

March 2016

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COLLEGE





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HELPING GRANDKIDS PAY FOR COLLEGE (PAGE 13)
Special thanks to our precious 4 year-old cover girl, Sarah, daughter of Mark and Jessica Rinaudo.

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You Spoke. We listened!

Last Fall we submitted copies of *The Best of Times* to nationally-recognized publishing guru Kevin Slimp for his critique. We met with him privately in October for his feedback. He stated that in addition to his review, he had taken our magazines with him to a focus group for their input. Overall, Kevin and the focus group loved and praised our efforts, but of course, there's always room for improvement. We've already followed some of his advice - larger font size (✓), more uniform headline font (✓), shorter features (✓), and more quick reads ("Our Favorite 5" will begin next month).

Additionally, Kevin suggested we submit the publication to a local focus group. We decided, rather than allow a small group decide our future, why not let all of our readers have a say in the direction the magazine is going? WOW! What a response!! Our sincere appreciation to the hundreds of readers who took the time to complete the survey. All respondents were eligible to win one of 5 prize packages. Congratulations to the winners: **Virginia Stickell** of Benton, **Lindy Alberts** of Shreveport, **Pam Hartman** of Shreveport, **Milton Jackson** of Shreveport, and **Rhoda Stevens** of Bossier.

Here's what we learned:

- 93% of you read the print version (so much for print media being dead!!)
 - 90% read all or most of each issue
 - 90% rank our columns as above average or higher
 - 91% rank the look/readability as above average or higher
 - 95% rank *TBoT* as above average or higher overall
 - The advice columnists, STAT! Medical News, and the recipes were among your favorites.
 - Your least favorite columns have already been replaced.
 - Readers had fabulous recommendations for future topics. Look for some of these in the coming months.
 - One topic was repeatedly suggested - history. They say "1 picture is worth 1,000 words", so in February we introduced *Shreveport Then & Now* (see page 10), a new monthly historic photographic look at the city.
 - A number of individuals encouraged us to have more contests. You asked for it, you got it! You're invited to an Easter Egg hunt - and you don't even have to leave your house. See the bottom of page 19 for details.
 - The most frequent complaint we received was that it can sometimes be difficult to find a copy of the magazine. If you know a business that would like to be a distribution site, please have them call us. If you would like the magazine delivered to your home, you can subscribe by mailing a check for \$20 (to cover postage and handling) to *TBoT*, PO Box 19510, Shreveport, LA 71149.
- The survey is over, but *The Best of Times* is YOUR magazine. We love hearing from you... the good, the bad, your ideas, you name it....throughout the year!



Tina

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MARCH 5 - Legendary Shreveport Locals

Guests: Dr. Gary D. Joiner and John Andrew Prime, area historians

MARCH 12 - 2016 NW Louisiana Senior Olympics

Guests: Ronnie Comstock and Lionel Brangham, Co-Chairs

MARCH 19 - Boomer Trivia

MARCH 26 - "Foster Grandparents and Jobs for Veterans Programs"

Guests: Ms. Nakeeta Demery and Ms. Neva Jones

APRIL 2 - Invest Wisely and Avoid Investment Scams

Guests: Eric Bustillo, Regional Director of the US Securities and Exchange Commission

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Do you have a question for one of our guests?

Email Gary.Calligas@gmail.com prior to the show.

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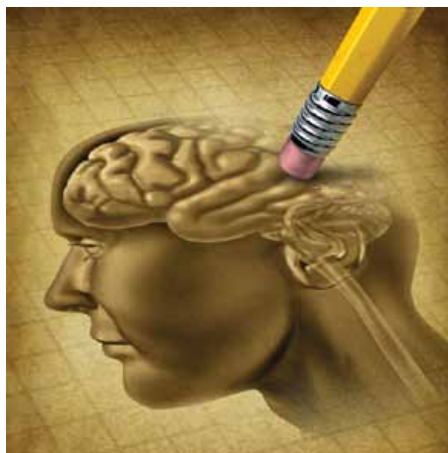
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Couch Potatoes May Have Smaller Brains Later in Life

Poor physical fitness in middle age may be linked to a smaller brain size 20 years later, according to a study published in the online issue of *Neurology*[®], the medical journal of the American Academy of Neurology. The researchers from Boston University School of Medicine in Boston found a direct correlation between poor fitness and brain volume decades later, which indicates accelerated brain aging.

Lower Stress with Meditation

Numerous studies show that meditation, a practice that focuses attention on the breath and mental activities, can be used to help people with cardiovascular disease reduce their stress and lower their blood pressure. Stress increases a person's heart rate and blood pressure, and experiencing stress over a long period of time can have negative effects on the body. There are various meditation methods that may appeal to different types of people. Meditation can involve sitting quietly for 10-30 minutes each day or a few days each week, and can also incorporate movement, such as in tai chi. While meditation is not a substitute for medications and other kinds of self-care, it can be incorporated alongside other lifestyle changes to promote heart health.



Smart Contact Lens Helps Predict Disease Progression in Glaucoma Patients

A contact lens with a built-in sensor could help determine which glaucoma patients have a higher risk of disease progression, according to a new study. Researchers from Columbia University Medical Center found certain patterns of electrical signals emitted from the "smart" contact lenses correlate with a faster rate of glaucoma progression. The findings are being published online in *Ophthalmology*, the journal of the American Academy of Ophthalmology.

Social Networks as Important as Exercise, Diet

The more social ties people have at an early age, the better their health is at the beginnings and ends of their lives, according to a new study by the University of North Carolina. The study is the first to definitively link social relationships with concrete measures of physical well-being such as abdominal obesity, inflammation, and high blood pressure, all of which can lead to long-term health problems, including heart disease, stroke and cancer. The study analyzed data from age groups ranging from teenagers to seniors, and found that people who had more social ties at a young age were healthier later in their life and that social ties are just as important for an individual's health as exercising and healthy eating. The study also found that for older adults, social isolation has a significant effect on the development of high blood pressure.



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VICKIE T. RECH
Client Care Coordinator

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

-Darlene Franks Pace & Carolyn Franks Browning

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

-Terri Miller and family



Shreveport Then & Now

Last month we introduced a new monthly feature - Shreveport Then & Now. The photographs, a blending of vintage and current photos of a particular location, are the result of twin brothers Mike and Mark Mangham's fascination with Shreveport history. Originally the photos were housed on Mark and Barry Walker's Facebook page "If You Grew Up in Southern Hills, Shreveport". If you have special memories to share about these photos, please email editor.calligas@gmail.com.



Top left: Yellow Cab Taxi Company at 220 Travis Street. ca1924 . The building is still there and is currently part of the Remington Suite Hotel.

Bottom left: Selber Building at 601 Milam Street. The first Selber Brothers store was opened in 1907 on Texas Avenue. This location opened in 1956. Selber Brothers closed in the mid 1980s, but the building is currently being restored to house Venyu Solutions, a new high-tech company.

Bottom right: Morris Dickson Building at 220 Travis Street. The Morris & Dickson Co. was founded in 1841. The building was constructed in 1907 as Shreveport's oldest pharmacy and was renovated into the Remington Suite Hotel in 1986. (Vintage photo photographer: Bill Grabill).



Photos blended and used with permission by Mike and Mark Mangham of Twin Blends Photography. Vintage photos courtesy LSU Archives and Special collections, Noel Memorial Library. Visit www.twinblendsphotography.com or Twin Blends facebook page at www.facebook.com/twinblendsphotography/.

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Snapshot SLEUTH

Do you recognize any of these people?

Each month, we will partner with the library at LSU Shreveport to identify individuals in photos from their collection. Here is what we know: These photos were taken at **Red River Chevrolet** on **November 11, 1963**. The group photo depicts the winner of a raffle being presented with his prize. The others are of employees. If you know any of the individuals in these photos or if you have any memory or comments about the images, email editor.calligas@gmail.com or Laura at laura.mcmore@lsus.edu.
These photos are from the Menasco Collection and are courtesy of Northwest Louisiana Archives at LSU Shreveport.



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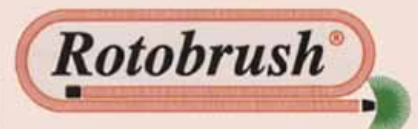
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"I love this computer! It is easy to read and to use! I get photo updates my children and grandchildren all the time."

– Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world

at your fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games– you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time

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Helping Grandkids **PAY** for **COLLEGE**

By Teresa Ambord

Starting young is the key, of course. Money that you set aside now to send your new grandbaby to college someday obviously has the best chance of growing into something substantial. Depending on how you do it, it can also minimize your taxable estate when you pass away.

