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May Contents



Briefs

- 6 Stat! Medical News
- 8 Our Featured 5
- 10 Shreveport Then & Now
- 12 Snapshot Sleuth

Features

- 15 Home DNA Testing
- 20 The Shreveport Summer Music Festival 40th Anniversary

Advice

- 22 Money Matters
Keeping the Peace Between Adult Children in Estate Planning
- 24 Laws of the Land
My Doctor is Wrong!
- 26 From the Bench
Be Careful Who You Trust

Columns

- 28 Traveltizers
Hot Springs, A Town Where All is Possible
- 30 Tinseltown Talks
*Peter Mark Richman:
The-Pharmacist-Turned Actor*
- 32 Page by Page
Review of "The Water Museum"

In Every Issue

- 34 What's Cooking?
The Perfect Blend
- 36 Get Up & Go!
- 38 Our Famous Puzzle Pages
- 41 Parting Shots



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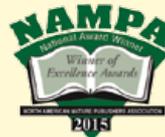
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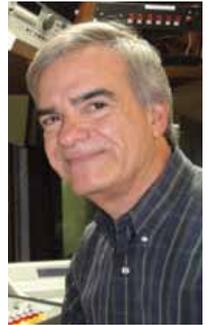
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May 7

Stroke Warnings and Treatment
Guest: Alan Little, MD; Neuro-
hospitalist, Willis Knighton Pierre-
mont; Medical Director, WK Pier-
remont Stroke Center

May 14

200 Caregiver Tips with Healthy
Lifestyle Benefits
Guest: Rev. Odell Lendor Glenn, Jr.

May 21

Heart Disease and Treatments
Guest: Dr. Pavan Katikaneni, Assis-
tant Professor of Cardiology and
Medicine at LSU Health Sciences
Center

May 28

"Midnight in Berlin"
Guest: James MacManus, inter-
nationally known author and
historian

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Tanning May Block Vitamin D Synthesis

As skin tans, it darkens to protect itself against harmful ultraviolet (UV) radiation, but the increasing pigment blocks vitamin D synthesis, limiting the skin's ability to produce more vitamin D, a new study from the University of Pernambuco Medical School in Brazil finds. Even people exposed to high levels of sunlight may be deficient in serum vitamin D. The research showed that, in a large sample of individuals living in a tropical region with very high rates of sun exposure and extremely high UV irradiation, most people had serum vitamin D below 30 ng/ml (nanograms per milliliter), the cutoff for normal. Overall, 72 percent of participants had vitamin D deficiency.

Drink More Whole Milk

A new study published in the American Heart Association's journal *Circulation* indicates that full-fat dairy, like whole milk, may be healthier than low-fat dairy, like skim milk. Researchers analyzed the blood of 3,333 adults taken over 15 years and discovered that people who had higher levels of three different byproducts of full-fat dairy had an average 46 percent lower risk of developing diabetes. In addition some low-fat products are actually loaded with sugar - which means they end up having more calories than the full-fat versions. Another study, published in the *Scandinavian Journal of Primary Health Care*, found that, over a 12-year study, subjects that consumed high-fat dairy products were less likely to suffer from obesity than those who don't have the variety of dairy products in their diet.



Low Levels of Components of Vitamin D Can Help Predict Cardiac Events

total vitamin D and bioavailable vitamin D appear to be associated with poor cardiovascular outcomes.

Low levels of total vitamin D and bioavailable vitamin D can help predict a person's risk of major adverse cardiovascular events such as a heart attack, stroke, heart failure or death, according to a first-of-its-kind study from the Intermountain Medical Center Heart Institute in Salt Lake City. The study found that low levels of both

The Down Side of Your Sweet and Salty Addiction

Consumption of fructose, a fruit-derived sugar present in many sweetened beverages and processed foods, has been associated with epidemic levels of diabetes, obesity, metabolic syndrome and hypertension in the U.S. and around the world. New research presented at the Experimental Biology meeting in San Diego further supports this link, finding that high levels of fructose similar to amounts consumed within the American diet may predispose individuals to fast-onset, salt-sensitive hypertension. Overall, these findings raise concern about the amount of fructose and salt found in the American diet.



Exercise in older people is associated with a slower rate of decline in thinking skills that occurs with aging. People who reported light to no exercise experienced a decline equal to 10 more years of aging as compared to people who reported moderate to intense exercise, according to a population-based observational study published in the online issue of *Neurology*®.

Regular Aspirin Use Found to Protect Against Cancer Risk

An analysis of data from two major, long-term epidemiologic studies finds that the regular use of aspirin significantly reduces the overall risk of cancer, a reduction that primarily reflects a lower risk of colorectal cancer and other tumors of the gastrointestinal tract. The findings published Online First in *JAMA Oncology* suggest that the use of aspirin may complement, but not replace, the preventive benefits of colonoscopy and other methods of cancer screening.

Common Allergy Medication Worsens Restless Leg Symptoms

Allergy season can be the worst time of year for people suffering with restless legs syndrome because popular over the counter medications can make symptoms much worse.

“Patients with restless legs syndrome already have difficulty sleeping as their symptoms tend to worsen at night or with rest, but sedating antihistamines, such as Benadryl, can intensify the symptoms,” said William Ondo, M.D., a Houston Methodist neurologist.

Restless legs syndrome is considered a neurological and sleep disorder as patients feel uncomfortable sensations and strong urges to move their legs, which can sometimes be painful and often disrupts sleep.

“We don’t yet understand why sedating antihistamines worsen restless legs syndrome, but we do know that non-sedating antihistamines do not affect the symptoms as much because they do not enter the brain as easily,” Ondo said.

Ondo adds that some people who think they are allergic to Benadryl or other sedating antihistamines because it makes them feel hyper may have undiagnosed restless legs syndrome and recommends they consult a neurologist.



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Our Featured **5**

1 **DECORATION DAY** was the original day's name and LBJ made it officially a holiday.



Facts About Memorial Day

2 **THE AMERICAN FLAG** is flown at half staff AND at the top.



3 **NATIONAL MOMENT OF REMEMBRANCE** is at 3PM on Memorial Day.



5 **AMERICAN FLAGS** are placed at graves at Arlington National Cemetery.



1. Decoration Day began in 1882 when graves of fallen soldiers were adorned with flowers and flags. "Memorial Day" was declared the official name in 1967. It was recognized as a holiday in 1968 when LBJ signed the Uniform Monday Holiday Law.

2. It is customary on Memorial Day to fly the flag at half staff until noon, and then raise it to the top of the staff until sunset.

3. In 2000, Congress established a National Moment of Remembrance, which asks Americans to pause at 3:00 p.m. on Memorial Day to remember and honor the fallen.

4. The World War I poem "In Flanders Field" by John McCrea, inspired the Memorial Day custom of wearing red artificial poppies.

5. Since 1948 soldiers of the 3rd U.S. Infantry place American flags at the gravestones in Arlington National Cemetery. They patrol the cemetery 24 hours a day during the weekend to ensure that each flag remains standing.

4 **WEARING POPPIES** was inspired by a poem.



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Shreveport

Then & Now

These photographs, a blending of vintage and current photos of a particular location, are the result of twin brothers Mike and Mark Mangham's fascination with Shreveport history. If you have special memories to share about these photos, please email Tina at editor.calligas@gmail.com.



Hearne Dry Goods Store was opened on Texas Street (across from the Caddo Parish Courthouse) on October 1, 1902, by George Marion Hearne, Sr. Hearne's sons, George, Jr. and Horace, were also involved in the operation of the store. The Hearne Dry Goods Company, Ltd. was one of Shreveport's longest lasting privately owned department stores. It's now a parking lot. (Bill Grabill, photographer.)

Shreveport's Municipal City Hall was located at the Northwest corner of Milam and Louisiana Streets. The original City Hall, built in 1872, burned down in 1905. This building was designed by L.S. Green and was completed in 1908, remaining in use until 1958. The site is now a parking lot.

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



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-Darlene Franks Pace & Carolyn Franks Browning

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

-Terri Miller and family

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Do you recognize any of these people?

The Best of Times is partnering with the library at LSU Shreveport to identify individuals in photos from their collections. These photos were candid shots at a party by Bob Menasco and are identified with the name Lefkowitz with no date given. If you know any of the individuals in these photos or if you have any memory or comments that you would like to share, please email Tina at editor.calligas@gmail.com or Laura at laura.mclemore@lsus.edu.

Photos are from the Menasco Studio Collection and courtesy of Northwest Louisiana Archives at LSU Shreveport.



