pain near my ankle and heel. My doctor diagnosed "Achilles tendonitis" and prescribed medicine which did reduce pain and swelling. I'm still worried I'll not be able to hike again. What natural remedies keep this at bay? J.S. Boulder, CO*

Ouch, I've had tendonitis myself from over-typing and exercising so I hear ya'. This condition is usually an overuse injury and causes pain or swelling in the wrists, knee caps, elbows or Achilles tendons. Actually it can occur in any tendon and there are hundreds! Unfortunately, tendons don't have a rich blood supply and that hinders adequate delivery of oxygen and nutrients. Simply put, tendons are slow to heal.

The most important thing you can do to improve tendonitis pain is to rest the area, that's hard to do when it's your foot! But tendons don't recover if you keep overusing them. The next consideration (and this one is also free) is to

ice the area to reduce inflammation but icing doesn't help much after the first few days. Supplements or medications do help. Most of you will opt for medications like ibuprofen or naproxen (these are NSAIDs and are contraindicated in people with bleeding ulcers among other conditions). My personal favorite anti-inflammatory supplements include astaxanthin, saffron, and curcumin because they have other tremendous health benefits. Here are some more options that can help:



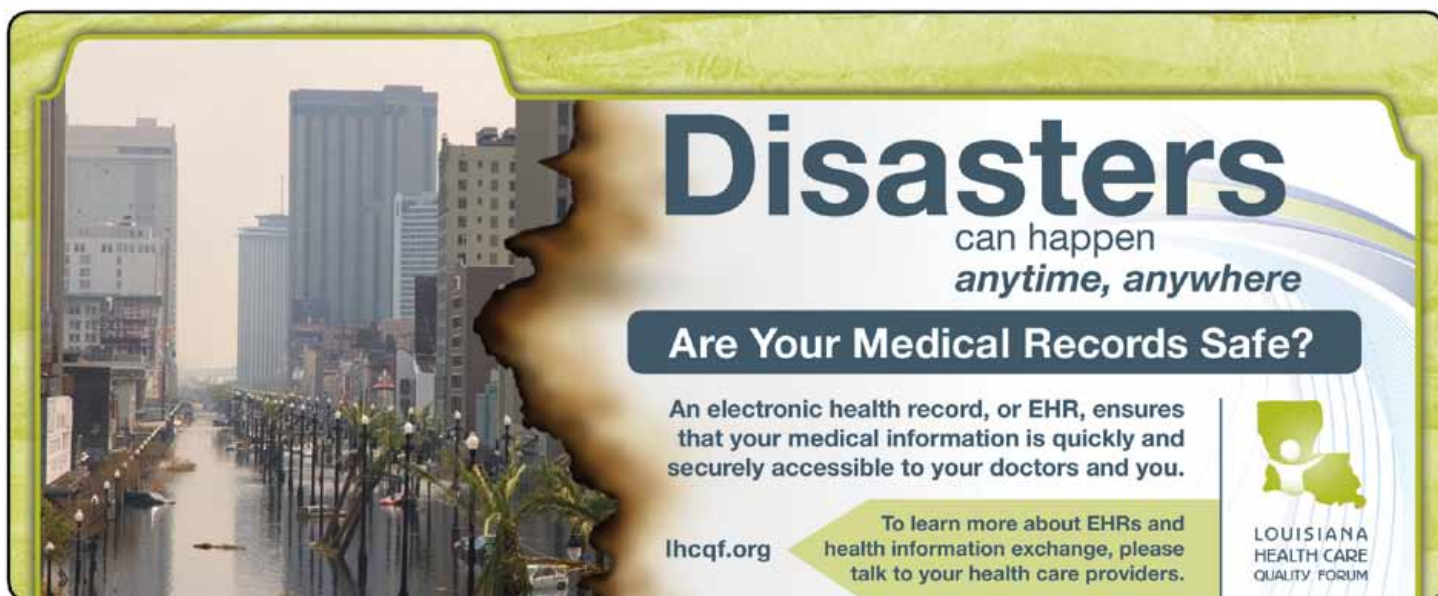
**Boswellia:** A strong anti-inflammatory compound that works as effectively as NSAIDs. Sometimes called "Indian Frankincense" this herb can be combined with any of the three supplements I mentioned above.

**MSM:** Methylsulfonylmethane: MSM supports healthy connective tissues like tendons and ligaments. It's used for arthritis too. This one is a must for prevention.

**White willow (salix alba):** This is also known to increase fertility; willow bark may ease aches and pains. Aspirin comes from white willow, and you can trust the herb to reduce pain and inflammation, however it is a mild blood thinner.

**Ginger:** Great for inflammation and pain, especially around the joints. You can buy fresh root at any grocery store and grate into your meals, or make tea. Ginger increases blood circulation (be careful with other blood thinners).

**Ruta (ruta graveolens):** This homeopathic remedy is used for tendon pain, especially in the Achilles, feet, hips,



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wrists, and areas near other joints. Boiron makes this in pellet form.

**Arnica (arnica montana):** Also a homeopathic, arnica has been used for centuries to treat general pain. It can be taken orally or applied topically. The topical cream Traumeel by Heel contains arnica and several other healing compounds targeted specifically to reduce pain and inflammation from strains and sprains. I'm never without Traumeel!

Tendonitis can sometimes be the result of arthritis, gout, Reiter syndrome or Ankylosing spondylitis, Lyme disease or other conditions. It's harder to treat or may recur frequently so see your doctor for a correct diagnosis and to ask if these supplements are right for you.

*This information is not intended to treat, cure, or diagnose your condition. For more information please visit [www.DearPharmacist.com](http://www.DearPharmacist.com). ©2014 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.*





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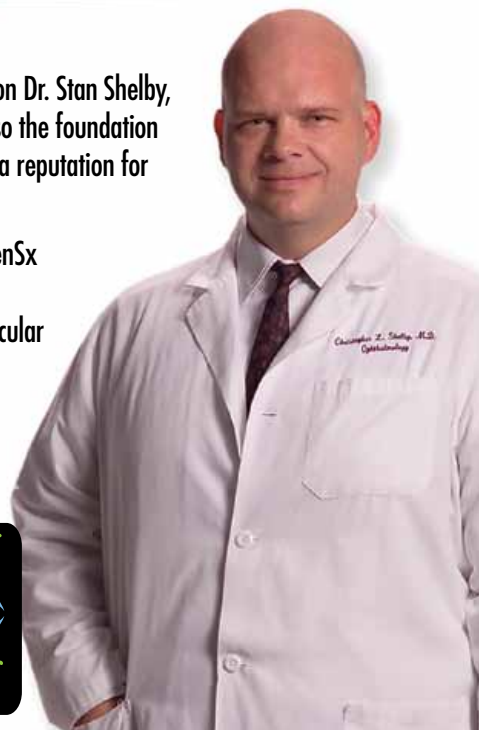
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## A Guide to Managing Someone Else's Finances

By Jason Alderman

Anyone who's ever been asked to step in and manage their parents' or someone else's personal finances can tell you that it's an awesome responsibility – and by "awesome," I don't mean "totally cool." It's more like "inspiring an overwhelming feeling of fear." (Thank you, Dictionary.com.)

In recognition that millions of Americans act as fiduciaries (i.e., manage money or property) for loved ones, often with no formal training or expertise, the Consumer Financial Protection Bureau (CFPB) has created four, easy-to-understand caregiver guides called "Managing Someone Else's Money" (at [www.consumerfinance.gov](http://www.consumerfinance.gov).)

CFPB Director Richard Cordray notes that there are 50 million older Americans – and millions of aging baby boomers are rapidly approaching retirement. Some 22 million people over 60 have already given someone power of attorney to make their financial decisions, and millions of others – including younger disabled adults – have court-appointed guardians or other fiduciaries. "In order to protect our seniors, we must educate the caregiver generation," he explains.