You may already know that you and your spouse can each give \$14,000 per year to any number of recipients, without causing them any tax liability (and at the same time you are reducing your taxable estate). By the time your grandchild reaches college age, you've created a nice financial package.

You can also pay unlimited medical and tuition expense for him or her (or other family members) without incurring any gift tax issues for yourself, as long as you pay the amounts directly to the health care provider or the school. This is true even for preschool, and for a child of any age.

It's generally better to give the money for your grandchild's college needs to his or her parents, assuming you feel secure doing that. Why? Because students are expected to contribute 20% of their own assets toward college. Parents, however, are only expected to give 5.6% of their assets. So if need-based aid is a factor, the grandchild would qualify for more financial assistance if the parents have the funds you provide.

A 529 Plan

A 529 college savings plan allows you to sock money away now, and let it grow, tax-free (as long as the money is later used for higher education). Currently these plans are sponsored by 48 states and the District of Columbia. If the child is very young, you may think there's plenty of time to start such a fund.

But college costs are enormous today, and growing. For the 2014-2015, a public in-state college year cost over \$9,100, while a private, college is over \$31,200 according to Trends in College Pricing, 2014, put out by the College Board.

What are your options for a 529 plan? If your grandchild's parents already have a 529 established, you can contribute to it. There's little for you

to do in terms of managing the account, but you also have no control over the account. Also, as noted above, money in a plan that belongs to the grandparents will later be considered owned by the student, and that will make the student eligible for less financial aid based on need.

Or you can set up an account yourself and name your grandchild as the beneficiary. You choose where to open the account, whether to handle it yourself or use a broker or other financial institution, and how aggressively to invest the money. There's one drawback, however. If your child applies for financial aid, a plan owned by the grandparents could affect his or her ability to qualify for need-based aid. The federal rules that determine eligibility look at 529 plan funds from a grandparent-owned account as being "untaxed income" to the student. Merit based scholarships would not generally be affected by contributions from the grandparents or the parents.

A viable alternative if you want to maintain control in the early years, is to open the account in your name and later, transfer ownership to the grandchild's parents.

If you're still working, you may be able to contribute to a plan through a payroll deduction. The maximum you can contribute overall, to most 529 plans is \$300,000 to a single beneficiary, and your income is not a factor. Another option is the prepaid plan (offered in 12 states).

You can prepay all or a portion of the cost of an in-state public college. Later, if your grandchild decides to go instead to

a private or out-of-state school, you can get a refund or transfer the money to another school, although it likely will not cover the full cost.

How Much Can You Contribute?

Generally the limits are the same as the cash gift limits, which in 2015 are \$14,000 per year per recipient (and \$28,000 per year per recipient for married couples). There is also a special rule which allows you to frontload a 529 plan with five years' worth of contributions. This amounts to \$70,000 from you or \$140,000 from you and your spouse (\$14,000 x 5 years, or \$28,000 x five years).

By frontloading in this way, the money has additional time to grow and you get the immediate benefit of five years' worth of annual federal gift tax exclusions. You avoid income tax and estate tax on the earnings that would accumulate on the frontloaded amount. It does require that you fill out a special tax form (IRS Form 709) indicating that you've taken the frontloading option. And, if you should pass away before the five years is up, the pro-rata portion of the contribution is added back to your estate for federal estate tax purposes.

What About Custodial Accounts?

You can also set aside money for the grandkids without specifying that it be used for college. Depending on which state

Some Options:

1. Give the money to your grandchild.

Giving money to the student could prevent them from qualifying for need-based aid.

2. A 529 Plan

This saving option allows you to put money away tax-free as long as it's eventually used to pay for education. To avoid problems with need-based aid, you can open the account in your name and later transfer ownership to the grandchild's parents.

3. Give the money to their parents.

In 12 states you can prepay all or a portion of the cost of an in-state public college.

4. Create a custodial account.

You can set aside money for the grandkids without specifying that it be used for college. However, these accounts become the property of the child at age 18 or 21 and can't be guaranteed for a college.

5. Name the grandchild in your will or make them a life insurance beneficiary.

you're in, this might be a Uniform Gift to Minors Account or a Uniform Transfer to Minors Account. There are no limits to how much you can contribute, but if you exceed the above-mentioned limit of \$14,000 per year per recipient (\$28,000 for married couples), there will likely be some gift tax implications.

If managing such an account is not something you're interested in doing, you can always name someone — a bank representative or a family member or friend — to be the trustee while the child is young. A custodial account keeps the money safe for the benefit of the child. Sadly, many grandparents take this alternative because they know they can't really trust the grandchild's parents to not use the money for purposes other than the child's education.

One drawback of a custodial account is that it includes investment income exceeding a certain amount, it could be hit with "Kiddie Tax." For 2015 and 2016, that amount is \$2,100. Anything over that will be taxed at the parents' tax rate, which is almost certain to be higher. So for example, if the custodial account for your granddaughter earns \$3,000 in investment income in 2016, the

first \$2,100 will be subject to the child's low tax rate, and the remaining \$900 will be taxed at the parents' higher tax rate.

Another potential drawback is that, depending on the law in your state, the account funds become the property of the child when he or she reaches 18 or 21. Your grandchild may be a budding genius, but keep in mind, when trusted with a large sum of cash, even a genius can become irresponsible.

One final Way to Help Grandkids

You can always name your grandchild in your will, or make him or her a beneficiary of your life insurance.

The great thing about this road is, you don't have to have the finances now to establish that for the future.

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The Adventures of *Georgia & Ruby*

by Kathleen Ward



Ruby Murray and Georgia Hodgson have been friends for decades. They have also had incredible escapades in countries most of us will never see.

Ruby, 93, lived in Kuwait, Saudi Arabia, India, and on an island off the coast of Nigeria. Georgia, 89, lived in Iran, Kuwait, Nigeria, Saudi Arabia and Thailand.

They met when they were young working women. Their adventures began when they started working for oil companies. Georgia had moved from Shreveport, where her father was longtime Sheriff Joseph Howell Flournoy, to New Orleans, first working as a secretary at an oil company and then for the International Trade Mart. She later married Frank Hodgson, her former boss at the oil company.

Ruby worked for legendary oil man H.L. Hunt in Shreveport and also married an oil man, Glen Murray.

The oil business in the '50s and '60s was international, thriving and filled with opportunities. Sometimes workers were stationed in dangerous places with unpopular governments, but as their husbands' careers flourished they were along for the ride.

In the waning years of the rule of the increasingly unpopular U.S.-backed Shah, Georgia was in Iran. Most international oil workers were isolated from the general population, frequently unaware that the Middle East was on the verge of revolution and reversal of the trend toward westernization.

"In the oil business you just never know," says Georgia.

"His palace was close by and every evening we would hear his plane go over and we would know the Shah was home."

Ruby was in Riyadh, Saudi Arabia. Georgia got married there when the oil company wouldn't let her husband leave to get married in the states.

"Ruby was there," she says. The wedding was held in a beautiful cathedral. "The priest had to come from Baghdad in plain clothes. The country wouldn't let them in (unless they appeared to be businessmen, not priests).

Ruby and Georgia were young American brides, living in the oil-rich "Neutral Zone", an area in dispute between Kuwait and Saudi Arabia, and transported by chauffeur-driven Mercedes over the desert.

"A Mercedes was the only car that could drive on the desert sand," says Georgia. One day her driver was going around 90 mph when he had a flat.

"It was just a sea of sand. The pipeline ran along the highway and he almost ran over the pipeline" when he lost control. Luckily, the oil company had piled sand over parts of the pipeline and there were stiles for workers to cross more easily. The driver aimed at a place where the sand was piled up the sides of the pipeline and over they went.

"We were just flying through the air," Georgia recalls, laughing.

Since their husbands were often required to travel, the women were sometimes left on their own for months. Although the oil companies took care of them, Ruby thought

they were just too slow to respond so she decided to start driving herself. She applied for and got a driver's license in Kuwait. Women did not drive in Kuwait.

"Well, why not?" says Ruby. "I made the most of where we were sent. I didn't sit back and wait for someone to come for me."

Both agree those days in the Middle East were the best years they had living abroad. They loved the climate, the beach and the excellent medical care by physicians educated and trained in the U.S.

"We had a social life – dances – something every day. And we were invited to the embassy all the time," says Ruby. "I had the first fashion show in Kuwait at a new hotel through the Newcomers' Club."