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ERNIE ROBERSON, CERA
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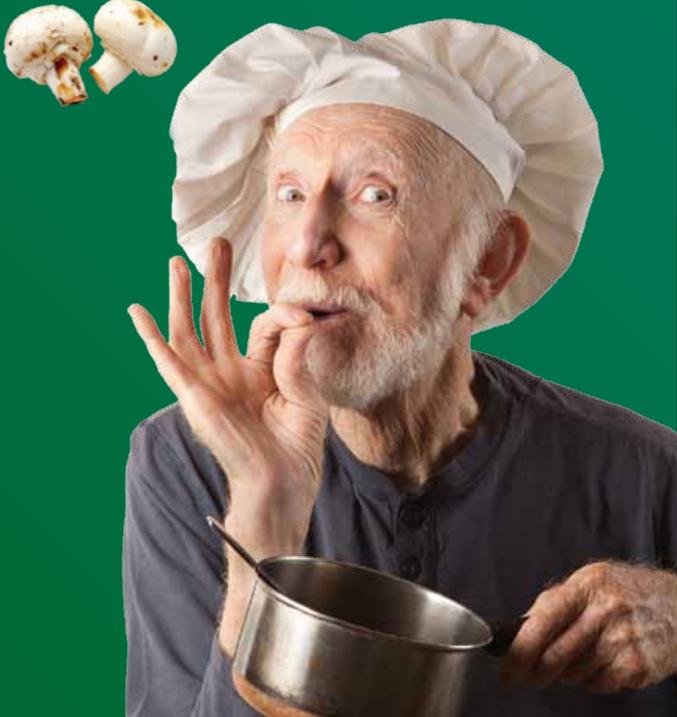
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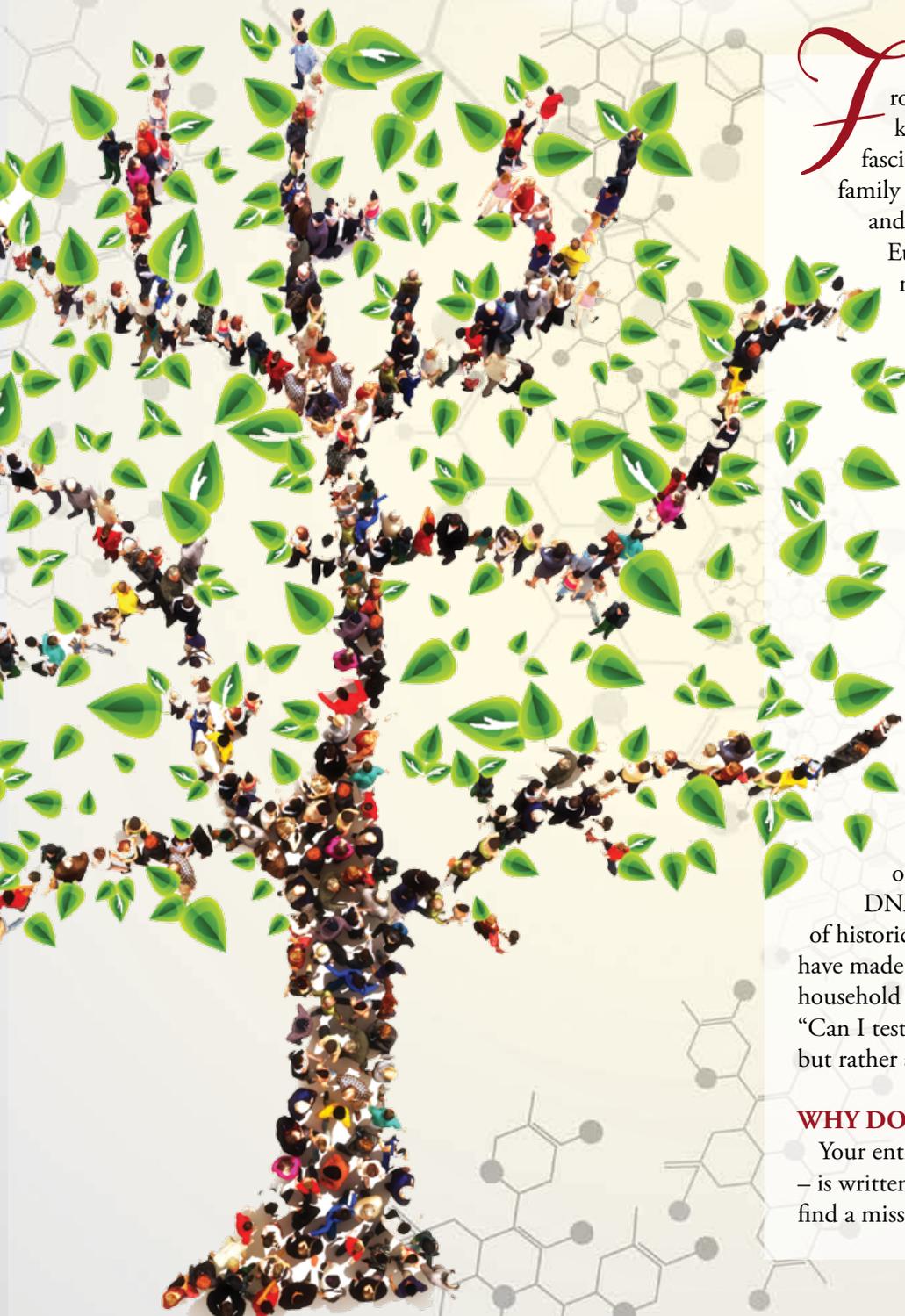
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MAKING SENSE OF INVESTING

HOME DNA TESTING

Finding Past Roots and Future Health in your Genetic Makeup

by Livvy Leblanc



From the age of twelve, Bennett Greenspan knew he was a genealogist. Nothing fascinated him more than being introduced to family members from all throughout Nebraska and hearing of others from as far away as Europe. Later in life, Greenspan would make an ingenious scientific connection to a 1998 discovery that found a DNA match between Thomas Jefferson and the children of his domestic servant Sally Hemmings. Greenspan questioned whether he could use this same scientific technology to prove ancestry among his own family members. He realized that when the paper trail of historical documents used in genealogic research runs dry, why not look at your family at the molecular level to continue the story?

In 2000, Greenspan founded Family Tree DNA, a DNA testing company that sells testing kits directly to consumers to set them on a path to discovering their family lineage. Other companies have since followed this model of anthropological, genealogic and medical DNA testing paired with online research of historical records. These companies and kits have made DNA testing for genealogy a common household occurrence. It is no longer a question of “Can I test my DNA to discover more about myself?” but rather a question of “Where do I start?”

WHY DO A HOME DNA TEST?

Your entire genetic story – past, present and future – is written in your DNA. Whether you are trying to find a missing link in your family tree or simply

want to know the percentage of your ethnic makeup, DNA tests are an easily accessible method of delving into your family history beyond court records and family photos alone.

It is important to mention that these home DNA testing kits do not involve needles, urine or blood samples. A small amount of saliva is taken from a cheek swab, sealed in a receptacle, and safely shipped to a testing company for gene analysis. This can determine paternal and maternal relatives and ethnic descent, depending on the type of DNA test. More recently, DNA tests have begun to provide medical information on possible disease risks.

People choose to have their DNA tested for curiosity's sake or for genealogic research. According to Jim Jones, President of the GENCOM DNA Interest Group and a chemical engineer who has taught himself about genealogy over the past 15 years, genealogic research is a process. What may start as a simple interest in one's ethnic makeup could turn into many years' worth of research in tracing a surname back centuries and connecting with distant relatives along the way.

Extensive research can lead genealogy enthusiasts to cross-country and cross-cultural connections with relatives, adding layers and paths to their family's story. For some growing up before the days of digital photography and in areas of natural disaster, like New Orleans with its flooding, family photos were often taken by the forces of nature never to be seen again. Through genealogic research and DNA matching, one can reconnect with relatives to share family photos and regain a sense of self that was once lost.

WHICH DNA TEST SHOULD I TAKE AND WHICH COMPANY SHOULD I USE?

The type of test you choose depends on how deeply you wish to research and on which family line you wish to focus. There are three types of DNA tests: Y-DNA, mtDNA, and autosomal DNA tests. Y-DNA tests show paternal lineage through the Y-chromosome, which is passed from father to son, to son, and so forth. Only males carry the Y-chromosome, therefore these tests are taken by males to trace the male line of ancestry.

Mitochondrial DNA tests, or mtDNA tests, trace the mother's maternal lineage. Mitochondrial DNA is passed from the mother directly to her offspring – both male and female – resulting in the same mtDNA of a mother and her offspring. Males and females can use mtDNA tests to determine their mother's all female line.

Autosomal, or atDNA, tests are most commonly used for discovering genealogy and personal ancestry and show ethnic ancestry and connections among all family branches. Autosomal DNA is inherited from both parents who received their atDNA from their parents who received it from their parents, and so on. Both males and females can test their atDNA, which is most useful in finding relatives as far back as five to six generations and who share some portion of the same DNA.

Determining which test to take can lead you to the testing company to choose. The three main companies – Ancestry, FamilyTreeDNA, 23andMe – are online based and offer a sampling of home testing kits.

For those who are beginning genealogy research, Jones suggests starting with the autosomal AncestryDNA kit from Ancestry.com. "They do all the work and don't provide you with as much detailed information as FamilyTree." FamilyTreeDNA is the most comprehensive and complex of the testing companies offering multiple tests that provide much deeper information into

Y-DNA

Y-DNA tests show paternal lineage through the Y-chromosome, which is passed from father to son, to son, and so forth. Only males carry the Y-chromosome, therefore these tests are taken by males to trace the male line of ancestry.

MTDNA

Mitochondrial DNA tests, or mtDNA tests, trace the mother's maternal lineage. Mitochondrial DNA is passed from the mother directly to her offspring – both male and female – resulting in the same mtDNA of a mother and her offspring. Males and females can use mtDNA tests to determine their mother's all female line.

ATDNA

Autosomal, or atDNA, tests are most commonly used for discovering genealogy and personal ancestry and show ethnic ancestry and connections among all family branches. atDNA is inherited from both parents who received their atDNA from their parents who received it from their parents, and so on. Both males and females can test their atDNA, which is most useful in finding relatives as far back as five to six generations.

patrilineal and matrilineal ancestry. These tests, mtDNA and Y-DNA, are only recommended for use by experienced genealogists, as the information can be quite overwhelming.

Once you feel comfortable with Ancestry.com, you're ready to upgrade to FamilyTreeDNA by transferring your data to their database. For advanced researchers, Jones suggests the 111 marker Y-DNA test from FamilyTreeDNA.

23andMe is unique in that its test provides medical information such as carrier status of certain diseases, wellness and traits reports, as well as genealogical and personal ancestry. 23andMe is generally not recommended by genealogists for genealogical research but can uncover new discoveries about your health, which would need to be further explored by health care professionals.

NOW THAT I HAVE MY DNA TEST RESULTS, WHAT DO I DO?

