

February 2012

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Ready, Set...  
*Romance!*

Smarts,  
*Hearts &*  
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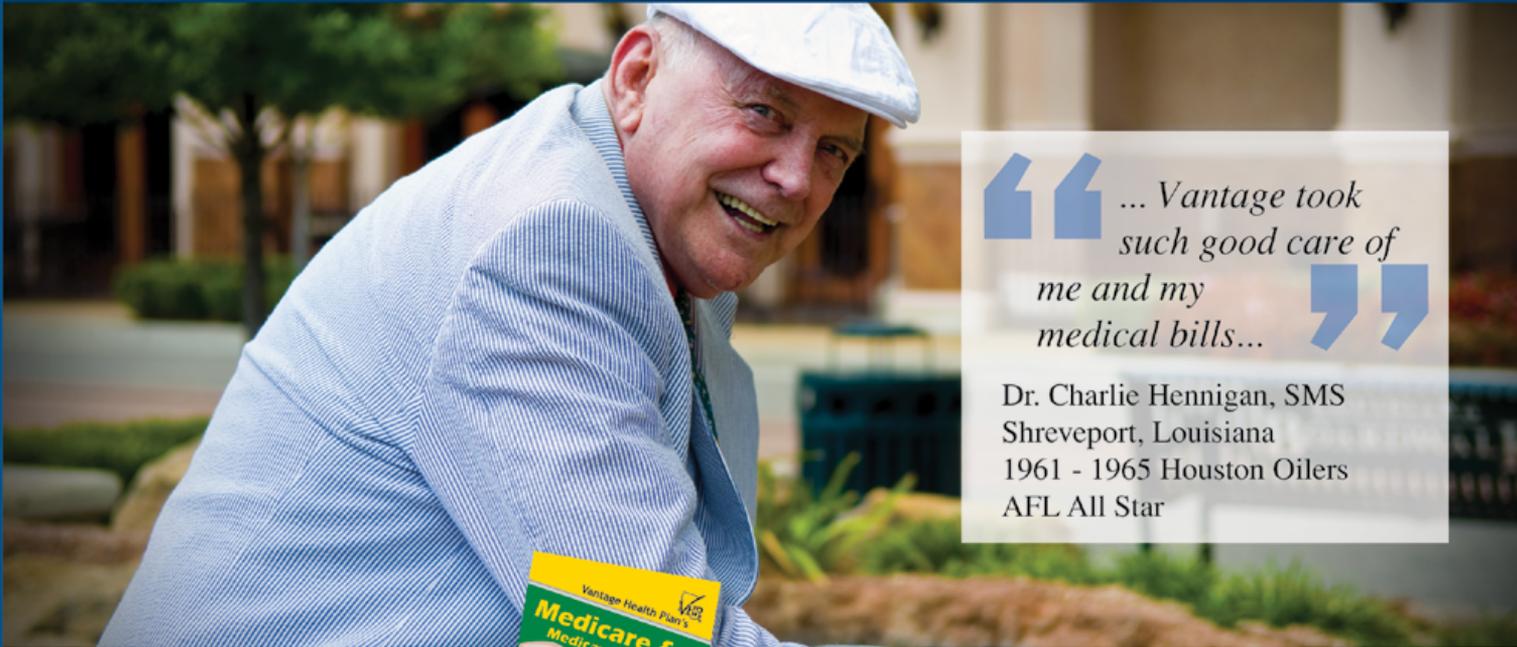
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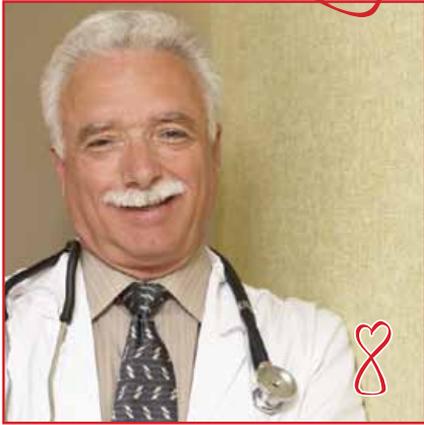
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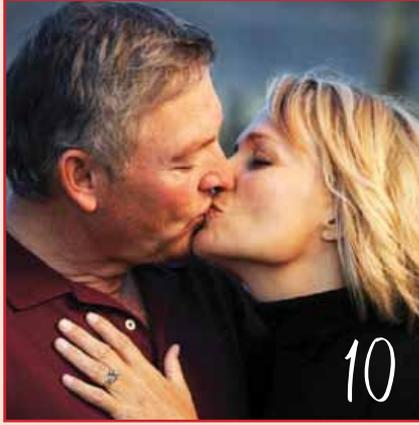
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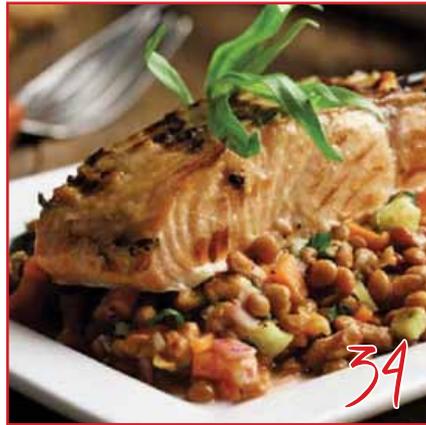
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- Shreve Hearing Aid Service

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### Home Services

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TBT February 2012

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*\*Forms received by the 15th of the month are eligible for our drawing!*

Contest Rules: By submitting this form to The Best of Times, the named person is eligible to win a prize package valued at \$150, but only one entry per person or address per month. The winner will be selected on the 16th of the month from forms received by the deadline that month. The winner's name will be published in the upcoming issue of The Best of Times, posted on our website [www.thebestoftimesnews.com](http://www.thebestoftimesnews.com) and announced during Best of Times Radio Hour radio show on a Saturday morning between 9 to 10 am on AM 1130 KWKH.



Every Fall we plan our editorial calendar for the following year. It wasn't much of a stretch to find a suitable theme for our February issue. This month we celebrate love and relationships for those of us of a certain age. Ready, Set...Romance! helps us reconnect and reinvigorate our marriages after the kiddos leave home. And Tips to Trim a Table for Two gives us some great tips for adapting our cooking to feeding fewer folks.

Getting remarried? We also have some great words to the wise about financial planning. And if you're looking for a fabulous getaway for two, Andrea Gross takes us to our nation's capitol to see Washington D.C.'s Newseum. Museums not your cup of tea - what about the excitement of New York? Brian Bradley is our guide to some of Broadway's best (and a few stinkers).

Did you know that February is also American Heart Month? From fish to chocolate to expert advice, this issue is chock-o-block full of helpful hints and recipes to keep your ticker strong and healthy for many years to come.

And I would be remiss if I didn't also mention that last month we celebrated the 10th anniversary of *The Best of Times Radio Hour*. Originally scheduled for a 12 week run, who would have dreamed that the program would still be going strong some 500+ shows later. Thanks to all who sent or called to wish Gary an additional 10 years.

Wishing all much love this Valentine's Day!  
*Tina*

**COMING SOON**  
Distribution of the 2012 edition of *Silver Pages*, the ArkLaTex's premier resource directory for "those of us 50+" begins March 1.

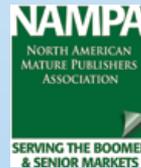
# The Best Of Times

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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.

**FEBRUARY 4**  
"Ear, Nose & Throat Disorders"  
Dr. Glenn Watkins, Willis-Knighton  
Center of ENT

**FEBRUARY 11**  
"Social Enterprises of Evergreen  
Foundation"  
Lesa Hamilton, Director of N. Central  
LA Div. of Evergreen Foundation

**FEBRUARY 18**  
"Laughter is Great Medicine"  
Mark Underwood, researcher and co-  
founder of Quincy BioScience

**FEBRUARY 25**  
"Shreve Memorial Library System"  
Ivy Woodard-Latin, Public Relations  
Coordinator

**MARCH 3**  
"Barksdale AFB Museum"  
Terry Snook, Museum President



**STAT!**



## Vitamins That May Strengthen Older Brains

A new study has found that higher blood levels of omega-3 fatty acids and four different vitamins are linked to better mental function in older adults. According to *Neurology*<sup>®</sup>, researchers at the Oregon Health and Science University performed brain scans and mental function tests and measured blood levels of certain nutrients on a group of men and women whose average age was 87. Participants with high levels of vitamins B, C, D and E in their blood did better on cognitive tests and had larger brain volumes than those with lower levels. Omega-3 levels were linked to better cognitive functioning and to healthier blood vessels in the brain. Participants who had high levels of trans fats in their blood, on the other hand, were more likely to have delayed mental functioning and smaller brain volumes. It wasn't conclusive whether taking supplements of these nutrients would decrease the risk for dementia and other degenerative mental diseases. However, researchers noted, "What's the harm in eating healthier? Fish, fruits, vegetables all have these nutrients, and staying away from trans fats is one key thing you can do."

## 10 Cancer Symptoms Women Shouldn't Ignore

Pelvic pain and abnormal bleeding aren't the only signs of gynecologic cancer. Experts at The University of Texas MD Anderson Cancer Center share other symptoms that often are overlooked.

1. **Swollen leg.** Typically, though, a swollen leg isn't a sign of cancer unless there's also pain, discharge or other cervical cancer symptoms.

2. **Abnormal vaginal bleeding.** More than 90% of women diagnosed with endometrial cancer experience irregular bleeding.

3. **Unexplained weight loss.** Women who suddenly lose more than 10 pounds without changing diet or exercise habits should see their doctor.

4. **Vaginal discharge colored with blood** usually signals infection. But sometimes, it's a sign of cervical or endometrial cancer.

5. **Constantly needing bathroom breaks.**

6. **Loss of appetite or constant feeling full.** Appetite changes may be symptoms of ovarian cancer.

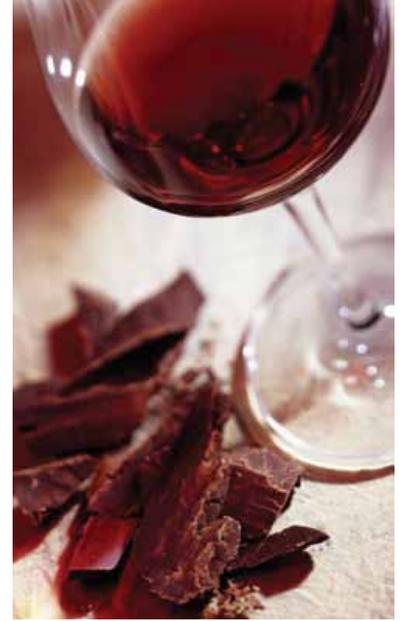
7. **Ongoing pain in the pelvis or abdominal area** - including gas, indigestion, pressure, bloating and cramps - can signal ovarian cancer. And, constant pelvic pain or pressure can be a sign of endometrial cancer.

8. **Belly bloat.** A woman may have ovarian cancer if she continues feeling bloated for more than two weeks or after her period ends.

