

March 2012

The Best Of Times

"Celebrating Age and Maturity"



Unleash Your
Creativity

Priceless

Presort Standard
U.S. Postage Paid
Shreveport, LA 71103
Permit No. 6



Live Well
Live Secure
Live Life
Live Here and

Love
It!

Live here and *love* it!

When you're ready to give up the hassles and expense of home ownership, you'll love The Oaks. We offer an active adult lifestyle that will address your needs whether you're already retired or still involved in your career. Best of all, with our *Tower* and *Garden Apartments* there's no buy-in, just a monthly lease, so your nest egg is protected.

If you're at a stage of life or health where you require a bit of help, that's available too with assisted living at *Savannah*.

Our *Health Center* offers total care options for short-term rehabilitation or for long-term care. It's all on one beautiful campus where Southern hospitality sets the tone for all we do.

If you're 55 or older, we've got something to appeal to you. Come live here and *love* it!



600 East Flournoy Lucas Road • (318) 212-OAKS (6257) • oaksofla.com



Worried about the upcoming move
of an elderly family member?

Senior Transitions Services of Louisiana can ease the move...

We offer three personal service packages:

Package #1

"What We Love to Do"

This is our all-inclusive package which includes packing, moving furniture, unpacking, uploading furniture, hanging pictures, arranging nick-nacks, setting up the kitchen, setting up the bathroom, hanging clothes, and making the bed.

Package #2

"What You Would Love For Us To Do"

This is our bundle package which you select one or more of the following tasks for us to do for you.

- Packing and unpacking
- Load and unload furniture and place them
- Set up kitchen and bathroom
- Make the bed
- Hang clothes in the closets

Package #3

"Keep it Simple"

This is our basic package which includes only loading and unloading of furniture and boxed items that have been packed by you and your family.

Call us today for an appointment to visit with you regarding our personal service packages to make your transition much easier and more comfortable for you and your family members. Since 2007, we have been assisting seniors and their family members transition through their golden years. We welcome the opportunity to help you.

Here is what some of our clients told us about our services:

"Your Service was an answer to our prayers"

"You allowed us to concentrate on our loved one, while taking care of all the details"

"You made this transition much easier"

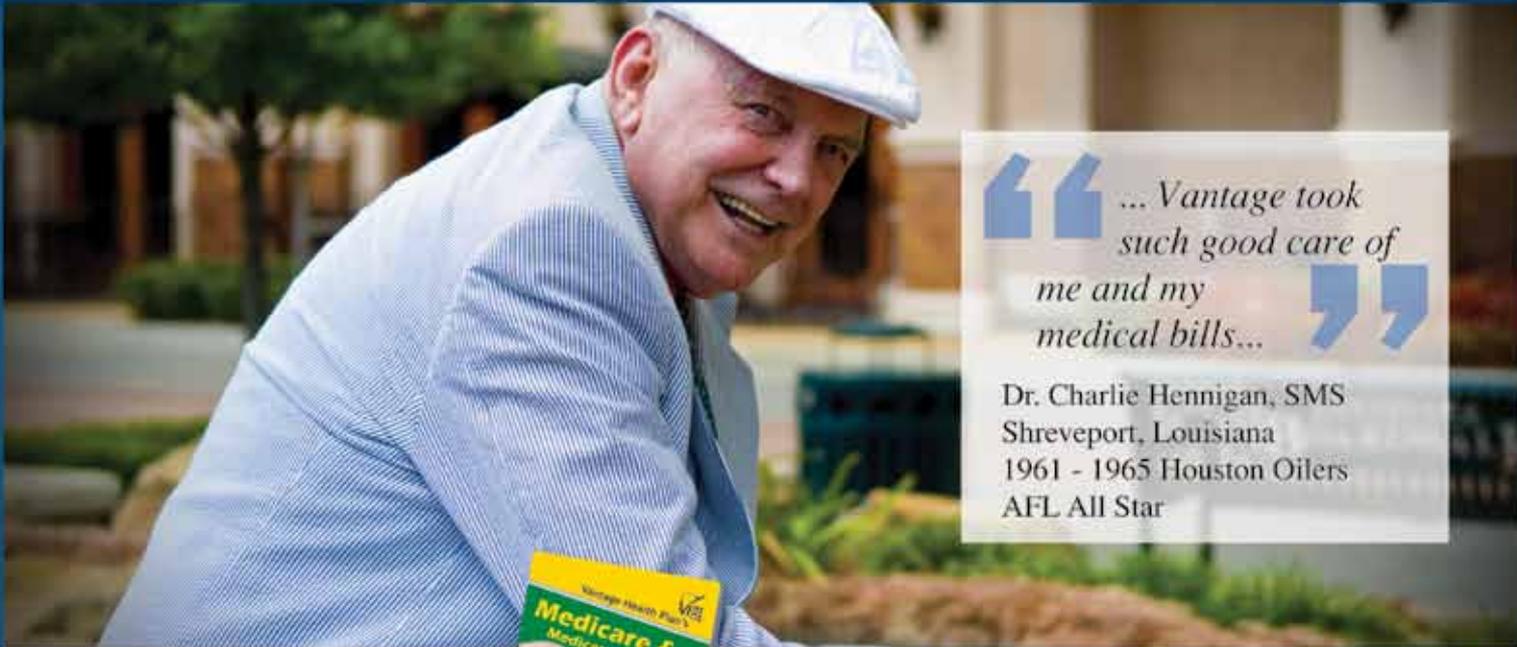
Call us today!
(318) 272-7115
or (318) 572-4167

**Senior Transitions Services
of Louisiana, LLC**

513 Dresden Court, Shreveport, LA 71115
www.srtransitionsoflouisiana.com

65 Are you turning 65?

Need help choosing a Medicare Advantage Plan?



“... Vantage took such good care of me and my medical bills...”

Dr. Charlie Hennigan, SMS
Shreveport, Louisiana
1961 - 1965 Houston Oilers
AFL All Star

Call today and ask for a **FREE Vantage Medicare & Medicare Advantage Made Easy** booklet.



You are eligible to sign up 3 months prior to your 65th birthday month, during your birthday month, and 3 months after your 65th birthday month.

VANTAGE HAS MEDICARE ADVANTAGE PLANS WITH:*

- No monthly premiums
- No deductibles
- \$5 Primary Care office visit co-pays
- X-rays & Lab covered 100%
(No separate bills from Radiologists and Pathologists)
- Worldwide emergency coverage
- Dental and Vision coverage
- Free generic drugs
- Great local customer service

Dental & Vision Benefits Now Available



VANTAGE HEALTH PLAN, INC.
Making Healthcare Work!

www.VHP-Medicare.com

1.888.823.1910

*There are several plans to choose from and all of these benefits may not be available in every Vantage Medicare Advantage plan. Vantage Health Plan is a health plan with a Medicare Advantage contract. You may be eligible to enroll in a Vantage Medicare Advantage plan if you reside in our service area and are currently entitled to Medicare Part A and enrolled in Part B. The benefit information provided herein is a brief summary, but not a comprehensive description of available benefits. Benefits, premiums, and co-payments/co-insurance amounts may change on January 1, 2012. For more information, contact Vantage at (888) 823-1910 or TTY (866) 524-5144, Monday through Friday from 8:00 a.m. - 8:00 p.m.

March 2012



8

Briefs

- 8 Stat! Medical News



32

Columns

- 30 Traveltizers
Day of Wine and Flowers
- 32 Broadway: A Personal Perspective
Porgy and Bess, Wit, and The Road to Mecca



16

Features

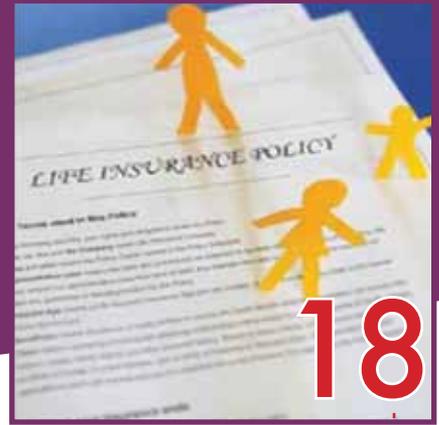
- 11 Unleash Your Creativity
- 14 Tips for Saving Money on Taxes
- 16 A Bird's Eye View of History



34

In Every Issue

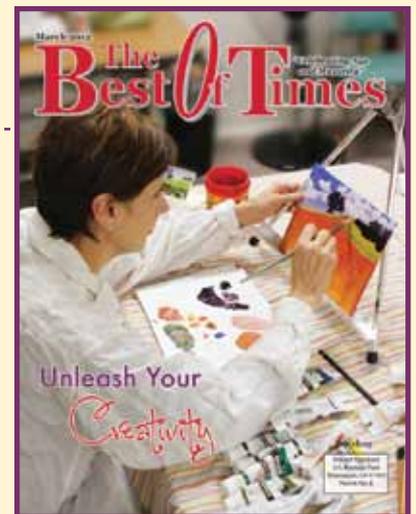
- 34 What's Cooking?
The Irish in America
- 36 Our Famous Puzzle Pages
Crossword, Sudoku, & Word Search
- 38 Get Up & Go!
- 42 Parting Shots



18

Advice

- 18 Laws of the Land
Where's the Life Insurance Policy?
- 20 Dear Pharmacist
Soothe Stress with Supplements
- 22 From the Bench
Be Careful What You Communicate
- 26 Money Matters
Tax Strategies in a Tough Economy
- 28 Moving Free with Mirabai
Exercising for Diabetes: Good Fat Burns Calories



Cover: Roxanne Bosserman paints at her art class. (Photo by Kelly Phelan Powell)



Most of us follow a very traditional life path - school, marriage, families, jobs. Every minute of every day is spoken for by one responsibility or another. But in the midst of the chaos did you ever have a desire to do something for yourself? Perhaps you wanted to learn to play an instrument or a new language, write a story, or paint something other than your kitchen cabinets, but just couldn't find the time? Or you had the time, but thought you weren't talented or creative enough? One of the great blessings of middle age and beyond is the freedom to pursue hidden talents and the self confidence to explore long-forgotten passions.

In this month's main feature we meet a group of people who have taken that first step to indulge their inner artist. Who knows? There might be one among us like Grandma Moses whose painting career began in her seventies or like Laura Ingalls Wilder who did not publish her first novel until her sixties. But if not, so what? They're making new friends, experimenting, having fun and discovering the joy of being creative.

We also bring you a fascinating profile of Frank Crook who had a bird's eye view of WWII, bring you tips for getting ready for tax season, take you on a trip to the Texas Hill Country for a wine tasting, and bring you some amazing recipes for St. Patrick's Day.

We hope you enjoy this issue as much as we enjoyed putting it together. See you next month.

Tina

Silver Pages is Here

Look for it at many of our distribution sites or send your name and address and \$5 for shipping and handling to:
**Silver Pages, PO Box 19510
Shreveport, LA 71149.**

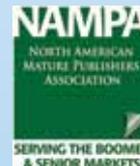
The Best Of Times

March 2012 • Vol. 21, No. 3
Founded in 1992 as *Senior Scene News*
ISSN Library of Congress #1551-4366

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

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

THE FINE PRINT: All original content published in THE BEST OF TIMES copyright © 2012 by TBT Multimedia, LLC, all rights reserved. Replication, in whole or in part by any means is prohibited without prior written permission from the publisher. Opinions expressed are the sole responsibility of the contributor and do not necessarily reflect those of the publication, TBT Multimedia, its publishers or staff. Always consult properly degreed and licensed professionals when dealing with financial, medical, legal or emotional matters. We cannot accept liability for omissions or errors and cannot be responsible for the claims of advertisers.



Publisher
Gary L. Calligas
Gary.Calligas@gmail.com

Editor
Tina Miaoulis Calligas
Editor.Calligas@gmail.com

Design
Jessica Rinaudo

Account Executive
Heather Hebert
gvgdglryl@yahoo.com

Jo Anne Woodard
tbt.woodard@gmail.com

Lisa Cox
lethacox@hotmail.com

Writers
Kelly Phelan Powell
Mary Flanders

Webmaster
Dr. Jason P. Calligas

Contributors
Jason Alderman, Lee Aronson,
Brian Bradley, Suzy Cohen,
Judge Jeff Cox, Andrea Gross
Mirabai Holland



Broadcasting every
Saturday morning from 9:00 a.m. to 10:00 a.m. on AM 1130 KWKH,
A Townsquare Media Radio Station
in Shreveport, LA.

Streaming live on the internet
www.KWKHonline.com

Previously aired programs
are available at
www.TheBestOfTimesNews.com

Do you have a question for one of our guests? Call 320-1130 during the broadcast or email Gary.Calligas@gmail.com prior to the show.

MARCH 3

"Barksdale AFB Museum"
Terry Snook, Museum President

MARCH 10

"CCOA and BCOA programs"
Mary Alice Rountree and Tamara Crane, Executive Directors of Caddo Council and Bossier Council on Aging

MARCH 17

"Louisiana Association for the Blind"
Shelly Taylor, President and Libby Murphy, Policy Director

MARCH 24

"Bodies Revealed Exhibition"
Karen Wissing, SciPort PR Manager. Sponsored by Dr. Gary Booker. (See pg 38 for details)

MARCH 31

"Tarzan: Lord of the Louisiana Jungle Documentary"
Al Bohl, Executive Producer/Director



Northwest Louisiana Senior Olympics & Senior Health and Fitness Fair



**Riverdome at
Horseshoe Casino & Hotel**
711 Horseshoe Boulevard
Bossier City

**Wednesday
April 18, 2012**
9:00 a.m. to 1:00 p.m.
FREE Admission

Presented by the **NWLA Senior Athletes Association** and *The Best of Times*

People of **ALL** ages are invited to attend.
FREE admission and FREE Parking.

- ▶ Opening Ceremonies
- ▶ Watch or participate in the Senior Olympic Games
- ▶ View the entries in the Senior Arts and Crafts Show. Vote for awards 8:45 am to 12 noon
- ▶ Obtain **FREE** Health Screenings and receive information on health care and other topics from the 60+ exhibitors
- ▶ Receive many **FREE** give-away items
- ▶ Valuable door prizes
- ▶ Become eligible to win one of the special "Grand Door Prizes"

For information, please call (318) 742-3602
or visit www.nwlsog.org

Come visit us at
The Best of Times
booth to receive your
PRICELESS copy of
the 2012 edition of
Silver Pages



DOOR PRIZE ENTRY FORM (YOU MUST BE PRESENT TO WIN)

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____

Email Address _____

Thank you for joining us at the Senior Health & Fitness Fair / Senior Olympics

Love Good for the Heart

Being involved in a healthy, loving relationship is good for the heart, says Vanderbilt Heart and Vascular Institute cardiologist Julie Damp, M.D. “There are a couple of different theories behind why that might be,” Damp said. People who are married or who are in close, healthy relationships tend to be less likely to smoke, are more physically active and are more likely to have a well-developed social structure, she said. They are also more likely to have lower levels of stress and anxiety in their day-to-day lives.