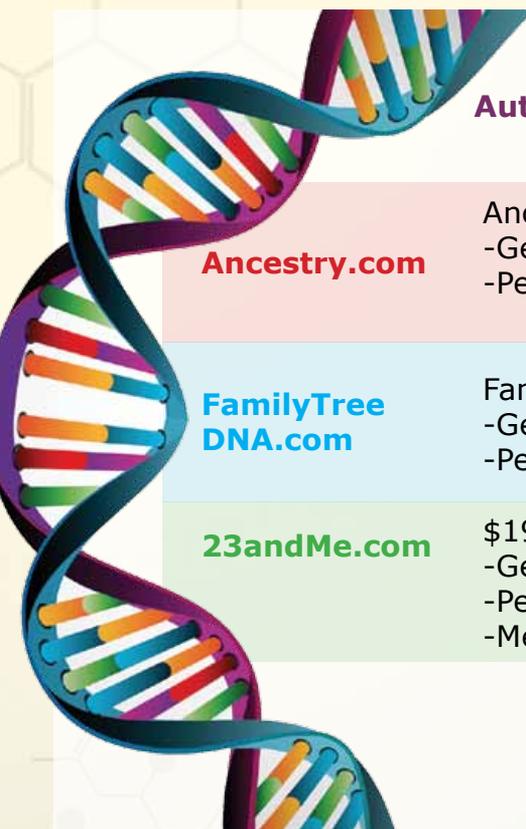
Within 2 to 8 weeks after mailing your test kit to the company, you will receive notification that your results are ready. Your results are published online through a personal online account to which you sign in with a username and password. Results are not mailed to you as a privacy and security precaution.

Each company has a different way of presenting your results but is similar in that they provide a list of people with whom your DNA matches in their database. You use the

website's tools, some including a chromosome browser, to research connections with other members who share similar DNA traits. You can contact matches through the website if they have chosen to be contacted. From there, you can compare family trees, make connections, or perhaps make a shocking discovery.

Success stories abound in the genealogic testing world. For some who have always had an idea of their ethnic makeup, it's confirming that they are 23% more Italian than Middle Eastern, or are less Irish than they thought. For others, it's a Y-DNA test that proves a connection to seven cousins in Virginia and a DNA link to a Revolutionary War hero. For those who have been adopted and uncertain of their background, DNA testing has led to connections with living relatives and has shed new light on an adopted person's identity. Or it is the feeling of relief knowing that your chance of hair loss is just a small percentage.

The Best of Times' own Gary Calligas found his results from Ancestry.com and 23andMe useful and surprising. Both companies determined similar percentages of his ethnic makeup but could not find a particular 6% to match any ethnicity. Through both sites, he has corresponded with several contacts from across the globe. "If I had some spare time," Calligas says, "I would enjoy contacting each and every one of the matches, but sometimes the matches are many degrees different from your DNA."



	Autosomal DNA Test	Mitochondrial DNA Test	Y-DNA Test
Ancestry.com	AncestryDNA kit, \$99 -Genealogy -Personal ancestry		
FamilyTreeDNA.com	Family Finder test, \$99 -Genealogy -Personal ancestry	\$199	37 marker, \$169 67 marker, \$268 111 marker, \$359
23andMe.com	\$199 -Genealogy -Personal ancestry -Medical and disease risks		

The most useful information he found 23andMe provided was chances of developing potential health conditions such as lactose intolerance, bitter taste reception, alcohol flush reaction, Alzheimer's disease and Parkinson's disease.

CONSIDERATIONS OF TESTING

For the three main testing companies, the results of your DNA tests can only be compared to those in the testing company's database. Your chances of finding the most and best possible matches depend on the size of the company's database. For best results and the chance of making the most matches, your data should be transferred to other company's database, which requires a transfer fee. With genealogic DNA testing, the more matches to make in databases and the more advanced tests to take mean greater expense.

The International Society of Genetic Genealogy warns



that there are uncertainties in genetic information that can provide challenging or unexpected results that may make you question a cultural or familial identity. It is important to be aware of this before you test.

Genealogic research takes time, patience and persistence. Your results from a DNA test are merely a starting point for further investigation. But with this evidence based on molecular biology, we now have more comparative data to build more expansive family and health profiles.

This may also be the starting point for genealogic testing companies as more people recommend them. As Calligas reminds us, it once took six months to do a DNA analysis. Today, it only takes a few hours. With the field of genetic testing evolving at such an increased rate, think of the advances it will make in the next ten years. Think of the potential of what your genes can and will say about you.

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THE Shreveport *Summer Music Festival* 40th Anniversary

by Mary Flanders

In 1976 the United States celebrated her 200th birthday, Apple Computers came into being and “Happy Days” was the number one television show. That year also marked the first year of the Shreveport Summer Music Festival.

What began as a casual conversation between two musicians after a church service bloomed into an event that has withstood the test of time. That day forty years ago, after playing for a service at the Church of the Holy Cross Episcopal, Concertmaster and violinist of the Shreveport Symphony Leonard Kacenjar and church organist Conrad Soderstrom were discussing Mr. Kacenjar’s upcoming trip to play at the Aspen Music Festival in Colorado. One of them said, “Wouldn’t it be nice to have something like that in Shreveport?” Father Kenneth Paul overheard the conversation and chimed in, “You can have it here in my church.” And so it came to pass. It started as an idea to fill in the musical blank spot of summer in Shreveport. Over the years it became an opportunity for local musicians to play, to come together with world class musicians and for Shreveport to enjoy the results.

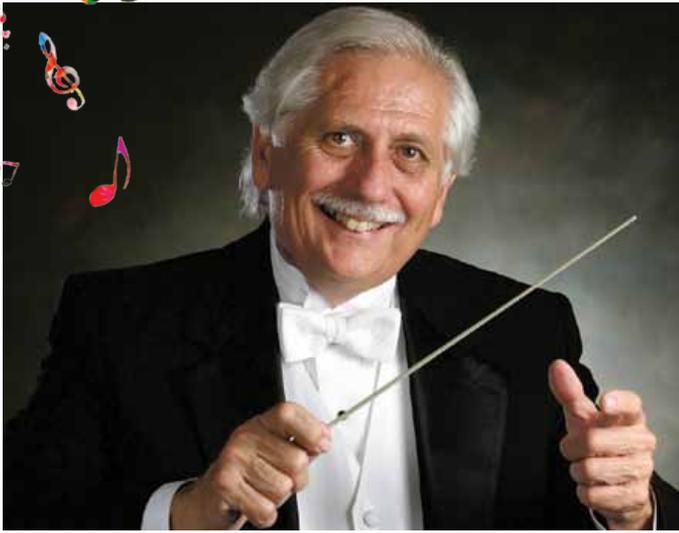
As Maestro Kacenjar put it, “It was nice to have a little long hair music during the summer.” A native of Cleveland, Ohio, an alumnus of Juilliard and Ball State University, Mr. Kacenjar had recently come to Shreveport from a teaching position at Southeastern Louisiana University in Hammond Louisiana, at the request of John Shenaut, then Conductor of the Shreveport Symphony.

The whole idea behind the music festival, Maestro Kacenjar says, was to create music and money. “The M and M,” he laughingly calls it. The Shreveport Summer Music festival brings top quality music to the community and paychecks for top quality local musicians. Everyone wins.

The Shreveport Summer Music Festival has done just that in the past with performers like Hungarian born cellist Lazlo Varga, who was principal cellist with the New York Philharmonic and veteran of 25 years at the aspen Music Festival, and Sidney Harth, violinist and concertmaster with the New York Philharmonic, Chicago Symphony and Los Angeles Philharmonic. Playing with world class musicians like them was an incredible opportunity for local performers.

Though it was not on the scale of the Aspen Music Festival, the Shreveport Summer Music Festival bloomed in the early 80’s. The





Leonard Kacenjar headed the group that organized the first Shreveport Summer Music Festival. Forty years later Maestro continues the tradition.

Festival filled the summer with a full month of stellar performances by guest artists and local musicians including chamber music concerts, solo recitals, guest artists and full orchestral concerts.

With the economic crash of the 80's, much of the funding for the Shreveport Summer Music Festival evaporated and the performances were downsized, but only in number, not in the level of music. The festival continued, with much effort, by a small but very dedicated group headed by Mr. Kacenjar.

To celebrate its 40th anniversary, the Shreveport Summer Music Festival is pulling out all the stops in its first performance with the world premiere of an original

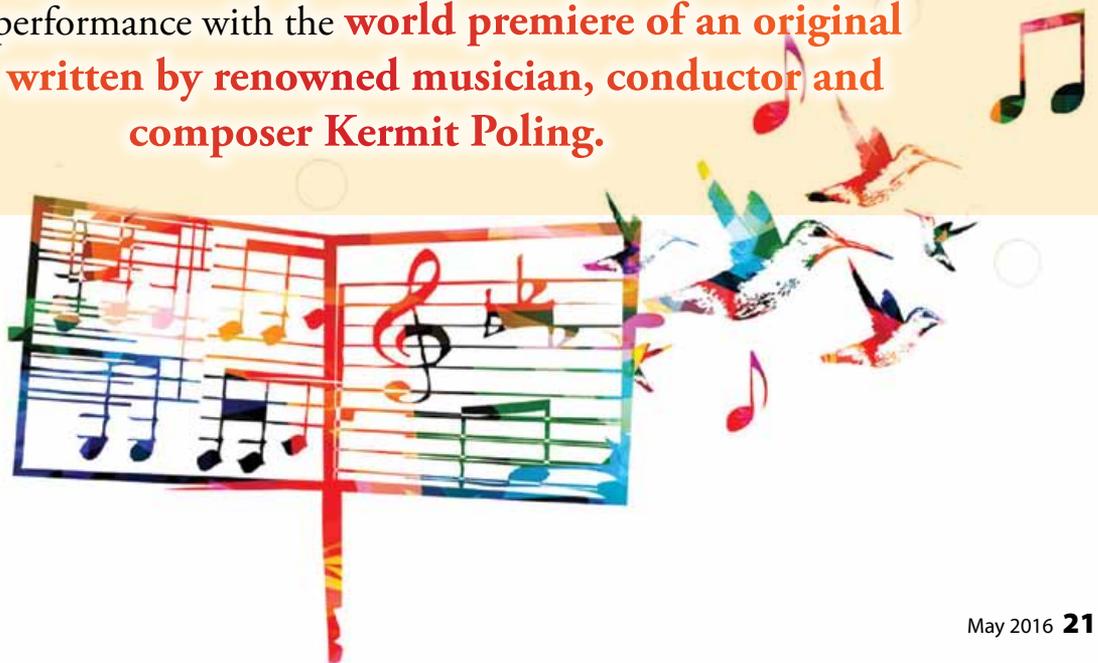
work commissioned by the Shreveport Summer Music Festival and written by renowned musician, conductor and composer Kermit Poling. This original work will be performed by the internationally known classical guitarist Giovanni De Chiaro at 3:00 p.m. on Sunday June 5 at Church of the Holy Cross. As it has for forty years, admission is free, but donations will be gratefully accepted.