9. **Constant fatigue.** A little rest should typically cure fatigue, but see a doctor if fatigue constantly interferes with work or leisure activities.

10. **Persistent indigestion or nausea** can signal gynecologic cancers.

Having one or more of these symptoms doesn't mean you have cancer, but if they last two weeks or longer, see your doctor.



## Heart-Healthy Foods Of Love

Forget the oysters and the champagne this Valentine's Day. If you want to keep your true love's heart beating strong, Susan Ofria, clinical nutrition manager at Gottlieb Memorial Hospital, said the real food of love is dark chocolate and red wine. "You are not even choosing between the lesser of two evils, red wine and dark chocolate have positive components that are actually good for your heart," said Ofria. Red wine and dark chocolate with a cocoa content of 70% or higher contain resveratrol, which has been found to lower blood sugar. Red wine is also a source of catechins, which could help improve "good" HDL cholesterol. Cocoa phenols contain flavonoids as long as dark chocolate with a high content of cocoa is used."



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## 200 Years of History

# 1814

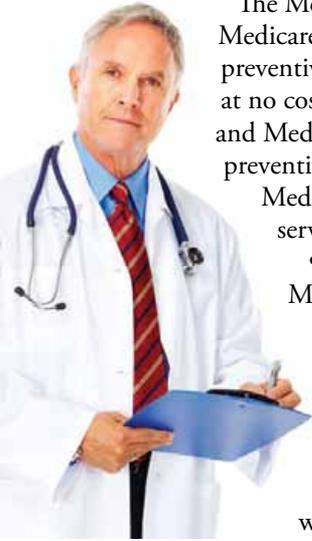


William C.C. Claiborne serves his third year as Louisiana's governor. A former U.S. Representative for Tennessee in the late 1700s, he was and remains the youngest Congressmen in American history.

Celebrating 200 Years Of Celebrating

For more interesting history and Bicentennial events visit [www.LouisianaBicentennial2012.com](http://www.LouisianaBicentennial2012.com)

## 5 New Preventive Benefits are Free for Medicare Beneficiaries in 2012



The Medicare Rights Center wants to remind Medicare beneficiaries of the new and existing preventive services that are available to them at no cost. Recently, the Centers for Medicare and Medicaid Services (CMS) added five new preventive benefits to its roster of free services for Medicare beneficiaries. The new preventive services include:

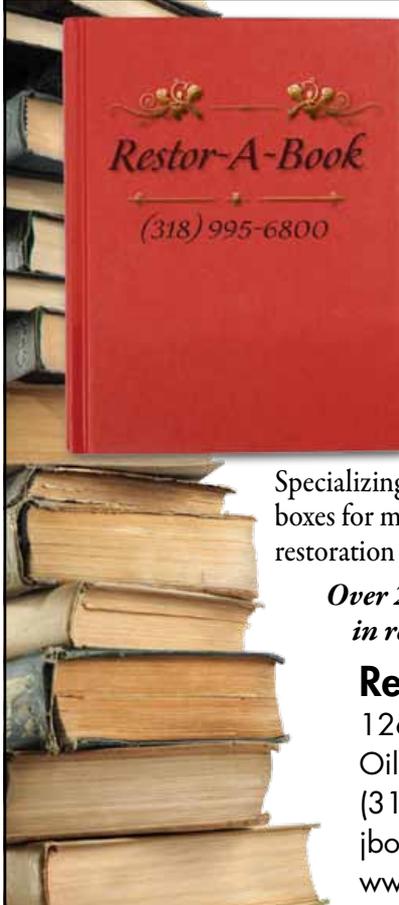
- Annual depression screening for all Medicare beneficiaries;
- Intensive obesity screening and behavioral counseling to help Medicare beneficiaries who are obese lose weight and sustain weight loss through proper diet and exercise;
- Annual cardiovascular screening, which gives primary care providers the

opportunity to screen for high blood pressure, provide counseling around maintaining a healthy diet, and when appropriate, recommend taking aspirin;

- Annual alcohol misuse screening for all Medicare beneficiaries, as well as counseling sessions for individuals found to be misusing alcohol; and
- STD/STI screening for Medicare beneficiaries that fit certain risk factors.

In addition to accessing these new preventive benefits, Medicare beneficiaries will continue to be able to receive those free preventive benefits added in 2011, including mammograms, colonoscopies and the Annual Wellness Visit. Learn more about Medicare preventive benefits on Medicare Interactive. Beneficiaries can also call the Medicare Rights Center national consumer helpline at 800-333-4114 for help with Medicare questions or problems.

Medicare beneficiaries will not pay any coinsurance or deductible for these preventive services. Beneficiaries with Medicare private health plans, otherwise known as Medicare Advantage (MA) plans, will also pay no out-of-pocket costs for these preventive services if they see network doctors. However, cost-sharing may apply if the primary care provider makes a diagnosis during a service or does additional tests or procedures.



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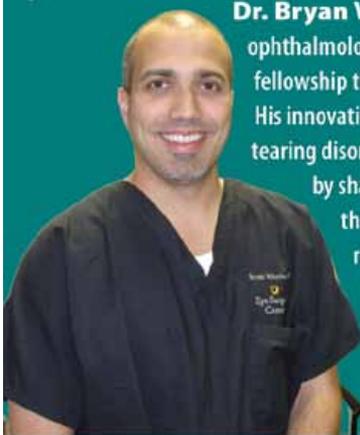
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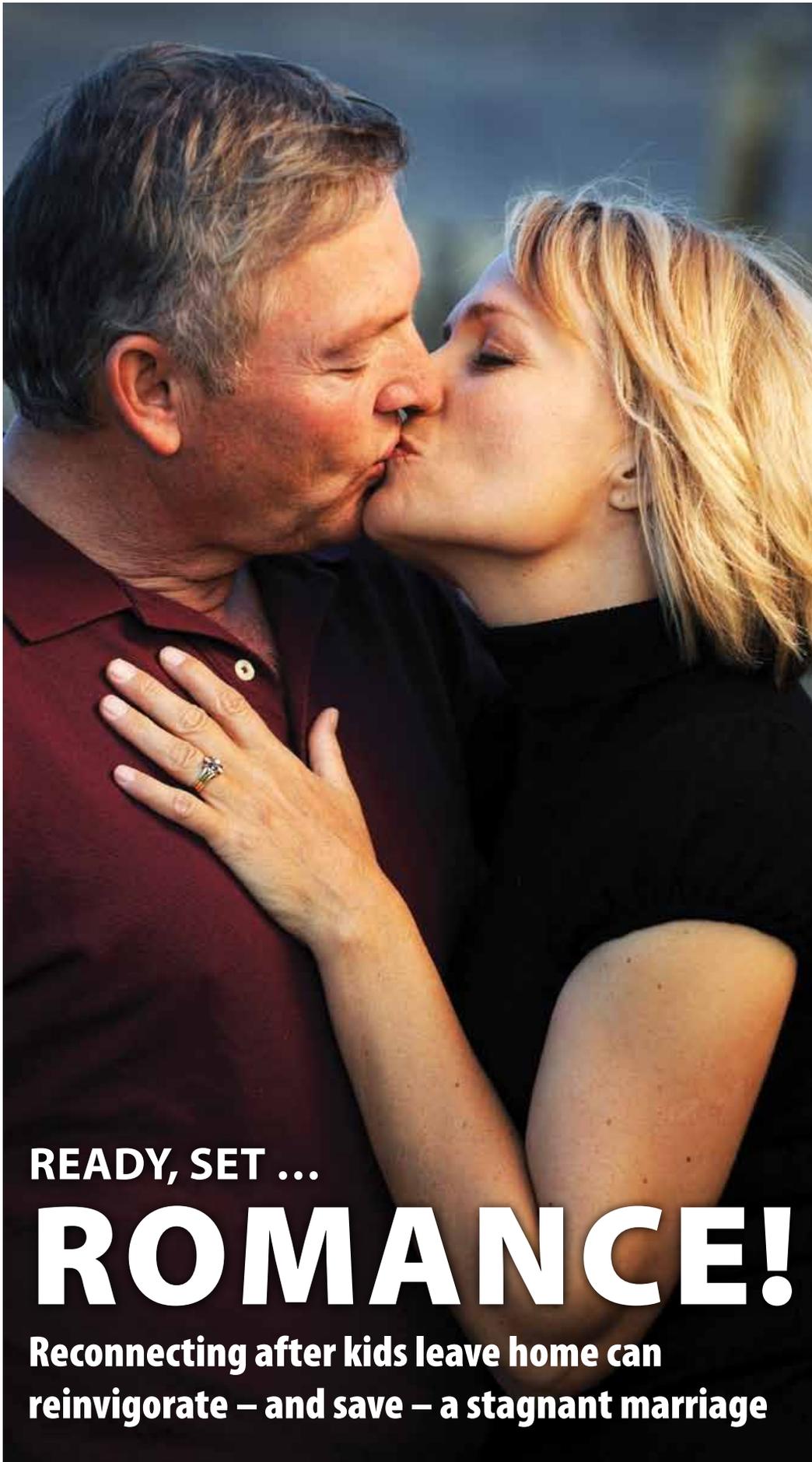


**Dr. Bryan Vekovius** is a board certified ophthalmologist, who is one of the only specialists fellowship trained in treating tearing disorders. His innovative approach to treat dry eye and tearing disorders has improved the lives of many by sharpening their vision and improving their quality of life. He is also a recognized expert in cosmetic and reconstructive surgery of the eye, orbit bones, and eyelids. He has pioneered modern eye techniques to focus on the health of the eye as well as on cosmetic appearance.

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READY, SET ...

# ROMANCE!

Reconnecting after kids leave home can reinvigorate – and save – a stagnant marriage

By Dawn Klingensmith

**K**ids take up a lot of space. Regardless of age, they fill the household with vibrant youth, not to mention belongings. Their activities keep the calendar filled. So when grown children move out on their own, most parents expect there will be a space that needs filling.

What takes couples off guard is the distance between them within that space. For as much as kids form a bond between couples, they can also create a disconnect. As parenting becomes the main focus and commonality in the marriage, a couple may set their own needs aside and eventually lose sight of each other. Only when the kids are gone do they realize how far they have drifted.

Alongside this realization come the role confusion and feelings of loss known as Empty Nest Syndrome. “The role shift and grief are different for a mom versus a dad. The experience is personal, and each person deals with it in different ways and at different paces,” says Natalie Caine, founder of Empty Nest Support Services, Los Angeles.

Ironically, making room for those differences may be necessary to cultivate closeness. “Let each person grieve in their own style. Just be patient and empathetic,” Caine says.

The first step in reconnecting is to express the desire to do so. “One big issue is that people think once the kids are gone, everything will just happen naturally because you have all this time and fewer distractions,” says pastor Kerry Shook, co-author (with his wife of 25 years) of “Love at Last Sight: Thirty Days to Grow and Deepen Your Closest Relationships” (WaterBrook Press, 2010). “But what you’ll find is if you don’t get real intentional, you’ll kind of just sit there and stare at each other.”