Weight Training Improves Parkinson’s Symptoms

New research suggests weight training for two years significantly improves the motor symptoms of Parkinson’s disease compared to other forms of exercise such as stretching and balance exercises. The clinical trial, which compared two forms of exercise for Parkinson’s disease, will be presented at the American Academy of Neurology’s Annual Meeting in April.



Overeating May Double Risk of Memory Loss

New research suggests that consuming between 2,100 and 6,000 calories per day may double the risk of memory loss, or mild cognitive impairment (MCI), among people age 70 and older. MCI is the stage between normal memory loss that comes with aging and early Alzheimer’s disease. The odds of having MCI more than doubled for those in the highest calorie-consuming group compared to those in the lowest calorie-consuming group. The results were the same after adjusting for history of stroke, diabetes, amount of education, and other factors that can affect risk of memory loss. The study will be presented at the American Academy of Neurology’s Annual Meeting in April.

You Really Can Die From a Broken Heart

A person’s risk of suffering a heart attack increases by approximately 21 times in the first 24 hours after losing a loved one, according to a study lead by researchers at Beth Israel Deaconess Medical Center. The study published in the journal *Circulation* found the risk of heart attack remained eight times above normal during the first week after the death of a loved one, slowly declining, but remaining elevated for at least a month. Researchers noted that emotional sense of the broken heart may actually lead to damage leading to a heart attack and a physical broken heart of a sort.

Walking Speed and Grip in Middle Age May Predict Dementia and Stroke Risk

Simple tests such as walking speed and hand grip strength may help doctors determine how likely it is a middle-aged person will develop dementia or stroke. That’s according to new research that will be presented at the American Academy of Neurology’s Annual Meeting in April. The study found people with a slower walking speed in middle age were one-and-a-half times more likely to develop dementia compared to people with faster walking speed. Stronger hand grip strength was associated with a 42% lower risk of stroke or transient ischemic attack (TIA) in people over age 65 compared to those with weaker hand grip strength. This was not the case, however, for people in the study under age 65. Researchers also found that slower walking speed was associated with lower total cerebral brain volume and poorer performance on memory, language and decision-making tests. Stronger hand grip strength was associated with larger total cerebral brain volume as well as better performance on cognitive tests asking people to identify similarities among objects.

Twinkle, Twinkle Kidney Stone: With a Push You Could Be Gone

Just the mention of kidney stones can cause a person to cringe. They are often painful and sometimes difficult to remove, and 10 percent of the population will suffer from them. In space, the risk of developing kidney stones is exacerbated due to environmental conditions. The health risk is compounded by the fact that resource limitations and distance from Earth could restrict treatment options. Scientists with the National Space Biomedical Research Institute (NSBRI) are developing an ultrasound technology that could overcome some medical care challenges associated with kidney stone treatment. The new technology detects stones with advanced ultrasound imaging based on a process called “Twinkling Artifact” and provides treatment by “pushing” the stone with focused ultrasound. This technology could not only be beneficial for health care in space, but could also alter the treatment of kidney stones on Earth.



Your Bridge from Hospital to Home

NurseCare
of Shreveport



Vicki Ott, Administrator

NurseCare of Shreveport
1736 Irving Place
Shreveport, LA 71101

For more information call

318-221-1983

or visit our website

www.nursecareofshreveport.com

NurseCare of Shreveport offers

- ◆ Short Term Unit with staff dedicated to getting you back home fast
- ◆ Registered Respiratory Therapists
- ◆ Full-time Wound & Burn Care Team
- ◆ Secure Unit for Alzheimer & Dementia
- ◆ In-House Physical, Occupational & Speech Therapy
- ◆ On site IV Therapy

When you need post-hospital or post-surgery rehabilitation, we want to be your bridge from hospital to home.

You have a choice. We hope you will tell your healthcare professional that your choice is **NurseCare of Shreveport**.



You are invited to attend a
FREE EDUCATIONAL SEMINAR

“HOW TO GET THE GOVERNMENT TO HELP
PAY FOR YOUR LONG TERM CARE”

presented by
Elder Law Attorneys

JOSEPH R. GILSOUL

and

KYLE A. MOORE

with

VICKIE RECH

CLIENT CARE COORDINATOR

THURSDAY, APRIL 19, 2012

6:00 P.M.

HORIZON BAY
2540 BEENE BLVD.
BOSSIER CITY, LA 71111

RESERVATIONS ARE REQUIRED.
RSVP TO BRANDY OR GINNY AT (318) 222-2100.

Thank God for Pistachio Baklava.



And for Koulourakia and Tsourekia, too.

Thursday, April 5, 2012 • 10 a.m. - 5:30 p.m.

St. George Greek Orthodox Church Activities Center
542 Wichita Street, Shreveport

Advance orders may be phoned to (318) 747-4478 or faxed to (318) 861-3255

Advance order forms are available at www.GoSaintGeorge.org

Sponsored by Ladies Philoptochos Society
of St. George Greek Orthodox Church

Proceeds from the Greek Easter Bread Sale will fund the organization's many charitable activities.

TREASURED MEMORIES CONTINUE TO BRING HAPPINESS



Whether it's preserving cherished memories through scrapbooking or making time for enjoyable activities like singing songs, painting or telling stories, Horizon Bay encourages ongoing enrichment activities to help improve the quality of life of our residents.

Our Alzheimer's and Dementia Care program at Horizon Bay is a safe haven dedicated to those with memory challenges. At Horizon Bay our residents are respected not only for who they were but for who they are.

To learn more or to schedule your personal visit, call (888) 804-5240 today.


HORIZON BAY
VIBRANT RETIREMENT LIVING

a BROOKDALE® managed community

Your story continues here...

HORIZON BAY BOSSIER CITY

Personalized Assisted Living • Alzheimer's and Dementia Care

2540 Beene Blvd., Bossier City, LA 71111

www.horizonbay.com

20484-RES01-0112-GB 

Unleash Your Creativity

"It's never too late."

That's one of the most oft-repeated phrases these days in senior adult culture, mainly because it rings so true. In ever-greater numbers, people over 50 are taking up hobbies like art, music, dance and crafting for the first time in their lives. It may be because, with their careers finally slowing down or retirement beginning, they can turn their attention to the finer things in life, rather than providing and making a home for their families. In some cases, these hobbies are translating into second – or third! – careers. Whatever the reason, men and women right here in Shreveport-Bossier are showing everyone the heights you can reach (and the fun you can have) when you simply decide to start.

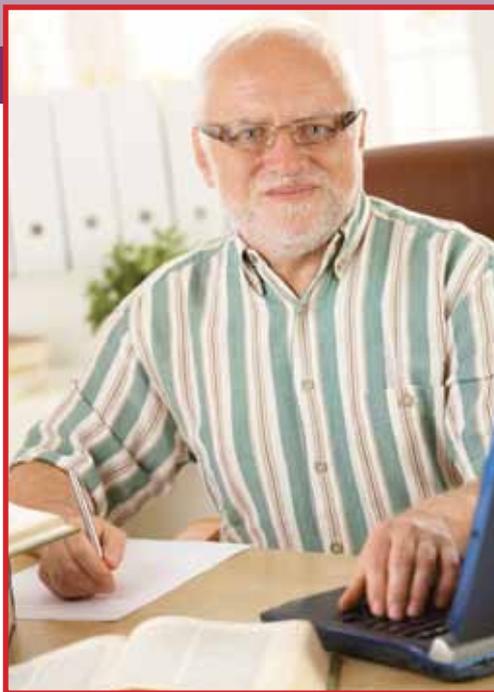
Robin Clawson has been teaching art in Shreveport for over a decade. A painting major in college, she painted portraits for many years but never thought about teaching until her friend Paula Hickman expressed a desire to learn. Now she has about 50 students, all but half a dozen of which are over the age of 50. Many of them are complete beginners. "I've had people who have never picked up a brush in their lives," she said.

Clawson's students come to her for a variety of reasons – some find painting therapeutic, while others are results-oriented individuals who like the fact that, once they finish a project, they have a piece of art to hang on a wall. Regardless of their objectives, she said there's really only one thing her students need to be successful in her classes. "Fearlessness is the number-one quality you want. You can't be timid, because you won't take risks, and you won't learn anything. If they make something and they don't like it, they can always put it under the wheel of their car and roll over it," she joked.



Clawson has two pieces of advice for seniors who are considering taking up painting or another artistic pursuit. First, "It's important for your mental health to continually learn something," she said. "Your mind is a muscle; if you don't exercise it, you won't keep it for long." And second, "Many people around 50 have spent a lifetime caring for other people, and they have not discovered some things about themselves. There's no time like the present! Everyone has something to say," she added.

One of Clawson's students, Brookie Walker, who studies acrylic painting and drawing, started taking classes for the simplest (and perhaps best) reason of all: to have a good time. "A friend of mine studies art, and she told me about her class, and it sounded fun," she said. Though she developed an interest in art about 25 years ago while working as an elementary school librarian, she never took a stab at it until later in life. "The illustrations in children's books extend the stories dramatically by expanding and illuminating the narrative. They are just wonderful and



fun. For me it was like Christmas when the new books came in,” she explained. Still, she was an absolute novice when she began studying with Clawson. “I could not draw stick people before taking this art class,” she said.

Still active in her career as a history professor at Bossier Parish Community College, Walker says art is essential to her work even now. “I realized that pictures would nicely illustrate my lectures, so I began to read art history books from the library. I then took several art history classes at BPC. They were absolutely fabulous courses,” she said. She urges anyone with an affinity for art to give it a shot, no matter what his or her age. “It is such a joy to find a new hobby at this stage of life,” she said. “I would strongly encourage anyone at any stage of life to try a new interest or hobby. They are bound to learn something, and if they don’t like it, they can always try something else.”

As a Professor of Microbiology at LSU School of Medicine, Dr. Harry Gilleland didn’t have many opportunities to flex his creative writing muscles. “In science, you can’t say anything that’s not documented or you can’t prove,” he explained. He developed a fondness for Poe and Tennyson in high school and college, but his scientific and career goals soon sublimated his interest in poets. A few years before he retired in 2004, he decided to try writing his own poetry, and, he said, “It was like the shackles fell off and I thought, ‘I can say anything I want!’”

Since then, Gilleland has written almost 400 poems, most of which are what he terms “storeroems,” or story poems, and published six books of poetry. Additionally, he has won quite a bit of money entering his poems in contests. “I made more in one contest than I did with all my book sales combined,” he said. But writing has benefitted him in more important ways than monetarily. “It keeps your mind agile, and it keeps you engaged in life,” he said. He is active on Web sites, where he critiques work for other poets, and he is an editor in the publishing industry.

Pat Hurt of Fine Linen Ministries spent 10 months writing her first book over 20 years ago. Baptized at age 27, the stories of her life suddenly took on new meaning, and she felt inspired to write them down. She tried to have it published, but after she received her second rejection letter, she felt God was telling her to “let it keep.”

In 2010, Hurt got an out-of-state job as a caregiver, which allowed her the time and resources to finish the book. She spent a year editing and adding to the original manuscript. Finally, “A Ransom for Righteousness: Paying the Price” was published by Xulon Press in July 2011 and is available Amazon, Barnes & Noble and the publisher.

In addition to her career as an author, Hurt has another creative specialty: She has been a professional seamstress since 1986 and has worked for four Miss Louisiana titleholders. Twice, she has traveled to the Miss America pageant.

Hurt says that not only are her fellow seniors not too old to pursue their artistic interests, they may, in fact, be the perfect age to do such a thing. “You’re never, ever, ever too old for anything God calls you to do,” she said. “Look at the Bible characters. Moses was 80 years old when he led the children of Israel! As long as there is breath in us, we’re never too old. It takes life’s experiences to prepare us for our calling in life.”

Lee Marvin Adams has taken his writing in an entirely different direction. Though he has been a writer for most of his life, the demands of his career in the U.S. Air Force made it necessary for him to put writing on hold for several years. “When I resumed writing, it was mostly in response to the demands of college courses I enrolled in at age 40 to complete a bachelors degree,” he said. “It was then that I rediscovered my love for writing. This time, however, it manifested itself in a different way.”

While Adams previously wrote short stories and free-verse

poetry, he decided to try his hand at comedy writing. He was so successful at it that his writing manifested itself in a career as a stand up comedian, which has taken him to more than 30 countries around the globe, including three trips to Iraq, one to Afghanistan and one to Africa with Armed Forces Entertainment and the military's Morale, Welfare & Recreation units to entertain American troops serving overseas. His motto is "Comedy With Class," which refers to his commitment to deliver "clean, clever, intellectually hilarious comedy without concerns about edgy or offensive language or subject matter," he said. "I do every comedy performance as if my mother is sitting in the audience, because someone's mother is."

Adams said his age is not a hindrance but a help to his writing and comedy career. "Having age and maturity on my side made me less idealistic and more realistic," he said. "It also allowed me to quickly realize as a performer that the show isn't about me. It is about making the audience member feel good about the time and money spent allowing me to be part of their evening. Age and maturity made me realize that as comedian there might be things that are personally funny to me but are not appropriate for a performance, making it always wise to err on the side of caution. Age also made me approach my opportunities more seriously, knowing that theoretically, I have less time to accomplish my goals."

Spend a few minutes tooling around on the Internet and you're bound to see how popular crafting has become. In fact, craft blogs, which often feature photo how-tos and video tutorials, are among the most popular Web sites, receiving hundreds of thousands of hits per week. Pinterest.com, an addictive new social networking site that bills itself as a "virtual pinboard," is a veritable wellspring of craft ideas from scrapbooking and glass etching to cooking and knitting.

In the last several years, knitting has enjoyed a revival and is now one of the country's most popular past times. Its appeal is uncommonly universal – one is just as likely to find a 13-year-old girl as an 80-year-old woman toting a pair

of knitting needles in her bag. Knitting has even become edgy. Within the last 10 years, a movement known as knitting graffiti or yarn bombing, the use of knitted or crocheted cloth to modify and beautify one's surroundings, usually outdoors, originated in the U.S. and spread worldwide.