Today, even though the festival is much diminished in size, and monetary support by the community has nearly vanished, Maestro Kacenjar is determined to keep the quality of the music and musicians of the highest quality, as evidenced by the new composition from Mr. Poling, whose work on the lives of several saints, "Within the Orb of Glories Wearing" was recently produced on DVD.

The future of the Shreveport Summer Music Festival, Mr. Kacenjar says, is to evolve to meet the needs of the community. As he puts it, "Longevity does not imply the right to exist." He feels the outreach program, Music for the Health of it, will be the strongest program in the future. Music is very therapeutic and it gives people who are restricted in mobility a chance to hear and enjoy live musical performances. There is a steady need for music programs in long term care facilities already and as more and more baby boomers enter that stage in their lives. More performances by the Shreveport Festival String Quartet and the Chris Allen Jazz Trio are scheduled in June and July including a performance by the quartet at The Oaks of Louisiana on June 21 and July 1 at Azalea Estates.

Wonderful music has been a part of the culture of Shreveport for many years and it is here to stay thanks to the efforts of everyone involved in the Shreveport Summer Music Festival. •

The Shreveport Summer Music Festival is pulling out all the stops in its first performance with the **world premiere of an original work ... written by renowned musician, conductor and composer Kermit Poling.**



Keeping the Peace Between Adult Children in Estate Planning

When you die, will your kids fight over your money?

It's an important question that might be hard to answer now, but parents who devote themselves to estate planning with relevant updates over their lifetimes can potentially keep arguments between adult children to a minimum.

As of 2013, American retirees are the sixth most generous in the world when it comes to the amount of assets passed on to family, according to a survey by HSBC, the global British bank. The latest survey (<http://www.about.hsbc.com.au/news-and-media>) noted that 56 percent of American retirees planned to leave an inheritance with an average amount of \$176,814.

How you allocate your estate, no matter what the amount, requires planning and proper communication. Here are a few ways to start.

Know where you stand first. If you haven't updated your estate planning in the last 5-10 years, do so now to fully understand your complete financial picture. Like all personal finance issues, estate planning should be adjusted when significant life changes happen or there is a

major shift in assets, such as when a relative needs help. In short, your estate picture has to reflect current financial realities, so before you decide how to allocate your wealth either before or after you die, seek qualified financial, tax (www.irs.gov/Businesses/Small-Businesses-&Self-Employed/Estate-and-Gift-Taxes) and estate advice.

Once you've determined distribution, confirm your plan. Managing money and family are usually parallel issues until the topic of estate planning arises. For some families, splitting money, property and possessions more or less equally among adult children is a smooth process. However, when it doesn't result in the fairest outcome for everyone involved, it can be trickier to navigate. Varying situations for each child might mean that an even split won't work. Once you are able to determine your assets, start thinking through how you can distribute them.

Re-affirm your executor and powers of attorney. Making a will and designating various health, financial and business powers of attorney



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ney as applicable are the standard first steps in estate planning. Certain kinds of trusts might also be relevant. Generally it's good to have documents in place (www.practicalmoneyskills.com/estateplanning) early in life. As your children get older, it's a good idea to review those documents and designated leadership.

Start communicating. Hollywood has produced many a movie scene with family members sitting nervously in a lawyer's office waiting for the will to be read. Such moments make for great comedy or drama, but not great modern estate planning. Based on what you hope to leave your family, the state of your relationship with your adult children and whatever weigh-in you get from qualified advisors, it's usually better to communicate your plans to your children in advance in person and make sure your legal documents confirm exactly what you plan to do.

Bottom line: Could your current estate planning eventually put your kids and other family members at odds? Don't wait – the time to update or start estate planning is right now.

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



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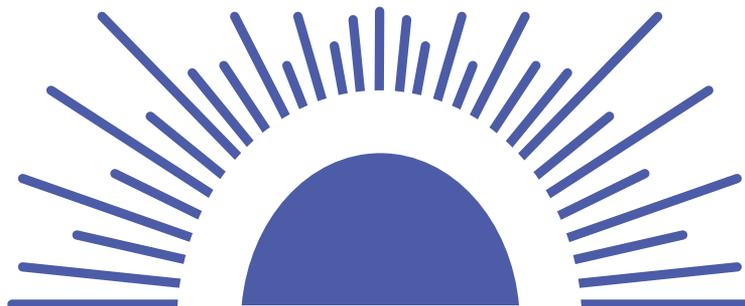
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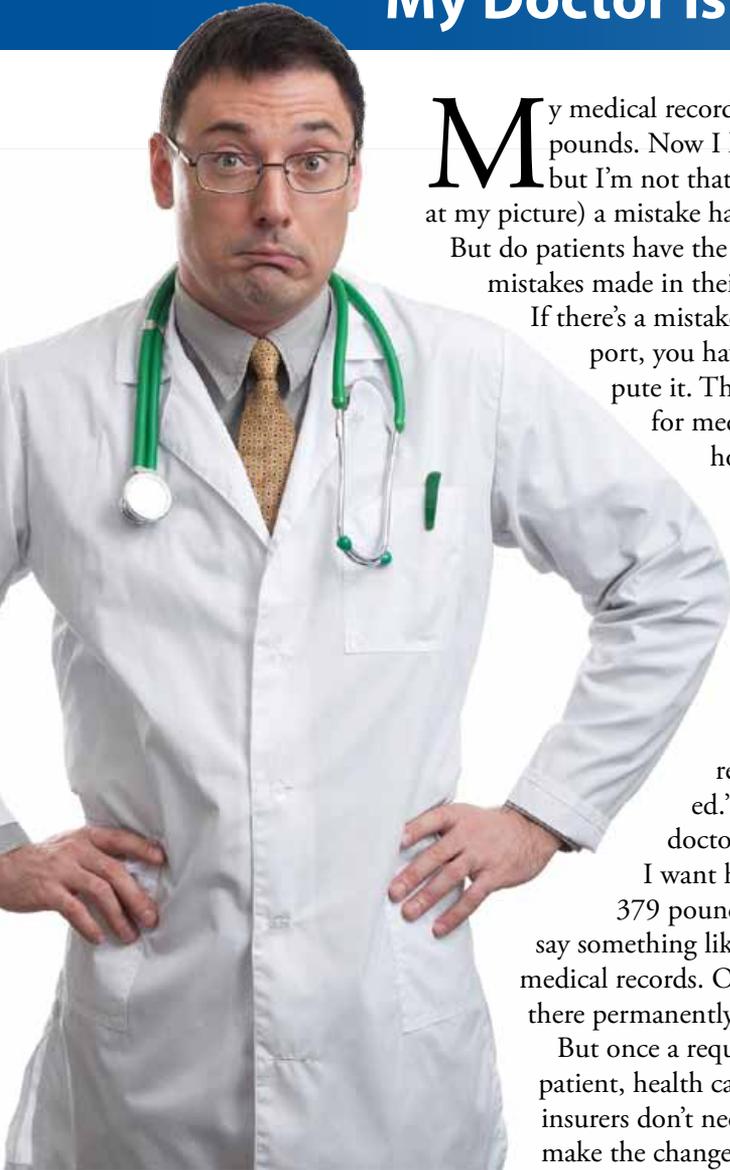
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My Doctor is Wrong!



My medical records say I weigh 379 pounds. Now I know that I'm fat, but I'm not that fat. Clearly (look at my picture) a mistake has been made here.

But do patients have the right to correct mistakes made in their medical records?

If there's a mistake on your credit report, you have the right to dispute it. The same holds true for medical records. Here's

how it works: there is a federal law that says health care providers and insurers "must permit an individual to request" that his or her medical records be "amended." So if I call my

doctor and tell him that I want him to correct that 379 pounds, then he can't say something like, "I never edit my medical records. Once I write it, it's there permanently. That's the policy."

But once a request is made by a patient, health care providers and insurers don't necessarily have to make the change. If my medical

records say I have high blood pressure and if I really do have high blood pressure, but I want my medical records to say that my blood pressure is totally normal, then I have the right to request that the records be changed. But the doctor does not have to make the change if the information is "accurate and complete."

So back to my weight. If I ask my doctor to correct the number, he's got to take the request, but he doesn't have to make the change if I really do weigh 379 pounds. Which I don't!

If the doctor insists that I really do weigh that much, then he does not have to change my medical records, but he must tell me, in writing, that he is refusing to make the change and the reason why he is refusing to make the change.