Emotional distance doesn’t develop overnight, and it will

likewise take some time to rebuild a connection. But there are small steps couples can take right away to affirm their commitment and start to feel closer.

"Some couples start with game night and go from there," Caine says.

The Shooks' 30-day program calls for a "technology fast" one night a week, so couples can focus in on each other and talk. Not every conversation needs to be serious – indeed, some should be playful – but early on, spouses need to express their desires as directly and specifically as possible. "It will feel weird at first," Shook says, "but you have to feel awkward and take emotional risks."

In fact, risking awkwardness is a "relational art" that is necessary to repair and sustain meaningful relationships, he explains.

Just because a couple spends more time together does not necessarily mean they'll grow closer. "Nothing just falls into place without planning," Shook says.

Each person is not only responsible for communicating his or her needs but also for taking initiative to create opportunities so they can be met. Many empty nesters wish to become more intimate but are hampered by insecurities about their aging bodies. Simply acknowledging such vulnerabilities can create a sense of intimacy. "You can say, 'I'm not feeling good about my body right now but want to kick up our sex life,'" Caine says, and then follow through by booking an actual date.

To bring priorities into focus, Caine recommends that each spouse draw a pie chart, or "circle of life," divided into eight sections: career, finances, partner, health,

intellect, creativity, spirituality and fun.

"Think about how much time you spend on each" and assign a percentage, she says.

"It's not going to make sense; it's not going to add up to 100 percent. But it will give you a look at where you're spending your energy and time."

"What this does in many cases is saves the other person from having to nag," Caine adds. "If you are honest, you will see without being told that maybe you're spending too much time at work and not enough time on your marriage. The question is, do you like it that way?"

**"Relationships that endure are not about initial attractions," Shook says, "but about 'last things' - the experience you shared the last time you were with someone, the words you spoke, the efforts you made."**

*--Kerry Shook, co-author (with his wife of 25 years) of "Love at Last Sight: Thirty Days to Grow and Deepen Your Closest Relationships."*

Creating a perfect balance is not the point and probably not even possible.

"But you can make meaningful shifts," Caine says.

When a relationship is on the mend, the National Healthy Marriage Resource Center advises against overly ambitious plans like traveling and volunteering together. The center suggests couples make some short- and long-term plans on how they will spend their money and time, and to list things they have never done but might enjoy trying.

"Recreational compatibility" is im-

portant, Shook says, so couples should explore some new pastimes together. "Try something new because if one person is really good at something like golf or tennis and the other is just starting out, it doesn't usually work," he explains.

Indeed, shared interests will need to be discovered or rediscovered. One spouse doesn't need to give up a hobby if the other doesn't enjoy it, but recruiting efforts should be avoided. "If your husband hasn't gardened with you the whole time you've been married, why would you expect him to start? If someone tells you in

their 50s that they're not into something, they're not," Caine says.

Couples may wish to resume activities they enjoyed before the kids came along. But reconnecting is not necessarily about rekindling youthful feelings and recreating the relationship as it used to be. "Relationships that endure are not about initial attractions," Shook says, "but about 'last things' – the experience you shared the last time you were with someone, the words you spoke, the efforts you made."

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By Darci Smith

**A**s people age, many begin to see the wisdom in George Bernard Shaw's famous lament, "youth is wasted on the young."

Just when life begins to slow down enough to enjoy it, bones start to creak. Memories fade. The old ticker doesn't tick as well as it once did. Although bodies definitely age, experts agree that all is not lost after 50.

## SMARTS

Aging brings about both good and bad changes in the brain, says Dr. Gary Small, geriatric psychiatrist and director of UCLA's Memory and Aging Research Center and the Center on Aging at the Semel Institute for Neuroscience and Human Behavior. Extensive brain scanning of older adults has revealed the build up of amyloid plaques and neurofibrillary tangles, which cause a decrease in memory, he notes. But he points out an upside: the white matter coating thickens on axons, allowing the frontal lobe – the thinking part of the brain – to function better.

"You can teach an older brain very quickly," Small adds.

**50s** People may begin to notice memory differences as they age, especially if comparing their mind to a decade like their 20s. But it's typically not anything serious, Small notes.

Exercise and eating right is important

to brain health. "Your brain is 70 percent fat, so the kind of fat you digest is very important," he says, recommending the fresh fruits, olive oil and fish found in a Mediterranean diet.

**60s+** The risk for dementia increases as a person ages, with people over 65 carrying about a 10 percent risk, Small says. The risk increases 20 percent at 70.

Stay sharp with mentally stimulating activities, which have shown to lower the risk of Alzheimer's disease. Small suggests any kind of puzzle, especially visual ones like jigsaw puzzles or mazes, or crosswords, which "crosstrain" the left and right parts of the brain.

It's still possible to improve memory skills, and the results can last for years, Small says.

The Alzheimer's Association estimates that one in eight Americans over the age of 65 has Alzheimer's, and nearly half of people age 85 and older have the disease. Most survive four to eight years after being

diagnosed, although some live as long as 20 years more.

Small notes that once a person has Alzheimer's or dementia, having a good impact is difficult. Research continues to focus on early detection methods and treatments.

## HEARTS

According to the American Heart Association, the average age of the first heart attack is 64.5 for men and 70.3 for women. About 81 percent of people who die from coronary heart disease are over age 65.

Whether or not people are at risk for heart issues as they age largely depends on a number of risk factors, says Dr. Vincent Bufalino, president and CEO of Illinois-based Midwest Heart Specialists and Clinical Associate Professor of Medicine at Loyola University Stritch School of Medicine.

High blood pressure, diabetes, high cholesterol, smoking and obesity can all negatively affect a person's heart health. Those are all controllable, he notes,

whereas another major risk factor, family history, is not.

**50s** Studies show that "if you make it to your 50s with no risk factors, your chance of living another 35 years is good," Bufalino says. But those with risk factors may begin developing coronary disease, including blockages or "clogged up pipes."

He recommends taking a heart attack risk assessment quiz, like the one the American Heart Association offers one on its website, as well as being mindful of the controllable risks, eating well, exercising and controlling weight. "The better you take care of yourself, the more likely you are to live a long life," he says.

**60s** Age begins taking its toll on the heart beginning in a person's 60s, says Bufalino, especially when risk factors are present. Weakening of the heart muscle can begin presenting itself through being tired, short of breath and winded, and an inability to function in normal day-to-day life.

Don't ignore these early warning signs – today's technology allows doctors to fix or control problems in 95 percent of patients they see. "We just need an opportunity to see these folks and intervene," he explains. "You don't need an elephant sitting on your chest type of chest pains to be seen."

It's important to stay active. He recommends this age segment engage in activities that get blood flowing, such as walking or biking indoors.

**70s** It's very common for people to develop more heart-related conditions in their 70s, which are the result of the heart being enlarged and beat up over time. Risk factors are "starting to take their toll," Bufalino notes, especially in the form of arrhythmia, atrial fibrillation and blockages.

"People need to see their doctor regularly," he adds. "It gives us the opportunity to prolong their lives by finding problems early and dealing with them."

Also, continue exercising. Bufalino says his patients who exercise in their 70s seem



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happier and are the ones he prescribes less pills to and sees less often.

**80s+** The result of a heart pumping for 80 years or more often becomes evident through heart problems like congestive heart failure. But those who take care of themselves can make it into their 80s with few issues, says Bufalino, and can better handle issues that come along.

“People can have surgery and recover at that point,” he adds. “There’s no reason to throw in the towel.”

The more active and independent a person remains, the better – and the duration and intensity of exercise should be less, he says.

## JOINTS

Kathryn Schabel, orthopedic surgeon and assistant professor in Oregon Health and Science University’s Department of Orthopaedics and Rehabilitation Department, says that taking care of joints is key at every age to avoid chronic pain and promote fitness.

**50s** How joints fair during this decade often depends on factors from a person’s younger years, such as injuries and activity level, according to Schabel. Worst-case scenario for the overly active could be joint replacement surgeries for those with pain and disabilities, she says.

“We’ve also seen people who were active, then become weekend warriors,” Schabel adds. The result: tendon injuries and joint issues.

At this age, women may suffer bone density issues following menopause. She advises having a bone density screening test and engaging in weight-bearing exercises to improve bone density.

The 50s tend to be the heaviest decade in life. Stay active and light, says Schabel, with joint-friendly activities like walking, biking and swimming.

**60s** Orthopedic specialists see lots of arthritis in this decade, especially osteoarthritis, which is the wearing out of joints with no specific cause, Schabel says.

Bursitis is also prominent, as muscles

**“People need to see their doctor regularly. It gives us the opportunity to prolong their lives by finding problems early and dealing with them.”**

--Dr. Vincent Bufalino, president and CEO of Illinois-based Midwest Heart Specialists

become less flexible and weaker. This chronic achiness can be limiting and requires a conditioning and stretching program.

Establishing or maintaining an exercise program is vital at this age, but Schabel recommends seeking professional help for finding activities that don’t strain joints.

**70s** The issues of the 60s continue in the 70s, but are joined by a lack of stability. The drastic increase in falls, and in fragility fractures, can be credited to bone density issues, Schabel says.

It’s a myth that people can’t remain active, but a primary care physician should monitor. In addition, walking sticks or Nordic poles can help stability while walking

**80s+** “We don’t have any age limit on people’s joints we’ll fix,” Schabel says. “More and more people are healthy into their 80s, especially women.”

Joint replacements, specifically hip replacements, are worthwhile for healthy individuals with easily a decade of life left, she adds.

Preventing falls is vital during these decades. As a person’s age increases, a fall can prove to be an event that “heralds bad things to come,” she says.

Still, walking with a cane or a walker, if needed, is encouraged for staying active, as is maintaining a healthy weight. “Staying physically active is a big part of physical and mental health,” Schabel adds.

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## Financial Planning for Later-Life Marriages

Couples who marry as young adults usually don't bring a lot of financial baggage to the table. But what if you're getting married in your 40s, 50s or later – after divorce, children and years of building assets have complicated your economic situation? Do you and your spouse-to-be have a game plan for how to co-mingle your finances?

There are many reasons to seek legal and financial advice before tying the knot. But before you bring in the professionals, there are a few steps you can take to better

know where you stand:

First, catalog each person's preexisting assets and debts. Include assets like income from paychecks, Social Security, investment accounts, bank account balances, retirement benefits and equity in homes, cars and other major purchases. Debts might include ongoing expenses such as child support, insurance premiums, rent or mortgage payments, credit card balances, outstanding car loans and medical bills.



**Jason  
ALDERMAN**

Use this information to launch discussions about:

- What are your plans for sharing expenses and living arrangements?
- Whose medical insurance will you opt for – your own employer's plan vs. spousal coverage?
- How long until each of you qualifies for Medicare, and how will you pay for coverage until then?
- How do you want your estates to be distributed? For example, how much of your pre-marriage assets should go to children from previous marriages?