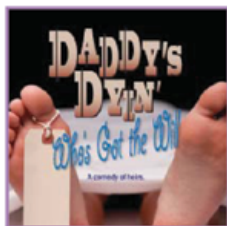
Sometimes that means learning more about the financial products and services available to seniors to help them make informed choices. But often, it's the caregivers themselves who must make critical



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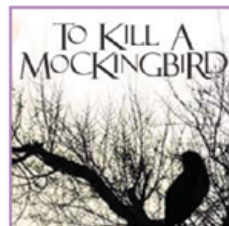
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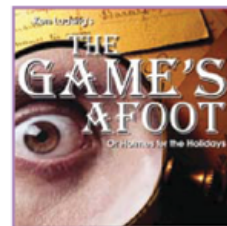
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decisions – whether they've got power of attorney for a parent with Alzheimer's or have been tapped to manage Social Security benefits for a disabled friend.

The CFPB guides are geared toward people in four different fiduciary capacities:

- Someone has granted you "power of attorney" to make money and property decisions on his or her behalf.
- "Court-appointed guardian," where a court appoints you guardian over a person's money and property when they can't manage it themselves.
- You're named as "trustee" under someone's revocable living trust and have decision-making powers over the trust's assets.
- "Government

**Bottom line:  
Fiduciaries must  
be trustworthy,  
honest and act  
in good faith.**

fiduciary," where you've been appointed by the government to manage someone's Social Security or Veterans Administration income benefits.

The CFPB cites four main responsibilities for fiduciaries:

- Act in the person's best interest. For example, a fiduciary shouldn't loan or give the person's money to themselves or others and should avoid other conflicts of interest. The guides provide examples of actions that may pose conflicts.
- Manage money and property carefully. This includes paying bills on time, protecting unspent funds, investing carefully, and maintaining a list of all monies, properties and debts.
- Keep your money and property separate. This means paying the person's expenses from his or her own funds, and avoiding joint accounts.
- Maintain good records: Keep detailed lists of money received or spent on the person's behalf, avoid paying in cash in order to have a record of purchases, and keep all receipts.

The guides walk caregivers through their fiduciary responsibilities and provide practical money-management ideas, such as what sorts of records you should keep, how to interact with banks and other professionals on their behalf, and suggestions for avoiding conflicts with family members and friends who disagree with your actions.

They also provide tips for spotting financial exploitation and avoiding scams. As Cordray notes, seniors "make attractive targets because they often have tangible household wealth – whether it is in retirement savings or home equity – but they may be isolated or lonely or otherwise susceptible to being influenced by a predator in disguise."

Bottom line: Fiduciaries must be trustworthy, honest and act in good faith. If you don't meet these standards you could be removed from the position, sued, forced to repay ill-spent money or possibly even jailed.

That's why it's important to make sure you're qualified before accepting the responsibility of watching over someone's finances.

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



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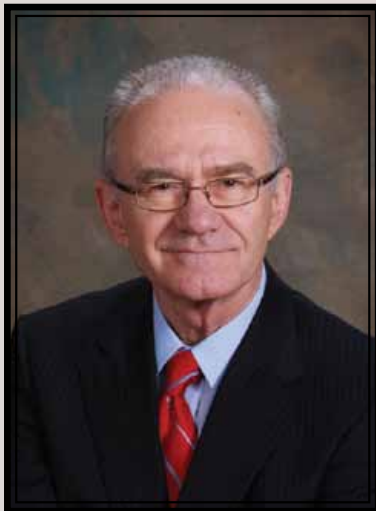
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RSVP to **318-222-2100**, ask for Joe's Group.

“ My initial meeting with Joe may very well be the best two hours I've ever spent trying to help my parents. Most concerns are centered around preventing governmental agencies from seizing or controlling assets. That is definitely a thought, but with us the proper care of our parents was at the forefront of our actions. Fortunately, this was also Joe's primary concern—he made it clear that financial concerns were subordinate to the care of our parents. The veteran's portion of the program revealed things I would have never known existed. ~Mike Green

As I left Joe and Kyle's office the other day, my words were, "Thank you for helping make today easier." Easier because of the plans you helped us and my sweet mama set in place. I've watched us as a family as we walked through the transition of life the years brought to her. You were there for us with advice and answers. Plans made helped her and us enjoy each other and gave her peace. Life is precious, each day a gift. Again, Thank You. ~Jeanie Burnham ”

# Big Love for Big Champagne

A champagne bottle is shown from a low angle, with the cork popping out and a large splash of golden liquid erupting from the neck. Two corks are shown floating in the air above the splash. The bottle is green and gold, and the liquid is a vibrant golden color.

By David White

**W**ine writers love explaining

why Champagne and other sparkling wines deserve a spot at the dinner table all year long.

Good sparklers are characterized by vibrant acidity and freshness, which help them cut through spicy meals, complement savory food, and elevate even the simplest of dishes. Plus, they're delicious every night of the week, regardless of whether there's anything to celebrate.

But we inevitably write about this topic in late December. After all, Champagne houses and retailers alike spend millions each year to convince us that New Year's Eve is best enjoyed with a glass of sparkling wine. And marketing matters.

The focus of these columns is just as predictable.

Writers who cater to the everyday consumer offer tips on how to find value, steering readers toward sparkling alternatives like Cremant de Bourgogne, Cava, and Prosecco. After all, Champagne isn't cheap.

Writers who cater to a more so-

phisticated audience laud "grower" Champagnes. Made by the farmers who grow the grapes, these wines have exploded in popularity over the past few years and offer a refreshing alternative to big brands like Moët & Chandon and Veuve Clicquot. Plus, just as food consumers feel better about purchasing fruit at the local farmers' market, wine consumers feel better about supporting grower-producers.

Consequently, few writers champion the brands you can easily find at wine shops across the country.

This is unfortunate. While Champagne's big brands aren't trendy right now, the top producers deliver consistent, high quality wines year after year. And their offerings have never been better.

Earlier this year, I hosted several friends for a blind tasting focused on these brands.

We focused entirely on non-vintage wines. Champagne is France's most northern wine region, so growing conditions can vary significantly and the grapes often struggle to ripen. Since Champagne houses strive to offer a consistent style every year, utilizing multiple vintages helps winemakers achieve uniformity.

Of course, if the growing season is strong, many producers will also produce a vintage bottling.

We also kept the tasting limited to blends. Most Champagne houses purchase grapes from growers across the region, utilizing varying amounts of Pinot Noir, Pinot Meunier, and Char-

donnay, again to achieve consistency. So for the blind tasting, we avoided Blanc de Noirs (comprised of Pinot Noir and/or Pinot Meunier) and Blanc de Blancs (comprised entirely of Chardonnay).

Finally, we limited ourselves to "Brut," the most popular style of sweetness.

We threw in one of my favorite grower-producers, Chartogne-Taillet, and also included Costco's Kirkland Signature Champagne.

The biggest surprise? Kirkland. With five first place votes, it won the tasting!

That Costco's Champagne did so well makes sense. The wine is produced by Manuel Janisson, a well-known producer with a long history in the region. Of course, the Kirkland label lacks charm; it's hard to see the bottle and not think of generic toilet paper or peanuts. And I've since learned that the wine lacks the consistency one would expect from Champagne, so be sure to try a bottle before stocking up.

Among more traditional labels, Moët & Chandon's "Imperial" almost always delivers. It's the best-selling non-vintage Champagne in the world, so oenophiles often poo-hoo this wine. But it's bright, ripe, and delightfully complex. And at \$40, it rarely disappoints.

Other favorites at around the same price include Pol Roger's "White Foil" and Perrier Jouët's "Grand Brut." For about \$15 more, Bollinger's "Special Cuvée" is worth trying. Rich, toasty, and firmly structured, it's always impressive.

Although Veuve Clicquot's "Yellow Label" has long been associated with luxury, the wine is typically uninspiring. Nicolas Feuillatte's Brut Reserve is similar. Both wines are tasty, but they offer little in the way of complexity; they're simply serviceable.

There's never been a better time to explore Champagne. And while there's nothing like popping a cork when the clock strikes midnight, make sure to save some for January and beyond.

*David White is the founder and editor of Terroirist.com, which was named "Best Overall Wine Blog" at the 2013 Wine Blog Awards. His columns are housed at Grape Collective. ("Terroir" is the influence a particular region has on the flavor of products such as wine, coffee and chocolate.)*

# Strange BUT TRUE

by Samantha Weaver

© It was noted American writer and essayist Flannery O'Connor who made the following sage observation: "Truth does not change according to our ability to stomach it."

© Even though the human brain makes up only 2 percent of the body's mass, it consumes 20 percent of the body's calories and oxygen.