The Unabomber's medical records said he was mentally ill and suffered from schizophrenia. That really aggravated the Unabomber. He was convinced that he wasn't "crazy;" there was nothing wrong with him. His doctors, all of them, were just plain wrong. So if he were to demand that his medical records be changed, his doctors could refuse to make the change because the diagnosis was "accurate and correct." But the doctors would have to tell the Unabomber, in writing that they are refusing to make the change and the reasons why they are refusing to make the change.

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However, if a health care or provider denies your request for change, then you have the right to submit a statement explaining why you disagree with the denial of the change. That statement of disagreement must become a permanent part of your medical record.

The Unabomber, as you may recall, was a big fan of written statements. So let's say that his doctors refuse to change his diagnosis of schizophrenia and he then submits a 72,000 page handwritten "manifesto" as his statement of disagreement. Do the doctors really have to include the whole 72,000 pages as part of the Unabomber's permanent medical records? No. The federal law says the health care provider or insurer may "reasonably limit the length of the statement of disagreement." So much for my list, "379 Reasons Why I Really Don't Weigh That Much."

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

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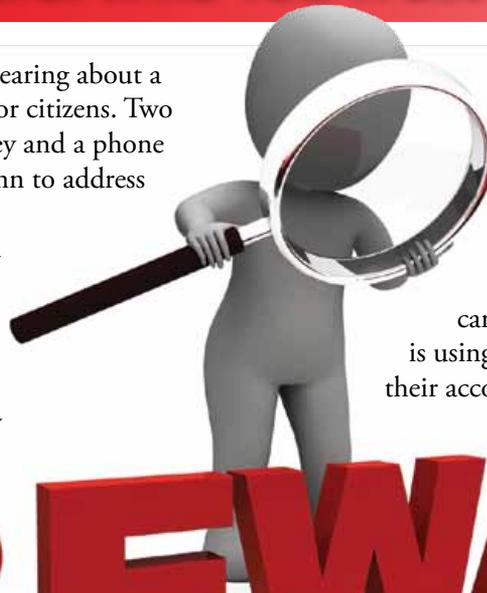


Be Careful Who You Trust

In the last few weeks, I have been hearing about a couple of areas that affect our senior citizens. Two of these areas are powers of attorney and a phone scam. I thought I would use this column to address these two areas.

Powers of attorney can be wonderful devices or they can be a nightmare. When used properly, a power of attorney can save countless hours of litigation and monies. If the wrong person gets the power of attorney, they can use the power of attorney to get all the money from the person granting the power of attorney.

In select-



ing an agent, you must be careful in choosing someone whom you trust. You must make sure that they can be trusted and will take care of your money and the way that you would want to be treated. Too many people grant powers of attorney to people they just met or have been hired to care for them and then they find out the person is using the power of attorney to steal money from their accounts.

BEWARE

Once the money is stolen, it can be very difficult to recover. Long term

civil litigation may ensue. Even if you win a judgment in court, you may never recover the money from the person who stole it.

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In the last few days, several people have told me that they have been contacted by telephone by the Internal Revenue Service. The people on the line have told them that they owe money and need to meet them at the courthouse in order to clear this matter up or they will be sued. They further instruct them that they will accept less than the amount owed in order to resolve the debt. Many of the persons being contacted are senior citizens in our community.

This is definitely a scam. The Internal Revenue Service only contacts individuals by mail. They will not contact any individual by phone and they definitely will not ask for identifying information over the phone. The Internal Revenue Service will not ask to meet you at the courthouse, they will conduct any meetings at their offices and will set an appointment for you to meet them.

If you get one of these calls, please do not give any information to the individual. Please report the call and number to your local Internal Revenue Office and Sheriff's Department. The persons initiating these calls are attempting to gain personal information and monies from the persons they are calling.

In both of these areas, use common sense. It is always wise to consult a professional when you have questions and to get guidance from that professional.

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The hot springs originate in the nearby Ouachita Mountain Range.

Hot Springs National Park encompasses part of the city of Hot Springs.

Hot Springs, a Town Where All is Possible

Story by Andrea Gross; photos by Irv Green

Come to Hot Springs with an agenda. I want to relax in the curative waters, find a diamond and go home refreshed and rich.

After all, one of the world's greatest baseball players as well as many of the world's most notorious gangsters have found the waters restorative, and as for diamonds, just last year a man found a 6.19-carat jewel in a nearby park. Here, I figure, all is possible.

Of course, there's a close relationship between possibility and luck, and Hot Springs is undeniably lucky. Located on the eastern edge of Ouachita National Forest, fifty miles from Little Rock, it's surrounded by such natural beauty that in 1832 Andrew Jackson designated it a "special reservation." As a result, Hot Springs claims the title of the country's oldest national park.

It's also the smallest, only seven times the size of New York City's Central Park. To see how this compares to the larger countryside, we climb 306 steps to the third level of the Hot Springs Tower. There, below us, is a smattering of buildings surrounded by miles and miles of green forest and sparkling lakes.

The town is special - and small.

But while many places are surrounded by beauty, Hot Springs is also home to 47 springs that send 700,000 gallons a day of mineral rich water into its fountains, and indirectly fill its coffers as well. This is the real source of the town's luck.

During its heyday in the

Twenties and Thirties, bathhouses promising therapeutic soaks that could cure ills from bunions to syphilis attracted the rich, the famous and the infamous. They came for the baths, but they stayed for the fun.

Gambling and prostitution became major industries. Sports stars like Babe Ruth frequented the casinos and bars at night and sought hangover relief in the baths in the morning. Gangsters like Al Capone made deals with bootleggers who had stills in the nearby forests. By the time the feds cracked down in the Sixties, Hot Springs had the largest illegal gambling operation in the United States.

We stop at the Arlington Hotel to see the room where Ruth worked out when he wasn't sweating out and where Capone stayed when he was hanging out. A stop at the Gangster Museum, which is filled with an old roulette table, vintage slot machines and other tools of the trade, provides us with gossipy tidbits on Capone and his fellow mobsters, including Charles "Lucky" Luciano. Frank Costello, and Owney "The Killer" Madden. A quote by Mae West, who The Killer bank-rolled, protected and romanced, tells us he was really a sweet guy but could be "oh so vicious."

I'm not sure if Ruth and Capone bathed at the Arlington or at the Buckstaff, which is the only one of the eight original bathhouses that is still operational, but my

husband isn't interested in following the footsteps of Capone anyway. Thus, I opt for the Buckstaff, which is right across the street.

The attendant asks me what kind of treatment I'd like. "I'll have what Mae had," I say. She tells me to disrobe. Nudity isn't on my agenda, but I meekly follow her instructions, and she spends the next 90 minutes making sure that I'm thoroughly rubbed, pummeled and pampered.

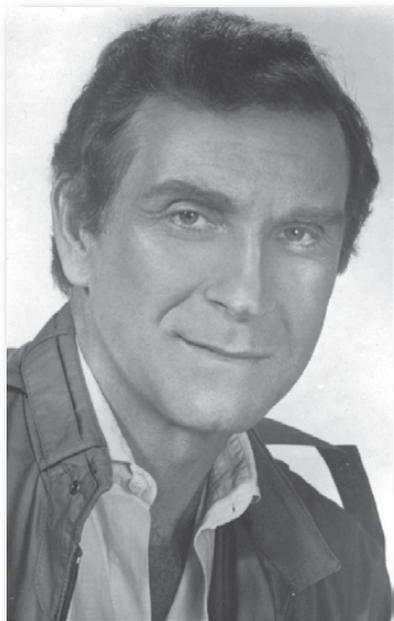
A long soak in 100° water is followed by a loofa rub, hot blanket wrap, sitz



The springs provide uncontaminated water for public use.



Peter Mark Richman: The Pharmacist-Turned-Actor



Recognized for hundreds of television roles dating back to the 1950s, Peter Mark Richman broke into film alongside Gary Cooper in the 1956 civil war western, "Friendly Persuasion."

"But I'm not only an actor, I'm also a playwright," noted Richman, who turned 89 in April, from his home in Los Angeles. "A Medal for Murray' just finished a 2 year run in Israel and it toured Tel Aviv, Jerusalem, and Haifa."

Richman was doing a scene from his play in Los Angeles several years ago with Sean Penn's mother, Eileen Ryan. Afterwards, he was approached by noted Israeli actress Efrat Lavie during her visit to the U.S.

"She loved the play but was heading back to Israel and wanted to take a copy of the script back home with her," said Richman. "The next thing I knew, it was translated into Hebrew and became a smash hit over there."

But years before he entered the world of arts and entertainment, a family member almost pressed young Mark down a different career path.

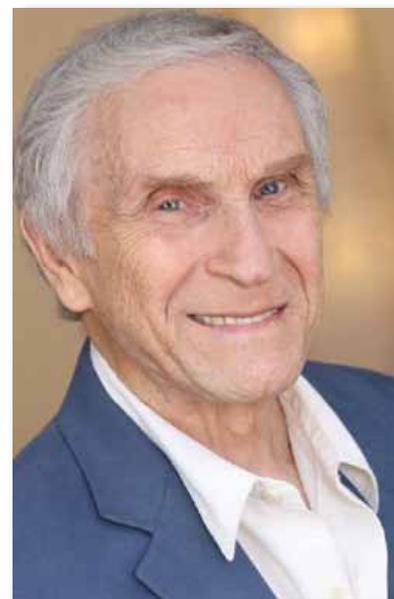
"My father died when I was 16 and my brother was kind of a surrogate father," recalled Richman. "He was a pharmacist and I worked in his store as a teenager. He thought I should get a real education so I ended up reluctantly going to pharmacy school. I expected to flunk out after 6 weeks but stuck it out, graduated, and became a licensed pharmacist in two states."