The two separated for a time when Georgia and Frank went to Bangkok and Ruby and Glen were transferred to India. Glen went first to resettle and Ruby was busy closing the house and preparing to join him. On the plane, she realized her passport had expired.

"I was thinking, 'What can I do to distract them?' So, I put my passport into my wig box," says Ruby. When she got Bombay (now Mumbai) she pulled out the long blonde wig and set it down on the table.

The befuddled customs agents were so taken aback they started laughing, barely glanced at her passport and let her in. When she got to a safe area and knew she was in the clear, she called the U.S. embassy. "Mayday!" she recalls saying. The ambassador wanted to hear about this firsthand.

Ruby and Georgia were **young American brides living in the oil-rich "Neutral Zone,"** an area in dispute between Kuwait and Saudi Arabia ...

"He laughed, set back in his chair and said, 'I've been here 30-something years and you are the only person whose ever done that.'"

"You wonder how people do such asinine things, but when you are in a tight spot"

While their paths sometimes separated them for years, today they have returned to comfortable lives near their children in Shreveport. Looking back, both know they lived unusually rich lives during exciting times in exotic places. They still see each other almost every day.

"I felt like I could go out there and do anything," says Ruby. "Half way around the world," says Georgia.

Photos: *Left - Ruby Murray & Georgia Hobgson; Center - Georgia & Ruby. Right - Grace Anne Hobgson, Ruby, Georgia.*



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Senior



Coming out of a period when there was some doubt whether they would continue, the Northwest Louisiana District Senior Olympic Games, a sports and games carnival for men and women 50 years and older, begins its 24th edition March 26 and runs through May 27 in Bossier-Shreveport.

Because a new core of workers, planners and directors, headed by Ronny Comstock, Lionel and Linda Brangham, stepped forward to take over the helm in late summer, the district games will continue. Comstock, a retired USAF Tec Sgt. and a two-year veteran of the Senior Olympics, replaces Doyle Blasingame as coordinator of the district. Blasingame ended a 20-year run as coordinator in 2015.

“There are people in our group who just won’t let such a worthwhile activity for seniors die,” Comstock said shortly after assuming the gavel. “Doyle has placed the games in such great shape, I only want to see it go forward,” added Comstock, a Shelbyville, IN, native. “That’s my aim and I feel I have a good group of people who will help me do that.”

The Northwest District games are part of and sanctioned by the Louisiana Senior Olympic Games which runs state competition in late summer. Competitors in table tennis, golf, javelin, shot put, discus, bowling singles and advanced horseshoes can qualify for the National Senior Games through the district and then Louisiana competition.

“Can you believe it was nearly a quarter of a century ago when the Northwest Louisi-

BY GERRY ROBICHAUX

OLYMPICS

Keep Getting Better

ana District Senior Games began?" said a former staff member of the YMCA of Shreveport-Bossier. The Y conducted the first three District games. After a year's hiatus, the Bossier Council on Aging, with Blasingame in charge, saved the games by becoming the sponsoring agency.

This year's NW District play actually opens March 18 at Bellaire Fitness Center with a closed competition, Bean Bag Baseball for Senior Residence Community teams. Committee members Marilyn and Dick Hainey, who helped popularize Beanbag Baseball by the way they developed the Senior Residence Communities competition, are back in the lead again. First open competition for all ages is Bean Bag Baseball March 26 at Bossier Knights of Columbus Hall at 9:00 a.m.

Opening Ceremonies and Health Fair

Comstock and board member Gary Calligas have combined to shift the site of the Games' Opening Ceremonies and Health Fair to Diamond Jack's Casino Expo Hall at 9:00 a.m. Monday, March 28. It is a joint effort of *The Best of Times* and the NW District. Darts and Accuracy Throws (football and Frisbee) will begin at 10:00 a.m. as part of the opening.

Comstock also is in charge of the Games closing ceremonies on Tuesday, May 31, at the Bossier Knights of Columbus Hall at 10:00 a.m..

Forms also will be available at parish Councils on Aging in the seven parishes that make up the district, Webster, Bienville, Claiborne, Desoto, Red River, Caddo and Bossier. Forms will be at selected pro shops and sporting goods stores in the Bossier-Shreveport area.

For the 13th season, each entrant in the district games will receive a commemorative T-shirt from Jerry Harris' Originals.

Basic entry fee for the district games is \$15.00, entitling a person to as many events as he or she chooses. Added facility fees will apply in bowling (\$10

for each event), miniature golf (\$5) and golf (\$35 for cart and greens fee). The Celebration brunch will cost \$5 per athlete and \$5 for guests (one per athlete).

Pictured

Left Page: Winners in chip and putt (l-r front) Gary Williford, Richard Beall, Les Brosset, Richard Gatti, (back) Larry Joubert, Leon Darden, Art Hardan, Steve Pinkley and Jerry Warren

Left Top: Dorothy Bodden (right) has a good word for Barbara Wheeler at horseshoe competition.

Left Bottom: Award winners (l-r) Ronny Comstock, Lionel Brangham and Doyle Blasingame.



Search and Win!

In this issue, you will find 15 "hidden" Easter Eggs. Find all 15 and you could win a prize package valued at \$220.

Here's what to do:

Look for Easter Eggs in the ads throughout this issue (*the ones on this page and in the ad on page 36 don't count*). No need to pull out a magnifying glass - they're all there in plain sight. Note the business name and page number of each egg, then submit your entry by email to editor.calligas@gmail.com or mail to TBT Egg Hunt, PO Box 19510, Shreveport, LA 71149. You can also submit your entry on our website at www.TheBestofTimesNews.com. On March 24, one winner will be selected in a random drawing of all correct submissions.

Prize package:

- 2 tickets to the Shreveport Symphony Orchestra concert on April 30, 2016 (\$100 value)
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- 1 year subscription to *The Best of Times* (\$20 value)





Sick Workers Should Stay Home



What do you think about people who go to work sick? After my most recent trip to the grocery store, I am now of a strong opinion: sick workers should stay home!

Not every worker gets paid sick-time. If they don't go to work, they don't get paid, so they go to work sick.

Some cities and some states didn't like the idea of their grocery store clerks or waiters (or anyone else for that matter) showing up for work sick, so they passed laws that required employers to give employees some paid sick time-off. (California, which is one of these states, calls their law the Healthy Workplaces, Healthy Families Act.)

Louisiana, on the other hand, decided that "economic stability and growth are among the most important factors affecting the general welfare of the people of this state and are, therefore, among its own most important responsibilities."

Forcing employers to give paid sick leave would not be good for "economic stability and growth." As a result, the Louisiana Legislature passed a law that says no city or parish or any other governmen-

tal subdivision in Louisiana can pass a law that requires employers to pay workers for sick leave. That means that if the Shreveport City Council wanted to follow the lead of Philadelphia by passing a city-wide law that said employers here must offer some paid sick leave to employees, the Council would be out of luck.

Last year, the Louisiana State Legislature considered changing its mind. There was a proposed law that would have required all employers in Louisiana who had 5 or more employees to give workers one (1) hour of paid sick leave for every forty (40) hours worked. The law didn't pass.

Now, to be clear, there is a federal law called the Family Medical Leave Act which says workers can't be fired for missing work due to a medical situation, but the Act does not require that sick workers get paid. Right now there are eleven (11) states that think that's good enough, and like Louisiana, actually have laws that prevent their cities and counties from forcing private employers to offer paid sick leave. Four (4) other states disagree and have laws that require some sort of paid sick leave. So do several other cities and counties. If you look around the globe, almost all of the other countries have laws that require paid sick leave.

Speaking of international health news, I recently read about a drug company that is developing a new drug to treat anxi-

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ety. The company had done extensive testing of the drug in animals and was ready to start testing the drug in humans. Drug tests in humans start with something called a Phase One Study. In a Phase One Study, the experimental drug is not given to anyone who is unhealthy. Only volunteers who are healthy take the experimental drug “to assess its safety, determine an appropriate dosage range and identify potential side effects.”

The drug company I had read about decided that it wanted to do its Phase One Study in France. Why France? Because in 2012, the French government passed a law streamlining the rules for research involving humans, hoping to “speed up therapeutic progress and to make France a more attractive place for companies to carry out clinical trials.”

About French 100 people volunteered for this study. It went on for a few months without any problems. Then the study was expanded to start giving a higher dose of the drug. Within days, six (6) people getting the higher dosage

had to be hospitalized and one of them is brain-dead.