You also might want to draft a prenuptial agreement (prenup) – a written contract that basically outlines who gets what if you divorce or one of you dies. Having a prenup might prevent your spouse from challenging terms of your will or preexisting trusts after you die (it happens).

Other financial considerations:

- By federal law, you can bequeath an IRA to anyone you like, but spouses are entitled to inherit other non-IRA retire-

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ment benefits such as 401(k) and pension plans unless they sign away their rights.

- Amounts accumulated in 401(k) plans during a marriage typically are considered marital property, so if you were previously divorced, the court should have divided your accounts through a qualified domestic relations order as part of the divorce settlement.

- Division of pension benefits can be even more complicated, so make sure your attorney reviews prior divorce settlements very carefully when drafting your prenup.

- If you were widowed, or married at least 10 years before divorcing, you can draw Social Security benefits based on your dead or former spouse's earnings if that's more favorable than your own accumulated benefit. However, if you remarry before age 60 (50, if disabled), that option goes away.

- Prenups don't supersede Medicaid rules. The government considers your combined income when determining eligibility to receive Medicaid benefits, including long-term nursing home care.

- Alimony payments from ex-spouses will almost certainly end when you remarry, so factor that into your new budget.

- Widowed spouses of public employees often lose some or all of their survivor benefits upon remarriage, so research survivor annuity or health insurance policies carefully.

Congratulations on finding love later in life. Don't be put off by all the important financial decisions you'll need to make together, but do get sound legal and financial advice.

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

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# Don't Let Me In

I met a woman the other day who was strongly anti-gambling. In fact, because she was so worried about becoming addicted, she did something I had never heard of before. She signed up for the statewide casino “do not let me in” list.

The official name of this list is the Louisiana Gaming Control Board Self-Exclusion From Casino Gaming List. And anyone who is willing to “acknowledge that he or she is a compulsive and/or problem gambler” can sign up by going to the Office of State Police. You have to show up in person with valid identification and fill out some paperwork in order to get on this list.

But apparently there are some of people who put themselves on this list and soon regret it. They'd take their name off the list if they could, but Louisiana law says that



Lee ARONSON

once you put your name on this list, you will not be able to get off of it for at least 5 years. So, some of these folks decide to sneak into a Casino to gamble.

As a result, Louisiana has passed some very specific laws for people who put themselves on this list but for some reason or another, try to sneak into a Casino anyway.

For example, let's say that I get myself on this list. Then I sneak into a Casino and win \$400. Do you think I will be able to keep the money? Nope. Here's what the law says: “If you are caught gambling at a casino, any winnings, including any chips, tokens, or electronic gaming device credits in your possession will be withheld...you will be escorted from the gaming floor, and may be subject to arrest.”

But what if I sneak into the casino and instead of winning \$400, I lose big? \$10,000 big. I go to the manager and explain that I'm on this self-exclusion list



and that the casino is in big trouble for letting me in and letting me gamble. And because I'm on this list, the Casino had no right to take my money. And unless I get my \$10,000 back, which was taken from me illegally, I'm going to sue. Think I'll have any luck with that? Not according to Louisiana law: “a person who is prohibited from any gaming establishment pursuant to the self-exclusion rules shall not recover any losses arising as a result of any prohibited gaming activity.”

In some states that have gambling, if you put yourself on the “don't let me in” list, you can take yourself off of that list at any time, for any reason. Missouri, on the other hand, took a different track:

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until recently, once you put yourself on Missouri's list, you stayed on it for life. Louisiana takes a middle ground. Once you put yourself on the list, you will have to stay on it for at least 5 years. However, after 5 years, you can ask to be taken off of the list. But just because you ask does not necessarily mean that you will be taken off the list.

In order to get yourself off of the list after you have been on it for 5 years, you will need to submit a written request for removal from the list. You will need to pay \$100 and submit a written report from a "qualified mental health professional" that states you can "participate in gaming activities without adverse risks or consequences." Once you submit all of this, you will need to participate in a hearing and the hearing officer will decide whether or not you get to be removed from the

---

*"A person who is prohibited from any gaming establishment pursuant to the self-exclusion rules shall not recover any losses arising as a result of any prohibited gaming activity."*

---

list. But even if the hearing officer allows your name to be removed from the list, a casino can still refuse to let you in: "a casino operator, casino manager or any casino gaming licensee may continue to deny gaming privileges to persons who have been removed from the list."

But what about problem gamblers who are not on the self-exclusion list, don't want to be on the self-exclusion list and refuse to put themselves on the list? Is there a way to keep them out of casinos? Louisiana law allows for the Louisiana Gaming Control Board to establish a list of people to be excluded from casinos. But if the Board puts a person on this list against his will, he must be given notice of the action and must be informed of his right to request a hearing to appeal.

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

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# Chai Has Impressive Health Benefits

*Dear Pharmacist,  
I can't give up sodas. I've been  
downing them daily since childhood,  
but I know they're bad for me. Can  
you suggest a healthier drink that's still  
sweet but has fewer calories? --R.L*

I posted recipes for natural healthy soda at my website, so today I'm going to tell you to try chai! In China, Russia and India, the word "chai" simply means "tea." In America, not too long ago, some clever marketing folks decided to use the word for a special blend containing aromatic spices native to India, and now you can find chai drinks everywhere. Yay.

Even when you order "Masala" chai in cafes or Indian restaurants, you're getting way less sugar than what you'd get in a soda, a couple of teaspoons versus nine or ten, which is typical for non-diet soda pop. If you learn to make your own chai at home, you can

substitute stevia, agave or honey as your sweetener, and it's still going to offer grand health benefits.

I'm a huge tea fanatic myself, and chai is one of my favorites along with matcha, tulsi and rooibos. Chai starts with black tea, a powerful antioxidant which has anti-cancer compounds in and of itself. The individual spices that make up chai are also medicinally active:



**Suzy COHEN, RPh**

**Cinnamon:** Several recent studies confirm cinnamon's ability to control blood sugar. It's sold in oral supplement form just for that purpose.

Cinnamon is warming and eases digestive upset as well as flatulence.

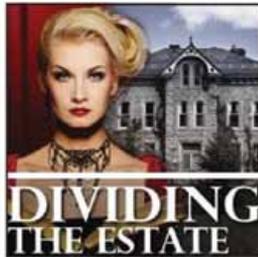
**Ginger:** Good for digestion, and especially helpful with nausea and morning sickness. Ginger, being a strong anti-inflammatory may help with arthritis, reduce cholesterol, protect against colds and lower blood

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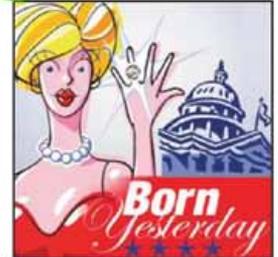
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pressure. Is chai sounding good to you yet?

**Cloves:** A great digestive aid, this spice also has anti-fungal and anti-bacterial action. In mice, it proved to be an aphrodisiac, woo hoo! And when clove oil is applied topically, it almost instantly relieves toothache pain.

**Cardamom:** This antioxidant spice contains anti-cancer compounds, and it has well-known aphrodisiac power. Good for urinary infections, clarity of mind, heartburn, bloating and bad breath.

There are thousands of chai recipes. Some include fennel which is good for menopausal problems and breaking fevers. Saffron, one of my favorite spices ever, is a powerful immune and mood booster. Anise helps with coughs and is a digestive aid, no surprise there. See the pattern? Chai contains healthy spices that help you digest meals, that's why you should replace your after-dinner Frangelico with chai. Sam buys Bhakti Chai, and mixes this with frothed vanilla almond milk for a delicious chai latte that I crave when it's snowing or right after a big dinner. And don't think chai is just for the winter months. If you've never tried iced chai, or chai smoothies you're in for a treat. No matter how you drink it, chai is still better for you than soda because it offers impressive health benefits, and being low in sugar, it's easy on your waistline.

*This information is not intended to treat, cure, or diagnose your condition. For more information visit [www.DearPharmacist.com](http://www.DearPharmacist.com). ©2012 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.*

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for the damages they, as the insurance company, had to pay. If you elect regular uninsured/underinsured motorist coverage, this will cover your medical expenses, pain and suffering, lost wages, and all injuries connected with the accident. If you elect just economic only uninsured/underinsured motorist coverage, then only lost wages and economic damages will be covered. No injury coverage is provided by this type of insurance. If you are retired, then economic only uninsured/underinsured insurance coverage may not make sense for you.

In addition to checking the coverage your insurance policy provides, you may want to check where you can save money regarding insurance premiums. Many insurance companies will offer multi-car discounts if more than one car is insured with their company. Other discounts that may be offered by the insurance company are accident-free discounts where the insured has had no accidents; anti-theft discounts where the insured has installed security measures to help keep the vehicle from being stolen or recovered if stolen; and, low mileage discounts where the insured only drives a few miles each week.

The bottom line to this article is to check your automobile insurance policies. Make sure that you are adequately covered for the injuries you may cause or that may be caused to you. In addition, you may need to talk to your insurance company to see what discounts they offer and if these discounts are available to help you save money on your premiums.

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

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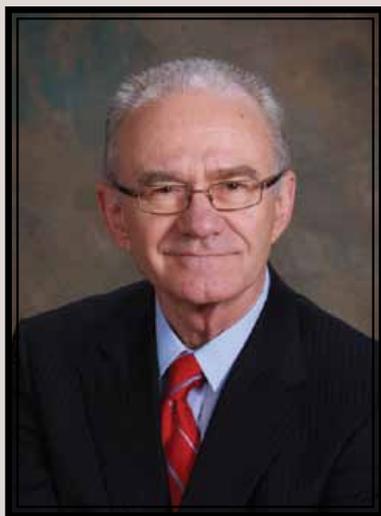
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# What to Know About Medicare in 2012

By Bob Moos

The New Year brings improvements and other changes to Medicare. Here's a brief rundown of what to expect in 2012.

## Original Medicare covers more preventive services.

Screenings for cardiovascular disease and obesity have been added to the preventive services available at no out-of-pocket cost to people with Medicare.

The new benefit covers one doctor visit each year to determine the best way for you to ward off cardiovascular disease. Your physician may screen you for hypertension and discuss how changes in your diet can lower the risk of heart disease or a stroke.

The free screening for obesity includes regular counseling sessions at your doctor's office if you have a body mass index of 30 or higher. Anyone who loses at least six pounds during the first six months qualifies for six more months of counseling.

## Generic drugs get a bigger price break in the "doughnut hole."

If you have a Medicare drug plan and reach the coverage gap, you receive a bigger discount on your generic prescriptions – 14 percent in 2012, compared with 7 percent last year. And, like last year, you still get a 50 percent discount on brand-name drugs in the doughnut hole.

Those price breaks are adding up. More than 2.7 million people have saved more

than \$1.5 billion on their prescriptions in the coverage gap – an average of \$569 per person.

## Medicare premiums change slightly – sometimes for the better.

The monthly premiums for the part of Medicare that covers doctor visits and outpatient hospital services increase for most people by only \$3.50, to \$99.90, in 2012. If you joined Medicare in the last few years and paid up to \$115.40, your premiums actually fall, to \$99.90, this year.