© During World War I, the United States acquired its first "war dog." The pit bull was found wandering around Yale Field in New Haven, Conn., by soldiers in training. On particular soldier, Cpl. Robert Conroy, became close to the dog and refused to leave Stubby behind; when Conroy was shipped out, he hid the dog on board. Stubby served overseas for 18 months and saw action in 17 battles. On more than one occasion he sniffed out surprise attacks, saving his regiment. He was known for locating wounded soldiers on the field, and he even once caught a German spy. He was the most decorated dog of the Great War, and he was promoted to sergeant for his combat service -- the only dog to be so honored. After the war, Sgt. Stubby was hailed as a hero; he led parades and met three presidents. He even has his very own brick at the World War I Memorial. It reads, "Sergeant Stubby, Hero Dog of WWI, a Brave Stray."

© Those who study such things say that couples in a romantic relationship actually have heart rates that are in sync with each other.

© If you're like the average American, you drink 23 gallons of coffee every year, but only 9 gallons of tea.

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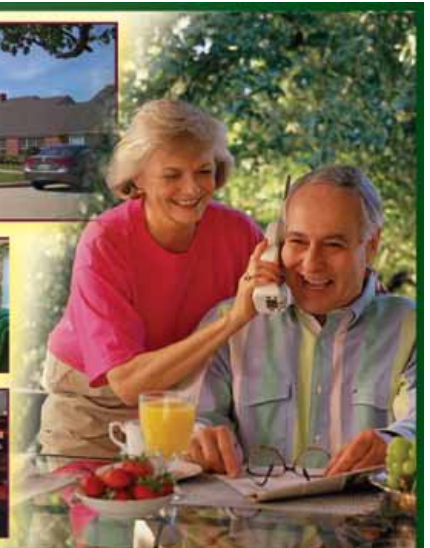
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A toucan with a large, colorful beak (red, yellow, green, and blue) is perched on a piece of weathered wood. The background is a sunset over a body of water with a sailboat in the distance and a dark landmass on the right.

# Panama

the Country, the Canal, and  
a 100th Anniversary

by Andrea Gross • photos by Irv Green

I'm standing on the deck of a 24-passenger catamaran, watching the sun rise over the Pacific. Yes, that's right. The sun is rising over the Pacific.

Here, in the Central American country of Panama, which is positioned between two continents and two oceans, I can see a bit of the Pacific that juts to the east, poking into a portion of the Atlantic. So when the sun rises in the east, it appears over Pacific waters.

I find this intriguing but at the same time unsettling. But then, many things in Panama force me to rearrange my mind.

The hot pink hibiscus, the bright beaked toucans, the swirling skirts of the dancers... Everywhere I look the country pulsates with the psychedelic colors that inspired Paul Gauguin, and I'm on sensory overload for the first part of my trip. Then, bingo, I board the MS Discovery for my cruise through the Panama Canal. The bright colors disappear as I enter a more ordered world, one that's muted, mechanical and often confined by the gray cement bricks of the locks. The right side of my brain wars with the left.

My husband and I are in Panama with Grand Circle Travel precisely because their tour offers country culture as well as Canal cruising. After all, there's no doubt that the famed waterway has made the country a place to be reckoned with.

One hundred years ago this year, on August 15, 1914, the SS Ancon made the first official Canal passage between the Atlantic and Pacific. By eliminating the long trip around Cape Horn, the ocean-to-ocean journey was shortened by more than 8,000 miles. It was a feat that transformed both global commerce and the country of Panama.

In 2015, after a \$5.2 billion expansion is completed, the Canal will be able to handle larger ships, thus further fueling the country's economy and increasing its importance.

We begin our tour in the capital of Panama, Panama City, which has morphed from a 15th century settlement

(now evident in the ruins of Panama La Viejo) to a 17th century Spanish colonial town (quickly becoming the go-to neighborhood for after-hours fun) to a 21st century metropolis that is both an international business center and a popular tourist destination. The city's history is fascinating, the atmosphere electric, but still, I'm glad when we head out to the rural areas.

In line with Grand Circle's philosophy that meeting local people is as important as seeing historic sites, we stop at an agricultural cooperative where farmers work together to bring their produce to market, a sugar cane farm where a husband and wife have a small candy-making business, a school where youngsters perform traditional dances and their mothers serve us a homemade lunch, and a private home where the owner teaches us to make one of his grandmother's favorite dishes. At each place our hosts talk freely, giving us insight into their daily lives.



In Panama, the sun rises over the Pacific. Yes, the Pacific. This is only one of the quirks that makes Panama so intriguing. Keel-billed toucans that live in the Panamanian rainforest often make forays into villages.

I emerge from these visits well fed and well informed. We learn about yet another Panamanian

lifestyle when we meet the Embera people, members of one of

Panama's seven indigenous tribes. I step out of our dugout canoe to find a village of thatched huts perched on stilts, an open-air schoolhouse, a soccer field, a meeting hall, a woman weaving baskets and an entire community of people in traditional attire.

The tribal spokesman explains that opening their village to outsiders allows the Emberas to earn a living while continuing to live according to the ways of their ancestors. It's a Margaret Mead experience, and I love every minute.

In between people visits, we take mini treks through the rainforest. Unlike the men who built the Canal, we're slathered with sunscreen, protected with insect repellent, and our only goals are to see a monkey, spot a toucan and track a capybara. We aren't charged with digging a path through a thick jungle where the temperature is often above 80° and the humidity above 90%. Of the 80,000 men who worked on the Canal, more than a third died of yellow fever or malaria.

A normal trip through the Canal takes ten hours, but Grand Circle has arranged for us to have a full daylight passage. Therefore, we enter on the Pacific, head northwest through two sets of locks that raise the Discovery 85 feet above sea level, cross the Continental Divide and spend the night on Gatun Lake. The next morning we go ashore to visit the Gatun Dam and take our final rainforest trek, which reminds us of the travails that went into building the Canal. Then we re-board our ship, go through the final set of locks and descend to sea level in another ocean.

I go to the upper deck and look to the west. Yes, the sun is setting over the Atlantic.

[www.gct.com/pma](http://www.gct.com/pma)



The Embera people live in a small village comprised of thatched huts perched on stilts. Women of the Embera indigenous community make baskets from the fibers of plants that grow near their village.

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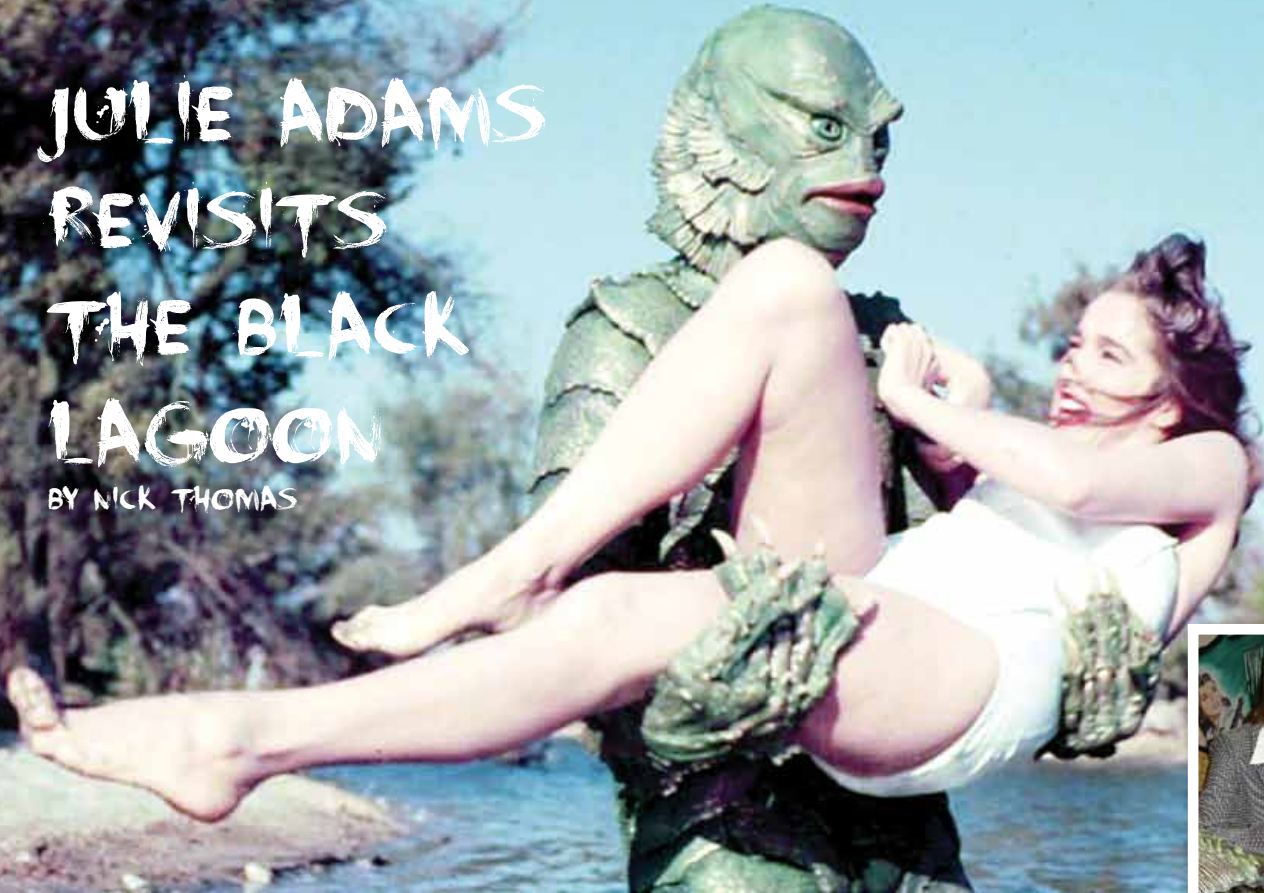
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# JULIE ADAMS REVISITS THE BLACK LAGOON