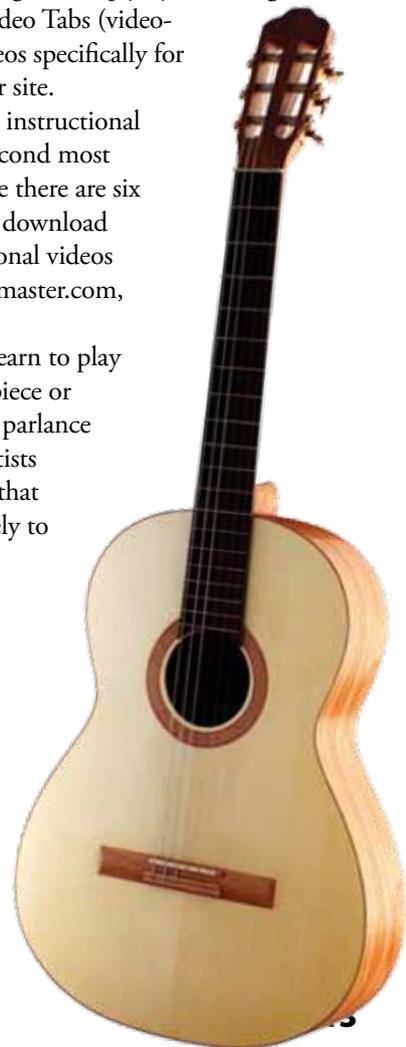
A local group called "Chicks With Sticks" meet at various branches of the Shreve Memorial Library around Shreveport. They encourage both experienced veterans and eager amateurs to join them. For more information about meeting times and places, visit chicks-w-sticks.blogspot.com, email chicks-w-sticks@hotmail.com or find them on Facebook under "Chicks With Sticks – Shreveport."

In fact, it's becoming easier to do just about anything on the Internet, including learning an instrument. While some like to study with a local instructor, still others prefer to tune up in the privacy of their own homes according to their own schedules. Best of all, many of the resources available online are free.

Sites like YouTube are increasingly popular places for musicians – both professionals and experienced amateurs – to market themselves by sharing their skills. You can be the beneficiary of this promotional largesse simply by searching for your musical topic of interest. Video Tabs (videotabs.com) finds instructional videos specifically for the guitar and posts them to their site.

"Beginning Guitar 101," a free instructional video from iVideosongs, is the second most popular podcast on iTunes, where there are six instructional videos that you can download for free. There are more instructional videos available on their site, www.songmaster.com, for \$5 to \$10.

So if you've always wanted to learn to play Rachmaninoff or paint a masterpiece or write your memoirs, then, in the parlance of Nike, just do it. These local artists are living – and thriving – proof that potential doesn't belong exclusively to the young.



I would strongly encourage anyone at any stage of life to try a new interest or hobby. They are bound to learn something, and if they don't like it, they can always try something else.



Tips for Saving Money on Taxes

FAMILY FEATURES

Who isn't looking to save a little money these days? Here are some easy ways you can save money on preparing your taxes, as well as ways you might be able to pay out a little less.

IRS FREE FILE: MORE SAVINGS, LESS TAXING

Looking for a fast, easy and free option to do your taxes? IRS Free File allows everyone to prepare and e-file their federal tax returns for free. And, the step-by-step, brand-name software offered by IRS' commercial partners helps you find the tax breaks you are due.

Each of the approximately 20 private-sector partners tailor their offerings based on criteria such as income, age or state resi-

dency. If you need help finding a Free File match, just select the "get help finding a Free File company" as your option. Simply enter a little information about yourself and the matches will appear. Some also offer state returns for free or for a fee.

- While all the companies have different criteria, if you made \$57,000 or less in 2011 - and that's 70 percent of us - you will be eligible for at least one free tax software program.

- If your income was higher than \$57,000, you can still prepare and e-file your return for free by using Free File Fillable Forms. This is the electronic version of IRS paper forms. It's more basic and is probably best for people comfortable preparing their own paper tax returns. It does not support state tax returns.

Just go to www.irs.gov/freefile to get started.

Did You Know?

- Because of a holiday, the 2012 tax deadline is April 17.
- Everyone can do their taxes for free with IRS Free File.
- Earned Income Tax Credit (EITC) is for working families, yet 20 percent overlook it.
- Eighty percent of taxpayers get a refund.
- IRS2GO is a new smartphone app that lets you track your refund.
- No phone? Visit "Where's My Refund?" at www.irs.gov.
- The official website, www.irs.gov, has a new look, and the latest info.

ORGANIZE RECORDS

The IRS recommends keeping all tax-related documents for three years, in case of an audit. Keeping track of income-related documents can help you take full advantage of deductions available to you. If you don't have the information, you might be losing out on money.

What should you have handy when it's time to fill out this year's returns? Records such as:

- A copy of last year's tax return
- Valid Social Security numbers for yourself, spouse and children
- All income statements, i.e. W-2 forms, from all employers
- Interest/dividend statements, i.e. 1099 forms
- Form 1099-G showing any state refunds
- Unemployment compensation amount
- Social Security benefits
- Expense receipts for deductions
- Day care provider's identifying number

FIND OUT IF YOU ARE ELIGIBLE FOR THE EITC

No tax benefit offers a greater lifeline to working families than EITC. Yet, one out of every five eligible taxpayers fails to claim it, according to the IRS. Because of the economy, even more people may be eligible if they have had changes in their earned income. Here are a few things to keep in mind:

- The amount of qualifying income depends on your situation. For example, married workers, who earned \$49,078 or less from wages,

self-employment or farm income last year, are filing jointly, and have two qualifying children, could be eligible. The maximum credit for 2011 tax returns is \$5,751 for workers with three or more qualifying children.

■ Eligibility for the EITC is determined based on a number of factors including earnings, filing status and eligible children. Workers without qualifying children may be eligible for a smaller credit amount.

■ You must file a tax return, even if you do not have a filing requirement, and specifically claim the credit.

Those who typically fail to claim the EITC include rural workers and their families; non-traditional families, such as grandparents or foster parents raising children; taxpayers without qualifying children; individuals with limited English proficiency; and taxpayers with disabilities.

■ If you claim EITC, it can be complex so try to avoid the common errors such as mistakes on income amounts, filing head of household when you should file as married, or claiming children who have not lived with you for more than half the year.

■ If you use a paid tax return preparer, make sure to seek out a reputable one. Tax professionals must sign returns they prepare and use their Preparer Tax Identification Numbers.

To learn more about EITC, go to www.irs.gov/eitc and use the EITC Assistant, or ask your tax professional.

All EITC claimants are eligible for free tax help from the 12,000 volunteer sites nationwide or to use Free File at www.irs.gov/freefile.



EITC Rules: Are You Eligible?

- Your adjusted gross income cannot be more than the limit.
- You must have a valid Social Security number.
- Your filing status cannot be "Married filing separately."
- You must be a U.S. citizen or resident alien all year.
- You cannot file Form 2555 or Form 2555-EZ.
- Your investment income must be \$3,150 or less.
- You must have earned income.

VOLUNTEER INCOME TAX ASSISTANCE

If you need personal assistance to prepare your tax return, there are 12,000 Volunteer Income Tax Assistance (VITA) sites nationwide. These sites offer free help to those earning around \$50,000 or less. To locate the nearest VITA site, search for "VITA" on IRS.gov.

Tax Counseling for the Elderly (TCE), which is supported by AARP, offers free tax help to people who are age 60 and older. To locate the nearest AARP Tax-Aide site, call 1-888-227-7669 or visit AARP.org.

CANAAN TOWER APARTMENTS

400 NORTH DALE AVE.
SHREVEPORT, LA 71101



318-222-4230 ext. 2

CALL TODAY

NOW LEASING

AFFORDABLE SENIOR HOUSING
RENT BASED ON INCOME

CEDAR HILLS APARTMENTS

7401 ST. VINCENT,
SHREVEPORT, LA 71106



318-861-6915 ext. 2 

Crook piloted a B-24 "Liberator" like the one pictured here. (U.S. Air Force photo)



A BIRD'S EYE VIEW OF HISTORY

by Mary Flanders

What do the late actor Jimmy Stewart, former Senator George McGovern, television's "Mr. Wizard" and Shreveport resident Frank Crook have in common? They all piloted B-24 Liberator bombers during missions in World War II. A member of the Greatest Generation, Shreveport resident Frank Crook served his country in the Air

Force for 31 years and then retired here in 1973.

His adventures begin in Central Texas where he was born, but his military career began on a day the world will never forget - December 7, 1941- the day the Japanese bombed Pearl Harbor. Eleven days later in Waco, Texas, Baylor sophomore Frank Crook turned 20,

and was determined to enlist in the Army Air Corps Aviation Cadet program. He reported to the San Antonio Aviation Center on August 8th 1942 for training, but little did he know what the future held for him. As he explains, the board looked at each candidate and said simply to one, "you're going to be a pilot," to the next, "you're going to be a bombardier," and to the next, "you're going to be a navigator." Obviously the Board was an astute judge of character and recognized the qualities of an outstanding aviator. 2nd Lt. Frank Crook was commissioned in the United States Army Air Corps and graduated as a pilot on April 22, 1943. As he says, "being a pilot was a nice career for a farm boy."

After training as a first pilot on the B-24 Liberator heavy bomber he and his crew left the United States two years to the day on December 7, 1943 for Casablanca and traveled on to Italy to enter the war with the 15th Air force 98th Bomb Group, 343rd Bomb Squadron in Lecce, Italy.

In twist of fate, and one that must have been difficult for his mother to cope with, Frank and his two brothers were all in the military at the same time, all overseas at the same time and all in combat at the same time.

As a member of the 8th Air Force, 446th Bomb group, 707th Bomb Squadron he flew many missions. He had a bird's eye view of one of the most important invasions in the history of the modern world on June 6, 1944 - D Day. The 446th led the entire 8th Air Force. His group commander, Col. Jacob J. Brogger, was the airborne commander of the entire mission.

Fast forward to June 20, 1944. It's almost bed time. First Lt.



Standing L-R - Howard Hamilton, August Gorman, Mitchell Fitzpatrick, Ernest Robinson, David Davis, Dale Dean, Erwin L-B - Jay D. McCandless, Bombadier, Robert A. Smith, Co-Pilot, Frank D. Crook, Pilot, Dalton R. Fowles, Navigator

Crook's crew joined the 446th in "unusual deal"

Pilot Frank D. Crook's crew photo was taken at Davis-Monthan Field, June 1943. Crook said they left the States on December 7, 1943 from Hampton Roads, Virginia on the HMS Anson, a British ship, waving unresented across the North Atlantic. Five and a half days later they joined the 98th Bomb Group (1st Air Force) at Casablanca, French Morocco, where they flew half of their missions. "On an extremely unusual deal, we were transferred to the 446th Bomb Group (8th Air Force)," he writes. Crook's crew flew on D-Day, June 6, 1944, they a second mission on the same day, which was successful. "If everyone made it through alive except for one, Jay D. McCandless who got sick and was the only one behind. "He flew down at night down in the last wing, but was killed on a raid to Brunswick, Germany," wrote Crook.

Membership
Annual membership is \$20 due in January, payable to the 446th BG Association and mailed to: 446th BG Association, 629 Marjoux Rd., Stanley, NC 28154.
Membership is open to all individuals. Annual membership includes four issues of the Buckle Up! E-zine. A series of missions will also be supplied every 2 to 3 years.
A national convention is held once a year at locations to be determined. The 2008 National Reunion site is in San Antonio, TX. Date: May 28 - June 04, 2008.
Address Corrections: Please send to James Duckworth, 629 Marjoux Rd., Stanley, NC 28154 to insure uninterrupted newsletter delivery.

Frank Crook and his crew of the 446 Bomb Group, 707th Bomb Squadron were about to fly their last combat mission of WWII. The crew knows they're on tomorrow's flying schedule; they know Capt. Harvey Ekrem is leading the entire bomb group and they know they're flying on his right wing as group deputy lead. They know they're one of 36 four engine heavy bombers. As Mr. Crook says, "When you're flying your last mission, you want it to be a short, easy one, say to France. Not a deep penetration into Germany." But their luck didn't hold. The rest of the group won't know what the target is until the next morning, but as one of the two crews leading the entire mission, they receive the teletype from General Doolittle's headquarters regarding their mission tomorrow. Their target is the Daimler-Benz Motor Works near Berlin—a long and dangerous mission.

The mission is carried out but the bomb group suffered moderate battle damage. After the bombs were dropped and they had turned for home, Captain Ekrem radioed to report engine problems and had to leave the formation. He instructed First Lt. Frank Crook to lead all of the remaining bombers from Berlin

all the way back to England – a difficult assignment for an experienced and older officer. First Lieutenant Crook was all of 22.

Captain Crook left the Air Force in 1947 and returned to Baylor to finish his college degree. There he met his wife Joyce and they married September 3, 1949. In 1951 he was recalled and went back to serve in the United States Air Force with the rank of Major. Major Crook served as an instructor in the T-33 pilot training program and went to Bangkok in 1955. When he returned to the US he served in the Strategic Air Command – SAC - as a B-47 Stratofortress pilot for eight years at Little Rock Air Force Base.

As his career continued, he served at Barksdale among other bases and liked it here. After 3 years in Wiesbaden Germany, Frank and his wife Joyce retired to Shreveport in 1973.

Frank and Joyce attend First Baptist Church in Shreveport regularly. Frank have served in the past on the board of directors, he played tennis and still plays bridge three or four times a week. When asked his secret to a long and happy life he smiles and simply says, "The Lord has been good to me."



Frank with his wife Joyce.

Ark-La-Tex
Home Health Inc.

"Your Care is Our Business"

- skilled nursing care with 24 hour on call RN
- home health aides to assist your personal care needs
- physical therapy
- occupational therapy • speech therapy

2090 Stockwell Rd
Bossier City, LA 71111
(318) 747-6180 or 1-800-595-1356

www.Arklatexhomehealth.com

CENTURIES & HILL CREST
FUNERAL HOMES - CEMETERIES - FLORISTS

Have you made prearrangements for your family, or do you still have that to do?

Leaving these decisions to your children on the worst day of their lives is a terrible emotional burden.

Call Today To Receive a **FREE** Family Planning Portfolio

Centuries Memorial 8801 Mansfield Shreveport, LA 71108 (318) 686-4334	Hill Crest Memorial 601 Hwy. 80 East Haughton, LA 71037 (318) 949-9415
---	--

Odyssey Hospice
Big hearts. Better care.

Caring for someone with a life-limiting illness often presents many challenges. There can be changing care needs and loved ones can experience feelings of exhaustion and stress. It is during this difficult time that we offer hospice services - providing pain and symptom management, spiritual and emotional support, personal assistance and compassionate care.

Odyssey Hospice | 8508 Line Avenue, Suite A | Shreveport, LA 71106 | (318) 868-8788
www.odsyhealth.com

Where's the Life Insurance Policy?

by Lee Aronson

Although he ate like a cave man and his blood pressure was through the roof, Fred Flintstone (not his real name) lived to the ripe old age of 89. After his death, Pebbles, his daughter, wasn't surprised to find that Fred's recordkeeping wasn't exactly organized. And that's putting it mildly. But she knew that her father had two life insurance policies. He had mentioned them several times during his life, explaining that he wanted those policies to be his final gift to his daughter.

But Pebbles couldn't find the policies after her father had died. She didn't know how much the policies were worth or which company the policies were with. As a result, she didn't have any idea where to start trying to find answers. And Pebbles isn't alone. According to an article I recently read in the Wall Street Journal, state regulators estimate that about "one

billion dollars is sitting on life insurer's books and owed as death benefits, some of it languishing there for decades."