A small proportion of people with Medicare – about 4 percent – pay extra for their Part B coverage because their annual incomes are higher than \$85,000. They, too, can expect to see their monthly Medicare premiums for doctor visits and outpatient hospital services drop in 2012.

## Now's the time to switch from a Medicare Advantage plan to Original Medicare if you're dissatisfied.

If you're unhappy with your private Medicare Advantage health plan, an annual "disenrollment" period allows you to return to the traditional fee-for-service



Medicare program between Jan. 1 and Feb. 14. You can also select a drug plan to go with your new coverage.

A word of caution here: There are two things you can't do during the six-week disenrollment period. You can't sign up for a Medicare Advantage plan for the first time. And you can't switch from one Advantage plan to another.

## Checking out the quality of hospitals and nursing home becomes easier.

It can be difficult to find hospitals, nursing homes, home health agencies and other health care providers that meet your needs. You can now use Medicare's new "Quality Care Finder" at [www.Medicare.gov/QualityCareFinder](http://www.Medicare.gov/QualityCareFinder) to compare similar kinds of providers.

The improved online tool describes the



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quality of care at specific facilities – such as how well a hospital protects outpatients from surgical infections and what steps a home health agency takes to manage pain, treat wounds and keep patients safe.

### Doctors and hospitals are coordinating your care better.

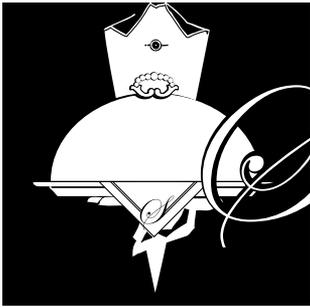
Medicare has begun to work with “accountable care organizations” that will promote better coordination between health care providers so that people with chronic conditions like diabetes and high blood pressure get the care they need to stay out of the hospital.

A lack of coordination has sometimes led to unnecessary tests and procedures. Accountable care organizations will encourage primary care physicians, specialists and hospitals to communicate more so that you get the right care, in the right place, at the right time.

If your doctor participates in one of the new groups, you’ll be notified. But it’s important to remember that your Medicare benefits stay the same. You can still see any doctor who accepts Medicare.

As I said, this is just a quick look at Medicare’s more noteworthy changes. The “Medicare and You 2012” handbook you recently received in the mail will have a complete summary. If you need a book, call 1-800-MEDICARE to request a free copy, or visit [www.Medicare.gov](http://www.Medicare.gov) and download it.

*Bob Moos is the Southwest public affairs officer for the Centers for Medicare & Medicaid Services.*



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## Tips to Trim a Table for Two

**Empty nesters are prone to overcook for the kids that no longer live at home. Here's how to adapt to feeding fewer folks.**

by *Bev Bennet*

**F**or empty nesters, there are a few telltale signs that adjusting to cooking for two might not be going so well:

- Squirrels have your yard pegged as the best source for breadcrumbs.
- It's Wednesday and you're still eating the Sunday night pork roast.
- A sale on a 10-pound bag of potatoes sets your heart fluttering.
- The weekly gallon of milk spoils before you finish it.

Scaling back after years of cooking for a full table is challenging, but essential to saving money and avoiding waste.

And, when empty nesters downsize their meals, it's much simpler to eat healthfully, say nutrition experts. People may not have been aware of how much they were consuming when those big serving platters continued to adorn a table for two.

Now is the time to change.

"Before you get to shopping, resize your mindset," says Dayle Hayes, registered dietitian, Billings, Mont.

To get a better idea of how to scale back favorite dishes, check recipe websites. Some offer the ability to recalculate ingredient lists according to how many people are being served.

Look at a dinner plate and, "acquaint yourself with the idea that half the plate should be fruits and vegetables; one-fourth should be a protein source and one-fourth should be grains," Hayes says.

Once a person can visualize a healthful plate, draw up a shopping list, including produce, dairy, lean meat or poultry, fish and whole-grains, such as whole-wheat pasta or brown rice.

Opt for individual pieces of fruit, not large bags, says Drusilla M. Banks, extension specialist, food science and nutrition programming, University of Illinois Extension, Chicago.

Consumers in urban areas can



**“Plan ahead. Roast a chicken [for dinner] and have multiple plans for using the remainder in sandwiches, soup stock and maybe the chicken wings for a picnic.”** ~Dayle Hayes, registered dietitian

adapt a European shopping style, purchasing what is needed for the day.

“I really like that style,” says Hayes, president, Nutrition for the Future, Inc. “I can buy a half pound of asparagus at a time and don’t have to bulk up,” says the Montana-based dietitian. She also enjoys the mile a day walk to her grocery store.

Many folks are still purchasing milk by the gallon, forgetting that there are no longer kids standing in front of the refrigerator drinking out of the carton, says the extension specialist. Pick single-size servings of milk in six packs and single-size cartons of juice, Banks says.

Frozen food also offers advantages for the one- or two-person household, Banks says. She suggests buying packages containing individually wrapped frozen

fish and chicken breasts.

“Pull out what you need and keep the rest [in the freezer]. It works very well,” Banks says.

Smaller cooking utensils can also help empty nesters adapt.

“If you have a 5-quart Dutch oven you may feel compelled to fill it. You may be tempted to fill up a 10-inch skillet; buy an 8-inch one instead,” Banks says.

When tempted to purchase more food than needed for a recipe, schedule “planned overs,” says Hayes, who writes at [www.eatwellatschool.blogspot.com](http://www.eatwellatschool.blogspot.com).

“Plan ahead. Roast a chicken [for dinner] and have multiple plans for using the remainder in sandwiches, soup stock and maybe the chicken wings for a picnic,”

Hayes says. © CTW Features

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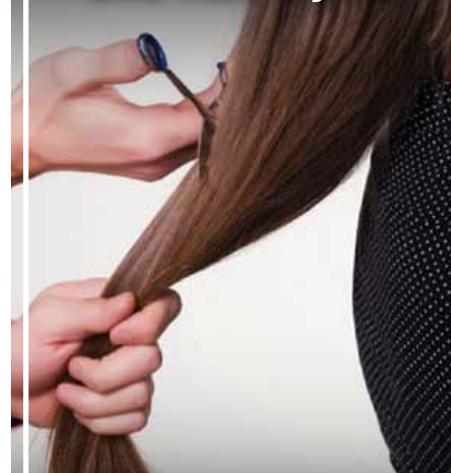
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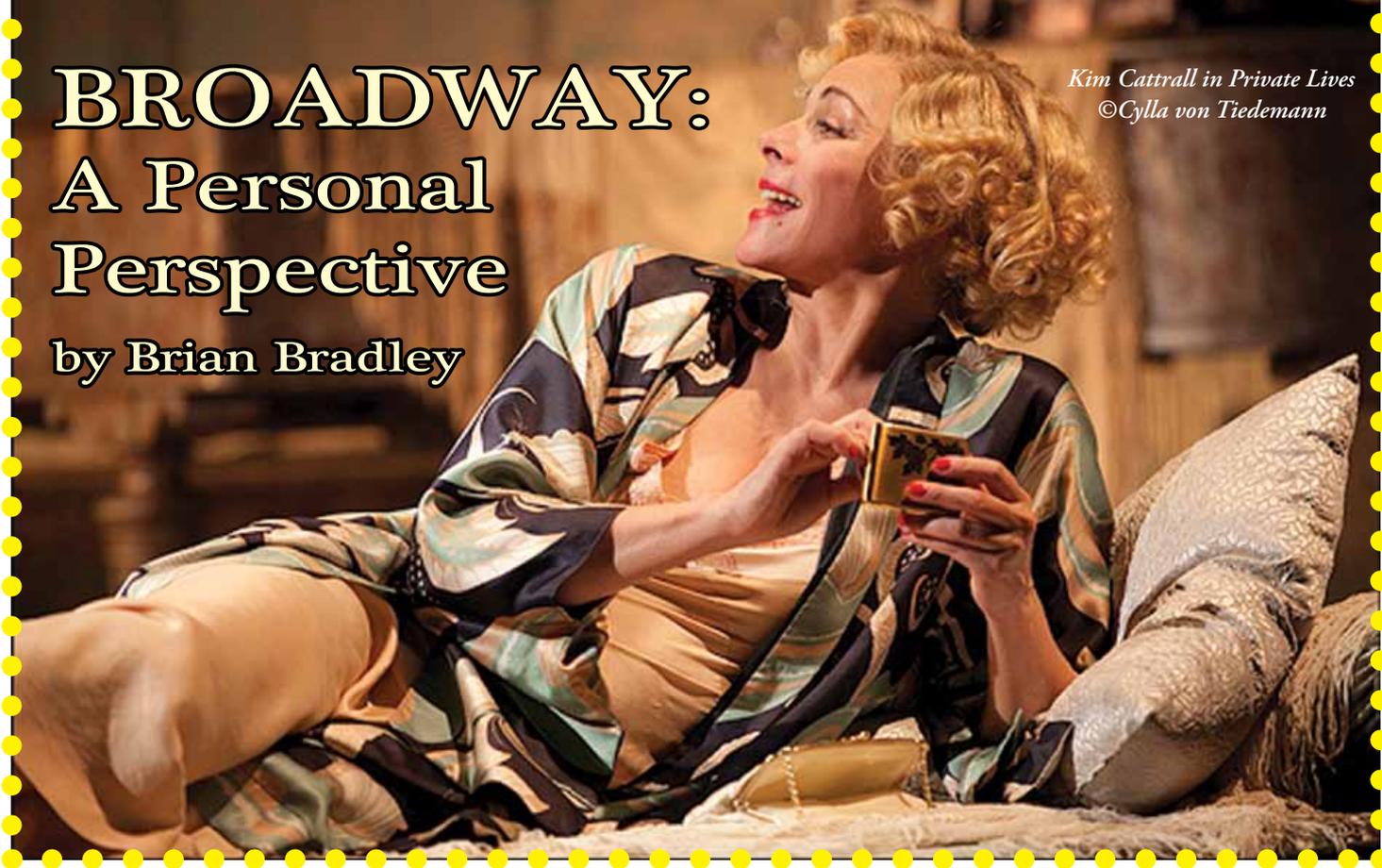
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# BROADWAY: A Personal Perspective

by Brian Bradley

Kim Cattrall in *Private Lives*  
©Cylla von Tiedemann



It's winter and I'm afraid I've got mostly bad news. But don't shoot the messenger. And although things have gone terribly awry since my previous column, not everything is negative.

The good news is that *Venus in Fur*, after closing in December at the conclusion of its limited run at the not-for-profit Manhattan Theatre Club, reopens this month for a commercial run at the Lyceum Theatre. That gives audiences another opportunity to see Nina Arianda's star making performance as an actress and her steamy audition for a part in the latest sexually progressive work from an edgy writer/director.

Also, of the four shows that opened since I last filed, only one is actually worth our money and attention. Unfortunately, *Lysistrata Jones*, for whatever reason, started off doing such dismal business; it may not still be running by the time this column is published unless it finds an audience and fast. But we'll get to its merits later.