BY NICK THOMAS



How much mileage could a studio expect from a 1950s film starring a biologist with a fascination for a secluded fishpond? Quite a bit, when the scientist is beautiful Julie Adams wrapped in a skin-tight white latex bathing suit and the fish turns out to be an angry piscine amphibious humanoid – aka “Creature from the Black Lagoon.”

Premiering 60 years ago this month, the success of the now cult film continues to astound Julie who, at age 87, remains a popular guest at fan conventions and film festivals across the country. In March, she will be appearing at the Williamsburg Film Festival, WV (see <http://wff5.tripod.com>).

“It’s amazing the life this movie has,” said Ms. Adams, from her Los Angeles home, who portrayed scientist Kay Lawrence abducted by the infatuated Gill Man towards the end of the creature feature. “It’s a classic beauty and the beast story, with stunning underwater photography filmed at Wakulla Springs, Florida, because of its clear waters. The lagoon scenes were shot at the Universal Studios backlot where ‘Gilligan’s Island’ was filmed.”

Underwater, Julie was doubled by Ginger Stanley, while Ricou Browning donned the rubber creature suit for swimming scenes. On land, the creature was played by Ben Browning. “Ben began going to fan conventions in the 1990s and convinced me to attend my first one in 2003. It’s wonderful to meet so many people who still enjoy your work.”

Fans have also shared some interesting admissions with Julie. “Some told me they became zoologists or paleontologists because of the film. And I met a little girl who was named after my character!”

In 2011, the Arkansas-raised actress self-published her autobiography, “The Lucky Southern Star: Reflections from the Black

Lagoon,” coauthored with her son, Mitch Danton. The book contains some 200 photographs, many unpublished from her personal collection, with a chapter devoted to the Black Lagoon.

Of course, the Creature wasn’t the only biped Julie costarred with during her career. She received top billing with less scaly characters such as William Powell, Glenn Ford, Charlton Heston, Elvis Presley, Rock Hudson and many others (see [www.julieadams.biz](http://www.julieadams.biz)). “Rock and I were about the same age, so we became close friends and often played bridge.”

One of her favorite costars was Jimmy Stewart, with whom she appeared in “Bend of the River,” two years before the Black Lagoon. Two decades later, she reunited with Stewart in 1971 for the “Jimmy Stewart Show.”

“After I read for the part of Jimmy’s wife, he gave me a little nod as if to say ‘you’ve got the job’ – and I did. Jimmy was wonderfully informal but professional, so it wasn’t hard to pretend to be in love with such a lovely man and talented actor.”

However, critics and audiences were not so enamored with the show, which was cancelled after the first season.

“It was quite a charming show, but came out the same time as more edgy sitcoms like ‘All in the Family,’” said Julie, who still remembers it fondly. “My idea of heaven was going to work with Jimmy Stewart every day for six months!”

Unlike the little-remembered TV show, “The Creature from the Black Lagoon” continues to gain fans from new generations. “Some projects just take on a life of their own,” says Julie. “The Creature still walks among us.”

*Nick Thomas has written features and columns for more than 400 magazines and newspapers. He can be reached at his blog: <http://getnickt.blogspot.com>. Photos provided by Mitch Danton.*

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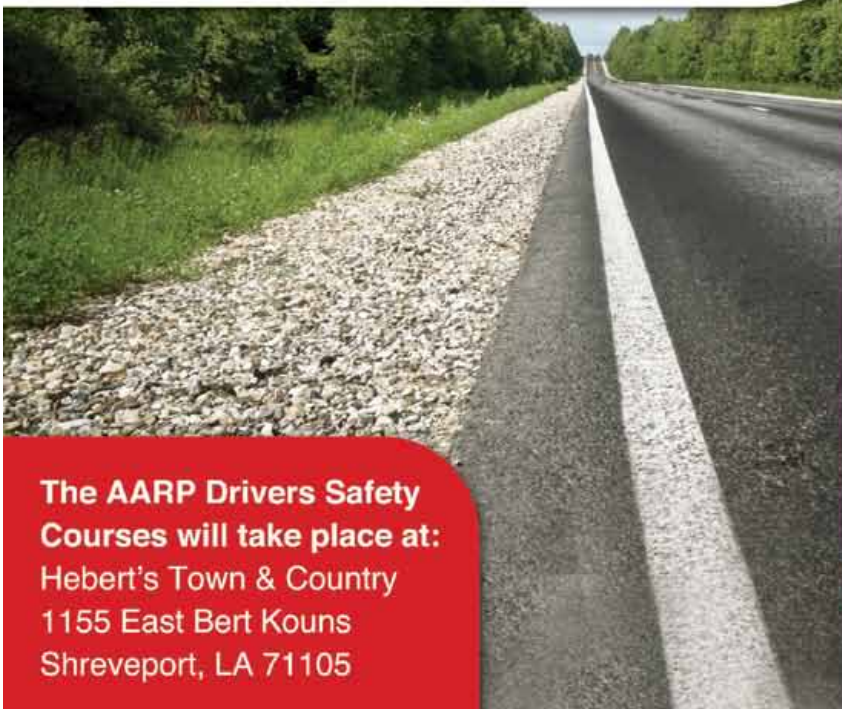
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# The Best Books of 2013

by Terri Schlichenmeyer

**R**eading. Pfft. Who has time? Who can take hours and hours to actually read a book, especially if it's not all that good? Why waste that kind of time?

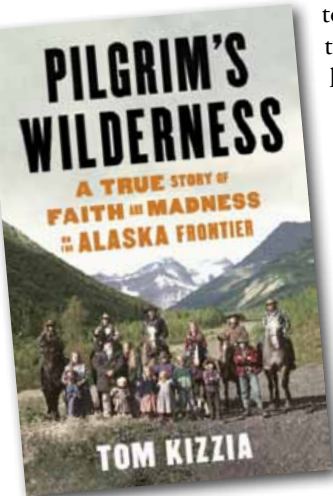
You wonder that often, which is where I come in. It's my job to find the good stuff for you and, for this calendar year, these are the books I loved best that you shouldn't miss...