That's why I'm glad to report that the Louisiana Insurance Commissioner has decided to do something to help people track down old life insurance policies. First of all, the Commissioner suggests the following avenues of investigation: "the former employer of the deceased may have information on group life insur-

ance. Financial institutions such as banks and credit unions sometimes offer term insurance to their patrons. Personal papers such as checks written in payment of life insurance premiums may yield leads to insurance policies. Fraternal organizations, associations, professional membership groups, unions and other such entities may make life insurance available to their members."

But to make matters even better, the Commissioner has gone even further and is offering a free service to help find missing life insurance policies. If an immediate family member of a deceased person fills out a simple one page form asking for information about life insurance policies, the Commissioner will send the family member's search request to "all life insurers which have policies in force in Louisiana." When the family member submits the form to the Insurance Commissioner, a copy of the deceased person's death certificate will also need to be submitted.

A national company called MIB Group Inc. offers a similar service, but it charges \$75. Its advantage over the Louisiana Insurance Commissioner's service (which



Giving the Human Touch

The hours James Nix spends with his grandchildren are perhaps his most cherished time. After all, he almost never got the chance to even see his grandchildren.

Back in 1981, while working for the electric company, James came in contact with some high voltage that left him seriously injured and burned. Both of his arms were amputated as a result, but with strong determination James has been able to overcome new challenges one day at a time.

"It all just depends on you and your positive attitude about things," explains Nix. "When somebody tells you that you can't do something, prove them wrong!"

That same kind of determination drives our practitioners and technicians to keep improving the devices we fit and fabricate. We want to make life a little easier for those we serve. But we also believe that while biomechanics, technology, and mathematical precision play a large part in the services we provide, the true heart of our work is based on the human touch rather than the scientific one.



*Returning independence
to our patients since 1911*
www.SnellsOandP.com

1833 Line Avenue • Shreveport • (318) 424-4167 • Toll-Free 1-800-219-5273
8730 Youree Drive, Building A • Shreveport • (318) 795-0953
211 Hall Street • Monroe • (318) 388-3126 • Toll-Free 1-800-685-2268
1404 Jackson Street • Alexandria • (318) 443-6391 • Toll-Free 1-800-289-3260

Serving Shreveport (2 locations), Bossier City, Monroe, Alexandria, Ruston, Minden, Natchitoches, Coushatta, and Mansfield.

is free) is that the Commissioner's service "cannot be used to search for policies which were not purchased in Louisiana" while MIB searches records throughout the country.

When it comes to life insurance, the question I get asked the most is not about finding missing policies. It's this: Can a stranger take out a life insurance policy on me without my permission? And for most people, the answer is no. However, a close relative can take out life insurance on you without your consent. And if you owe money to someone, regardless of whether you are related to them, that person can probably take out a life insurance policy on you. But even if they do, you won't have to pay any of the premiums. But you will also have no say as to who will get the benefit once you die.

Can a stranger take out a life insurance policy on me without my permission?

So let's say that my sister tries to take out a life insurance policy on me without my knowledge or my permission. Some life insurance companies will have no problem with that. But others will not be willing to issue a policy unless I have a medical exam. Assume that the company that my sister is working with won't issue a policy on me unless I have a medical exam. Do you think my sister has the right to force me to take a medical exam so she can take out life insurance on me? No, of course not. Nor can the insurance company my sister is working with force me to take the exam.

The question I wished I got asked more often is about whether a person should buy a particular life insurance policy. Some life insurance policies are very good deals. Others are horrible deals. And depending on your circumstances, what might be a good life insurance policy for you could be a bad policy for someone else.



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

HERS
Health Boutique
A division of Accucare Medical
9011 Linwood Avenue
Shreveport, LA 71106

Specializing In
Pre & Post Mastectomy Wear
Designer Wigs
Stylish Scarves and Hats
Compression Garments

(318) 687-1444 • www.accucaremedical.org

BALENTINE AMBULANCE
Basic and ADVANCED Life Support
Medicare & Medicaid Approved
Known for Quality & Caring
318.222.5358
3516 Mansfield Rd.
Shreveport, LA 71103

Now Leasing
Newly Renovated, Low Income Housing
Canaan Tower Senior Apartments
Located at 400 North Dale Ave., Shreveport, LA

Gated Community	Barrier Free Apartments
Video Security	On Site Beauty Shop
24 Hour On Site Security	All Utilities Paid
On Site Laundry Room	And Much More!

For More Information Contact Us At 318-222-4230

Comfort, Peace, Support, Dignity...Now
ST JOSEPH HOSPICE
StJosephHospice.com
JCAHO Accredited
668 Jordan Street, Shreveport, LA 71101 • (318) 222-8723 • Toll Free 1-888-731-3575

Dear Pharmacist

Soothe Stress with Supplements

by Suzy Cohen, RPH

Q Dear Pharmacist, You've said that stress causes higher levels of the hormone cortisol and that causes weight gain and disease. I have lost my home and dealing with the emotional fall out and the anguish of scaling down and moving. How can I control cortisol as I deal with this grief? My good health is all I have left. --M.L., Palm Beach, Florida

A Sorry about your loss. Cortisol is produced by your adrenal glands and helps regulate the speed at which you turn food into fuel, and hence your blood sugar

levels; it supports immune function and bone health. It's not a bad guy unless it gets too high, or flat-lines after prolonged periods of stress.

Stress is by far the number one reason that cortisol levels become elevated. Excessive amounts cause you to hold weight in your mid-section (think belly fat). High cortisol means more infections and higher incidence of hypertension, osteoporosis (brittle bones), reflux, diabetes, cancer, heart disease and stroke. Stress can make you terribly sick by upping your cortisol hormone. Conventional medicine's answer is usually a benzodiazepine-type of tranquilizer such as Xanax, Valium or Ativan which provides a quick fix.

Supplements help you with the stress response better because they don't cause addiction, and they can lower cortisol unlike drugs. Reducing cortisol is good for your waist line. Even if you can't eliminate



stress, and have to go through it, you can still improve your body's response to the stress. This is important. Make the word "adaptogen" your best friend because adaptogenic herbs are your best solution to stress. Four of my favorite are ashwa-

HARASSED BY CREDITORS?

Tired of Phone Calls and Letters from Collectors?
Is Stress from Debt Affecting Your Health?

There is an Answer!



HELPS Nonprofit Law Firm represents seniors and disabled persons without significant assets, who receive Social Security and/or pensions, to stop creditor contact.

When you enroll with **HELPS**, we immediately write the collectors you no longer want contact from and inform them that we represent you. Your income is protected by federal law.

Creditors are not allowed to contact you further by phone or mail.

You can stop paying collectors and use your money for necessary living expenses.
Peace returns to your life!

- **HELPS is not Bankruptcy**
- **HELPS is not Debt Consolidation**

FREE CONSULTATION

HELPS will never turn down a qualified senior. The one-time enrollment is \$250* and there is a monthly maintenance fee of \$20.* There are no hidden costs or fees.

If not satisfied, you may cancel within the first 4 months for a full refund.

* In case of hardship, fees may be reduced or waived.

HELPS Nonprofit Law Firm only represents seniors and disabled persons receiving Social Security and pensions for the purpose of having an attorney to prevent unwanted contact. **HELPS** does not give legal advice or represent persons in the courts of any state.



HELPS Nonprofit Law Firm

501(c)3 Pending

Toll Free 1-855-435-7787

www.helpshere.org

Call toll free 1-855-435-7787 • Visit our website at www.helpshere.org • Call toll free 1-855-HELPS US

gandha, ginseng, rhodiola and gotu kola.

Well-designed scientific studies have revealed undeniable stress-relieving qualities. You should not need all four, just pick one to try based on its other properties and potential side effects. Ask your doctor if it's right for you before buying them at the health food store. Google these herbs to learn about them. It's okay to switch them out every few months. Adaptogens often take a few weeks to begin working.

Ashwagandha improves endurance, provides instant calm, fights fatigue, reduces inflammation and enhances sex drive. Panax ginseng also enhances sex drive, while improving energy levels, mental focus and well-being. Rhodiola, which thrives in freezing cold Siberia, improves stamina, cognitive function, melancholy and ability to cope. Gotu kola herb offers a mild, relaxing sense of virtual euphoria. Take Gota kola when you need it to kick back and relax, the way you might enjoy a glass of wine. Speaking of alcohol, this may be an effective stress-reducer but it's going to make a mess of your cortisol over time. I'd prefer you drink green tea, in most people that provides instant calm.

Treat yourself to massage. In 2005 University of Miami researchers reviewed some scientific studies and found that a single massage can reduce cortisol levels by an amazing 31 percent! Yoga is another way to find peace and calm. More meditation means less medication.

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



ELITE
HEALTH SOLUTIONS, LLC.
Staffing Solutions • Companion Services • Wellness Programs
Your trusted partner in all your healthcare needs
318.213.5483 • EliteHealthSolution.com

Some call it the great outdoors.
Some call it a great escape.
We call it our backyard.
LOUISIANA
Pick your Passion
LouisianaTravel.com

WE ARE COMFORT KEEPERS®

IN-HOME CARE THAT'S *Always Nearby.*

• Companionship
• Cooking, Light Housekeeping, Laundry
• Incidental Transportation
• Medication Reminders
• Personal Care Services

Call Us Today!
318-934-0090

Each office independently owned and operated. © 2009 CK Franchising, Inc.
WWW.COMFORTKEEPERS.COM



by Judge Jeff Cox

I have been reading with great excitement the news about Facebook. Facebook is a communication program that hundreds of thousands of people a year use to communicate events in their life and their family's lives, share pictures with their friends, and communicate news and information regarding their life or business. Facebook has been a hugely successful communication outlet that has revolutionized the way people communicate with one another. However, Facebook has also been a means where people have been arrested and pros-

Be Careful What You Communicate

ecuted for communications they have typed or posted on Facebook.

Under Louisiana Revised Statute Article 14:40.3, Cyberstalking is made a crime by our Louisiana Legislature. The statute reads as follows:

A. For the purposes of this Section, the following words shall have the following meanings:

(1) "Electronic communication" means any transfer of signs, signals, writings, images, sounds, data or intelligence of any nature, transmitted in whole or part by wire, radio, computer...

(2) "Electronic mail" means the transmission of information or communication by the use of Internet, a computer, a facsimile machine, a pager, a cellular telephone, ...or other electronic means sent to a person identified by a unique address or address number and received by that person.

B. Cyberstalking is action of any person to accomplish any of the following:

(1) Use in electronic mail or electronic communication of any words or language threatening to inflict bodily harm to any person or to such person's child, sibling, spouse, or dependent, or physical property of any person, or for the purpose of

A helping hand when you need it most.

We believe that quality care *must* be provided all day, every day, to every resident. This philosophy is followed in every department of our facility.



Riverview
CARE CENTER

4820 Medical Drive, Bossier City, Louisiana

(318) 747-1857

"The Elegance of Long Term Care"

24-hour Licensed Nurses & Certified Nursing Assistants

Dually certified for Medicare/Medicaid

Physical, Occupational, and Speech Therapy

Social & recreational activities

Scheduled medical transportation

Beauty and barber services

Private and companion accommodations

Hospice suite

extorting money or other things of value from any person.

(2) Electronically mail or electronically communicate to another repeatedly, whether or not conversation ensues, for the purpose of threatening, terrifying, or harassing any person.

(3) Electronically mail or electronically communicate to another and to knowingly make any false statement concerning death, injury, illness, disfigurement, indecent conduct, or criminal conduct of the person electronically mailed or of any member of the person's family or household with the intent to threaten, terrify, or harass.

(4) Knowingly permit an electronic communication device under the person's control to be used for the taking of an action in Paragraph (1), (2), or (3) of this Subsection.

Cyberstalking carries up to a one year jail sentence on the first conviction and longer terms on any subsequent convictions. In addition, hefty fines starting at \$2000 shall be imposed and these fines increase with each conviction. Additionally, the computer or property on which the crime occurred is to be seized by the court and sold according to the statute if the person is convicted.

Facebook is a wonderful communication tool for those that use it properly. However, as you can see, if you communicate in the wrong manner, you can be held criminally responsible. Remember, what you type or post on Facebook is out there for the whole world to see and read.



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

Regional Hospice

CARE GROUP
of N.W. Louisiana

Over 95 years combined Hospice Experience

**TEAMWORK ~ KNOWLEDGE
COMPASSION & EXCELLENCE**

For Information call:

**Shreveport (318) 524-1046
or Minden 382-9396**

8660 Fern Ave., Suite 145
Shreveport, LA 71105

Locally Owned and Operated

Where The Legends Play!

CLAY WALKER

Featuring hot country hits
"What's It to You" & "Rumor Has It"

SAT, MARCH 24 • 8PM
Tickets starting at \$30!



Purchase tickets at diamondjacks.com
or call 318-678-7695

JOE NICHOLS

Featuring hot country hits
"Gimmie That Girl" &
"Tequila Makes Her Clothes Fall Off"

SAT, MAY 25 • 8PM
Tickets on sale March 26
Tickets starting at \$25!



711 DiamondJacks Blvd • I-20, Exit 20A
1-318-678-7777 • 1-866-5JAXMAX
www.diamondjacks.com

Must be 21 or older. DiamondJacks Casino & Resort-Shreveport-Bossier City and its management reserve the right to change or cancel this event at any time for any reason. Valid at DiamondJacks Casino & Resort-Shreveport-Bossier City only. See Rewards Club for details.

©2012, Louisiana Riverboat Gaming Partnership, LLC.

BECOME A FAN ON FACEBOOK!

COMPULSIVE OR PROBLEM GAMBLING? CALL 1-877-770-STOP (7867)

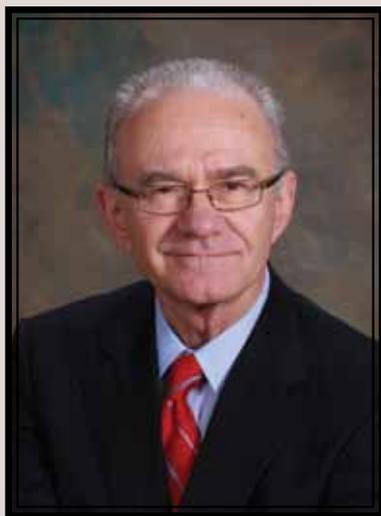
ELDER LAW ATTORNEYS – JOSEPH WEEMS, SCHIMPF, GILSOUL, HAINES



Question: Do you have specific needs and are looking for help?

- Developing a specialized estate plan to protect your heirs
- Protecting your child with special needs
- Protecting a vulnerable loved one from financial predators
- Protecting your assets from devastating long-term care costs
- Obtaining Medicaid benefits without going broke
- Obtaining Veterans Aid & Attendance benefits of up to \$2019 per month for care at home, in an assisted living facility, or in a nursing home
- Appealing the denial of Social Security disability benefits
- Developing a Life Care plan to coordinate long-term care
- Protecting your inheritances or law suit settlements
- Handling the succession of a deceased family member

Answer: Joe and Kyle will help you design a plan to meet your specific needs.