Earlier in the fall a revival of *Private Lives* began a limited engagement and received, perhaps somewhat unexpectedly, good reviews. This Richard (Mary Poppins) Eyre production of the Noël Coward classic came to Broadway via the West End and Canada with the popular Canadian

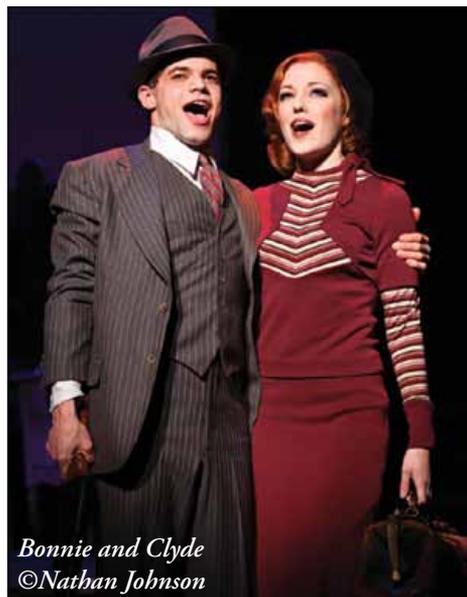
actor Paul Gross and Kim Cattrall widely known for her role on *Sex and the City*. Coward is challenging. The elegance, sophistication not to mention the style that does not come naturally to those not to-the-manner born, can seem brittle in the wrong hands. But both acquitted themselves admirably and the evening was, if not definitive, perfectly delightful.

Neither *Chinglish*, David Henry Hwang's "comedy" about Chinese/American cultural miscommunication,

nor *Stick Fly*, a sit-com disguised as a melodrama, really belongs on Broadway. It seems improbable that Hwang's provincial American, navigating the manner in which the Chinese conduct business in order to explore foreign opportunities for his regional signage company, would be that naive. And the lost-in-translation moments, funny to a degree, verge on racist they are so over the top. With its constantly revolving scenery and perplexing exchanges with subtitles, *Chinglish* will likely give you a headache.

*Stick Fly* is improbable in every way from the provenance of the family's Martha's Vineyard mansion to the family secrets you can see coming a mile away. The play is terribly directed by Kenny Leon and the acting for the most part shockingly bad. And just because Alicia Keys who happens to be one of the producers chooses to contribute incidental music doesn't mean they have to play every superfluous note of it.

I find it hard to believe that of the multitude of producers of *Bonnie & Clyde* (thirty-eight above the title) not one could see that this new musical was not ready. Given that lack of insight, it is then not surprising that this new musical closed in a month.



*Bonnie and Clyde*  
©Nathan Johnson

The story or this version of the story, which skips over among other things all the Barrow Gang's North Louisiana exploits, could have made for an interesting musical. But this hack director and these clueless writers were simply not up to the task. The lack of insight was contagious. You can't write musical comedy when the sociopathic subjects demand a darker approach. So the real essence, the arrested development of Bonnie and Clyde, eludes them. Laura Osnes, a lovely ingénue is not the character actress required. Charismatic Jeremy Jordan has both the darkness and the swagger to be credible even when the material isn't. Hopefully he'll get his old job back when Newsies moves to Broadway.



Lysistrata Jones ©Joan Marcus

Have you ever seen a corpse star in a Broadway musical? Well, in *On a Clear Day You Can See Forever*, a radical revisal of a 1960's oddity, Harry Connick Jr. gives a great impersonation of a corpse. He is so stiff, so lifeless, so lacking in energy and so disconnected, you'd think him dead or at least deadened. The book about reincarnation and psycho-therapy was always problematic. But the changes made here create more issues than they resolve. Still I do have a fondness for the lovely score.

And finally there is the buoyant *Lysistrata Jones*. Adapted by Douglas Carter Beane (*Xanadu*), this funny, exuberant musical is well crafted and totally entertaining. The classic story about the women of a city withholding sex to stop war now has desperate cheerleaders withholding favors until the complacent basketball team wins a game. Lightweight to be sure but so perfectly executed and so delightfully performed by a winning cast, this new musical makes for a joyous experience.

**Next month:** *Porgy and Bess*, *Wit* and *The Road to Mecca*.

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



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# HEADLINES OF HISTORY

## WASHINGTON D.C.'S NEWSEUM

By Andrea Gross • andreagross.com

One minute I'm standing in front of eight 4' wide, 12' tall sections of the Berlin Wall. A few minutes later, I'm watching videos of the moon landing, Princess Diana's wedding, JFK's assassination, 9/11.... As I walk through the Newseum, Washington DC's 250,000-square-foot paean to journalism, I'm reminded of the old adage: Yesterday's news is today's history.

The museum, which is located on Pennsylvania Avenue just blocks from the National Mall, contains more than 35,000 newspapers, including one from 1718 that heralds the death of Blackbeard, the notorious British pirate, and one started by the brother of Benjamin Franklin. It's filled with journalistically-relevant artifacts, like the microphone used by Edward R. Murrow for his radio broadcasts during the Blitz and the notebook used by the *Newsweek* reporter who broke the Monica Lewinsky story.

In addition, the Newseum houses hundreds of videos. In fact, a person could spend hours just watching videos - from an eight-minute overview of major events narrated by Charles Osgood to a 25-minute look at the history of sports reporting.

I hesitate before walking into the Comcast 9/11 Gallery. Do I really want to relive that horrible day? But of course I go in and sit spellbound as journalists who were there tell what they did to bring the story to the rest of



The Pulitzer Prize Photographs Gallery is filled with pictures that have burned themselves into the national consciousness. (Photo by Sam Kittner)

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The museum ... contains more than **35,000 newspapers**, including one from 1718 that heralds the death of Blackbeard, the notorious British pirate, and one started by the brother of Benjamin Franklin.

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us. The audience is transfixed; the room is completely silent. I feel as if I'm in a church.

All told, the Newseum houses 15 theaters and 14 main exhibits. My personal favorite is The Pulitzer Prize Gallery, a collection of photographs that deliver a gut-punch to the soul. There's the horrified girl who saw her fellow student shot at Kent State, the napalm-burned child running down a street in Vietnam, the flag being raised on Iwo Jima. Video

interviews with the photographers give the story behind the story. In addition, there are a number of temporary exhibits that will only run until the end of this year. One of the most popular and poignant, "Inside Tim Russert's Office," shows the famous newsman's desk arranged exactly as it was on the day of his death.

Another, titled "First Dogs," features nearly two dozen pets that have provided our presidents with apolitical companionship. These include Coolidge's white Collie, which was photographed wearing an Easter bonnet; George H. W. Bush's English Springer Spaniel, which was credited with writing a bestselling book; and Warren Harding's Airedale, which attended Cabinet meetings with his master. (One can only wonder what scandals would have been averted if the dog had barked a few words of caution into the President's ear.)

On a more serious note, the "G-Men and Journalists" exhibit provides insight into the tension between law enforcement and the press, showing how the press



A replica of Tim Russert's office as it looked on the day of his death is on display through 2012. (Photo by Maria Bryk/Newseum)

prevents abuses of power but also makes the work of the special agents more difficult. More than 200 artifacts complement the photos and newspapers, including the cabin used by the Unibomber and the electric chair that ended the life of Bruno Hauptmann, who steadfastly denied that he was the person who kidnapped the Lindbergh baby.

Later, after a quick lunch in the Wolfgang Puck cafe on the lower level, I explore some of the interactive galleries, which are among the museum's most popular. In one, reporter-wannabes try reading a news report from a Teleprompter and writing a story on deadline. In another, they confront ethical problems. When is it okay to quote anonymous sources? Is it more important to photograph a dying child who's about to be eaten by a vulture, and thus alert the world to the plight of the Sudanese, or is it better to drop the camera and try to save the child? *[Note: Faced with this dilemma, Kevin Carter opted to snap the award-winning photo. Afterwards he chased the vulture away, but haunted by the scene and by his own priorities, he committed suicide a few months later.]*

I wander out on the terrace, where a guide tells me that the Newseum was built on the site of the old National Hotel. "That's the hotel where John Wilkes Booth stayed when he plotted the murder of Abraham Lincoln," he says. Inside I see the newspaper announcing the assassination of the president as well as ones telling of the hunt for Booth.



The Newseum complex, just blocks from the National Mall, is deserving of a banner headline. (Photo: James P. Blair/Newseum)

For contemporary events, there's the broadcast studio where ABC News films its Sunday morning program, "This Week." Behind the desk where George Stephanopoulos interviews the week's newsmakers is the famous view of the capitol.

But even more interesting is the daily display of the front pages of 80 newspapers from across the United States and around the world, posted every morning at 6 a.m. Washington time. They are a stark reminder that while we in the United States may be absorbed with the presidential primaries, the people in New Zealand are focused on something else entirely.

<http://www.newseum.org>

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# Go fish

FAMILY FEATURES

**F**ish is both a delicious and nutritious meal option. In a new series of recipes and videos, Carla Hall, finalist on “Top Chef” Seasons 5 and 8, answers common questions about fish, including how to properly select and prepare it.



Hall’s recipes are made with canola oil, which is a good source of omega-3 fat along with the fish. Omega-3 fat may help protect the heart, especially when consumed in place of saturated fat. In fact, the U.S. Food and Drug Administration authorized a qualified health claim for canola oil on its potential to reduce the risk of heart disease.

In addition to the recipes here, Hall offers Halibut en Papillote with Roasted Tomato-Artichoke Ragout and Broiled Trout with Lemon Oil and Oven-Grilled Vegetables in her “Go Fish with Canola Oil” recipe collection. For the recipes and step-by-step instructional videos, go to [www.canolainfo.org](http://www.canolainfo.org).

## Grilled Salmon Over Lentil Salad w/Walnut Vinaigrette

4 salmon fillets (4 ounce portions), skin removed

### *Marinade:*

- 2 tablespoons Dijon mustard
- 2 tablespoons canola oil
- 2 sprigs fresh tarragon, pulled and roughly chopped
- 1 clove garlic, minced

### *Lentil Salad:*

- 1 cup dry brown or green lentils, rinsed (use 1½ cups canned black bean or small red beans, rinsed, as quick alternative)
- 1 bay leaf
- 2 garlic cloves, peeled and smashed
- 1 rosemary sprig

- 1 medium carrot, finely diced
- 1 celery stalk, finely diced
- ¼ cup red onion, very finely diced
- ¼ cup parsley, finely chopped
- 1 tablespoon chopped tarragon

### *Walnut Vinaigrette:*

- 2 tablespoons red onion, minced
- 2 cloves garlic
- 1 tablespoon Dijon mustard
- ¼ cup rice or champagne vinegar
- ½ cup canola oil
- ½ cup walnuts, toasted and coarsely chopped
- ¼ teaspoon pepper

### *Garnish:*

- Lemon wedges

In medium bowl, combine mustard, canola oil, tarragon and garlic for marinade. Place salmon in marinade and gently toss until thoroughly coated. Place fish in resealable bag in refrigerator for at least 1 hour.