However, the attraction of the stage proved more enticing than dispensing penicillin.

"I managed a drugstore for a year, but always wanted to act," said Richman, who studied at New York's Actors Studio before finding his way onto the East Coast stages in the early 1950s.

"I was touring in a play called 'The Rainmaker' with Eva Marie Saint in New England when my agent called to say producer/director William Wyler wanted me to do a screen test for 'Friendly Persuasion.' I caught a private plane out west and got the role."

Richman says working with Cooper, a living legend in 1956, was a joy. "He was just terrific, a hell of a guy, and very



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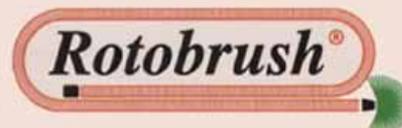
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learned – far from the ‘yup’ character he is often depicted as in some films. When exchanging dialogue, he really digested what you said before replying – there was a thinking process going on rather than just reciting lines.”

In addition to acting and writing plays, novels and short stories, Richman is also a prolific artist (see www.petermarkrichman.com) and enjoys painting figurative expressionist portraits, holding numerous one-man shows over the years.

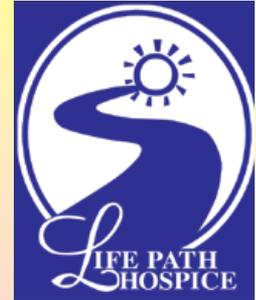
“I’m a real painter, not a celebrity artist,” he stresses. “I began painting in oils when I was 12 and have a good background in the mechanics of faces and figures.”



Richman has a major writing project in the works, too. “I also finished my autobiography and have high hopes for its publication – it’s called ‘I Saw a Molten White Light.’”

But he continues to be visible as a frequent character on cable TV through reruns of dozens of classic TV shows such as “Matlock,” “Murder She Wrote,” and “Three’s Company.”

“I appeared in over 500 TV episodes,” he said, “I played a lot of doctors, but never did play a pharmacist!” *Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 600 magazines and newspapers.*



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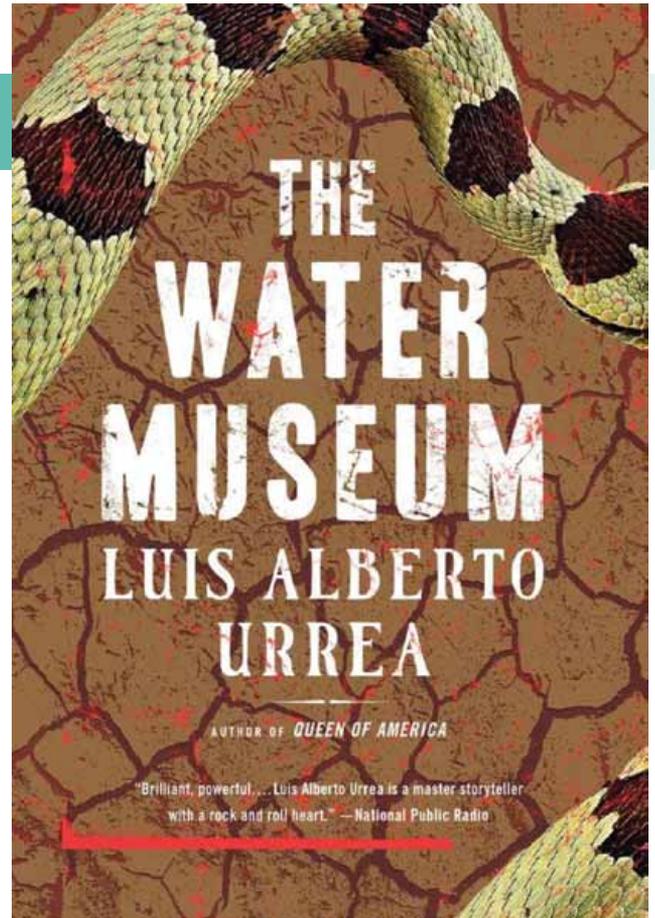
Review of *The Water Museum*

The *Water Museum*, by Luis Alberto Urrea, is a collection of short stories predominantly about Mexican people and culture within the United States. Most, but not all, of the stories take place in the southwest, near the Mexico border, and Luis Alberto Urrea does an amazing job of making the landscape come alive, breathing such life into the details of a sordid river or towering cliff that it easily feels like one of the characters in every story.

“The river seemed, at times, to be on a mad shopping spree, taking from the land anything it fancied. Mundane things such as trees, chickens, cows, shot past regularly. But marvelous things floated there, too. A green Desoto with its lights on, a washing machine with a religious statue in it as though the saint were piloting a circular boat, a blonde wig that looked like a giant squid,” writes Urrea.

But let me stop you before you think of this as purely a collection of Mexican culture. It’s not really. It’s a look at how Mexican people are living at all ages, in all lifestyles within the U.S. culture. And the stories often have a strong feeling of folklore or legend, a sense of nostalgia, a story handed down from one generation to the next.

The opening story waxes nostalgic as a woman, now about to



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become a grandmother, remembers her glory days - how her body use to look and how she flitted between two men in high school. There's a tale twined into her story about numbers painted on a cliff face and the people who put them there.

In another interlude, we get to meet two young Mexican men - one who excels at school and another who relies on the one who does - enact their own version of a Lewis and Clark expedition down a river filled with debris and strange findings and shadowed by border patrol.

There are stories of crime - petty and large scale - as well as not so typical love stories.

And slightly below the surface of many of these stories is sense of fear by American people of Mexican people, especially in the tale of a Mexican man who tries to adapt his Mexican restaurant to serve other types of "American food" to distinguish itself from the Mexican restaurants that have saturated a small town.

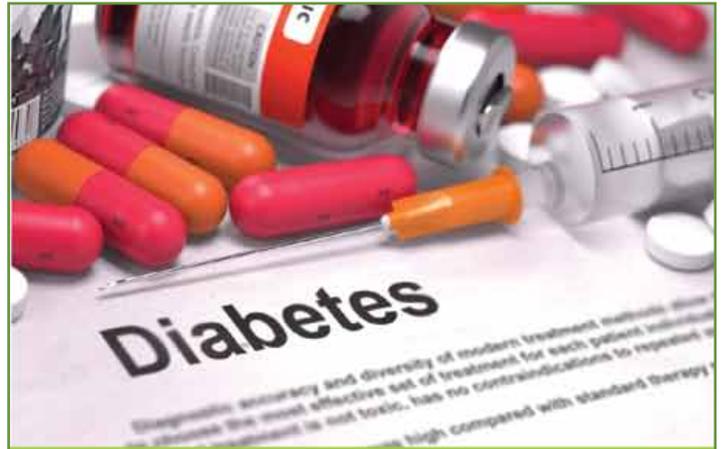
Urrea even ventures into the future, imagining a world in perpetual drought where free flowing water is memorialized in my favorite of the collection, and the story the book is named for, "The Water Museum."

Urrea has a great sense of humor, which makes sudden and bright appearances in what could be otherwise bleak stories. Boys are punished for spying on girls with words scrawled on them from a pious painter, a spurned man "kills" his wife's car with a gun while a crew of passing bystanders watch and provide colorful commentary and assistance.

His stories also have Native American characters, and this is done at its best in "Bid Farewell to Her Many Horses," which has been chosen for NPR's "Selected Shorts" twice.

I urge you to consider picking up this collection of short stories. While Urrea is of Hispanic descent and obviously cares deeply for the people and culture, he doesn't shy away from telling unflattering stories about some of them. His use of language to bring the people and landscape to life is moving and often surprising. And, if you have the opportunity, it's worth picking up the audiobook version of this, as Urea reads it himself and deftly rolls off the correct pronunciation of names and has a talent for making his characters come to life.

Grade: B+



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Classic Blended Burger

Servings: 4

½ pound cremini or white button mushrooms

3 tablespoons olive oil, divided

1 pound ground beef

1 teaspoon salt

4 buns

Finely dice mushrooms or gently pulse in food processor.

In skillet, warm 2 tablespoons olive oil on medium-high heat and add mushrooms, sauteing 5-7 minutes, or until golden brown. Remove from heat and cool 5 minutes.

Transfer cooled mushrooms to medium bowl. Add ground beef and salt, mixing until combined. Make 4 patties. Add remaining olive oil to pan and cook burger patties on medium-high heat until desired doneness. Plate and add desired toppings to bun.

Topping recommendations: feta cheese, romesco sauce, sweet peppers and sauteed red onions.



THE PERFECT BLEND

FAMILY FEATURES

Finding the right daily nutritional balance is no easy feat, but transforming your favorite recipes into more nutritious family meals may be easier than you realize. Adopting the blenditarian lifestyle is a simple solution to healthier eating. It involves blending mushrooms into meat to make everyday dishes more healthful and delicious. The key to blending is developing the perfect mushroom consistency. For example, if using ground meat for tacos or burgers, chop mushrooms to mimic the familiar crumbled texture. For stews, halve or quarter mushrooms, or slice them to match strips of meat in fajitas or stir-fry. Find more deliciously blended dishes at MushroomInfo.com.



Asian Lettuce Wraps *(Servings: 4)*

8 ounces fresh mushrooms

1 onion, chopped

4 cloves garlic

1 tablespoon minced ginger

½ pound lean ground beef

1 tablespoon canola oil

½ teaspoon dried thyme leaves

½ teaspoon dried oregano leaves

½ teaspoon ground mustard

In food processor with metal blade, pulse mushrooms, onion, garlic and ginger until finely chopped. Add ground beef; pulse until combined.