JOSEPH R. GILSOUL



KYLE A. MOORE

CALL TODAY TO SCHEDULE AN APPOINTMENT AT 318-222-2100

(\$300 for initial consultation fee)

WEEMS, SCHIMPF, GILSOUL, HAINES, LANDRY & CARMOUCHE, APLC

912 Kings Highway • Shreveport, LA 71104

www.weems-law.com

JOSEPH R. GILSOUL & KYLE A. MOORE

ATTORNEYS, LANDRY & CARMOUCHE (APLC)

We Assist the Elderly with Life's Transitions

As we age, we find that coping with life's many transitions often gets harder and harder. There are so many legal and practical matters to deal with, it can be overwhelming. Even if you are lucky enough to have a son or daughter nearby to assist, the maze of forms, benefit programs, care options, and monitoring, as well as planning to preserve your hard-earned assets, is often impossible for you and your family to cope with without expert help.

We recognize that estate planning goes well beyond signing wills and drafting legal documents. Your condition may constantly change – whether it be your health, your ability to make decisions, your finances, or your family situation.

YES, WE CAN ASSIST YOU!

Please contact us at

(318) 222-2100

Estate planning

Long-term care planning

Medicaid/veterans benefits

Social Security disability benefits

Successions



Call us at (318) 222-2100 or contact us by completing and mailing this form.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

Yes, please contact me about your upcoming FREE seminars.

Specify your legal needs or concerns: _____

Mail form to: Elder Law Attorneys – Joseph Gilsoul and Kyle Moore
912 Kings Highway • Shreveport, LA 71104

Tax Strategies in a Tough Economy

By Jason Alderman

For most of us, income tax calculations don't change much from year to year. But thanks to the roller coaster economy of the past few years, many people have undergone major life changes that can have a significant impact – good or bad – on their taxable income and how they should file taxes.

Even though April 17 (this year's tax-filing deadline) is a ways off, it's never too soon to start planning your strategy, particularly if you experienced financial hardships in 2011 that could affect your taxes. The IRS has a handy guide called "The What Ifs of an Economic Downturn" (search www.irs.gov) that reviews the tax impacts of different scenarios such as job loss, debt forgiveness or tapping a retirement fund.

Here's a roundup of common economic challenges you may be facing and

their possible tax implications:

You lost your job. Remember that unemployment benefits, severance pay and payout of accumulated vacation or sick leave are all considered taxable income, so if you didn't have taxes withheld from these payments, be prepared for a potentially nasty tax bill.

If you withdrew money from your regular IRA or 401(k) account to cover expenses, you'll owe income tax on the amount, plus an additional 10 percent penalty unless you're over age 59 ½ or meet special circumstances. Also, outstanding 401(k) loans must be repaid (usually within 60 to 90 days of termination) or they'll be counted taxable income – plus be subject to the same 10 percent penalty.

The good news is that many public assistance benefits such as welfare, food stamps and disaster relief payments don't count toward taxable income. Read the IRS's "Tax Impact of Job Loss" for details (www.irs.gov/pub/irs-pdf/p4128.pdf).

Lowered income. If you took a big pay cut or lost your job in 2011, it



might lower your adjusted gross income (AGI) enough to qualify for the Earned Income Tax Credit (EITC). EITC is a "refundable" tax credit, which means that if you owe less in income tax than your eligible credit, you'll not only pay no tax,

The User-Friendly Phone Book

Best Online
Yellow Pages



Community Information,
Coupons, Classifieds & More

shreveport247.com
Everything Shreveport • 24 Hours • 7 Days A Week



318-865-1280 ☎ **877-235-0708**

2920 Knight St., Bldg 1, Ste 101 • Shreveport, LA 71105

but actually get a refund for the difference. To learn more, search EITC at www.irs.gov.

Forgiven debt. Many people don't realize that when you borrow money from a bank or other commercial lender and the lender "forgives" the debt, you generally must count the forgiven amount as taxable income.

There are several exceptions to the rule, however: For example, the Mortgage Debt Relief Act of 2007 generally allows taxpayers to exclude up to \$2 million in forgiven mortgage debt (\$1 million if married filing separately) on their principal residence if it came through mortgage restructuring, foreclosure or a short sale. The mortgage exclusion is set to expire at the end of 2012 unless Congress intervenes.

Other exceptions include: Debts discharged through bankruptcy; or, if you are insolvent when the debt is cancelled, some or all of it may not be taxable. (Insolvency means your total debts are greater than the fair market value of your total assets.) For more information, search for Mortgage Debt Forgiveness at www.irs.gov.

Taxes are the last thing you want to worry about when facing financial hardships. Just be sure you're prepared for the possible tax implications if your income or debt situation has changed in the past year.



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

Fun, Friends, and Fitness Spring 2012

"An award winning beginner tennis program sponsored by the Northwest Louisiana Community Tennis Association"

This tennis program is a great opportunity to be introduced to tennis or to get back into the game. You will receive two hours of instruction at six sites across the area from outstanding teachers for only \$25. All sessions will run from 10 am to 12 noon on March 17, March 24, March 31, April 7, April 14, and April 21. Tennis rackets will be available for use during each session, so you don't need to bring a racket. We do suggest comfortable clothes and tennis shoes. Come join the fun!

For more information and to register for this program, visit www.nwlacta.com or email to vcquarles@caddo.k12.la.us or call (318) 560-8128.

Information and Referral

Advocacy

Peer Support

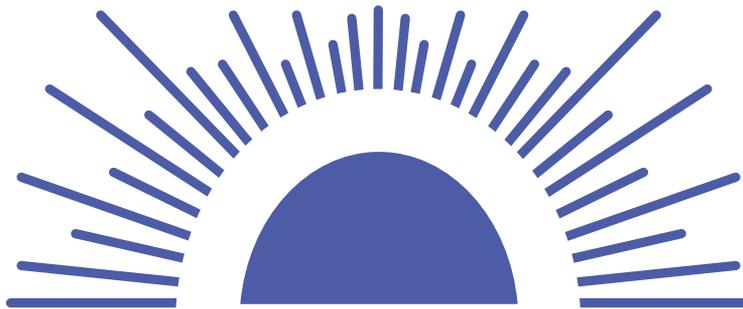
Skills Training

Consumer Center

Transportation

Loan Closet – Durable Medical Equipment

Telecommunications Access/Equipment



NEW HORIZONS INDEPENDENT LIVING CENTER

Enabling people with disabilities to live independently

Non-Profit

Non-Residential

There was a time when people thought "independent living" was limited to "accessible doorways" and "special parking..."
but that day is OVER!

318-671-8131 1-877-219-7327

Website: www.nhilc.org www.Facebook.com/NHILC
8508 Line Avenue, Suite D, Shreveport, LA 71106

Hearing Aids

American Sign Language Interpreting

Employment Services

Personal Attendant Services

Community Education Center

DSW Registry Training

CPR/First Aid

Exercising For Diabetes: Good Fat Burns Calories

by Mirabai Holland

Since March is Diabetes Month I wanted you to know about a recent discovery that is poised to be real game changer.

We all know inactivity and excess body fat are risk factors for Diabetes.

But did you know you have two kinds of fat, bad and good, white and brown?

White fat just sits there and is, well, just fat. It's the bad fat. It puts you at higher risk for diseases like diabetes. Brown fat on the other hand, doesn't just sit there. It's metabolically active. It burns calories, lots of calories. It's the good fat. (Yes, there is such a thing as

good fat.) And exercise can turn white fat brown!

A recent study* by the Dana-Farber Cancer Institute and Harvard Medical School shows that exercise produces a hormone called Irisin that turns white fat brown. This may be a reason people who exercise regularly burn more calories, even hours after exercising, than sedentary people. Doesn't that make you want to get up, make some irisin, turn that white fat brown and burn a bunch of calories?



Well if that's not enough here's something else.

Exercise helps regulate blood glucose levels. It helps get excess glucose out of the blood and into the muscle tissue where it's burned as fuel. It really works. In fact many diabetics who exercise regularly find they need to take a lot less insulin. Some have even been able to eliminate their need for insulin with daily exercise.

So between the calorie-burning brown fat, and the sugar-sucking effect on muscle tissue, I'd say exercise is a no-brainer for those of us at risk for diabetes.

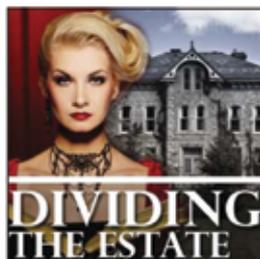
Mirabai Holland M.F.A. Legendary Fitness Pioneer is one of the leading authorities in the Health & Fitness industry, and public health activist who specializes in preventive and rehabilitative exercise for women. Her Moving Free® approach to exercise is designed to provide a movement experience so pleasant it doesn't feel like work. www.easyexercisevideos.com



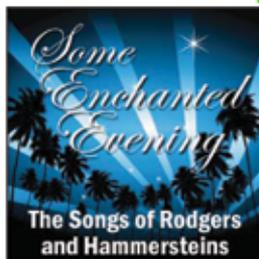
THE SHREVEPORT LITTLE THEATRE 90th SEASON 2011-2012 Let the fun and laughter begin!



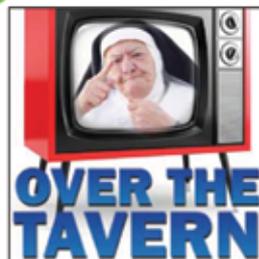
Sept. 8 - 18, 2011



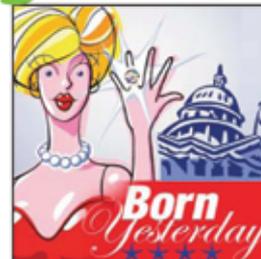
Nov. 3 -13, 2011



Jan. 5 - 15, 2012



Mar. 1 -11, 2012



Apr 26 - May 5, 2012

ALL FIVE MAINSTAGE SHOWS

For only: \$80 (adults) or \$72 (seniors, students, active military)

a savings of \$10 off individual ticket price

FOR MORE INFORMATION
Call (318) 424-4439

or email us at
sportlittletheatre@gmail.com

Or visit our Box Office
at 812 Margaret Place
Noon - 4 p.m. Monday - Friday



THE SHREVEPORT LITTLE THEATRE
www.shreveportlittletheatre.org

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 9.

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

What are the symptoms and treatment of torn cartilage?

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



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

Lex Plant Farm
Irrigation & Landscaping Services

RAIN BIRD

Your
LAWN IRRIGATION
specialists

Annual Lawn Irrigation System
Service Agreements

Offering an annual service contract to keep your irrigation system working properly and efficiently

- ☒ Initial system inspection and repairs, if needed
- ☒ Three other periodic system inspections, and repairs if needed
- ☒ Startup and system check annually
- ☒ Fall shut down and winterizing
- ☒ Rapid response to irrigation problems

For more information call **(318) 797-6035**
9045 East Kings Highway Shreveport, LA 71115

MONOPOLY ® Brand

for
MEALS
April 14, 2012
(6:00PM)

Title Sponsor:

To Benefit:

A unique, high-profile event to raise money for the Meals on Wheels program.

For additional information or to secure a table or individual tickets, contact Mary Alice Rountree at: **318-676-7900**

Or purchase tickets online at: **WWW.CADDOCOA.ORG**

The MONOPOLY® name and logo, the distinctive design of the game board, the four corner squares, the MR. MONOPOLY® name and character, as well as each of the distinctive elements on the board and the playing pieces are trademarks of Hasbro, Inc. for its property trading game and game equipment. © 2002 Hasbro, Inc. All rights reserved. Used with permission.

Special thanks to Eldorado Resort & Casino for providing all food and event space.

ELDORADO
RESORT • CASINO • SHREVEPORT



Days of Wine & Flowers

Story by Andrea Gross
www.andreagross.com

I find a patch of green and begin to unpack our picnic basket. “Wine?” asks my husband. I nod happily. I’m surrounded by wildflowers, fixed with food and wine, and within shouting distance of places waiting to be explored. I’m hard put to think of a nicer way to spend the day.

Now we’ve found a way to have not one, but two spring breaks. First we go to the Hill Country of central Texas, where spring begins early. Later we explore the Blue Ridge Mountains of southwestern Virginia, where flowers don’t reach their peak ‘til May or June.



Bluebonnets cover the hills near Fredericksburg, peaking in mid-April.
Credit: Al Rendon

Texas Hill Country

It’s mid-April in Fredericksburg, and the bluebonnets are in full bloom.

Friends point us to Willow City Loop, 15 miles to the northeast, and soon we’re on a winding road that takes us over cliffs, through meadows and across bridges. We drive slowly, admiring the scenic glory, in no hurry to get back to town.



Fredericksburg has a vital downtown filled with specialty stores of all kinds. **Credit: Irv Green**

But we need to prepare for our picnic, which is scheduled for the following day. Fredericksburg is at the center of the Texas Hill Country Viticultural Area, a 15,000 square mile area that is the second most visited wine region in the United States, topped only by Napa.

Therefore we head out along Highway 290, locally known as “Wine Road 290,” which bisects the town.

Here the land resembles the grape-growing regions of Italy and southern France, leading Brian Heath, owner of Grape Creek Vineyards, to refer to the area as “Tuscany in Texas.” We go into a tasting room that is styled like an Italian villa with heavy timbers and a tile roof and sample their award-winning wines, finally settling on a bottle of Pinot Grigio for \$16.95.

Afterwards, because we’re in splurge mode and can’t resist, we pick up a pie from Tootie Pie Company Gourmet Café, recognized by Yahoo Travel as one of the top ten pie shops in America. Exercising zero self-control, we eat the pie on the spot, then buy another for our picnic basket. After all, this is a vacation, right?

The next morning we wander through the downtown area, which is quietly becoming one of the country’s leading art centers. Collectors often arrive in private planes to visit

galleries like Whistle Pik, where they can acquire paintings and sculptures by nationally acclaimed artists. Nearby, Artisans at Rocky Hill showcases outstanding work by top regional craftsmen and women, while The Grasshopper and Wild Honey features an eclectic collection of local handicrafts and European imports.

Finally we stop in Rustlin’ Rob’s Texas Gourmet Foods, where we indulge in a sampling of sauces and dips. We end up with a packet of Rattlesnake Dust (a mix of herbs, garlic and exotic peppers) and a jar of Texas Hot Wild Fire Pickles. We put the Dust in our suitcase but as for the pickles... they go into the picnic basket.

www.VisitFredericksburgTX.com



Mountains form a perfect backdrop to a picnic in the hills near Roanoke. **Credit: Roanoke Valley Convention & Visitors Bureau**

Virginia's Blue Ridge

A month later we're in Roanoke. Here, near the northern end of the Blue Ridge Parkway and just south of Shenandoah Valley, flowers begin blooming in April and color the hills through October. First come the delicate wildflowers; later, the flame azaleas and rhododendrons.