## NON-FICTION

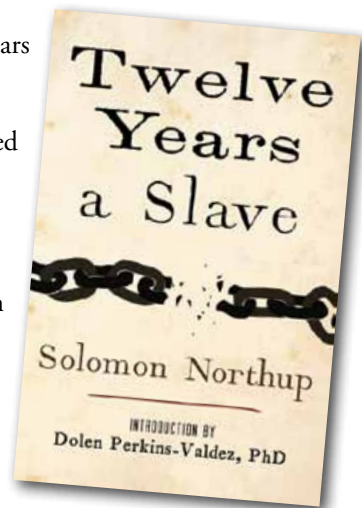
At the top of my list, "Pilgrim's Wilderness" by Tom Kizzia starts out with a semi-confusing (but heart-poundingly brilliant) escape by two young women. You're not sure who they're running from, or why – but you find out soon enough that their father has sent them scurrying. You'll also find out how one man set an Alaska community on edge and what happened to him and his very

large family. The ending of this book comes all too soon and it's truly every bit as stellar as its beginning; I read it more than six months ago, and I'm still in awe...

Like many people, I kind of went on a JFK assassination streak of reading this year. There were certainly a lot of books out on the subject, but "Dallas 1963" by Bill Minutaglio and Steven L. Davis was my favorite. But that's not why this book is on this list. It's here because it answers the question, "Why Dallas?" and in answering, it gives readers a good sense of the time and the country's attitudes. We're transported back 50 years in the telling of this story - politically, socially, morally, and beyond. It's one of those books you could read, and then turn around and read again.



It's easy to think that "Twelve Years a Slave" by Solomon Northup is a novel. It's easy to forget that you're reading words from a man who lived some 150 years ago, that he really was sold into slavery, didn't see his family for more than a decade, endured life as a wrongly-held man. It's easy to think it's all fiction - until Northup's words not-so-gently remind you that this book is truth. That shook me up many times, and whether or not you've seen the movie, this is a don't-miss book.




Adding "The Rebellion of Miss Lucy Ann Lobdell" by William Klaber to this list is kind of cheating. That's because this book is fictional, but is based closely on the true story of a woman who lived as a man in the 1850s. That was scandalous, to be sure – but what was even more scandalous to the pioneers that knew her was that she was able to survive a splashy court case and later, successfully married another woman. Written as a series of diary entries, this book includes action, adventure, jaw-dropping events, history that'll blow your mind, and I loved it.

For some reason, I found "One Summer: America 1927" by Bill Bryson to be this year's most relaxing read. Maybe it's because Bryson meanders through a mere five months of one year in history. Maybe it's because there's no rush in this book; it just moves gently from one topic to another to another, telling this story and that one, page after page and before you know it, this brick of a book (528 pages) is over.

Like any great summer, it's over too soon.

## FICTION

I loved the premise of "Astray" by Emma Donoghue: take an object from the past, a picture, or an article of clothing and imagine what life was like for the owner of that object. This book is a series of short stories with that in mind, all of them evoking a quiet corner of existence on the periphery of the world. Some




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of the stories are shocking. Some are warm. Others will make you think, but you'll like them all.

You will probably never see "Bait" by J. Kent Messum on any other list, and that's too bad. This story of a group of drug addicted castaways on a sandy island will keep you turning the pages to the end, absolutely needing to find out what happens to them and why they wake up, craving heroin, on a saltwater beach. I don't dare tell you any more. Just go read the book.

If the first chapter of "Goat Mountain" by David Vann doesn't pull you in and make you want to keep reading, then you may need your pulse taken. Told from the point of view of an adult who's obviously painfully grown-up, it's the story of an 11-year-old boy and his first real hunting trip with the elders in his life. Suffice it to say that things don't go so well. This perhaps this season's most unsettling psychological thriller, and a definite Don't-Even-THINK-About-Missing books.

"The Ocean at the End of the Lane" by Neil Gaiman is one of those dark, dark fairy tales of which Gaiman is so famous. It's a novel of a man who somehow gets lost on his way home from a funeral, and he ends up on a side road near where he grew up. He starts to remember the little neighbor girl who promised to keep him safe forever.

But, of course, she couldn't.

This is a misty kind of novel with just the right amount of creepiness. I can't imagine not reading it.

TIE: "Orphan Train" by Christina Baker Kline and "The Storyteller" by Jodi Picoult. I couldn't decide between them, so you get to learn about both.

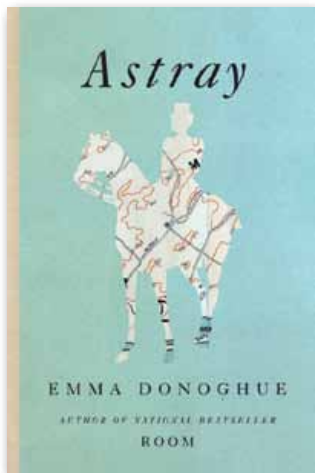
"Orphan Train" is based on real events in American history, in which New York City orphans were shipped across the U.S. and Canada in search for new families. In this case, the tale is about an elderly woman who has a secret, and the juvenile delinquent girl who learns what it is.

In "The Storyteller," a loner befriends an elderly man who tells her about his past – and it's horrifying... but not nearly as horrifying as what he asks her to do.

These are two novels that will pull you in quick and keep you on your seat. They're books you'll want to share with everybody you know.

There you have it: a bunch of books to fill your bag and your days for awhile. Look for them, or ask your favorite bookseller or librarian for more great ideas.

*Terri Schlichenmeyer has been a professional book reviewer for over a decade.*



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# Rejected Movie Plots

by Nick Thomas

I've been pestering the Hollywood moguls with original movie scripts for years, but all my ideas have been unceremoniously rejected. For instance, I had a really good outline for a sequel to Hitchcock's avian thriller, "The Birds." But Universal Pictures didn't like my title: "12 Angry Wren."

For a while, I was hopeful that Orion Pictures would embrace my comedy about an aspiring hairdresser who practices on her sleeping siblings. But eventually they declined the rights to "Hannah and her Scissors."

Here's a list of my other dazzling film outlines and their proposed titles, all of which were, for some reason, rejected:

★ This comedy was about a New England veterinarian who leaves his practice to start a business manufacturing sweet treats for pampered pooches. Film title: "Yankee Poodle Candy."

★ Returning from World War II, a group of husbands learn that their wives have formed a neighborhood ale tasting club and published a book recommending their favorite brands. Film title: "The Best Beers of our Wives."

★ This drama featured an eccentric high school English teacher with an aversion to using small grammatical phrases in the classroom. Film title: "Rebel without a Clause."

★ Crime suspense following the adventures of two New York detectives named "Hacksaw" Doyle and Buddy "The Hammer" Russo who uncover the largest hand tool-smuggling syndicate in the world. Film title: "The Wrench Connection."

★ Musical comedy about a popular entertainer who falls through a manhole cover, then sings and dances his way to safety

out of the city sewer system. Film title: "Singin' in the Drain."

★ In this comedy, a teenager goes crazy after accidentally getting locked in the house when his parents leave on vacation. Film Title: "Home a Loon."

★ The hero of this time loop saga, Phil, awakens each morning only to discover that every day the mailman leaves him the same package which is always filled with a common Asian grain food staple. Film Title: "The Postman Always Brings Rice."

★ This drama would have been set in a Japanese retirement home, where the occupants pool their money and hire a private detective to investigate corrupt management. Film title: "All the Resident's Yen."

★ Drama following the personal growth of a young man who suddenly discovers he has become a father. Film title: "From Here to Paternity."

★ Docudrama of a hip 1930s musician who becomes a standup comedian. Film title: "The Jazz Zinger."

★ In this introspective story, a group of environmentalists must reassess their organization after discovering their group left behind mountains of trash during a public demonstration to promote conservation awareness. Film title: "How Green was my Rally."

★ A documentary film suggesting that a popular FOX News host really was fired from his show. Film title: "The Empire Strikes Beck."

★ In this tense psychological thriller, a gardener who talks to his root vegetables becomes psychopathic when they fail to



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respond. Film title: "Silence of the Yams."

☆ In this Sci-Fi fantasy, an infectious skin disease spreads through a city causing its demented victims to wander the streets at night, driven crazy by the itchy lesions. Film title: "Invasion of the Body Scratchers."

☆ In this Hitchcock-like suspense drama, a woman disappears after a mysterious woodworker hires her to put the finishing touches to his projects. Film title: "The Lady Varnishes."

☆ A military inventor develops a personal armor device to prevent injuries to male soldiers. Film Title: "Saving Ryan's Privates"

☆ This feature would have followed a group of ultra-thin reality show contestants attempting to gain weight. Film title: "They were Expandable."