Heat grill to 375°F, when it’s too hot to hold hand above coals for more than 5 seconds.

In 5-quart pot, bring 3 cups of water to a boil. Add lentils, garlic cloves and rosemary sprig. Cook lentils until just tender, about 30 minutes. Strain in colander.

In plastic bowl or cup with fitted lid, combine red onion, garlic, mustard, vinegar, canola oil, walnuts and pepper. Shake until thoroughly mixed and emulsified. Season with pepper.

In large bowl, toss lentils, carrots, celery and red onions together. Stir in enough vinaigrette, about 1/4 cup, to coat lentil mixture, and store rest in refrigerator for up to one week. Toss in fresh parsley and tarragon.

Spray grill rack lightly and cautiously with canola oil cooking spray, then carefully place salmon fillets on hot grill 2 inches apart. Cook on each side 3 to 4 minutes at diagonal angle to grill rack for professional-looking grill marks. Remove salmon from grill and serve over lentil salad. Garnish with lemon wedges, if desired. (Serves 4)

## Tuna Stir-Fry Over Whole-Wheat Vermicelli

12 ounces tuna steak, cut into ½  
inch cubes

2 teaspoons canola oil

Canola oil cooking spray

1 garlic clove, smashed

2 pieces ginger, cut into ¼ inch rounds

1 large carrot, peeled, halved lengthwise,  
and cut into 1-inch diagonal pieces

8 to 12 spears asparagus, ends trimmed  
and cut into 2-inch pieces

8 ounces shiitake mushroom, stems  
discarded and tops cut into ¼ inch  
strips

1 cup frozen edamame beans, thawed

### *Stir-Fry Sauce:*

¼ cup reduced-  
sodium soy sauce

1 Tbs. ginger,  
grated

2 cloves garlic,  
minced

1 Tbs. cornstarch

1 Tbs. water

### *Pasta:*

1 pound whole  
wheat vermicelli,  
cooked according  
to box instructions

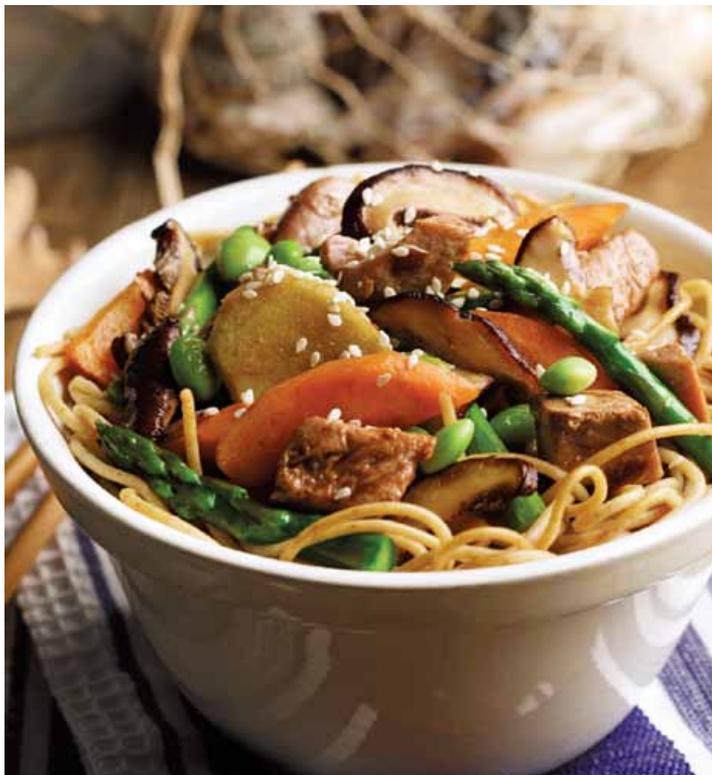
In medium bowl, toss tuna with canola oil (this ensures perfectly seared tuna). Set aside.

Heat wok or skillet to medium-high to high heat. Spray canola oil cooking spray to coat pan; add smashed garlic and ginger pieces to flavor oil. After 20 seconds, add carrots. Cook for 2 to 3 minutes, then add asparagus. Spray more canola oil if necessary to keep vegetables from sticking. Cook for additional 2 minutes or until asparagus is bright green and carrots are tender. Remove vegetables from pan and set aside on flat plate.

Spray pan with canola oil cooking spray or oil. Add mushroom pieces. Cook for 2 to 3 minutes until browned. Remove from pan.

Reheat pan to medium-high to high heat. Add tuna in 2 to 3 batches without crowding pan. Gently move tuna around with spatula. Sear tuna until just cooked. Remove and set aside.

Return carrots, asparagus and mushroom to wok or skillet. Add edamame and tuna. Make a well in center and pour stir-fry sauce in middle. Coat vegetables with sauce and quickly bring to a boil. Serve tuna-vegetable mix over hot vermicelli. (Serves 6)



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**Senior Care Unit**  
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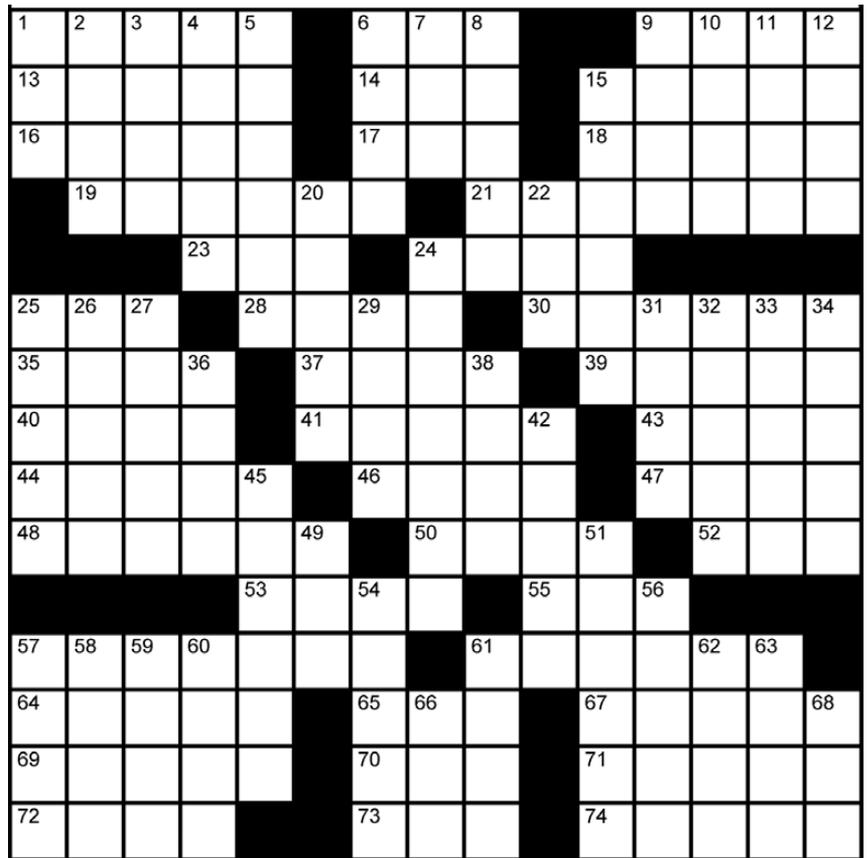
### **Warning Signs**

*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

# HOLLYWOOD LEGENDS

Solution on pg 38



## ACROSS

1. Large, imposing house
6. "Lake" in France
9. \*"Que \_\_\_\_\_," sang Doris Day
13. Unwritten exams
14. Spermatozoa counterparts
15. \*Hollywood legend quality?
16. Laker great
17. Judge on "Dancing with the Stars"
18. L on clothes
19. \*"The Big Sleep" leading lady
21. \*He played "Spartacus"
23. Before, old English
24. Ancient Greeks' harp
25. Cattle prod
28. "For" in Spanish
30. \*"Louie, I think this is the beginning of a beautiful friendship," in "Casablanca," e.g.
35. Port of Yemen
37. Comedy Central's 1990s animated series "Dr. \_\_\_\_\_, Professional Therapist"
39. Country singer \_\_\_\_\_ Tucker
40. Irritate
41. \_\_\_\_\_ of parsley
43. \*What Perkins did in the shower in "Psycho"
44. Accord or comport with
46. Yugoslavian communist
47. Location of Dante's nine circles
48. \*Eastwood's Josey Wales, e.g.

50. 2009 Daniel Day-Lewis musical
52. Charlotte of "Facts of Life" fame
53. First, second or third in baseball
55. Follow ems
57. \*Last name of two female legends
61. \*He called for Stella
64. Relating to axis
65. Second person of "be"
67. "Unbearable Lightness of \_\_\_\_\_"
69. Pulitzer winner \_\_\_\_\_ Cather
70. Decorate cake
71. Dam
72. Flower holder
73. Once around
74. Undo

## DOWN

1. \*Garland to Minnelli
2. United \_\_\_\_\_ Emirates
3. Hindu serpent deity
4. New York is famous for it
5. Protective embankment
6. Be lazy or idle
7. \_\_\_\_\_ Maria
8. \*Canadian funny man
9. Ore smelting by-product
10. Basketball great \_\_\_\_\_ "The Pearl" Monroe
11. Capital of Latvia
12. Greek god of war
15. Like a native speaker
20. Accidental holes
22. Mine deposit
24. Soldier's bathroom
25. \*Famous for her low,

26. \*"Farewell" from Catherine Deneuve
27. Blue and white pottery style
29. Wholly engrossed
31. 100m \_\_\_\_\_
32. Prefix for "among"
33. African antelope
34. \*He said, "Frankly, my dear, I don't give a damn."
36. A Broadway legend, given name
38. Tubular pasta

42. One who's doomed
45. Singular of tabulae
49. It engulfed the world in the 1940s
51. Render capable
54. Escargot
56. Express contempt
57. Hems and \_\_\_\_\_
58. Sign of escape

59. Arrange in a stack
60. Healing ointment
61. Road Runner sound
62. Cher or Celine Dion?
63. Dollar bills
66. AV manufacturer
68. "\_\_\_\_\_ whiz!"



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The Best Times

**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.



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

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Solution on page 38

**Valentine's Word Search** (solution page 38)

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

- |           |          |             |            |
|-----------|----------|-------------|------------|
| Admire    | Cherish  | Infatuation | Regard     |
| Adore     | Enjoy    | Like        | Respect    |
| Affection | Fervor   | Love        | Sentiment  |
| Amour     | Fondness | Passion     | Tenderness |
| Ardor     | Idolize  | Prize       | Treasure   |

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## BENEFIT

**Black & White Tie Bingo** - Benefitting Goodwill Industries of North Louisiana. Sam's Town Hotel & Casino. Friday March 2. 6:30 p.m. Call 318-869-2575 for tickets and info.