The city, which is already the cultural and business hub of southwestern Virginia,

is cementing its reputation as the northern terminus of the Parkway, offering visitors an experience similar to that of Asheville, 250 miles to the south. To that end, the revitalized downtown has become a regional art center, filled with markets and galleries.

We poke in the shops and then, to prepare for our picnic, we hit the wine trail. Wine has been produced in Virginia since the Europeans settled the region in

the 1600s, and *Wine Enthusiast Magazine* has named Virginia one of 2012's ten best travel destinations in the world. (The two other U.S wine regions that made the list are in California.)

We visit Virginia Mountain Vineyards and Fincastle Vineyard & Winery, where we taste-test their Cabernet Franc and Chardonnay. Delicious.

Then, on a whim, we drive through orchards and down a country road to Peaks of Otter Winery & Orchard in nearby Bedford.

There the atmosphere is more homespun, and we're offered samples of wines labeled Blackberry Cobbler, Pumpkin Pie and Blueberry Muffin, which, we're told, was Mark Twain's favorite. These make me feel virtuous. I'm not really drinking; I'm just imbibing my grandmother's home cooking.

We buy a bottle of each and set off to find the perfect picnic spot.

www.visitroanokeva.com
www.blueridgeparkway.org

Retirement & Asset Management, Tax Services



Chad M. Garland, CPA offers a wide range of accounting & bookkeeping services for individuals, estates and businesses.

- Goal Setting/Risk Analysis
- Estate Planning
- Budgeting
- Insurance: Planning & Products
- Retirement Planning
- Investments

Chad M. Garland, CPA LLC

www.chadgarlandcpa.com

Ph. 318 220-4416 • Fax 318 220-4417 Email: cgarland@chadgarlandcpa.com
 7591 Fern Avenue, Suite 1701, Shreveport, Louisiana 71105



ANSWERING. AIDING. GUIDING.

Anyone eligible for Medicare (65+ or disabled) should know about the **Senior Health Insurance Information Program (SHIIP)**. SHIIP offers free and confidential help with Medicare and other health insurance. Our counselors work through local organizations and can help answer your questions.



LOCAL HELP FOR PEOPLE WITH MEDICARE

VOLUNTEER TODAY! 1-800-259-5301 www.lidi.la.gov

BROADWAY: A Personal Perspective



Photo by Joan Marcus

by Brian Bradley

Winter doldrums set in on

Broadway after the holiday season. This is typical. There are usually few openings. This year no openings were scheduled for February and only one commercial production opened in January. January is also a time when shows that have been struggling

give up the ghost. *On a Clear Day You Can See Forever*, *Chinglish* and *Relatively Speaking* all closed on January 29th.

But a new *Porgy and Bess* did make its debut. And two of our not-for-profit theatres opened their mid-season productions. The Roundabout Theatre Company is offering a frustrating production of the 1984 drama *The Road to Mecca*. The Manhattan Theatre Company a riveting revival of the 1999 Pulitzer Prize winner *Wit*.

Porgy and Bess, one of the great masterpieces of the American

theatre, has been revisited in a radically altered production. The director Diane Paulus along with Suzan-Lori Parks and Diedre L. Murray who adapted the libretto and score have attempted to make George Gershwin's folk opera, so revolutionary in 1935, more accessible for a contemporary audience. What? Do they mean acceptable? For whom I would query. What they've done is take the grand out of grand opera. What they have not done is create a theatre piece comparable to the original.

An opera score is as complex as a symphony. Cutting and editing can be delicate. Change one thing and affect ten more. For example, when they interrupt "Gone, Gone, Gone" (the ensemble component of the funeral sequence) with a book scene, they also kill the momentum running up to the aria "My Man's Gone Now". The whole show feels choppy. It doesn't flow musically or directorially and except for the costumes is not particularly well designed.

Audra McDonald, for whom this production was mounted, we gather, is an exceptional Bess, but with her operatic vocals, she can not be understood. Accessible? Norm Lewis is an inconsistent Porgy, but solid on "Bess, You Is My Woman Now." And David Alan Grier's "Sporting Life" is absolute perfection.

"I'm scared." Cynthia Nixon's reading of that line from *Wit* is so exposed, so vulnerable and so truthful that copious tears began to flow. That agonizing anguished moment was so heart-breaking, it would seem impossible to be anything other than fully invested.

Wit is Margaret Edson's marvelously compact one-act depiction of a woman dying of stage IV metastatic ovarian cancer. Cynthia Nixon anchors this unevenly acted revival as the de-

Calling All Bridge Players

Come Play in Memphis's Largest-Ever Bridge Event!



The American Contract Bridge League presents
2012 Spring North American Bridge Championships



March 15-25 ♠ Memphis Cook Convention Center

You don't have to be a duplicate or tournament bridge player to join the fun!

Never played duplicate bridge?

There's a place for you at this event no matter what type of bridge you play — and no matter what your skill level!

Don't have a bridge partner?

Stop by the Partnership Desk and we'll help you find one!

Bridge Blast Weekend!

March 16–19, 2012

FREE Lessons and Special FREE Game Opportunities for Newcomers

For newcomer information, contact **Jody Couch** at **901-277-7854** or **IN2012memphisnabc@gmail.com**

Visit **www.acbl.org/NABC/** for a full schedule of events



PRESENT THIS AD at the Intermediate–Newcomer Registration Desk in the Cotton Row Room and **RECEIVE A FREE DECK OF CARDS!!** (while supplies last)

manding English Literature professor Dr. Vivian Bearing, Ph.D., a middle-aged spinster with rigorous teaching methods and an affinity for John Donne's *Holy Sonnets*, *Death Be Not Proud* in particular. Miss Nixon's performance is as masterful with the wit and irony in Vivian's observational humor as it is with her rapid deterioration the result of a radical experimental treatment. Absolutely not to be missed!

Except as an excuse to see the marvelous Rosemary Harris on stage, there has been some debate about the Roundabout's selection of *The Road to Mecca* for a main stage slot. This static drama about a reclusive, ostracized artist, her friend who has driven 800 miles on dusty roads to support her in crisis and a minister with an agenda received its definitive production back in 1988. That award-winning Off-Broadway mounting starred a South African actress, Amy Irving and the playwright (Athol Fugard) who also directed. But even then Frank Rich, writing for the New York Times, observed in a mostly favorable review Act One's expository dialogue was "a question-and-answer session for the audience's benefit rather than a credible conversation between two loving friends."

Athol Fugard was

a renowned South African playwright whose works, with the exception of *Mecca*, dealt with apartheid. With the political component now resolved, most of his plays are dated. *Mecca* however deals with artistic freedom of expression and the risk an artist takes in expressing their truth through their art. So the solitary sculptor in *Mecca* could be a stand-in for the author. But the long, tedious first act requires two remarkable actors and carefully considered direction to keep an audience engaged.

In 1988 Rich noted that "as if to accentuate the falseness of the writing, Miss (Yvonne) Bryceland, so affecting later, plays Helen with a beatific, mannered dottiness of grating artificiality." It's funny but Miss Harris, one of the great treasures of the American theatre it should be noted, makes the same misguided choice and also comes off studied. Combined with Carla

Gugino's colorless, flat performance we can never fully appreciate what is generally considered an illuminating second act.

Next month a spring preview!

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

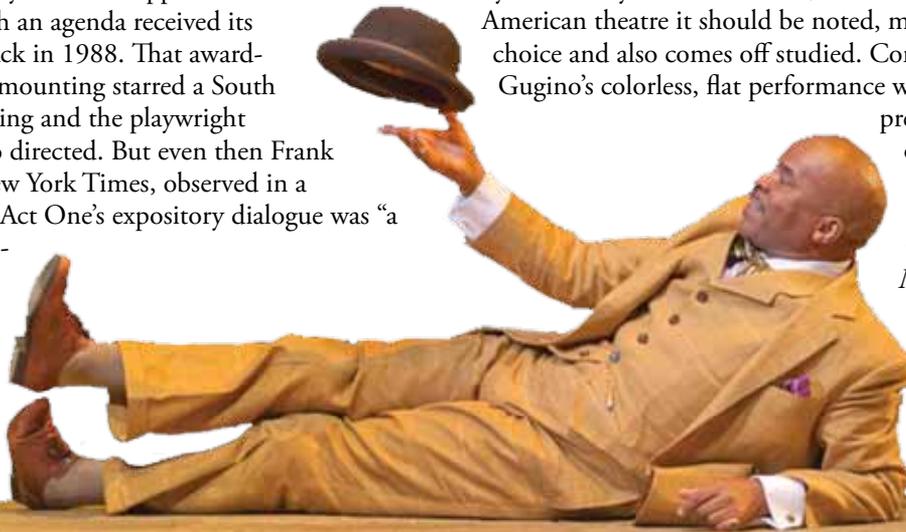


Photo by Michael J Lutch



WILLIS-KNIGHTON'S QUALITY CARE IS AVAILABLE IN YOUR HOME

North Louisiana's Oldest Hospice



318-212-2170

C@RK

A Red River Revel Wine Event

MARCH 31, 2012

2PM-5PM

Presenting Sponsor



CORKWINEFESTIVAL.COM Pavilion at Festival Plaza, Shreveport - Must be 21 years or older to attend this event.

The IRISH

in America

FAMILY FEATURES

They came in the 1840s to escape the devastating potato famine. And they stayed to become part of the fabric of America. Today 36.9 million U.S. residents claim Irish ancestry, second only to those who claim German heritage, and more than eight times the population in Ireland, according to the U.S. Census Bureau's 2009 statistics.

Enduring hardships and privations, the foods these Irish immigrants cooked in the new land would have replicated foods that reminded them of home - dishes such as cottage pie and Irish apple cake. Below are recipes for these dishes from Darina Allen's "Forgotten Skills of Cooking," (Kyle Books, 2009).

Allen, considered the Julia Child of Ireland, is on a mission to teach everyday home cooks the kind of cooking skills early Irish immigrants would have practiced.

The recipes below feature Irish dairy products because dairying has been a part of Ireland for centuries, long before potatoes. "In Ireland we can grow grass like nowhere else in the world," said Allen with pride. "So we have fantastic butter, lovely cream and, of course, cheese. Butter is the fat of the land. Our animals are grass-fed. Grass-fed gives more flavor and more complex nutrients. This is what we are. Dairy products come from this beautiful, lush green grass."

Try these recipes for a St. Patrick's Day celebration. For more St. Patrick's Day recipes, visit www.kerrygoldusa.com.



Cottage Pie with Garlic Butter

Serves 6

3 tablespoons olive oil
2 garlic cloves, mashed
1 small onion, chopped
1 pound beef, freshly ground
1 teaspoon fresh thyme leaves
1/2 cup dry white or red wine
1 cup beef stock
1 tsp. Worcestershire sauce
1 tablespoon tomato paste
Roux (recipe follows)
Salt and freshly ground pepper

For the Topping

3 pounds baking potatoes, unpeeled
1 cup whole milk, boiling
Salt and freshly ground pepper
2 tablespoons Irish butter
1 Tbs. chopped chives (optional)
1/4 cup grated Dubliner cheese
1/4 cup grated Aged Cheddar

To Serve

Garlic Butter (recipe follows)
Heat the oil in a saucepan. Add garlic and onion and fry until soft and slightly brown. Increase heat, add ground beef and thyme and fry until beef changes color. Add wine, half the stock, Worcestershire

sauce, and tomato paste. Simmer for 10 minutes.

Meanwhile, boil the unpeeled potatoes, then peel them. Add boiling milk and mash potatoes while they are still hot. Season with salt and freshly ground pepper, and add butter and chives, if using.

Preheat the oven to 350°F.

Bring the rest of the stock to a boil and thicken it well with roux. Stir it into beef - it should be thick but still juicy. Taste and correct seasoning.

Put meat mixture into one large or six individual pie dishes. Pipe or spread mashed potato mixture over the top. Sprinkle with grated cheeses. Bake for 30 minutes, until top is golden and slightly crispy. Serve with garlic butter and a salad.

Roux

8 tablespoons Irish butter
Scant cup all-purpose flour

Melt butter in a pan and cook flour in it for 2 minutes on low heat, stirring occasionally. It will keep for two weeks in the refrigerator.

Garlic Butter (Slather over bruschetta or toast)

8 tablespoons Kerrygold Irish butter
2 tablespoons finely chopped parsley
3 to 5 cloves crushed garlic
A few drops of freshly squeezed lemon juice

Whip butter, then add in parsley, garlic and a few drops of lemon juice at a time. Roll into butter pats or form into a roll and wrap in parchment paper or foil, twisting each end. Refrigerate to harden.



Kerrygold Aged Cheddar, Cashel Blue farmhouse cheese, Dubliner and Blarney Castle Irish cheese served with chutneys and brown bread.



Irish Apple Cake

“Irish Apple Cake varies from house to house, and the technique has been passed from mother to daughter in farmhouses all over the country for generations.”

Serves about 6

- 2 cups all-purpose flour
- ½ teaspoon baking powder
- 8 tablespoons Irish butter
- ½ cup superfine sugar, divided
- 1 egg
- About ¼ to ½ cup whole milk
- 1 to 2 cooking apples
- 2 to 3 cloves, optional
- Egg wash
- 10-inch ovenproof plate

Preheat the oven to 350°F.

Sift flour and baking powder into bowl. Rub in butter with your fingertips until it resembles the texture of bread crumbs then add 1/3 cup superfine sugar. Make a well in the center and mix to a soft dough with beaten egg and enough milk to form a soft dough. Turn out onto a board divide in two. Put one half onto an ovenproof plate and press it out with floured fingers to cover the base.

Peel, core, and chop up apples. Place them on the dough and tuck in cloves, if using. Sprinkle over some or all remaining sugar, depending on the sweetness of the apples. Roll out the second half of the pastry and fit it on top - easier said than done as this “pastry” is more like scone dough and as a result is very soft. Press the sides together, cut a slit through the lid, egg wash, and bake for about 40 minutes or until cooked through and nicely browned on top. Dredge with superfine sugar and serve warm with raw sugar and softly whipped cream.

BBB ACCREDITED BUSINESS SINCE 1995

BBB RATING A+

DIGITAL & PROGRAMMABLE HEARING AIDS
CALL FOR A FREE HEARING TEST

(318) 797-7733 or Call Toll Free 1-800-736-6140
1810 E. 70th, Shreveport, LA (next to Edwin Watts Golf Shop)

GERALD COCKERHAM
Hearing Aid Specialist

Shreve

HEARING AID SERVICE



Home consultation without obligation.
Service & repair of all makes & models.

ACADIAN ON CALL



1.800.259.1234
www.AcadianOnCall.com



MedReady™

AUTOMATED, MONITORED
MEDICATION DISPENSERS

PERSONAL EMERGENCY
RESPONSE SYSTEMS



NATIONWIDE
CELLULAR SYSTEM



©2011 HARVEST MANAGEMENT SUB, LLC 14703

All the independence.
None of the hassle.