Now I understand that medical research is important, and I can understand enrolling in a drug trial if you have a major medical problem. But if nothing is wrong with you, would you be willing to enroll in a Phase One Study? CenterWatch, a clinical information research firm, says that clinical trials are generally safe and that life threatening problems are rare, but CenterWatch also says that “about 1 in 30 subjects will suffer a serious side effect during a trial, and 1 out of 10,000 will die from the effects of study drugs.” CenterWatch goes on to say that all told, there are about 4,000 clinical trials done worldwide each year, with about 2.5 million participants.

I wonder how many of these 2.5 million people show up to work when they are sick.

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



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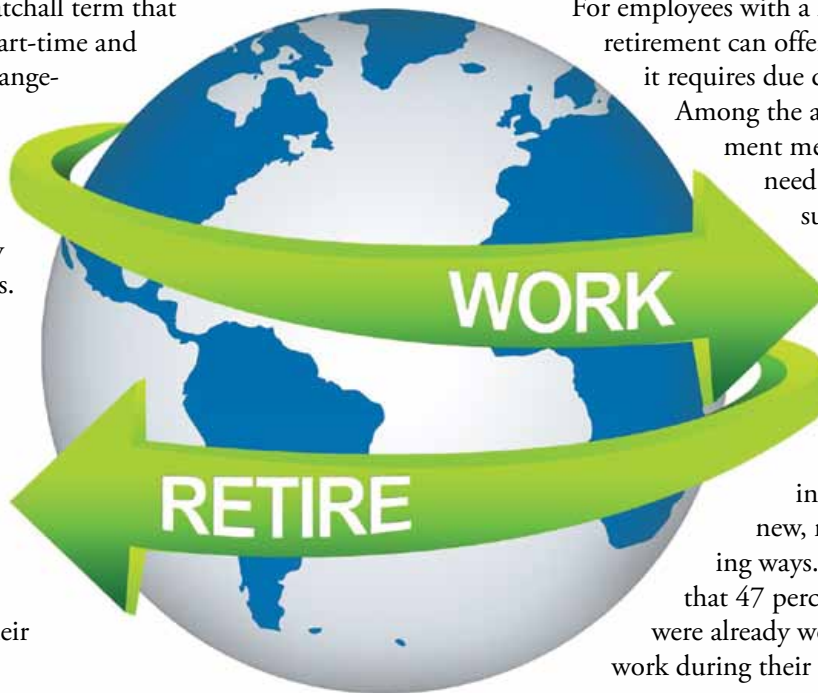
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Making Phased Retirement Work For You

Phased retirement – a catchall term that describes a variety of part-time and reduced-hour work arrangements before leaving an employer for good – is gaining steam. But before you sign on, it's important to understand how "phasing out" may affect your long-term finances.

Washington is leading the way. The federal government authorized the move for its own employees several years ago and began accepting applications in late 2014 from workers aged 55 and up with a desire to switch to half-time employment in exchange for receiving half their salary and annuity.



For employees with a long-term view, phased retirement can offer significant benefits, but it requires due diligence and planning. Among the advantages, phased retirement means that there doesn't need to be a hard stop on a successful career. In fact, a 2014 study by Merrill Lynch in partnership with Age Wave said that 72 percent of pre-retirees over the age of 50 report that their ideal retirement will include working "often in new, more flexible and fulfilling ways." The study also noted that 47 percent of current retirees were already working or planning to work during their retirement years.

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If your company is talking about phased retirement or may do so in the future, here are some key questions to consider:

What exactly do you want to phase into? For some workers, retirement really will mean a classic vision of travel and leisure leading into old age. But for others, the picture may be different. Some retirees will want to work and some retirees will have to work. Such decisions will summon a host of personal finance and tax issues based on your personal situation – read heavily and consult qualified experts before you make a decision.

What options will my employer offer over time? While the federal government is in the lead with phased retirement, most private employers are moving at a slower pace. This gives you time to plan. For example, in a 2013 benefits study, the Society for Human Resource Management noted that only 6 percent of employers had a formal phased retirement program that provided a reduced schedule and/or responsibilities prior to full retirement. Watch how your employer's plan evolves and ask questions.

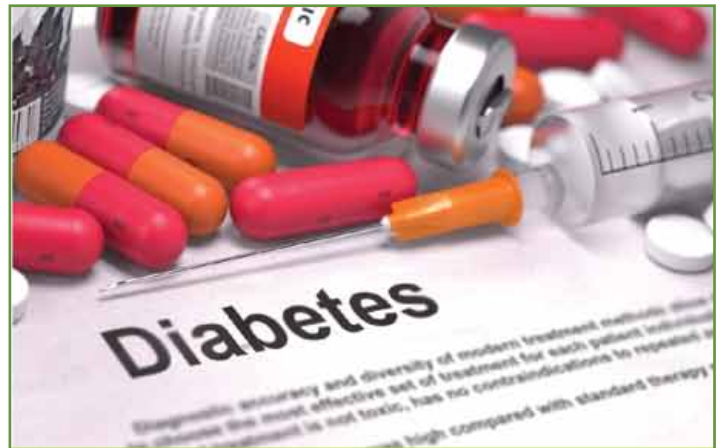
Phased or not, do you have a retirement plan in place? The decision to make a full or transitional exit from one's employer should come after years of saving and investing both at home and at work. Years before deciding how you want to leave your career, talk to qualified retirement experts about your personal financial circumstances and what you want to do in the next phase of your life. If it's a new career, volunteer work or full retirement, develop a plan first.

Have you talked to your senior colleagues? There's nothing like direct advice from individuals closer to retirement to help you with your own set of pros and cons. Even if there's no phased retirement program at your organization right now, it's still worth talking about retirement preparation with senior colleagues willing to share what they're doing. Also, start your own retirement planning in earnest with qualified retirement and tax experts.

How will phased retirement affect your overall benefits? If you're working at a lower salary level at the end of your career, ask how that might affect your future retirement benefits. Make a list of all the benefits and perks you now receive as a current full-time employee and investigate how every single one could be affected by phased retirement. And if you leave the company permanently before qualifying for Medicare, know how you'll pay for health insurance. This is a particularly important issue to discuss with a qualified financial or tax advisor.

Bottom line: Phased retirement can offer the opportunity to adjust to full-time retirement or set up a new career once you finally leave your current employer. However, before you leap, fully investigate how such a transition will affect your overall finances and future retirement benefits.

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



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Social Media Is a Favorite of Criminals

Virtually everyone has joined the social media age. It seems that if a person does not have a Facebook page, Twitter account, LinkedIn page, or other social media outlet, they are out of touch with today's society.

I have never understood why anyone wants to keep up with my daily activities and what I am doing every minute of every day. However, there is a segment of society that loves to keep up with your daily activities and where you will be at any given time. This segment is the criminal who can gather information from your social media pages.

People on social media love to post pictures. A number of these pictures are posted while the person is on vacation because they are so excited about the places they are visiting. While it is good for your friends and neighbors to see your pictures while you are on vacation, people who want to rob your home can also see that you are out of town.

Many people will post where they are vacationing, how long they will be there and when they will return from their trip. Even if you leave lights on in the home, the person wishing to break in to your home knows that you aren't there. By posting from your vacation, you are inviting burglars into your home.

If you are posting pictures from a vaca-

tion or a trip, it is best to wait until you get home. Pictures and posts can wait until you return and your friends will be just as excited to see them.

If you decide to Twitter, someone can follow your posts and learn your different patterns. If you post that you go to the grocery store, hair salon, mall, or anywhere else and a pattern emerges, a person following your account will know when you will not be at home. Each time that you have a standing appointment, it opens the door for someone to enter your home and/or business and steal from you.

Additionally, do not post any important documents on social media. Teenagers are notorious for posting pictures of their newly acquired driver's license. When a teenager, or any other person, posts a picture of their driver's license, a person can acquire enough information to be able to steal their identity. Important documents and identifying information should always be kept off the internet.

Social media is a fun way to keep in touch with family and friends. However, you must exercise extreme caution and use common sense when posting items that will go out over the internet.

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



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3 Surprising Options to Relieve Menopause



The dreaded hot flashes of menopause are often more than just a mere nuisance, they can disrupt your life day and night. I have been menopausal for 3 years and luckily have yet to experience a single hot flash or any symptom for that matter, but several friends suffer terribly. They have to change bed sheets from the sweats, and often complain they feel like they're on fire. Menopause causes changes in mood, weight gain and insomnia.

The most popular supplements touted for menopause include black cohosh, flax seeds, soy-based supplements, alfalfa, and/or ginseng. Natural progesterone is often used too and this comes in an over-the-counter cream as well as several prescription types. These may help to some extent but right now I'd like to share new research.