☆ After losing his cell phone signal in a strange town, a social media journalist struggles for survival. Film title: "Lost Verizon."

☆ Murder mystery about a young couple who plan to do away with the girl's disapproving mother by poisoning her iced tea with an overdose of artificial sweetener. Film title: "Splenda in the Glass."

☆ A tradesperson, who must travel many miles each day for work, has difficulty maintaining a relationship. Film title: "Loneliness of the Long Distance Plumber."

☆ In this historical biopic, it's revealed that the shortage of exotic fruit was the real cause of the French Revolution. Film title: "Last Mango in Paris."

*Nick Thomas has written features and columns for more than 400 magazines and newspapers. He can be reached at his blog: <http://getnickt.blogspot.com>*

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# Recent DVD Releases



Mark GLASS



## Escape Plan \*\*1/2

(R) Those who have been waiting for Sylvester Stallone and Arnold Schwarzenegger to co-star in an action flick have finally gotten their wish. For some, this will serve as a fine piece of nostalgia,

with the guys in their mid-sixties pairing up to escape from a super-secure high-tech floating prison, designed for evildoers as a successor to our extreme rendition programs. Stallone stars as a specialized consultant, making a fine living by escaping from maximum-security prisons to test their weak spots. This time, he's double-crossed when the job he thinks he's doing turns out to be a plan for early, forced retirement. Arnold plays an inmate with ties to a master criminal who is either a terrorist or a Robin Hood. The warden's (Jim Caviezel, ranging far afield from Jesus and other good-guy roles) main goal is to break Arnold to learn where his boss might be hiding.

The sets are top-notch, with the main action housed in a sci-fi vision for permanent incarceration. The dialog is not only reasonable, but laced with macho humor, including a nod to the huge disconnect between the Mensa intellect of Sly's character, and everything about the way he looks and sounds. Both actors do the tough-guy thing with conviction, geared down for their

ages, but still with surprising vigor.

That leads to those of us who might find this depressing. Your reviewer's age is within a year of both stars. While I never even thought about how poorly I would have fared against either by any physical criteria in our youth, I'm stuck with realizing how the gap has widened considerably. Decades of bad movies for one, and worse politics for the other have aged them less than my relatively benign lifestyle. Sigh. How I yearn for my old metabolism.

## About Time \*\*\*

(R) This English import is a sweet little romantic dramedy that should charm most mellow and/or mature viewers. A shy young man (Domhnall Gleeson) learns from his father (Bill Nighy) that men in their bloodline have a limited time-travel ability. They can only go back, and within their own lifetime. It's a closely-guarded secret, even withheld from their wives and daughters. That gives the nerd a leg up on landing the girl of his dreams (Rachel McAdams), and navigating many other aspects of life. In movie terms, it's akin to "Groundhog Day", offering infinite chances for "do-overs" (Mulligans, for the golfers among you), but understated with a heavy dose of British reserve. The sentimental aspect of a shared father-son secret adds a bonus layer.

The screenplay meanders in places, with the last half-hour of this two-hour tale seeming excessive, and periodically bordering on maudlin. There are actually some useful life perspectives for those of us who can only live each moment once, but those points could have been made more effectively in less time. But of all the cinematic sins we find, that's but a minor annoyance in this gentle, pleasant bit of whimsy. Nice films like this - intimate relationships displayed without trying to milk the warm fuzzies - are often lost in the hype for all the high-profile and other big-budget action fare. This one offers a welcome change of pace and tone from most of the options at your local multiplex.



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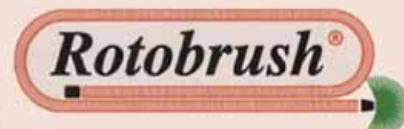
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## Gravity \*\*\*\*

(PG-13) There have been plenty of movies that were close to being one-actor tours de force with their star stranded in Spartan or hostile environs - Spencer Tracy in "Old Man and the Sea"; Tom Hanks in "Cast Away"; Sigourney Weaver in "Alien"; the upcoming Robert Redford nautical solo, "All is Lost", to name a few. This one gives us Sandra Bullock as an astronaut who is more schooled in science than flight, finding herself alone in orbit after her vehicle and communication with NASA are wiped out by space debris. With some help from the only other surviving member of her crew (George Clooney), she has to control her panic, remember her training and figure out a way back to Earth. Her performance and the film are first-rate, with terrific special effects complementing a suspenseful screenplay, directed and co-written by Alfonso Cuarón. Awards season beckons, as it did for several of these films.

Though Bullock was supposedly far from being the first choice for the part, she nails it. Not only does she effectively cover the full range of thoughts and emotions one might expect for her character in that extreme position of peril, but she looks like someone who attained her peak physical condition for the rigors of space travel.

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

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Each of these delicious recipes contains less than 300 calories per serving and provides complex carbohydrates, fiber and protein with nutrition-packed ingredients. For more recipes, visit [www.canolainfo.org](http://www.canolainfo.org).



## Powerhouse Green Smoothie

*Yield: 1 serving*

3/4 cup seedless green grapes

1/2 cup ripe banana slices

1/4 cup chopped kale

2/3 cup non-fat plain Greek yogurt

1 1/2 teaspoons canola oil

1/2 cup ice cubes

In blender, combine all ingredients. Blend for about 30 seconds to 1 minute or until desired smoothness is achieved.



## Skillet Quinoa with Black Beans, Cilantro and Feta

*Yield: 6 servings; Serving size: 1 cup*

1 tablespoon canola oil

1 cup onions, diced

2 cups red bell pepper, diced

1 1/2 cups water

3/4 cup quinoa, uncooked

1 can (15 ounces) reduced sodium black beans, rinsed and drained

1/4 cup chopped walnuts

2 teaspoons chili powder

1/3 cup crumbled, reduced-fat feta cheese\*

1/4 cup fresh cilantro, chopped

1 medium garlic clove, minced

1/2 teaspoon salt

In large, non-stick skillet, heat canola oil over medium-high heat. Add onion and pepper. Sauté 5 minutes or until onions begin to brown on edges, stirring occasionally. Add water and quinoa. Bring to boil over medium-high heat, reduce heat, cover and cook on medium-low for 12 minutes or until water is absorbed.

Remove from heat, stir in beans, walnuts, chili powder, feta, cilantro, garlic and salt. Cover and let stand 2 minutes to heat through and absorb flavors.

**\*Vegetarian option:** Replace feta with vegan cheese or tofu.

## Know the Score

- **Make friends with fat:** Fat is an important energy source for athletes, but it's important to choose healthy fats. Canola oil, for example, provides a valuable source of unsaturated fats, including monounsaturated and omega-3 fats.
- **Pump up protein:** Maximize muscle growth with a snack that contains carbohydrates plus 10 to 20 grams of protein consumed within 15 to 30 minutes after a workout, when muscle is most receptive to growing.
- **Don't ignore complex carbs:** Athletes need healthy carbohydrates, the preferred source of energy for active muscles. Whole grains, beans, vegetables and fruit are good sources.
- **Feed the furnace:** Running on empty? Your body needs consistent fuel to function. A small pre-workout snack may improve your workout performance. Liquid foods such as smoothies digest more quickly than solids, which makes them ideal pre- or post-workout for energy, hydration and restoring nutrients.

# Chunky Chicken, Vegetable and Rosemary Stew

*Yield: 6 servings; Serving size: 1 cup*

- 2 tablespoons canola oil, divided
- 12 ounces boneless chicken breasts, cut into 1-inch pieces
- 1 medium onion, cut in 8 wedges
- 3 medium carrots, quartered lengthwise and cut into thirds
- 1 medium celery stalk, cut into 1-inch pieces
- 2 cups water
- 2 dried bay leaves
- ¼ teaspoon crushed red pepper flakes
- 1 can (15 ounces) reduced-sodium navy beans, rinsed and drained
- 1 cup grape tomatoes, quartered
- ½ cup chopped fresh Italian parsley
- 1 tablespoon chopped fresh rosemary
- ¾ teaspoon salt

In Dutch oven, heat 1 tablespoon canola oil over medium-high heat. Add chicken and cook about 3 minutes per side or until it begins to brown (center will still be slightly pink). Remove from oven and set aside.