Summerfield Estates provides all-inclusive and carefree independent retirement living in a safe and enriching environment. Visit today for your personal tour.
Welcome to Holiday. Welcome home.



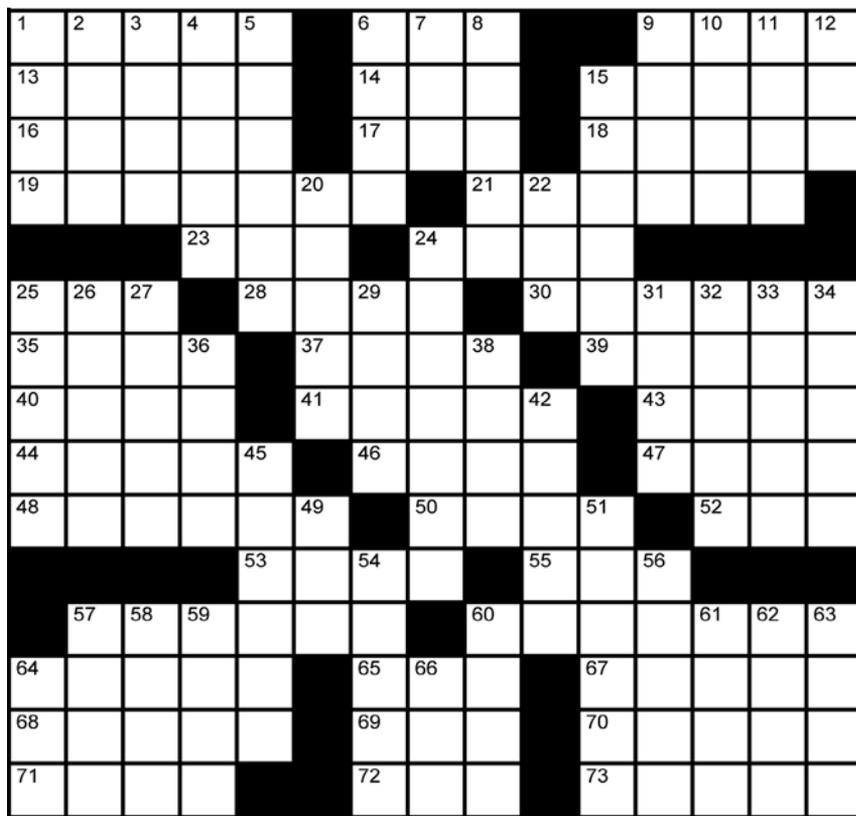
Summerfield Estates

Independent Retirement Living

9133 Baird Road, Shreveport, LA 71118 | 318-688-9525 | summerfieldestates.net

20th CENTURY

Solution on pg 39



ACROSS

1. Mothball substitute
6. *"___ Whom the Bell Tolls," by Hemingway
9. Equal
13. Camel's relative
14. *Baseball great Gehrig
15. ___ the tail ___ the donkey
16. IRS threat
17. Unit of electrical resistance
18. Los _____, CA
19. *Moldable material that had huge commercial impact
21. *Location of famous fall
23. *___ Francisco, site of 1906 Great Earthquake
24. *Buddy Holly hit, "___ On"
25. *Mary ___, businesswoman extraordinaire
28. *Belushi famously chanted this in "Animal House"
30. Bivouac
35. Big bang theory's original matter
37. *The "Fab Four's" original number
39. *Movie "___ Recall"
40. Spanish earthen pot
41. Robin Hood's companion
43. Vegan's protein choice
44. What you pay to pass, pl.
46. Doctor's order
47. Incision

48. Pearl maker

50. *Colorful building block
52. One from Laos
53. Not yet final or absolute
55. Rangers and Flyers field of play
57. *It carried Gagarin into space
60. *Chilly conflict
64. Can be used intermittently
65. The Jackson 5's "___ Be There"
67. Nose of a missile, e.g.
68. Cleverly funny
69. Customer's dread
70. Complete list of Catholic saints
71. Type of list
72. Marines are this and proud?
73. Swedish money

DOWN

1. *It can turn some lights on and off
2. Twelfth month of civil year
3. *Nihilistic cultural movement
4. Awry
5. Knocks on the door, e.g.
6. Farm Labor Organizing Committee
7. Expression of amazement
8. Ballroom dance based on Cuban folk dance
9. Under a window
10. ___-perspirant
11. *One small step for man?
12. Half the width of ems
15. *JFK to John-John
20. ___ and out; on and ___
22. The day before
24. Typically filled with cheese or meat
25. *___ Protocol, a framework for climate change
26. Bronze, e.g.
27. Hollers
29. Encircle
31. Rolled out for guests, pl.
32. Coral reef island

12. Half the width of ems
15. *JFK to John-John
20. ___ and out; on and ___
22. The day before
24. Typically filled with cheese or meat
25. *___ Protocol, a framework for climate change
26. Bronze, e.g.
27. Hollers
29. Encircle
31. Rolled out for guests, pl.
32. Coral reef island

33. *Subject of "The Godfather"
34. *Demoted planet
36. Scotch ingredient
38. "Ill at ___"
42. Latin for "region"
45. Lookout man
49. Home of 2016 Olympics
51. According to the clock
54. Small boat
56. *J. ___ Hoover, of the FBI
57. Henry ___
58. Prefers

59. Comedian ___ Rogan
60. Ball of yarn
61. A drunk
62. Shakespeare's hometown river
63. Actress ___ Sofer
64. *Domain of latter part of century
66. *Martial artist, Bruce ___



Sci-Port's Golden Days Matinee

WE'RE HERE FOR THE GOLDEN DAYS MATINEE.

SO, FOR \$9 WE CAN SEE AN IMAX FILM, GET A YOGURT AND VIEW ALL THE PERMANENT GALLERIES?

DO YOU HAVE PROOF THAT YOU'RE A SENIOR ADULT?

THAT'S THE NICEST THING ANYONE HAS SAID TO ME TODAY!

Just \$9 • Exhibition not included • (318) 424-8660 • www.sciport.org

SUDOKU

Fill in the blank squares in the grid, making sure that every row, column, and 3 x 3 box includes all digits 1 through 9. (Solution on page 39)

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

© StatePoint Media



St. Patrick's Day Word Search (solution page 39)

- Beer
- Blarney Stone
- Cabbage
- Clover
- Corned Beef
- Cottage Pie
- Green
- Ireland
- Irish
- Jig
- Legend
- Leprechaun
- Lucky
- Parade
- Pot Of Gold
- Pub
- Rainbow
- Saint Patrick
- Seventeenth
- Shamrock

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

★ YOUR CHOICE

CONFUSED?
 GOD has only ONE way!!
 It is found in The BIBLE!!

**BIBLE
 STUDY
 IS
 IMPORTANT**



To enroll in a free, non-denominational Bible Correspondence Course send your name and mailing address to:
BIBLE CORRESPONDENCE COURSE
 2045 East 70th St.
 Shreveport, LA 71105



SSO 2012 Piano Celebration
 JAN FEB MAR

TICKETS & DETAILS:
www.shreveportsymphony.com
318.227.8863

Tickets start at \$17



SHREVEPORT SYMPHONY ORCHESTRA

MICHAEL BUTTERMAN, MUSIC DIRECTOR

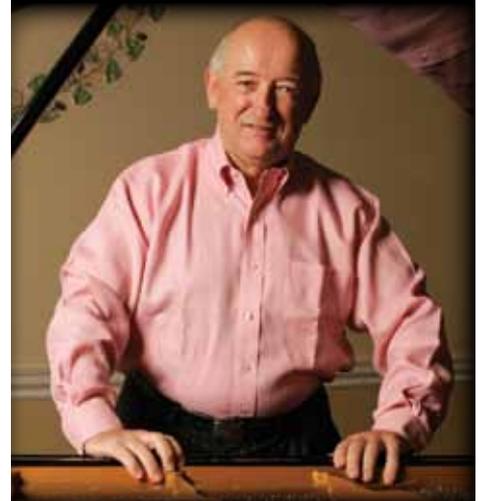
Simply Classic

2011-2012 SEASON

LUCK O' THE IRISH
JOHN O'CONOR, PIANO

SATURDAY, MARCH 17—7:30 PM
 Riverview Theatre
 600 Clyde Fant Parkway

GRAINGER—Irish Tune from County Derry, "Danny Boy"
FIELD—Piano Concerto No. 6
BEETHOVEN—Symphony No. 7



Get Up & Go!

BRIDGE

North American Bridge Championship - Presented by ACBL. March 15 - 25. Memphis, Tennessee. Cook Convention Center. Bridge Blast weekend March 16 - 19. Free lessons and free game opportunities for newcomers. Visit www.acbl.org/NABC/ for a full schedule of events

CONCERTS

Shreveport Symphony - Luck o' the Irish. March 17 at 7:30. RiverView Theatre in downtown Shreveport. Tickets are \$17 - \$42. Call 227-8863.

CONFERENCE

Alzheimer's Caregivers Conference - Hosted by The Alzheimer's Association. The event features two sessions with the first "Strategies Pertinent to Families" from 9 a.m. to 10:30 a.m. and "Family Perspectives & Survival Tips" from 11 a.m. to 12:30 p.m. The event is **FREE** to the public, but pre-registration is encouraged. Free parking and light refreshments. To register, call Debbie Hayes at (318) 861-8680.

DRIVER SAFETY

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

or checks payable to AARP accepted.

- March 12 - 8:00 a.m. - 12 noon. First Baptist Church Minden, 301 Pennsylvania Ave, Minden. Contact: Lisa Gould 318-377-4434; Instructor: James Smith.

EXHIBIT & LIVE BROADCAST

Bodies Revealed Exhibition - Through May 21 at SciPort: Louisiana's Science Center, 820 Clyde Fant Pkwy. An up-close look inside the human body. Monday - Friday 10 a.m. - 5 p.m.; Saturday 10 a.m. - 6 p.m.; Sunday Noon - 6 p.m.

- Gary Calligas will host a LIVE remote broadcast of *The Best of Times Radio Hour* at SciPort on Saturday, March 24th at 9 am to discuss the Bodies Revealed exhibit with Karen Wissing, Public Relations and Marketing manager. This radio show is proudly sponsored by Dr. J. Gary Booker. Don't miss the fun and a chance to win great door prizes.

MARCH

March for Meals on Wheels - Wednesday March 14 at 12 noon. Participants will march from the Courthouse on Texas Street to the Red River District. The March will raise awareness and money to fight senior hunger.

MOVIE

Sci-Port's Golden Days Matinee - Weekdays 1 - 4 p.m. On the Shreveport riverfront. Seniors enjoy an IMAX film, **FREE** admission to Sciport galleries



and a frozen yogurt. Games & activities available. All for \$9. Groups call (318) 424-8660 to schedule.

OPERA

Shreveport Opera - Madama Butterfly - March 31. RiverView Theatre in downtown Shreveport at 7:30 p.m. Tickets are \$25 - \$90. Call 227-9503.

SEMINAR

"How to Get the Government to Help Pay for Your Long Term Care" - Presented by elder law attorneys Joseph Gilsoul and Kyle Moore. Thursday April 19 at 6 p.m. at Horizon Bay, 2540 Beene Blvd., Bossier City. There is no charge but reservations are required. RSVP to Brandy or Ginny at (318) 222-2100.

SENIOR OLYMPICS

2012 Northwest Louisiana District

AZALEA ESTATES

ASSISTED LIVING AND RETIREMENT COMMUNITY

When it's time to make a decision on Assisted and Retirement living, be sure you make the right choice... Consider Azalea Estates.

516 E. Flournoy Lucas Rd.
Shreveport, LA 71115
Call Lorrie Nunley or Beth Furrh
318-797-2408
www.azaleaestates.com

Senior Olympics - March 24 - May 23. For more info and a complete schedule of events visit www.nwlsog.org.

- Saturday March 24, 9:00 a.m. Beanbag Baseball. Knights of Columbus Bossier, 5400 E. Texas, Bossier City. Teams that avoid elimination continue play on Saturday, March 31, 9 a.m.

TENNIS

Fun, Friends, and Fitness Tennis

Program - Sponsored by the Northwest Louisiana Community Tennis Association. This is a great opportunity for adults to be introduced to tennis, or to get back into the game. 12 hours of instruction at 6 sites for only \$25. 10 a.m. - 12 noon. Dress comfortably and wear tennis shoes. Tennis rackets available for use during the session. For more info or to register visit www.nwla.cta.com or email vcquarles@caddo.k12.la.us

- March 17- Querbes Tennis Center
- March 24 - Southern Hills Tennis Center
- March 31 - Cockrell Tennis Center
- April 7 - Querbes Tennis Center
- April 14 - Bossier Tennis Center
- April 21 - StoneBridge Tennis Center

THEATRE

Shreveport Little Theatre - *Over the Tavern*. March 1, 2, 3, 8, 9, and 10 at 8:00 pm; March 4 and 11 at 2:00 pm Tickets are \$15 for seniors, students and active military, \$17 for adults. Tickets may be purchased at box office, 812 Margaret Place, from noon - 4 p.m. weekdays, or by calling 424-4439.

TOURS

Free Trolley Tour - Every 3rd Thursday, hop on the **FREE** trolley to see arts

and cultural venues in the Downtown Shreveport area. Each month features different locations and special events. A professional tourguide rides along on the green trolley offering interesting tidbits about Shreveport's multicultural history. Trolley tours run approximately every 20 minutes from 5:00 p.m. to 8:00 p.m. Beginning at Artspace at 710 Texas St. For more information including this month's destinations, contact the Shreveport Regional Arts Council at (318) 673-6500 or artspace at (318) 673-6535.

Le Tour des Jardins - Presented by Northwest Louisiana Master Gardeners. Saturday, May 5 from 10 a.m. to 5 p.m. and Sunday May 6 from noon till 5:00 p.m. Five beautiful gardens created by home gardeners and one professional garden, for a total of six gardens are on this year's tour. Tickets are \$10 in advance and \$12 at the gardens the day of the event. Tickets are available at the Randal T Moore Center, at any Citizens National Bank location or from any NWLA Master Gardener. For more information contact the Master Gardeners Office at (318) 698-0010 or www.lsuagcenter.com/nwlamg.

WINE EVENT

Cork: A Red River Wine Event - Saturday March 31. 2 - 5 P.M. Pavilion at Festival Plaza, Downtown Shreveport. The event features wines from around the world, delicious samplings of signature dishes from the area's finest restaurants, and live music. Wine experts of the regions represented will be on hand to offer advice, answer questions, and discuss fine wines. Tickets are \$75 or a reserved table for 10 for \$1250. Proceeds support the Red River Revel Arts Festival. To purchase tickets visit www.CorkWineFestival.com



Agentra
Agents for change, for you

Contact **Jessica Grigsby** for a free membership in **Agentra's prescription, vision and hearing discount program.**

Jessica Grigsby - Agent
318-828-9040 • jgrigsby@agentraagent.com

200 Years of History

1817



Louisiana
200 YEARS

First recorded date of slaves congregating on Sundays in New Orleans' Congo Square. Historians say the music shared and created at these gatherings - West African rhythms played with European instruments - sow the seeds for what is now known as jazz music.