Scientists have been looking at serotonin hormone levels. We know serotonin is an important brain neurotransmitter, more specifically it's one of our 'happy' brain chemicals.

The impact serotonin has on other hormone levels including estrogen can't be underestimated. When serotonin is low, the brain experiences dangerous oxidative damage and neurons die. This could precipitate hot flashes, insomnia, and mood swings catapulting you into a pro-inflammatory state with a disrupted sleep cycle and appetite like nobody's business. It could be a mean menopause.

Based upon this new information, I can make natural suggestions for you to ponder. You should consult a physician because raising serotonin isn't always the answer, and can sometimes backfire. I don't know what's right for each of you. That said, here are some over-the-counter considerations:

5-HTP - This essential amino acid is formed from "tryptophan" which is found naturally in turkey, cheese and nuts. It's sold as a dietary supplement and it forms serotonin in your body. Remember, without adequate serotonin, hot flashes, irritability and insomnia are more likely to occur. Please don't ever combine 5-HTP with any prescribed antidepressants or Serotonin Syndrome may result!

Melatonin - When serotonin breaks down in your body, it forms melatonin which is one of your natural sleep hormones. You make this, and it's sold as a supplement. Melatonin is great if you want to sleep a little bit longer. It's a strong antioxidant and helps reduce that

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oxidative stress (and resulting inflammation) that I mentioned earlier. A Polish study published in *Prz Menopauzalny* (Menopausal Review) just evaluated melatonin in menopausal women. Women who received 5mg of melatonin each night for 24 weeks not only slept better but also lost a little weight. I have to say, 5mg is a rather hefty dose!

Resveratrol - This provides natural estrogen-like activity (phytoestrogen) because resveratrol has a similar structure to 17 beta estradiol (our natural estrogen). Restoring estrogen levels may relieve hot flashes and help you sleep. It's usually taken at night for that reason.

If you'd like to receive a more comprehensive version of this article with more tips sign up for my free newsletter at suzcohen.com Remember to ask your physician if these are right for you.

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

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An Unlikely Place for Miracles

Story by Andrea Gross; photos by Irv Green



Northwest Alabama is known for water sports and hiking trails as well as for music and miracles.

I would witness miracles that have happened here more recently. While these may not have been messages from a deity, they were at least miracles in an earthly sense.

Amazing Grace in Tuscumbia

The small, black pump stands in front of a modest clapboard house. A seven-year-old girl reaches out and feels the cool water as it flows into her hands. The audience is absolutely silent.

We've all seen *The Miracle Worker*, the play and movie that tell the story of Helen Keller. We know what's going to happen, but we want to see it portrayed here, on the grounds of Ivy Green, the home where she grew up. The house in the background is the one in which she and her teacher, Annie Sullivan, struggled; the gardens are the ones through which they walked, and the pump is the very same pump that spilled out the water that awakened Helen's brain.

The *Miracle Worker*, a play that tells the story of Helen Keller's childhood, is performed every summer on the grounds of her birthplace.



Alabama is not a place where I normally expect to find miracles. Bushes may burn, but angels don't appear from the flames. Flowers are abundant, but they don't rain from the sky. And although the Tennessee River has less water some years than others, it has never parted to make way for an exodus of five million people.

Yet here I was, in northwest Alabama, witnessing the recreation of a miracle that happened more than 125 years ago, and in the next few days,

With a frenzied cry, the young actress begins to finger-tap into the hand of the woman standing next to her. W...A... T...E...R. Helen Keller has learned to communicate. A miracle has occurred.

For those in the audience, many who are deaf or blind, the moment is electric. After the play several of them walk over to a life-size statue of Keller and the pump.

A woman looks with her eyes, but asks questions with her hands. Her companion finger-taps the answers. A man who sees with his hands runs his fingers over the statue. "I wish I could have met her," he says.

Helen Keller still serves as an inspiration to everyone, but especially to those who need her most. Chalk it up to another miracle.



Bob Dylan, the Rolling Stones and Paul Simon were associated with the studio at 3614 Jackson Highway.

The Muscle Shoals studio is scheduled to fully reopen in March 2016. To check for the exact date, please go to www.msmusicfoundation.org.

Resurrection in Muscle Shoals

The word "resurrection" is always tinged with the miraculous, whether it's used in the biblical sense or simply as a synonym for "restoration," as when I speak of resurrecting my vintage bathtub from the garbage bin. But here in Muscle Shoals it's an entire tradition that is being resurrected.

Back in the Sixties and Seventies, Muscle Shoals

was a musical mecca, luring the country's greatest artists to its small production studios. The Allman Brothers, Aretha Franklin, Otis Redding and The Rolling Stones were among the many who made pilgrimages to Alabama to record songs that personified America.

But by the 1990s technological advances had nearly decimated the recording business. Music was no longer produced, distributed or listened to in the same way, and Muscle Shoals was in danger of losing its identity as well as its industry.

Then in 2013 a documentary celebrating the town's musical legacy was released to critical acclaim at the Sundance Film Festival, and folks began clamoring to see the old sound studio at 3614 Jackson Highway. The Muscle Shoals Music Foundation has restored it to look like it did during its glory days, and as of spring 2016 it will serve as a museum as well as a studio and gathering place for musicians.

The rebirth of the Muscle Shoals sound as well as the Muscle Shoals town has begun.

Renewal in Florence

Tom Hendrix had heard stories about his great-great-grandmother all his life. He knew how she, along with other Indians from the Southeast, had been relocated to Oklahoma

Tom's wall runs 1.5 miles through the north Alabama countryside.



Tom Hendrix used 8.5 million pounds of stone to honor his great-great-grandmother.

Alabama countryside. It contains 8.5 million pounds of stone - all put into place by Tom, without help, without heavy machinery and without complaint. "We shall all pass through this earth. Only the stones remain," he says. "We honor our ancestors with stone."

Part of the wall is straight, as was his great-great-grandmother's mandatory march along the Trail of Tears. Another part, which represents her return, is full of twists and turns. In between are stone prayer circles, where visitors can sit, reflect and dream.

Tom found his miracle in stones, and through his wall, he has helped countless others find their miracles as well. *For more on these and other Alabama attractions, go to our companion website, www.traveltizers.com*



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Audrey Dalton Survived a Titanic Sinking



Still from "Titanic" with Clifton Webb, Barbara Stanwyck and Audrey Dalton

Four decades before James Cameron's 1997 blockbuster "Titanic" made waves at the Academy Awards with eleven (11) wins, Audrey Dalton signed on for Hollywood's 1953 recreation of the famous 1912 maritime disaster.

"Our version only received one Oscar for writing," said Ms. Dalton, who turned 82 in January, from her home in Saddleback Valley, Calif. "But the special effects were pretty good for 60 years ago."

The cast included Barbara Stanwyck and Clifton Webb, who delighted '40s and '50s movie audiences with his acerbic, snobbish characters, most notably in three Mr. Belvedere films.

"He was a little bit like that and mostly kept to himself," recalled Dalton. "But he was very funny with a sharp wit. Barbara Stanwyck was a dream – the ultimate pro, always prepared and ready to help."

Dalton recalls the cast welcoming some special guests during shooting.

"A man and a woman who were Titanic survivors visited the set," said Dalton, whose film character also escapes on a lifeboat. "They were children when the ship sank, but had memories of the event. I don't recall hearing them tell us any specific stories of the sinking other than the general horror of it."

Irish born Dalton was 17 when her family moved to London where she studied at the Royal Academy of Dramatic Art and was soon noticed by a film executive.

"Paramount brought me over to the U.S. on a 7-year

contract beginning with "The Girls of Pleasure Island," she explained. Set on a South Pacific Island towards the end of World War II, the 1953 comedy was actually released while the Korean War was still in progress.

"To promote the film, we were sent to Seoul

where it premiered for the troops," said Dalton. "It's dated now, but the men enjoyed it. We were driven around in army trucks and dressed up in beautiful Edith Head gowns doing skits for the troops."

Dalton appeared in just 16 films, including a small role in 1958's "Separate Tables" with David Niven, Burt Lancaster, Rita Hayworth, Rod Taylor, and Deborah Kerr.

"We rehearsed for 3 weeks and shot it in sequence which was very unusual," she said. "Niven was a wonderful, funny man, a great raconteur. It was great to just sit quietly in a chair and listen to his wicked sense of humor."

Since retiring from acting, Dalton has been a popular guest at film festivals and is scheduled to appear at this year's Williamsburg Film Festival, Va., held March 9-12.