In large, nonstick skillet, heat oil over medium-high heat. Add mushroom mixture, thyme,

¼ teaspoon dried minced garlic

¼ teaspoon dried minced onion

1 red pepper, finely chopped

2 tablespoons hoisin sauce

1 tablespoon soy sauce

1 tablespoon rice wine vinegar

1 head Boston lettuce

½ cup shredded carrots

¼ cup chopped cashews (optional)

oregano, mustard, garlic and dried onion. Cook, stirring often, 10 minutes, or until browned. Stir in red pepper, hoisin sauce, soy sauce and vinegar. Simmer 5 minutes; remove from heat.

Serve in Boston lettuce leaves garnished with shredded carrots and chopped cashews.

Mushroom Tacos with Salsa Verde

Servings: 8

Tacos

¼ pound 85-percent lean ground beef

salt and pepper, to taste

¾ pound white button mushrooms

¾ pound cremini mushrooms

4 tablespoons olive oil, divided

2 cups julienned sweet onions

1 tablespoon minced garlic

4 tablespoons ground chili pepper

lime juice, to taste

1 cup shredded green cabbage

2 tablespoons chopped cilantro

8 corn tortillas

4 tablespoons Avocado Salsa Verde (recipe below)

4 tablespoons Cotija cheese, grated

Avocado Salsa Verde

1 large, ripe avocado, peeled, pitted and cut into 1/2-inch dice

⅓ cup diced tomato

2 tablespoons finely chopped onion

½ teaspoon seeded and minced serrano chili

½ teaspoon minced garlic

1 tablespoon lemon or lime juice

2 tablespoons chopped cilantro

¼ teaspoon sugar

Heat saute pan over medium-high heat. Add ground beef; season with salt and pepper. Saute 3-5 minutes, or until golden brown.

Chop mushrooms to size and texture of ground beef and saute in separate pan with 2 tablespoons olive oil 3-5 minutes. Combine mushrooms and meat and set aside.

Heat pan used for ground beef over medium-high heat. Add remaining olive oil and onions; saute until golden brown. Add garlic and cook until fragrant. Add mushroom and beef mixture and chili pepper. Saute 2-3 minutes, stirring frequently. Adjust seasoning with salt, pepper and lime juice.

Toss shredded cabbage with salt, pepper, lime juice and cilantro.

To make Avocado Salsa Verde, combine all salsa ingredients and refrigerate at least 1 hour.

To serve, place 2 tablespoons shredded cabbage on tortilla and top with 2 tablespoons of mushroom and beef mixture. Top with 1 tablespoon Avocado Salsa Verde and sprinkle with Cotija cheese.



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CONCERT

The Official Blues Brothers Revue - Friday May 13 at 8:00 PM. Strand Theatre, 619 Louisiana Avenue, Shreveport. This live concert show combines the comedy and hits from the original movie and pays homage to Chicago's rich history of blues, gospel, and soul music. \$42.50, \$35.50, \$22.50. Call 318) 226-8555 or email strand@thestrandtheatre.com

CADDO COUNCIL ON AGING

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

- Thursday May 5: 10 AM "Keeping Seniors Thriving" Melissa Viga
- Thursday May 12: 10 AM. "Staying Physically Active" by Shea Fredrick
- Thursday May 19: 10 AM. "My Route To Health" by Carderius Johnson
- Thursday May 26: 10 AM. "The Many Faces of Alzheimer's And Dementia" by Quatina Ealy
- Friday May 6, 13,

20, 27 - 10 AM. Senior Tech Talk. Introduction to Laptops, tablets and smart phones and other tech tips.

EVENTS

2016 Northwest Louisiana District Senior Olympics:

- Monday, May 2: Washer Pitch, 9 A.M., Bellaire Fitness Center, 4330 Panther Drive, Bossier City.
- Wednesday, May 4: Chess, Noon, Randle T. Moore Senior Center, 3101 Fairfield Avenue, Shreveport.
- Thursday, May 5: Table Games, 9 A.M., (Skipbo, Phase 10) Bossier Council on Aging, Bearkat Drive, Bossier City.
- Thursday May 5: Tennis, 10 A.M., Bossier Tennis Center, 4330 Benton Road, Bossier City
- Friday, May 6: Dominoes 9 A.M. NW La. War Veterans Home, Arthur Ray Teague Parkway, Bossier City.
- Saturday, May 7: Ladders Golf, 8 A.M., Knights of Columbus Bossier, 5400 E. Texas, Bossier City.
- Monday, May 9: Rec & 5K Walk, 8 A.M., North Bossier Park off Brownlee Road, Bossier City.
- Tuesday, May 10: Shuffleboard, 8 A.M., Singles

only. Bellaire Fitness Center, 4330 Panther Dr., B.C.

- Wednesday, May 11: Bowling, Mixed Doubles, 1 P.M., All-Star Lanes, 9130 Mansfield Road, Shreveport.
- Thursday, May 12: Miniature Golf, 6 P.M., Party Central, 4401 Viking Drive, Bossier City.
- Friday, May 13: Bowling, Doubles, 1 P.M., All-Star Lanes, 9130 Mansfield Road, Shreveport.
- Wednesday, May 18: Bowling, Singles, 1 P.M., All-Star Lanes, 9130 Mansfield Road, Shreveport.
- Friday, May 20: Bowling, Scotch Doubles, 1 P.M., Holiday Lanes, 3316 Old Minden Rd., Bossier City.
- Saturday, May 21: Track and Field, 8:30 A.M., Airline High School, Viking Drive, Bossier City.
- Wednesday, May 25: Bowling, 9 Pin No Tap, 1 P.M., Holiday Lanes, 3316 Old Minden Rd., Bossier City.
- Friday, May 27: Team Bowling 1 P.M., Holiday Lanes, 3316 Old Minden Rd., Bossier City.
- Tuesday, May 31: Celebration 10 A.M., Knights of Columbus Bossier, 5400 E. Texas, Bossier City.



2nd Annual Shreveport Derby Day - Lawn of R.W. Norton Art Gallery on Saturday, May 7, 2 - 6 PM. Kentucky Derby party featuring live music by Rebirth Brass Band, food by Rhino Coffee, lawn games, Mint Juleps and spirits by Wine Country, desserts by Buttercups Cupcakes, raffle, "best-dressed" contests and more. A live simulcast of the Kentucky Derby broadcast at 5:34 PM. Tickets are \$85 and may be purchased online at derbydayshrevereport.com or at Kings Hardware on Line Ave. Tickets must be purchased in advance and guests must be 21 years of age or older.

Le Tour des Jardins

- Spring garden tour presented by the NWLA Master Gardeners. This year's tour will take you through eight beautiful private gardens. Tour hours will be 10 AM to



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



5 PM on May 7, and 1 PM to 5 PM on May 8. Advance tickets are \$10 and can be purchased at any Citizens National Bank, or by calling the Master Gardener office at (318) 698-0010. Tickets may be purchased at any garden on the days of the tour for \$15. A Garden Bazaar will be held during the tour at the Pioneer Heritage Center at LSU. Admission to the Heritage Center is free. For more info contact the Master Gardener office at (318) 698-0010 or www.lsuagcenter.com/nwlamg.

NWLA Veterans' Job & Resource Fair - Presented by the Coordinating and Development Corporation, City of Bossier, City of Shreveport, and La. Workforce Commission. Thursday May 26. 10 AM - 2 PM. Bossier Civic Center, 620 Benton Rd., Bossier City. Active duty,

veterans, guard, & reserves are invited. Open to the general public from noon - 2 PM. For more info contact Nakeeta Demery at (318) 676-7748. ndemery@LWC.LA.Gov.

WAM (Wine Art Music)
- Presented by Bossier Arts Council. Thursday, May 12 at 5:30 p.m. at 1800 Prime Steakhouse in Boomtown Casino, 300 Riverside Dr, Bossier City. This quarterly event will feature art by Marlen Waters, food and wine pairings by Chef Plavnik and the award winning culinary team at 1800 Prime, wine provided by Eagle Distributing and music courtesy of the Shreveport Symphony. \$25 per person. For more info visit www.bossierarts.org or call 318-741-8310.

MEETINGS

Ark-La-Tex Genealogical Association Meeting
- Saturday, May 14 from 1 to 3 PM at the Randle T. Moore Center, 3101 Fairfield Ave, Shreveport. The featured speaker is Tarah Thomas, library technician and genealogist. Her presentation will be "Identifying and Dating Old Photographs". **FREE** and open to the public. For info

call 746-1851 or email jjohnson747@suddenlink.net.

The GENCOM DNA Interest Group Meeting
- Sunday, May 22 at 2 PM in the large meeting room at the Broadmoor Library, 1212 Captain Shreve Drive, Shreveport. Topic will be "Getting More From Your Ancestor's Census Records." **FREE** and open to the public. For info contact Jim Jones at (318) 773-7406 or email jjones09@gmail.com.

The GENCOM Genealogical Computer Society Meeting - Tuesday, May 10 from 10 AM until 12:30 PM in the large meeting room of the Broadmoor library. The subject of the meeting will be "How to Get More Out of Your Ancestry DNA Test Results." **FREE** and open to the public. For information contact Jim Jones at (318) 773-7406 or email jjones09@gmail.com.

THEATRE

"The Other Place" - Presented by Shrapnel Stage Company and the Shreveport Regional Arts Council. 8 PM May 5, 6, & 7; 3 PM May 7; and 2 PM May 8. The Engine Room Theatre at Cen-

tral Artstation, 801 Crockett St, Shreveport. "The Other Place" is a fast paced mystery about a neurologist who makes her living promoting a drug that combats dementia, who embarks on her own mysterious journey that blurs fact with fiction, and the past with the present. Tickets are \$15 adults, \$12 seniors and military. Due to language and themes, children are not recommended. For tickets visit Brownpapertickets.com. or call 318-617-9871. Visit Shrapnelstagecompany.com.