Add remaining canola oil, onion, carrot and celery. Sauté, stirring frequently, for 5 minutes or until vegetables just begin to lightly brown on edges. Add water, bay leaves and pepper flakes. Bring to boil over high heat. Reduce heat to medium low and simmer covered for 20 minutes or until vegetables are tender.

Stir in chicken, beans, tomatoes, Italian parsley, rosemary and salt. Cover and cook 5 minutes or until tomatoes are tender and chicken is cooked. Serve immediately or let stew stand 30 minutes to develop flavors and texture.



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**CONCERT**

**Shreveport Symphony** - "Mozart Requiem" at 7:30 p.m. on March 8 at Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. Mozart's dramatic choral masterpiece is presented by an all-star cast of soloists and the combined choirs of Centenary and NSU. **FREE** 'Inside the Music' pre-concert talk starts at 6:30 p.m. Tickets start at \$19. 318-227-TUNE (8863) or www.shreveportsymphony.com.

**DRIVER SAFETY**

**AARP Driver Safety Program** - A four (4) hour classroom refresher course for drivers age 50+ which may qualify participants for a three year automobile insurance premium reduction or discount (Check with your insurance agent.) Seating is limited. Participants must **preregister**. \$15 for AARP members (AARP card required at registration); \$20 for non-AARP members. Correct change or checks payable to AARP accepted.

- February 8: 8:30 a.m. – 12:30 p.m. Hebert's Town and Country, 1155 E. Bert Kouns Ind. Loop, Shreveport. Hosts:



Hebert's and *The Best of Times*. Door prizes and light refreshments. Contact: 318-221-9000; Instructor: Wayne Ebarb

- February 18: 8:30 a.m. – 12:30 p.m. First United Methodist Church, 2018 Front Street, Coushatta, LA. Contact: Charlotte Browning 318-932-3173; Instructor: Janet Labruyere

- February 19: 12:00 Noon - 4:00 p.m. Bossier Council on Aging, 706 Bearkat Drive, Bossier City. Contact: Kathy Thomas 318-741-8302; Instructor: Martha Hogan

- February 25: 12:00 Noon – 4:00 p.m. (Open to those with access to Barksdale Air Force Base). Barksdale AFB

Fox Run Golf Course Clubhouse Meeting Room. Host: Retiree Activities Office Phone 318-456-4480; Instructor: Dave Jampole.

**KREWE ACTIVITIES**

**Krewe of Aesclepius Children's Parade** - Tuesday March 4 at 7:00 p.m. beginning at the south end of Pierre Bossier Mall.

**Krewe of Barkus and Meow** - Mardi Paw Parade - February 23 at 3:00 p.m. at Barnwell Garden & Art Center, 601 Clyde Fant Parkway, Shreveport. Pet Parade. All animals are invited to participate. Animal costumes encouraged. Prizes are awarded. Pet registration is \$10-20. **FREE** for spectators.

**Krewe of Centaur Mardi Gras Parade XXIII "Fables, Folklore, and Fairy Tales"** - Feb. 22 beginning at 4:30 p.m. on Clyde Fant Parkway at Lake Street in downtown Shreveport and ending just before Preston. **FREE**.

**Krewe of Gemini Mardi Gras Parade XXV "Throw Me a Memory Mister"** - March 1 beginning at 4:30 p.m. on Clyde Fant Parkway at Lake Street in downtown Shreveport and ending just before Preston. **FREE**.

**Krewe of Highland Mardi Gras Parade XIX "Cirque du Highland"** - March 2 beginning at 2:00 p.m. throughout the historic Highland area.

**MEETINGS**

The GENCOM Genealogical Computer Society regular monthly meeting - Sunday, February 23 from 2:00 p.m. to 4:00 p.m. at the Broadmoor Branch of the

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**MOVIES**

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**Senior Center Fun** - Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Every Thursday and Friday. Coffee and cookies at 9:30 a.m. Program/speaker every Thursday at 10 a.m. Fridays Tech Talk at 10 a.m., 1on1 Tech at 11 a.m. Admission is **FREE**. Programs are:

Thursday February 6 - "Therapy Dog" by Theresa Dumas

Friday February 7 - Senior Tech Talk. Introduction to Internet, browser, on line security/safety and other tech tips.

Thursday February 13 - "Balance Matters" by Dr. Paula Click Fenter. Must call to register 318 813 2943'

Friday February 14 - Tech Talk for Seniors. Social Media Basics including: Facebook, twitter and more

Thursday February 20 - "The Dirty Truth About Handwashing" by Fatemah Mirfakraee

Friday February 21 - Senior Tech Talk. Introduction to Laptops, tablets and smart phones and other tech tips

Thursday February 27 - "Balance Matters" by Dr. Paula Click Fenter". Must call to register 318 813 2943

Friday February 28 - Tech Talk for Seniors. Social Media Basics including: Facebook, Twitter & more.

**PERFORMANCES**

**Brass Transit "The Musical Legacy of Chicago"** - Friday February 14 at 8 p.m. at the Strand Theatre, 619 Louisiana Ave., Shreveport. Ticket prices: \$39.50; \$32.50; \$20.50. For tickets call 318-226-8555 or email [strand@thestrandtheatre.com](mailto:strand@thestrandtheatre.com). The band's show includes all the hits from Chicago's golden age.

**SEMINAR/WORKSHOP**

**Family, Class, or Military Reunion Planning Workshop** - Presented by Shreveport-Bossier Convention and Tourist Bureau. 10 a.m.-1 p.m., Saturday, Feb. 8 at Villaggio Lakehouse and Event Center, 6350 Venecia Drive in Bossier City. Attendees will learn how to plan a

reunion itinerary, how to select a host hotel, tips for scouting event sites and more. Admission is **FREE** to anyone planning a reunion in Caddo or Bossier parishes, but seating is limited to two guests per reunion. A complimentary continental breakfast and lunch will be served, and door prizes will be given away. Reservations are required. For more information, contact Kevin Flowers, reunion service specialist, at [kflowers@sbctb.org](mailto:kflowers@sbctb.org) or (318) 429-0625. Seating is limited to approximately 50 reunion planners.

**Seminar for Parkinson's and ET Patients** - Focusing on learning to live well with Parkinson's Disease (PD) and Essential Tremor (ET) and introducing locally available Deep Brain Stimulation (DBS) Therapy, an FDA-approved treatment for advanced PD and ET. Saturday, February 8 from 10 a.m. to 2:30 p.m. in the BRI atrium on the LSU Health Shreveport campus. To reserve a seat, call 888-635-8881 or email [ShreveportEvent@gmail.com](mailto:ShreveportEvent@gmail.com). You can also register at 9:30 am on the day of the event. Lunch will be served. **FREE**.



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# King Crossword

Puzzle answers  
on page 44



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## ACROSS

- 1 Persian bigwig
- 5 Corn core
- 8 Donahue or Collins
- 12 Little, in La Scala
- 13 Regret
- 14 Logical
- 15 Deserve
- 16 Table scrap
- 17 Differently
- 18 Guiding principles
- 20 Grown-ups
- 22 "Help!"
- 23 Tokyo's old name
- 24 Crazy
- 27 Roared
- 32 Id counterpart
- 33 Acapulco gold
- 34 Geological period
- 35 Delighted (in)
- 38 Nervous
- 39 Writer Deighton
- 40 Fellow
- 42 Catchphrase
- 45 Expectorant drug
- 49 "The Music Man" locale
- 50 Personal
- 52 Gospel writer
- 53 Help a hood

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19			20	21				
			22					23				
24	25	26			27	28	29				30	31
32					33					34		
35			36	37					38			
		39				40	41					
42	43				44		45			46	47	48
49					50	51			52			
53					54				55			
56					57				58			

- 54 Periodical, for short
- 55 Eye part
- 56 Fashion
- 57 Type measures
- 58 Fender bender
- 7 Next after alpha
- 8 Fake
- 9 Consecrated
- 10 "Meet Me — Louis"
- 11 Dregs
- 19 Accomplish
- 21 First st.
- 24 Morning moisture
- 25 Khan title
- 26 Ensued
- 28 Preceding
- 29 Inn offerings
- 30 Work unit
- 31 Rotation duration
- 36 Official emissary
- 37 — budget
- 38 There may be a shadow on it
- 41 Movie with a balloon-borne house
- 42 "The King and I" locale
- 43 Timber wolf
- 44 Iditarod terminus
- 46 Remedy
- 47 Similar
- 48 "— la vie"
- 51 Hardly ruddy