"The sci-fi fans always ask about "The Monster that Challenged the World," laughed Dalton, about the 1957 B-monster movie classic.



Audrey Dalton. Photo Courtesy of 2007 Williamsburg Festival photographer Mitch Weisberg.

“That monster was enormous!” she added, referring to the 12-ft pneumatically controlled creature she eluded which was curiously called a reptile in the original trailer, but was actually a giant mollusk in the film.

Dalton’s movie career lasted until 1965 during which time she also raised a family.

“I had four children in 6 years between 1953-1959. What’s interesting is that many web sites today have given me a fifth child,” she chuckled. “He even has a birth date and a name – Adrian. Needless to say my children have made great fun of it and ask why I never told them about their lost brother!”

As for her actual children, none were drawn to acting.

“Just as well,” she said, “it can be a difficult business. I did a few very good films and some mediocre ones. I enjoyed every day on the set.”

Nick Thomas teaches at Auburn Univ. at Montgomery, AL, and has written features and columns for over 600 publications.



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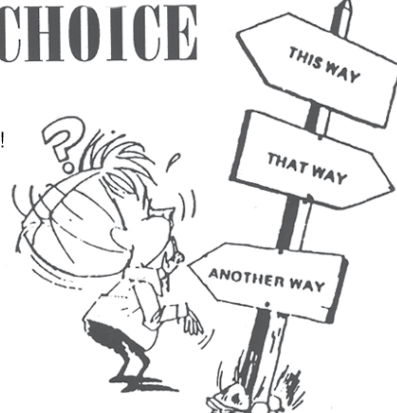
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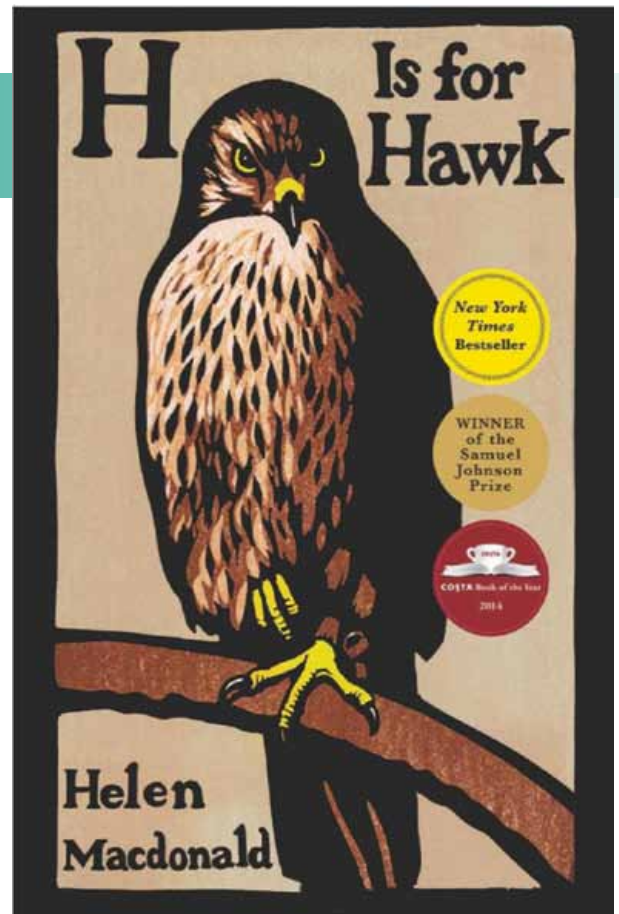
Review of *H is for Hawk*

Defining a genre for *H is for Hawk* is difficult. It's primarily a memoir of Helen MacDonald, a British History professor who documents her life and grief after losing her father. But it's also a somewhat fascinating look into falconry, her taming of a goshawk, nature and landscape, and the life of T.H. White, an author most famous for writing the epic *Once and Future King*. And, through her gift of beautiful prose, MacDonald meshes all of those things into one cohesive and often fascinating story.

I admit, when I first picked up this book and cracked its pages, I was dubious. The initial introduction of hawks and their habits in great detail left me wondering if this story was strictly for ornithologists. I held on though, because the language was so beautiful.

MacDonald had a strong bond with her father, who spent his life as an adventurous photojournalist, often going into places he wasn't supposed to, or doing dangerous things to get a good picture. When he dies suddenly, MacDonald pours her grief and her experience in falconry into a goshawk, a notoriously surly bird to master. She then begins to interweave her story with that of T.H. White and his own bird, who wrote about extensively in his own novel *Goshawk*.

Throughout the story, MacDonald blends both her life and the life



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A LEG UP

PUT A TWIST ON SPRINGTIME CELEBRATIONS



Roasted Boneless Leg of American Lamb with Fingerling Potatoes, Leeks & Mint Salsa Verde

Mint Salsa Verde:

3 garlic cloves, smashed and peeled
2 cups loosely packed fresh flat-leaf parsley leaves
1 cup loosely packed fresh mint leaves
3 anchovy fillets
1 tablespoon capers, drained and rinsed
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
2 tablespoons plus ⅓ cup extra-virgin olive oil, divided

3-3½ pounds boneless leg of American lamb, butterflied
2½ teaspoons kosher salt, divided
3 large leeks
2 pounds fingerling potatoes, halved lengthwise
1 tablespoon extra-virgin olive oil

Position rack in lower third of oven and heat to 325° F.

With food processor running, add garlic cloves. When finely minced, stop motor, remove top and scrape down bowl. Add parsley, mint, anchovies, capers, salt and pepper. Pulse until ingredients are finely chopped. Pour in 2 tablespoons olive oil and pulse to combine. Transfer about two-thirds of paste to small bowl and cover with remaining olive oil. Cover tightly and refrigerate up to 2 days.

Lay lamb flat on cutting board with fat side up. Trim fat to no more than ⅛ inch. Turn meat over and trim away any large chunks of fat from interior, but leave the rest intact. Be careful not to trim away connective tissue that holds meat together. Season lamb on both sides with 2 teaspoons salt.

Spread salsa verde paste over interior of meat to edges, rubbing into crevices. Reserve remaining salsa verde. Roll lamb up lengthwise into cylinder. Use kitchen twine to tie cylinder at 1½-inch intervals. Tie another piece of twine lengthwise to secure ends. Allow lamb to sit at room temperature 1-2 hours before roasting. (If you plan to wait more than 2 hours before roasting, loosely cover and refrigerate roast, but bring to room temperature before cooking.) Pat outside of roast dry using paper towels before roasting.

Trim dark green tops from leeks. Halve leeks lengthwise and rinse well. Pat dry and cut into 2-inch pieces. Put leeks and halved potatoes in large roasting pan. Drizzle vegetables with olive oil, season with remaining salt and toss to coat. Spread vegetables around roasting pan in even layer. Place lamb roast on top, seam-side down and transfer to oven. Roast until an instant-read thermometer inserted into center of meat reaches 135° F for medium-rare, about 1-1½ hours.

Transfer lamb to cutting board and allow meat to rest for 20-30 minutes, loosely covered with foil. (The internal temperature will increase to 145° F.) Bring reserved salsa verde to room temperature. Toss vegetables in roasting pan to coat in pan drippings. If they are tender and browned, set aside in a warm spot while meat rests. If not, return to oven to finish cooking.

Trim away kitchen twine and cut roast into ½-inch-thick slices. Arrange slices over vegetables. Stir salsa verde to incorporate oil, spoon it over meat and serve.

Boneless Leg of American Lamb

Follow these easy guidelines for preparing the perfect roast:

- For generous portions, figure on ½ pound of American lamb per serving.
- Use a good meat thermometer to determine doneness. Medium Rare: 145°F; Medium: 160°F.
- Remove the roast from the oven when the internal temperature reaches 10 degrees less than your desired temperature; it will reach desired doneness while it rests, allowing the meat's juices to settle.
- Carve the roast across the grain so the meat will be tender.

Find more springtime American lamb recipe ideas at americanlamb.com.

Grilled Butterflied American Lamb Leg with Mint-Pistachio Pesto

Serves: 6-8

3 pounds boneless leg of American lamb, butterflied
salt and pepper (to taste)

Mint-Pistachio Pesto:

1 cup shelled pistachios
1 cup fresh mint (leaves only)
½ cup fresh Italian parsley
¼ cup plus 2 tablespoons extra-virgin olive oil
2 tablespoons red wine vinegar
1 tablespoon lemon juice (to taste)
1 teaspoon lemon zest
½ teaspoon sea salt (to taste)
freshly ground black pepper (to taste)
pinch red chili pepper flakes

Heat oven to 350 F.