"Rising Waters" - May 13, 14, 20, 21 at 7:30 PM; May 15, 22 at 3 PM. Emmett Hook Center at First United Methodist, 550 Common Street at Milam, Downtown Shreveport. In the aftermath of Hurricane Katrina, a couple awaken in the middle of the night to find their pitch-dark house filling with water. Clambering into their attic, and then onto their rooftop, they struggle not only to survive but also to keep the guttering flame of their love from being extinguished. Tickets are \$16 adults, \$14 senior/military, \$12 child/student. For tickets call 318-429-6885 or visit emmetTHOOKcenter.org.

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ACROSS

- 1 Frosty's "eyes"
5 Family member
8 Burden
12 Earthen pot
13 Alias abbr.
14 Crooner Jerry
15 Uncategorized (Abbr.)
16 Journey segment
17 Sicilian spouter
18 Bet collector
20 Of a heart chamber
22 Mag. staffers
23 Big bother
24 Channel marker
27 Re movement
32 Cleo's slayer
33 "Hail!"
34 Life time?
35 Sane
38 Trudge
39 Charged bit
40 Eco-friendly org.
42 Homes
45 Froot Loops spokesperson Sam
49 Hindu princess
50 Blond shade

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42	43				44		45			46	47	48
49					50	51				52		
53					54					55		
56					57					58		

- 52 Appellation servant raiser
53 Country that's an anagram of 49-Across 5 Willy Loman, e.g. 30 Way back when
6 A Turner 31 Started
7 Long story 36 Cut remedy
8 Exaggerate 37 Indivisible
9 Countrywide 38 Beer belly, maybe
10 Arm bone 41 Italian river
11 Close tightly 42 Met melody
19 Freudian 43 Zinger
58 Pianist Dame Myrat 21 Skater Babilonia 44 Garment for 49-Across
24 Prohibit 46 Give a darn
25 Oft-chanted initials 47 Old Testament book
26 Not necessary 48 Information
28 Eggs 51 Sermon
29 On-air fund subject

DOWN

- 1 Barbershop item
2 A bit of everything
3 Too
4 Menial

All puzzle answers on page 40. ©2016 King Features Synd., Inc.

MAGIC MAZE ● MAN OF —

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

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

Action	His word	Peace	The cloth
Courage	Honor	Repute	The moment
Experience	La Mancha	Steel	The world
Few words	Letters	Straw	

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Sudoku

by Linda Thistle

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

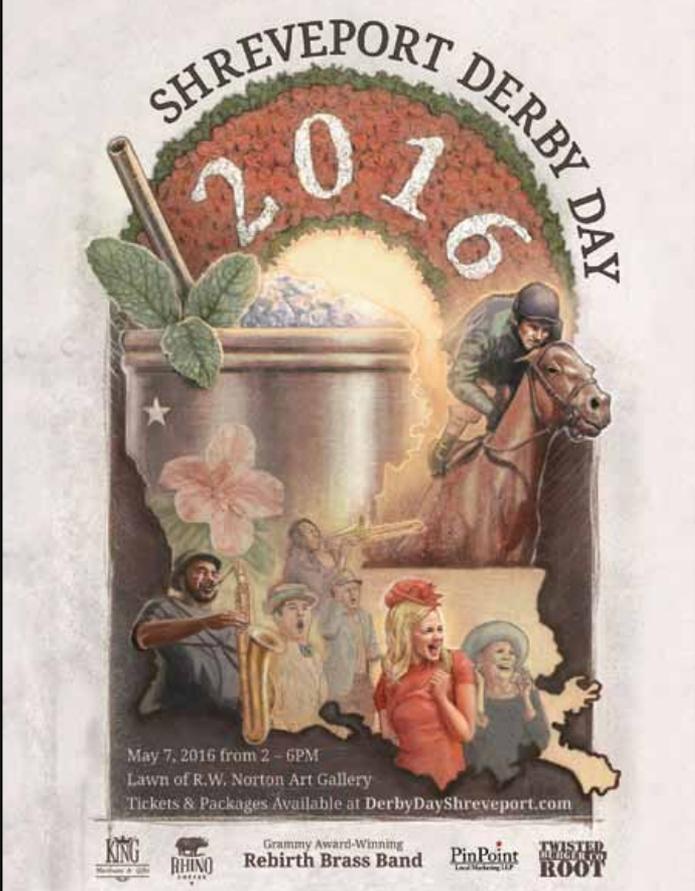
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

Difficulty: ★★

★ Moderate ★★ Challenging

★★★ HOO BOY!

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ANSWERS FROM THE EXPERTS

My mother has been recently diagnosed with Alzheimer's disease, does she qualify for hospice care under her Medicare benefits?



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Survey results are posted online at www.medicare.gov/NHCompare. You may search the site by city, zip code, or the name of the particular homes. It will give you a comparison of each home to the state and national averages of issues cited. If you do not have Internet access, you may ask the nursing home staff to see the survey since homes are required to display a copy of their most recent survey in a public area.

My father has glaucoma and is blind in one eye. When should I be checked, even though I see fine?



Chris Shelby, MD
Pierremont Eye Institute
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318-212-3937;
www.ShelbyEye.com
See our ad on page 32.

A family history of glaucoma is a very strong risk factor for the disease. Other risk factors include advancing age, African-American race, and nearsightedness. If you have a first or second degree relative with glaucoma, you should be evaluated as soon as possible. Glaucoma is a painless progressive disease which, left untreated, causes irreversible blindness. If you have a family member with glaucoma or have other risk factors, schedule a screening at 212-3937.

Is Osteoarthritis (OA) hereditary?



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

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

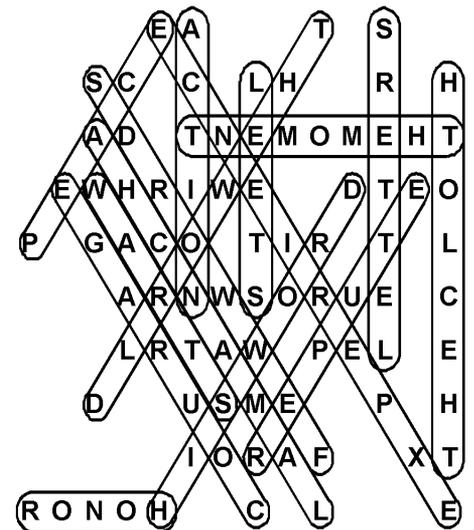
(Puzzles on pages 38 - 39)

King Crossword — Answers

Solution time: 25 mins.

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

MAN OF —



Weekly SUDOKU

Answer

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

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

PARTING SHOTS

Shreveport Regional Arts Council (SRAC) revealed the theme for their gala fundraising event, Christmas in the Sky (CIS), on April 12. The party featured a guess-the-theme game. Following many unsuccessful attempts, Executive Director Pam Atchison announced the theme is “We’re All Mad Here”, based on “Alice in Wonderland”.

Harold Sater tries to guess the theme of the 2016 CIS event while SRAC Executive Director Pam Atchison provides clues.



The CIS theme unveiled

CIS Chair Waynett Ballengee presents an overview of the 2016 event which will be on December 10.



(l to r) Debbie Carter, George Kalmbach, Bill Stell, Claudia Beene, and Ginny Bates



Linda Goldsberry announces the set designers and committee members.

AP

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PARTING SHOTS (CONTINUED)

The 2016 Senior Health and Fitness Expo was held in conjunction with the NWLA Senior Olympics on March 28th at Diamond-Jacks Casino and Hotel in Bossier City.



(Clockwise from top) Gerry Robichaux checks Barbara Wheeler into the Accuracy Throws competition.

Mildred Reeves, Shelly Quarles, and Jean McEachern

Dot Young is ready for the Accuracy competition.

(l to r) Patsy Reeves, Maxine Thomas, Dot Young, and Lorece Tettleton



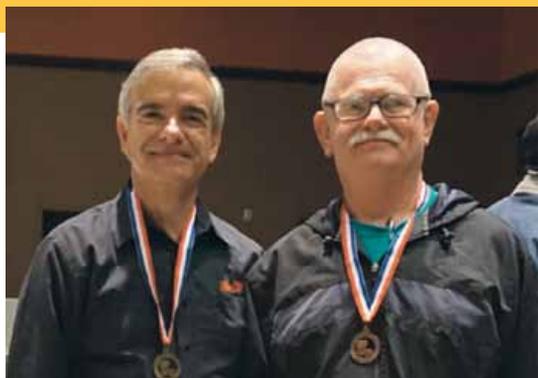
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Gary Calligas and Bobby Bearden proudly wear their gold medals.



(above l to r) Stephanie Mauldin, Angelique Ayanian, Roberta Moses, and Richard Guzman



(l to r) Zemma Smith, Claire Maisel, and Beverly Gray



Joann Lonadier and Mary Jones compete in darts.



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PARTING SHOTS (CONTINUED)



Ashley Mondello at the BCOA exhibit booth

Community Health Education Network (CHEN) University was held on April 12th at Riverview Center in Shreveport.



(l to r) Ashley Veuleman, Sunny Broadway, and Elizabeth Dowden

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Bridget Lyman and Amy Bailey



(l to r) Martha McDermont, Tracie Varnel, and Sharon Doyle were winners of door prizes.



Jodi McAllister and Michelle Gaharan



(l to r) Somanya Jackson, Miesha Brown, Jennifer Cole, Pat Covington and Priscilla Williams

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PARTING SHOTS (CONTINUED)

May

Guinness hosted his annual St. Patrick's Day party on March 17 at the home of his humans.



Guinness with his human Holli Hennessy



Drs. Michael & Patti Brannan with Ken Hickman (center)

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Seated (L to R): Somanya Jackson, Kacee Ferrier
Back Row (L to R): Angie Hayes, Charlotte McCune, Donnie Flint



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