## DOWN

- 1 Detail, for short
- 2 Frost
- 3 Farm fraction
- 4 Sincere
- 5 Medieval weapon
- 6 "— Town"

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# Sudoku

by Linda Thistle

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

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 ● HANDS ON

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

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

Bar soap	Grip	Handlebar	Steering wheel
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Gear knob	Handhold	Rungs	

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# ANSWERS FROM THE EXPERTS

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

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



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

## When is hospice care appropriate?

Hospice care is appropriate when a patient has a terminal illness with a life-expectancy of six months or less. Someone with this type of illness may be ready for hospice if they have decided to no longer seek curative or aggressive treatment for their disease, decline any further testing or hospitalizations and wish for comfort measures only. The sooner a patient can access hospice services, the more they will benefit from the care received. Hospice is designed to care for patients with many life-limiting illnesses and conditions such as Cancer, Dementia, Heart Disease, HIV/AIDS, Liver Disease, Pulmonary Disease, Neurologic Disease, Renal Failure, Stroke or Coma.



**Don Harper**  
CHRISTUS HomeCare  
& Hospice  
1700 Buckner Sq., #200  
Shreveport, LA 71101  
318-681-7200  
See our ad on page 29.

## I have a rotator cuff tear. Do I need surgery?

It depends. Rotator cuff tears are a common source of shoulder pain, which increases in incidence with advancing age. A person can have a rotator cuff tear without experiencing pain. (The incidence varies from a reported 5% to 40%.) 40% of tears will enlarge, and of these, 80% will be symptomatic. 20% of patients remain symptom free for a 5 year period. There is no evidence that delaying surgery to attempt a non-operative treatment protocol adversely affects results. If you have significant weakness and/or a large tear, surgery may be advisable sooner. MRI's are valuable tests to determine tear anatomy and degree.



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

## How long do the positive effects of CK last? Will I ever have to wear reading glasses again?

Conductive Keratoplasty, or CK, is a wonderful procedure to help reduce your dependence on reading glasses. The positive effects of CK will last a lifetime, but everyone becomes more presbyopic with advancing age. As time goes on, patients will find themselves needing to use reading glasses more often. The good news is, because CK has such a high safety profile, it can be enhanced years later. For more info on CK and its benefits, visit us online at [www.ShelbyEye.com](http://www.ShelbyEye.com) or call us at (318) 212-3937.



**Chris Shelby, MD**  
Pierremont Eye Institute  
7607 Youree Dr.  
Shreveport, LA 71105  
318-212-3937;  
[www.ShelbyEye.com](http://www.ShelbyEye.com)  
See our ad on page 27.

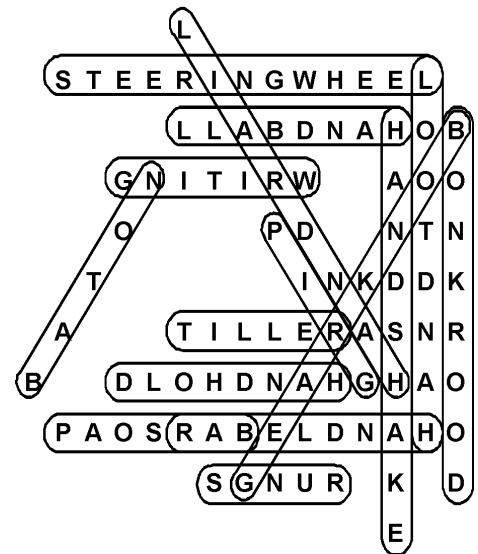
# King Crossword

## Answers

Solution time: 25 mins.

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

## HANDS ON



## SUDUKO

### Answer

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



## FEBRUARY PARTING SHOTS

Share your photos with us. Email to [editor.calligas@gmail.com](mailto:editor.calligas@gmail.com)

**The Northwest Louisiana Master Gardeners** recently announced this year's recipients of NWLAMG community grants. NWLAMG awards grants to organizations and municipalities that support beautification and horticultural education within the community.

Some of the recipients of the MG community grants are (l to r): W.T. Sinclair (Caddo Parish Magnet High), Dave and Tina Caporossi (St. James Episcopal Church), Kenneth Berg (Caddo Career and Technology Center), Terri Stovall (Caddo Career and Technology Center), Donna Lonadier (Caddo Career and Technology Center), Penny Kulp (Caddo Career and Technology Center), Bill Stewart (Shreveport-Bossier Rescue Mission), Bobbie Wills (Greater New Zion Church), Rev. Jim Brackman (Shreveport-Bossier Rescue Mission).



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## FEBRUARY PARTING SHOTS (continued)

**The Shreveport Mayor's Women Commission and PHP Outreach** kicked off the 2014 Heart Smart Awareness campaign encouraging everyone to wear red or red ribbons in February in support of Heart Awareness Month.



(Above: l to r) Leslie Quinn, Marie Vazquez Morgan, MeGail D. Parsons, Trina T. Chu, Candy Welch

**Dr. Alan Little** celebrated his birthday at Superior Steak House on Jan. 14.



**The Best of Times Publisher Gary Calligas** gave a presentation on "Recording Your Family History" to a group of residents and guests at The Oaks of Louisiana on Jan. 17.



Left: Jacob and Rosemary Watts Fisher



Dottie Epes (left) and Natalie Berthard



(l to r) Martha Pruet, Betty Spears, Emma Shepard, and Erna Oliver

<p><b>Information and Referral</b></p> <p>▲</p> <p><b>Advocacy</b></p> <p>▲</p> <p><b>Peer Support</b></p> <p>▲</p> <p><b>Skills Training</b></p> <p>▲</p> <p><b>Consumer Center</b></p> <p>▲</p> <p><b>Transportation</b></p> <p>▲</p> <p><b>Loan Closet – Durable Medical Equipment</b></p> <p>▲</p> <p><b>Telecommunications Access/Equipment</b></p>	 <p><b>NEW HORIZONS</b> INDEPENDENT LIVING CENTER</p> <p><i>Enabling people with disabilities to live independently</i></p> <p><b>Non-Profit Non-Residential</b></p> <p>There was a time when people thought "independent living" was limited to "accessible doorways" and "special parking..."</p> <p><b>but that day is OVER!</b></p> <p><b>318-671-8131    1-877-219-7327</b></p> <p>Website: <a href="http://www.nhilc.org">www.nhilc.org</a>    <a href="http://www.Facebook.com/NHILC">www.Facebook.com/NHILC</a> 8508 Line Avenue, Suite D, Shreveport, LA 71106</p>	<p><b>Hearing Aids</b></p> <p>▲</p> <p><b>American Sign Language Interpreting</b></p> <p>▲</p> <p><b>Employment Services</b></p> <p>▲</p> <p><b>Personal Attendant Services</b></p> <p>▲</p> <p><b>Community Education Center</b></p> <p>▲</p> <p><b>DSW Registry Training</b></p> <p>▲</p> <p><b>CPR/First Aid</b></p>
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**FEBRUARY PARTING SHOTS**  
(continued)

**The Krewe of Elders** held Grande Bal XVI on January 10 at the American Legion Post in Shreveport. The theme for the gala evening was "Let's Have a Ball".



(Above - l to r) Krewe of Elders Royalty Duke of Wisdom Doug McWaters, Duchess of Wisdom Beverly Jones, Co-Captain Bob Sykes, Queen Pat Stell, King Bill Stell, Captain Julia Collins, Duke of Longevity Rick Turner, Duchess of Longevity LaWanda Turner



(Left) Krewe of Elders Queen Pat Stell dancing with King Bill Stell



(l to r) Krewe of Artemis Queen Corinne Mays Bland, Krewe of Atlas Queen Dana Favrot, and Krewe of Harambee Queen Jacqueline Scott



(L-R) Amy Stetson, Luke Stetson, Connie Rivet, Doug Rivet



Krewe of Sobek Captain Michael Harris (left), King Melvin Nelson, Queen Cassandra Smith

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