Lay lamb leg open on a cutting board. Trim off visible fat. Season lamb generously with salt and pepper; allow to sit at room temperature for 30 minutes prior to grilling.

Toast pistachios by placing in single layer in shallow dish or pan and baking 8 to 10 minutes.

In food processor, add pistachios, mint, parsley, oil, vinegar, lemon juice, lemon zest, salt, pepper and chili flakes; blend until somewhat chunky.

Heat grill to medium-high. Grill lamb leg to medium-rare (remove from heat when thermometer reads between 130 F and 135 F), or to desired doneness. Rest meat, lightly covered, for at least 10 minutes before serving. Slice meat across grain into thin slices.

Serve lamb with pesto, grilled vegetables and salad.



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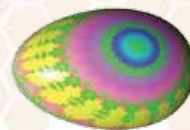
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CONCERT

Northern Lights - Saturday March 19 at 7:30 PM at RiverView Theater, 600 Clyde Fant Pkwy, Shreveport. Featuring Lux aeterna by Morten Lauridsen, paired with the incomparable symphonic style of Finnish master, Jean Sibelius. Tickets start at \$19. Call (318) 227-8863 or email tickets@shreveportsymphony.com.

CADDO COUNCIL ON AGING

Senior Center Fun - Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Caddo Council on Aging. Every Thursday and Friday. Coffee and cookies at 9:30 AM. Programs begin at 10:00 AM. **FREE**. For information call 676.7900.

EVENTS

2016 Northwest Louisiana District Senior Olympics:

- Friday, March 18 - 9 AM. Senior residence Bean Bag Baseball. Bellaire Fitness Center, 4330 Panther Drive, Bossier City.
- Saturday, March 26 - Open division Bean Bag Baseball. 9 AM., Knights of Columbus Bossier, 5400 E. Texas, Bossier City. NOTE: Team that avoid elimination continue play on Saturday, April 2, 9 AM., same place.
- Opening Ceremonies - Diamond Jacks Casino Expo Hall on March 28 at 9 AM. Darts and Accuracy throws (Football, Frisbee) at 10 AM.

9th Annual ASEANA Spring Festival - 4 - 9 PM., Saturday, April 2 at The

ASEANA Gardens of Shreveport, corner of Texas Avenue and Common Street in Shreveport. Music and dance performances will begin at 6 p.m. **FREE**, family-friendly event celebrating Asian culture through food, dance, music, fashion and more.

Boone Community Care Annual Easter Egg Hunt - March 19, 11 AM. - 1 PM. Brownlee Park (North Bossier Park). The Egg hunt will begin at 12:00. **FREE** hotdogs, prizes, photos with the Easter Bunny. For info call 318-742-5361.

Mary Jacobs Smith Singer of the Year Competition - Sunday, March 6 at 1 PM in the Anderson Auditorium of Centenary College of Louisiana. Hosted by Shreveport Opera. Contestants travel from across the country to vie for the title of Singer of the Year. Over the past years, the grand prize winners have gone on to secure leading roles in some of the nations most famous opera houses. Admission is **FREE**, but donations to Shreveport Opera are appreciated. For more information, call Amanda Gouthiere at (318) 227-9503 or www.shreveportopera.org.



Senior Health and Fitness

Expo (Held in conjunction with the 2016 NW LA Senior Olympics) - Presented by NWLA Senior Athletes Association, DiamondJacks Casino and Hotel and *The Best of Times*. Monday, March 28, 9:00 AM to 1:00 PM, ballroom at DiamondJacks Casino and Hotel, 711 DiamondJacks Blvd., Bossier City. **FREE** admission for all ages with the donation of canned goods or non-perishable food items for the Food Bank of NWLA. **FREE** parking. Opening Ceremonies of the 2016 NWLA Senior Olympics. Watch or participate in one or more of the Senior Olympic Games. Contests, entertainment, and fun. Obtain **FREE** health screenings and information. **FREE** give-aways. Numerous door prizes.

Shreveport Little Theatre Guild Fundraiser - Friday, March 4, at East Ridge Country Club at 6:30 PM.

G A M B L I N G P R O B L E M ?



MEETINGS

Ark-La-Tex Genealogical Association Spring Seminar

- Saturday, March 12 from 3:30 PM at the Miciotto Center, St. Jude Catholic Church, 4700 Palmetto Rd, Benton, LA. The featured speaker is Lisa Louise Cooke. Her lectures will include "Google Tools & Procedures for Solving Family History Mysteries"; "How to Reopen & Work a Genealogical Cold Case"; "Ways to Enhance our Genealogy Research with Old Maps"; and "The Great Google Earth Genealogy Game Show". Advance registration recommended. Registration is \$10 for members and \$20 for non-members. For info contact Jim Johnson at 746-1851 or email jjohnson747@suddenlink.net.

The GENCOM DNA Interest Group Meeting

- Tuesday March 8 from 10:00 AM until 12:30 PM in the large meeting room of the Broadmoor library. If you have questions about what DNA testing is all about, or have taken a DNA test and need help on understanding your results and learning how to find your cousins among all of your DNA matches, come join us. The meeting is

FREE and open to the public. For info call Jim Jones, phone (318) 773-7406 or email jgjones09@gmail.com.

The GENCOM Genealogical Computer Society Meeting

- Sunday, March 27 at 2:00 PM in the large meeting room at the Broadmoor Library, 1212 Captain Shreve Drive, Shreveport. The topic will be "Searching for Your Ancestors on the United States Census Records – The Beginning Building Block of Your Family History". The meeting is **FREE** and open to the public. For information contact: Jim Jones, phone (318) 773-7406 or email jgjones09@gmail.com.

THEATRE

Joseph and the Amazing Technicolor Dreamcoat - Friday March 11 at 8:00 PM

at the Strand Theatre, 619 Louisiana Ave, downtown Shreveport. Tim Rice & Andrew Lloyd Webber's timeless musical is the irresistible family story about the trials and triumphs of Joseph, Israel's favorite son. Tickets are \$68.50, \$55.50, \$35.50. Call the box office at 318-226-8555 or email strand@thestrandtheatre.com.

Hot 'n' Cole: A Cole Porter Celebration! - March 4 and 5 at 7:30 PM. March 6 at 2:00 PM. Shreveport Little Theatre, 812 Margaret Place, Shreveport. A musical revue and cabaret featuring a celebration of the genius of Cole Porter. Tickets are \$25. Call the box office at (318) 424-4439 or email boxoffice@shreveportlittletheatre.com

The gala, "Applause to Broadway", will feature a seated dinner, silent and live auctions, and valet parking. Live entertainment will be provided by local performers, Rocky Maddox and Seva May. Tickets are \$100/\$125 for a single ticket, \$250 for couple ticket, or \$1,500 for an 8-person Table Sponsorship. To reserve your ticket, please email Gala Chair, Roxanne Bosserman at rbb765@aol.com or call 318-655-2004.

Shreveport Symphony Gala "Stars & Stripes" - March 12, 2016, 7:30 PM at the El Dorado Casino. An evening of patriotic entertainment, delicious food and drink, fun and unforgettable moments featuring an exclusive performance by The Victory Belles, direct from the National World War II Museum in New Orleans. \$125. For tickets call 318.222.7496.



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 I H F D C A B Z P X W V E G F

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

- | | | | |
|----------|------------|-----------|---------|
| Alamo | Blob | Graduate | Natural |
| Babe | Exorcist | Hustler | Piano |
| Big Easy | Full Monty | Jerk | Rose |
| Birds | Godfather | Lion King | |

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Sudoku

by Linda Thistle

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

Puzzle answers on page 40.
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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			

ACROSS

- 1 Assistant
- 5 Praise to the skies
- 9 Banned bug spray
- 12 A-line originator
- 13 Choir member
- 14 Playwright Levin
- 15 Went on a tangent
- 17 Weep loudly
- 18 Approximately
- 19 Makes less intense
- 21 Military group
- 24 Sandwich shop
- 25 Colors
- 26 Sight-seers
- 30 Dadaist Jean

31 Debtors' woes

- 32 Take to court
- 33 Type of parking
- 35 DNA carrier
- 36 And others (Lat.)
- 37 Fragrant wood
- 38 Founded (on)
- 40 Ethereal
- 42 "Of course"
- 43 Talked over
- 48 Pirouette pivot
- 49 Great Lake
- 50 Architect Saarinen
- 51 Conclusion
- 52 Gridiron arbiters, for short
- 53 Anger

DOWN

- 1 Tack on
- 2 Midafternoon, in a way
- 3 Pooch
- 4 Mistakes
- 5 Highland girl
- 6 As well
- 7 Multipurpose truck
- 8 Walks feebly
- 9 Permitted to leave
- 10 Let fall
- 11 Filing aids
- 16 Before
- 20 "The Greatest"
- 21 Bloke
- 22 Emanation
- 23 Sad
- 24 Boring
- 26 Cash drawer

27 Bullring bravo

- 28 Albacore, e.g.
- 29 Palm reader, for one
- 31 Football lining
- 34 Chowed down
- 35 Old Faithful, e.g.
- 37 French vineyard
- 38 Data amount
- 39 Ages and ages
- 40 "Yeah, right!"
- 41 Frosts
- 44 Rage
- 45 Vast expanse
- 46 Measure of work
- 47 Fawn's mama

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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
Highland Place
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 48.