Celebrating 200 Years Of Celebrating

For more interesting history and Bicentennial events visit www.LouisianaBicentennial2012.com

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

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

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

The Best Of Times
Deals & Discounts



Does your business offer a special deal, coupon, or incentive?

Let us help you promote this to our readers, radio listeners, and website visitors.

For information, please call (318) 636-5510
or email gary.calligas@gmail.com

Rooms Too Cold? ...ROPPOLO's Can Help!

Roppolo's
INSULATION

FREE ESTIMATES
318-865-5113

www.roppolosinsulation.com



\$25 OFF

Professional Insulation Job

coupon expires 4/30/2012

SPRAY FOAM • BLOWN IN FIBERGLASS • TRADITIONAL BATT INSULATION



*just5 Simple Features Cellphone

SPECIAL OFFER!

With Personal Emergency Response System
Big Buttons • Ease of Operation • Long Lasting Battery
Amplified Sound/Hearing Aid Compatible

Buy Now and get a FREE SIM Card plus 200 BONUS International Minutes upon activation.

No Contract • No Activation Fees • No Cancellation Fees • Calling plans starting at low as \$5

Coupon Expiration: **Call to order -- Toll Free 1-800-709-0509**
March 31, 2012 **or order directly from website at www.just5.com**

10% Discount for Military, Law Enforcement, Fire Fighters, and Seniors 55+

523 Benton Rd.
Bossier City, LA
71111

icare

(318) 742-9588

iPHONE, IPOD, IPAD, ANDROID REPAIR
REPAIR OF APPLE AND ANDROID PHONES AND DEVICES



Forest Park Funeral Home and Cemeteries

VETERANS FAMILY AND MEMORIAL CARE PROGRAM

Forest Park Funeral Home is a proud member of the Veterans Family and Memorial Care program. As a certified provider of this program, **Forest Park** upholds the tradition of serving those who have honorably served us.

Contact Forest Park Funeral Home (1201 Louisiana Avenue, Shreveport, La. 71101) at **(318) 221-7181** for details on the benefits of using them to preplan veterans' funerals. Forest Park looks forward to assisting you in the preplanning of your veteran's service.



5765 South Lakeshore Drive
Shreveport, LA 71119
www.saborestrestaurant.net
(318) 635-9738

Sabores

Dominican traditional food

Hours

Monday – Saturday
11 a.m. to 9 p.m.
Sunday 11 a.m. to 5 p.m.

The best home cooking with a Dominican flavor

**15%
discount**

**When ordering two or more entrees*
During Lunch or Dinner or Takeout**

Expiration: March 31, 2012

*Not applicable for luncheon specials

The Arbor & The Terrace

OF BOSSIER
An Assisted Living Community

and a community for
Alzheimer's and Dementia

4770 Brandon Blvd., Bossier City, LA 71111

(318) 549-1001

Melissa Putman, Executive Director



SPECIAL OFFER

*No deposit is required for
new residents**

(A Value of \$750)

Coupon Expiration:
March 31, 2012

**Subject to admission
eligibility and if applicable,
a pet deposit is required*

Sitters and
Companions

Call Susan at
(318) 655-5606 to
discuss the needs for
your loved one

Best Friends Care
*"A Best Friend to Share
Lasting Memories"*

Providing services
to clients in Caddo,
Bossier and Webster
Parishes

Very Affordable
Rates

10% Discount for all
military and veterans

MARCH PARTING SHOTS

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

Bossier Council on Aging

Valentines Day Luncheon hosted and sponsored by the Horseshoe Casino and Hotel in Bossier City.



BCOA Executive Director Tamara Crane (standing) awards a \$100 gift certificate to Binon's Steakhouse to Jim and Doris Harper for being the longest married couple attending the luncheon.



Alfred and Norma Larramendi, and sisters Angeline D'Anna, Mary Jones, and Dorothy Brocato



Barbara Kethley and Jim Tyler



Mary Mundy and George Williamson



Garland and Frances Williford



Hearing aids are important.

That's just one of the reasons we so very carefully and professionally fit yours. We offer **FREE** screenings and **FREE** consultations.

BETTER HEARING SYSTEMS of NorthWest Louisiana LLC



1000 Chinaberry Drive, Suite 103
Bossier City, Louisiana 71111
Call (318) **747-9191**



ALZHEIMER'S DISEASE

CALL MICHELLE HARRISON, STUDY COORDINATOR: 318-227-9600

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

Qualified participants will receive study-related medical evaluations and investigational medication at **no cost**.

J. Gary Booker, MD, 851 Olive Street, Shreveport, LA 71104



March Parting Shots continued
Bossier Council on Aging



Above:
 Pat Dial, Ruby Buchanan;
 Barbara Tabor, and
 Pat Ivanamberg



Lynette Aiken and Londell Noble, with
 Tamara Crane (standing)



Right: Shelli Briery
 with Juanita Tucker



Jeri and Chuck Lancaster

BODIES REVEALED exhibit opened at SciPort on January 28 and will run until May 21. The exhibit provides an opportunity to see inside carefully preserved real anatomical specimens and learn the detailed structure and function of the human body.

Bodies Revealed Exhibit Chief Medical Director Dr. Roy Glover



Kristen Gary and Robin Williams

Something Wonderful Is Happening Here!

- Retirement living at its best
- Spacious apartment homes
- Countless amenities & service
- Activities to suit every taste

TX LIC#000461 An Emeritus Certified Assisted Living Community
 We comply with the Fair Housing Act.



7110 University Drive, Shreveport, LA 71105
 www.emeritus.com

Phone - (318) 524-2100 | Fax - (318) 524-2300
 Kpshreveport3@emeritus.com



K I L P A T R I C K ' S
Rose-Neath

Funeral Homes, Crematorium and Cemeteries, Inc.

Serving you since 1932

www.rose-neath.com

1815 Marshall Street
 Shreveport, LA 71101
 (318) 222-0348

2500 Southside Drive
 Shreveport, LA 7 1118
 (318) 687-1256

2201 Airline Drive
 Bossier City, LA 71111
 (318) 746-2543

705 S. Spruce Street
 Vivian, LA 71082
 (318) 375-3011



CADO COUNCIL ON AGING

Caring for Our Seniors

**March
with us
to end
senior
hunger!**



**Meet at the Courthouse on Texas St.
Wednesday March 14 at 12 Noon**

**Our Mission: To raise awareness and
money to fight senior hunger!**

We will March from the Courthouse on Texas to the Red River District.
Please come and lend your important presence to this vital cause.
You can also support us by sending donations to: CCOA March for Meals,
1700 Buckner St # 240, Shreveport, LA 71101-4407

March Parting Shots
continued



Krewe of Centaur

The **Grand Bal of the Krewe of Centaur** was held on January 28 at the Shreveport Convention Center



Queen Shirley Hart, Captain Sophie Duke, and King Randy James



Sonja Bailes, Tom and Diane LaBarbera, Ed Walsh



Left Above Clockwise:

Sophie Kastanos and Pete Theo

Tom and Cynthia Flynn

Sue and Clarence Babineaux with Suzanne Yount

Valentine's Tea Party

Brenda Griffith, Queen Mother Lynda Herzog, and Jan Bland attend Herzog's Hilarious Hellyuns of Haughton's Valentine's Tea Party at Sam's Town.



MINERAL MANAGEMENT SERVICES

OF LOUISIANA, LLC

Helping landowners manage their mineral assets

Our singular focus is managing and overseeing private oil & gas mineral interests for LA & East TX landowners.

- Lease Negotiation, Administration and Follow-up
- Surface Inspection & Management
- Royalty Management
- Division Order Verification
- Accounting

www.mmsla.com

Ph. 318 220-4416 • Fax 318 220-4417

Email: cgarland@mmsla.com

7591 Fern Avenue, Suite 1701
Shreveport, LA 71105

THE WOMAN'S DEPARTMENT CLUB

March Parting Shots continued

held their annual Mardi Gras Jazz Brunch on February 4. Area royalty joined in the festivities.

Below: Queen & King of Elders Liz and Richard Skyles



Above left: Krewe of Centaur Captain Sophie Duke and Queen Shirley Hart ❖ **Above right:** Sally and Jim Gardner

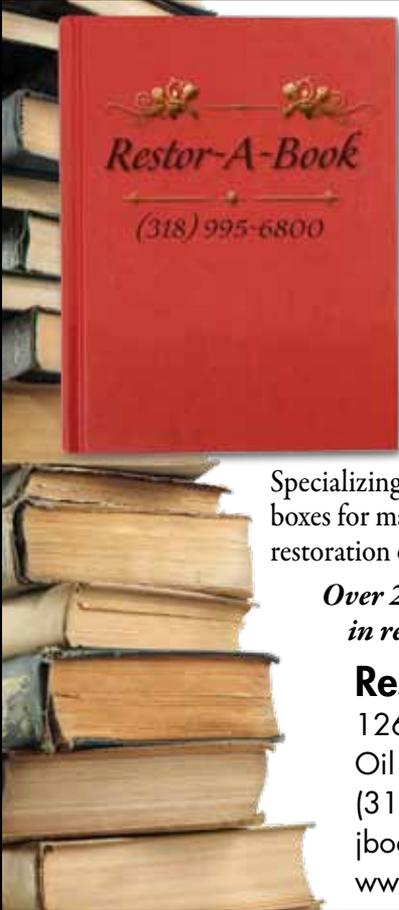
Below (l to r): Emily Woods, Mary Harville, Betty McCain, Vada McGoldrick, and Madeline Holder



Women League Heart Health Awareness Event

Gwendolyn Barnes (center) received the Outstanding Woman Award at Star Women Association and PHP Outreach Women League Heart Health Awareness Event held on February 2 in observance of National Heart Health Month. Pictured here with Charlyn Cleere (left) and Felicia Hinton.





A Professional Bindery offering restoration and hand binding of:

- Genealogy papers
- Bibles
- Project reports
- Tabloids
- Newspapers/Magazines
- Church Hymnals
- Courthouse Record Books
- Bulletins

Specializing in custom made clamshell boxes for maps, musical scores, and the restoration of rare books!

Over 20 years of experience in restoration binding!

Restor-A-Book
 126 S. Land Avenue
 Oil City, LA 71061
 (318) 995-6800
 jbookdoctr@aol.com
 www.restor-a-book.com

MARCH SALE

FEATURING ROMANCE
 ONE OF OUR 5 SIGNATURE LIFESTYLES
 VISIT TODAY!



NEW LOOKS.
NEW SAVINGS!

ETHAN ALLEN

CLASSIC DESIGN. MODERN PERSPECTIVE.

SHREVEPORT 8824 YOUREE DRIVE 318.797.3187

SALE ENDS MARCH 31, 2012. VISIT A DESIGN CENTER OR
 ETHANALLEN.COM FOR DETAILS. ©2012 ETHAN ALLEN GLOBAL, INC.



303 North Market Street, Suite B
Shreveport, LA 71107

RENTAL, SALES AND SERVICE

Home Medical Equipment • Power Wheelchairs
Mobility Scooters • Vehicle Lifts
Portable and Modular Ramps



*David Fletcher and Robert Robinson
with over 40 years of combined
experience.*

**We Service All Makes
and Models!**

**Drop by to Visit Us
for the Most
Reasonable Prices!**

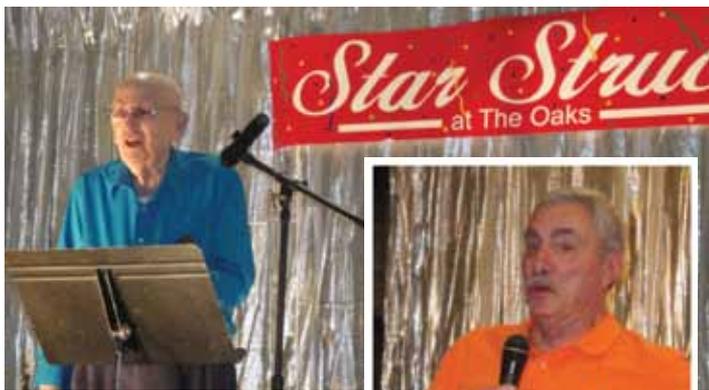


318-222-2860 • TOLL FREE 877-602-8109 • FAX 318-222-0893

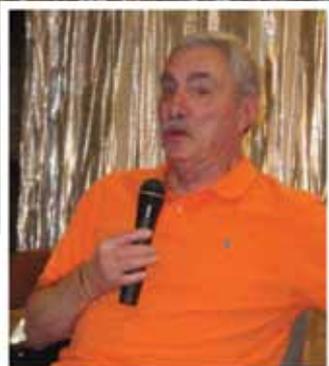
Annual Talent Show at The Oaks of Louisiana

Star Struck, the 2nd annual talent show for residents and staff of The Oaks of Louisiana, was held on January 31st.

Below: Members of Live Oak Rookies and Astros Bean Bag Baseball teams



Daniel Hennigan



Aubrey Capelan sings God Bless America



Singer Natalie Bethard was the grand prize winner



Lynda Cash at the piano

2012 Seniors Domino Tournament



Glen Giles and James Samuels were the winners of SPAR's Airport Park Community Center's recent 2012 Seniors Domino Tournament

MACULAR DEGENERATION

Imagine A Pair Of Glasses That Can Help You See Better!

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and easier to see. Dr. Mona Douglas is using miniaturized binoculars or telescopes to help people who have decreased vision, to see better.

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

www.IALVS.com



Senior Care at Brentwood Hospital

Levels of Care

- Inpatient
- Partial Hospitalization (Day Treatment)
- Outpatient

Call us, we can help!

Brentwood Senior Care Unit
(318) 678-7500

Warning Signs

That May Indicate the Need for Treatment

- Depression, extreme sadness
- Confused thinking, difficulty concentrating
- Hallucinations; hearing voices
- Misuse of alcohol or medications
- Disorientation
- Numerous unexplained physical ailments
- Difficulties coping with daily living
- Excessive fears, anxieties or suspiciousness

Turning 65 and have questions about Medicare?

- What are my options?
- Which plan is right for me?
- Which company will best meet my needs?
- How do I choose?



Humana can help.

We offer a variety of Medicare health plans and the experience to help you find the right Humana plan that meets your needs.

Humana has been serving people just like you with Medicare for over 20 years. We provide Medicare health plans, including prescription drug plans, to more than 4 million people across the country.

Let's talk.

To arrange a personal appointment, please call us today.

1-800-338-9530

(TTY: 711)

8 a.m. to 8 p.m., seven days a week

A health plan with a Medicare contract.

Y0040_GHHH6PDHH File & Use 11092011

HUMANA

11/11