I have heard of a new lens implant for cataract surgery that will eliminate glasses. Does Medicare pay for it?

This is an exciting time to have cataracts. There is a new Multifocal Lens Implant called Restor that allows a wide range of vision without glasses. 80% of patients who have received the lens never have to use glasses, ever! Medicare and/or insurance covers part of the lens and surgery, the rest will have to be paid out of pocket. If you think you have cataracts and would like to learn more about the Restor Lens, call us at 212-3937.



Chris Shelby, MD
Pierremont Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
www.ShelbyEye.com
See our ad on page 32.

My shoulder hurts. Should I play through the pain?

Over 12 million people visit a doctor's office for a shoulder problem annually. Athletes are particularly prone to shoulder injuries due to repetitive, cumulative stress/injuries. Injuries occur during sports, as well as every day home and work activities. Most shoulder problems involve muscles, tendons, and/or ligaments and can be treated effectively with exercises, medications, physical therapy, etc. Steady pain, limitation of motion, difficulties with work activities of daily living or difficulty with sleep should alert you to seek an orthopedic surgeon for help in diagnosing and treating your shoulder pain.



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

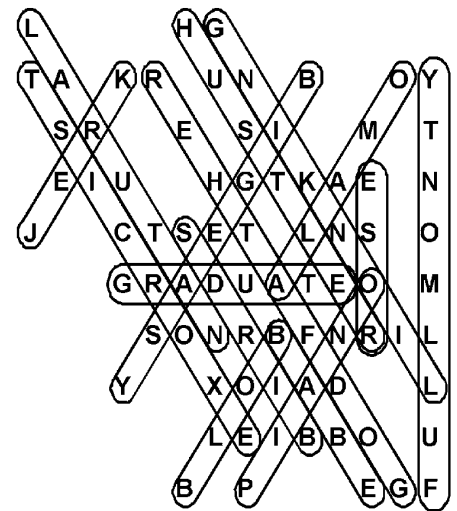
(Puzzles on pages 38 - 39)

King Crossword — Answers

Solution time: 21 mins.

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

THE — : MOVIE TITLES



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

No Contract

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

FREE Car Charger

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Say good-bye to everything you hate about cell phones. Say hello to Jitterbug5.

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

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

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

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

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

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



Available in Blue and Red.

Monthly Plan	\$14.99	\$19.99
Monthly Minutes	was 50 NOW 200	was 200 NOW 600
Operator Assistance	24/7	24/7
Long Distance Calls	No add'l charge	No add'l charge
Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
Friendly Return Policy ¹	30 days	30 days

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

“My cell phone company wants to lock me in on a two-year contract!” Not Jitterbug, there’s no contract to sign and no penalty if you discontinue your service.

“My phone’s battery only lasts a couple of days.” Unlike most cell phones that need to be recharged every day, the Jitterbug was designed with one of the longest-lasting batteries on the market, so you won’t have to worry about running out of power.

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

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Stars & Stripes
 MARCH 12, 2016 • 7:30 PM • EL DORADO CASINO

SHREVEPORT SYMPHONY GALA
 featuring a performance by
The Victory Belles
 from the National World War II Museum in New Orleans

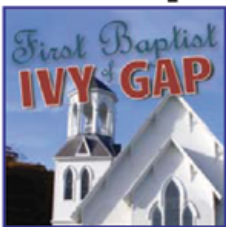
Individual gala tickets are \$125;
 tables of 8 are \$1,000.

Call 318.222.7496 or visit shreveportsymphony.com
 for tickets. RSVP by March 7.

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November 5-15, 2015



January 7 -17, 2016



Feb 25 - March 6, 2016



April 21 - May 1, 2016

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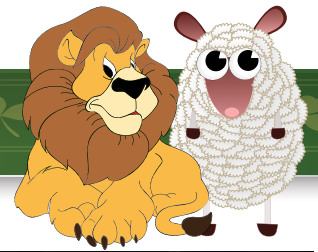
SHREVEPORT LITTLE THEATRE

www.shreveportlittletheatre.com

FOR MORE INFORMATION
Call (318) 424-4439
 or online at www.shreveportlittletheatre.com
 Or visit our Box Office 812 Margaret Place
 Noon - 4 p.m. Monday - Friday

March PARTING SHOTS

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



Doris & Daniel Culverhouse won the continuous kissing contest at 38 minutes.

Bossier Council on Aging's Valentine's Day Luncheon was hosted by Horseshoe Bossier City in the River Dome on February 9th.



(l to r) Hernie Shaw, Lynette Aikens, and Dianie Cox



Doris and James Harper were the longest married couple at the event at 71 years.



Marsha and Monty Brown



Fletcher Christian and Charlotte Lindy



Merdis Sheppard, Shelli Briery Murphy (center), and Willie Sheppard



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The Shreveport Medical Society hosted their annual Oyster Party and Fish Fry on February 5 at Savoie's.



Carol and Dr. Warren Grafton



(l to r) Dr. Michel and Rana El-Hayek with Kareem Meiki

Anne and Jimmy Marston with Bill Huckabay



(l to r) Dr. Kathleen Majors, Dr. Jake Majors, Dr. Robert and Cindy Goodman

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Azalea Estates residents participated in the Go Red Heart Luncheon Wear Red Day on February 5. The national Go Red program supports education to increase women's awareness of cardiovascular disease and helps fund research.



Liz Curran has done puzzles since she was a child in Michigan. She recently completed a 5000 piece, 60 inch x 40 inch puzzle that was made in Germany. The puzzle was a gift from her son Randy and depicts the Sistine Chapel at the Vatican in Rome.



Past Chairman of the NWLA Senior Athletes Association Doyle Blasingame (left) passes the torch and duties to the new co-chairmen Ronny Comstock and Lionel Brangham.



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In many cases, special telescopic glasses can be prescribed to enhance visual performance. She can often help people read, watch TV, see the computer and sometimes drive.

Telescopic glasses cost between \$1900-\$2600. It is a small price to pay for the hours of enjoyment with better vision and more independence.

For more information and a **FREE** telephone interview call: **1-888-243-2020**



Dr. Mona Douglas, Optometrist

Shreveport . Monroe . Lafayette

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Michael Buttermann, conductor

SIBELIUS *Karelia Suite*

LAURIDSEN *Lux aeterna*

Centenary College Choir

Northwestern State

University Choir

SIBELIUS *Symphony No. 5*

Join the SSO with the Centenary College and Northwestern State University Choirs for the ethereal and uplifting *Lux aeterna* by Morten Lauridsen. Paired with the incomparable symphonic style of Finnish master, Jean Sibelius, this promises to be a luminous evening.

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Students \$12

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PARTING SHOTS (CONTINUED)



The quarterly *Wine - Art - Music (WAM)* event was presented by Bossier Arts Council on February 11 at 1800 Prime Steakhouse located at Boomtown Casino and Resort in Bossier City. The event featured the art of Dr. Mike Torma, food and wine pairings by Chef Konstantin Plavnik, and music by Twang Darkly.



Susan Torma and Dr. Sudar Tanga



Dr. Mike Torma with Boomtown Chef Konstantin Plavnik



Cindy and Neil Johnson



(l to r) Robin Jones, Alex Stinchcomb and Pam Atchison

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(2 additional suites under construction)
- 5** - **da Vinci Surgical Systems**
(robotic-assisted surgery)
- 12** - **Cardiac Cath Labs**



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- 8** - **Computerized Tomography Scanners (CT)**
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Seated (L to R): Somanya Jackson, Kacee Ferrier
Back Row (L to R): Angie Hayes, Charlotte McCune, Donnie Flint



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

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