## BRIDGE

**Bridge with the Best! Class-** World bridge champion Betty Kennedy will be at The Oaks of Louisiana for six two-hour long classes for intermediate and advanced bridge players. 1:30 to 3:30 p.m. Tuesdays and Fridays Feb. 7 through Feb. 24 at Tower at The Oaks on The Oaks of Louisiana campus. Cost is \$210, which includes classes and workbook. Registration is required. To register, go online to wkhs.com or call (318) 212-8225.

**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/](http://www.acbl.org/NABC/) for a full schedule of events

## COMMUNITY EVENT



**University at The Oaks "Bicentennial of Louisiana"** - How and why Louisiana came into the United States. LSU history professor Gary Joiner, Ph.D. will lead sessions

Feb. 6 and 13 on political, economic and military issues in 1812, the War of 1812 and how it made America the nation it is

today. Classes are from 5 to 6 p.m. in the Alta and John Franks Community Centre on The Oaks of Louisiana campus, 600 East Flournoy Lucas Road, Shreveport. Registration is open to the public. Total cost is \$25 for nonresidents, and registration is required. Register at [wkhs.com](http://wkhs.com) or call (318) 212-8225.

## CONCERT

**Shreveport Symphony** - RiverView Theatre in downtown Shreveport. Tickets are \$17 - \$42. Call 227-8863.

- *Go for the Gold* - February 25 at 7:30 p.m. Featuring Nena Plant Wideman Piano Competition finalists

## 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.

- February 9. Noon to 4 p.m. Bossier Council on Aging, 706 Bearkat Drive, Bossier City. Contact: Council on Aging - 318-741-8302; Instructor: Ray Branton

- February 10. 8:30 a.m. - 1:30 p.m. Caddo Parish Sheriff's Department, 1101 Forum Drive, Shreveport. Contact: Deputy Frankie Morris 318-681-0869; Instructor: Martha Hogan

- February 18. First United Methodist Church, Minden - 903 Broadway, Minden. Contact Linda Shepherd 318-

377-1438; Instructor: Martha Hogan  
 • February 23. 8:30 a.m. - 12:30 p.m. Cypress Baptist Church - 4701 Palmetto Rd, Benton. Contact: Sherry Bell 318-965-2296; Instructor: James Smith

## LUNCHEON

**World War II Veteran's Luncheon** - Hoban Hall on Friday February 24 at 11:00 am with much military pageantry including WWII veterans led by a bagpiper thru the Cordon of Swords. The event is being hosted by Col Steve dePyssler, USAF, retired, Director Retiree Activities, BAFB and WWII veteran. If you are a veteran and did not receive an invitation, send request via email to [RAO@Barksdale.AF.mil](mailto:RAO@Barksdale.AF.mil) or fax to 318-456-3520 or call 318-456-4480 or 318-456-5976.

## MARDI GRAS



### Krewe of Centaur:

- Float Loading Party - Friday February 10 @ 6 p.m. Krewe den on the corner of Aero Drive and North Market, Shreveport. Get a close up view of the floats. Food and beverages will be available.

- Parade - Saturday February 11 @ 4:30 p.m. Featuring floats, bands and million of beads, doubloons, and cups. NOTE: The route is opposite from past years. The parade will begin on E. Kings Highway, at Preston and will continue

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

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

north to Shreveport-Barksdale Hwy, turn east and continue to Clyde Fant Parkway, turn north on Clyde Fant. The parade ends at Lake St. in downtown Shreveport.

**Krewe of Gemini:**

- Float Loading Party - Friday, February 17 @ 5 p.m. Get a close-up look at the floats. Food and beverages will be sold.
- Parade - Featuring floats, marching bands and millions of throws. Beginning in Shreveport, on the corner of Lake Street and Clyde Fant Parkway, Proceeding south down the parkway to Shreveport Barksdale Highway, then west to East Kings Highway to Preston Street.

**Krewe of Highland Parade** - Sunday, February 19, 2012 @ 2:00 pm. Neighborhood parade with lots of floats and plenty of throws. The parade begins and ends at Byrd High School, where Carnival de Columbia takes place.

**Krewe of Barkus & Meoux Pet Parade** - Peace, Love & Paws" Sunday, February 12 at RiverView Park 601 Clyde Fant Pkwy., Shreveport. Activities begin at 1:30 p.m. The Parade walks at 3:00 p.m. If you pre-register your pets, the cost is \$15 for the first pet, \$10 for each additional pet. Pre-registration will end February 10. Registration the day of the parade is \$20 for first pet and \$10 for each additional pet. Register the day of the parade after 12:00 noon. Prizes awarded for the best dressed, best float, and pet/owner

look-a-like.

**MEETINGS**

**GENCOM Genealogical Computer Society monthly meeting** - Sunday, February 26 at 2 P.M. at the Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport. Program will be how to identify the mystery photos in your family history research using photo formats, clothing clues and backgrounds. Everyone is welcome and the meeting is free and open to the public. For information call 318-773-7406 or email [jgjoness09@gmail.com](mailto:jgjoness09@gmail.com).

**MOVIES**

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

**THEATRE**

**Shreveport Little Theatre** - 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.



- *Over the Tavern* - March 1, 2, 3, 9, 10, 2012 at 8 p.m., March 4, 11, 2012 at 2 p.m.

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**XiXi Zhou—PROKOFIEV:**  
*Piano Concerto No. 2 in G minor*  
**Yue Chu—RACHMANINOFF:**  
*Piano Concerto No. 3 in D minor*



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**318.227.8863**  
Tickets start at \$17

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# February Parting Shots

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



## Young at Spirit

The Krewe of Elders held their Grande Bal XIV on January 13 at American Legion Hall in Shreveport with the theme "Young at Spirit".



*Krewe of Elders Royalty XIV*

Royalty for 2012 are: King Richard Skyles, Queen Liz Skyles, Duchess and Duke of Longevity, Sylvia and Randy Mobley; Duchess and Duke of Wisdom, Traci and Ronny Campbell, and Co-Captains George Kalmbach and Gail Cascio.



*1949 Queen of the Krewe of Hermes  
Joel Johnson*



*Nancy Randall and Elaine Baki*



*Torie Banks, Dana and Hunt Powell of Krewe of Ambassadors with their 1937 Cadillac*



*Wanda Bennett, Jay and Sue Prudhomme*



*Queen of Atlas Ruth Grafton (left) with Queen of Highland Angela John*



*Krewe of Centaur royalty and members Randy James, Wilda Smith, Sophie Duke, Shirley Hart, and Jim Camp*



*Annie Dobbs, Jack Holt, and Ruby Murray*



*Rick Turner and La Wanda Heckerandt*



*Margaret and Paul Schuetze dance the night away*



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**Vicki Ott, Administrator**

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**February Parting Shots continued**

**The Best of Times donates bound issues to local local libraries.**

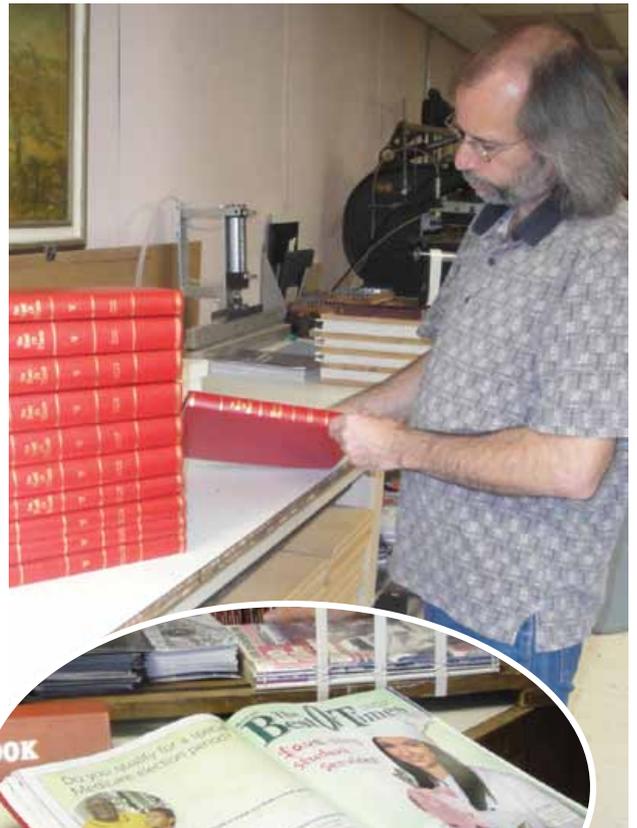
In celebration of the 10th anniversary of ownership of *The Best of Times*, Restro-A-Book, an internationally known book binding and restoration company located in Oil City, worked for many weeks to bind the past 120 issues of *Senior Scene News* and *The Best of Times*. A complete set of bound issues was donated to the Bossier Parish Library and to Shreve Memorial Library on Jan. 10. Interested parties will be able to view actual printed copies of past issues of *The Best of Times* at either of these public libraries.



*Pam Carter Carlisle, Gary Calligas, Kathy Jackson, and James Jackson at the presentation to Bossier Parish Library*



*Pat Ferguson, Gary Calligas, Kathy Jackson, James Jackson, and Peggy Evan at the presentation to Shreve Memorial Library*



*Restro-A-Book binder James Jackson stacks bound copies of *The Best of Times* and (inset) finishes binding past issues of *The Best of Times*.*

**Red Hat Event**

The 7H Red Hat group held a hat making gathering on January 14.

*Betty Prince in her new hat*



*Shelby Britt's new creation*



*Shirley Bockstruck shows off her fascinator*

**Birthday Celebrations**

**60th Birthday**

Jackie Welch (center) celebrated his 60th birthday with family and friends.

*Here with granddaughter Treavia Evans (left) and daughter Shawn Welch Evans.*



**Kimberly Nard's 50th Birthday**

(l to r) Nicole Bryant, Demeta Sharp, birthday girl Kimberly Nard, Tamara Cox and Eunice Johnson



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**Overcoming Learning Obstacles**

A Community Resource Event "Overcoming Learning Obstacles" was presented by LearningRX of Shreveport and Bossier City on January 13 at the Gateway Church in Shreve-

port. Phil and Amy Parham of "The Biggest Loser" were special presenters who discussed the hurdles they overcame with their son who has autism. This event helped families

learn about local resources for those with learning difficulties.



*Louisiana State Representatives Patrick Williams and Alan Seabaugh*



*Donesa Walker (left) with Phil and Amy Parham*



*Suzanne McMillian, Meredith Siskron and David McMillian*

**The Oaks of Louisiana hosts informative seminar**

On January 11, a seminar was held at the Tower at The Oaks of Louisiana on "How to Get the Government to Help Pay for your Long Term Care" presented by Elder Law Attorneys Joseph R. Gilsoul and Kyle Moore with Client Care Coordinator, Vickie Rech.



*Ann Conrad-Falter with Paul Glanville*

A special re-opening ceremony of the McDonalds on Mansfield Road was held on January 12, 2012.

*Carolina Duan with franchise owner Roy Griggs*




*Roy Griggs with Jan Core*



*Henry Stevens, Kaye Stevens and Joe Pennington*



*Joe Gilsoul, Vickie Rech, and Kyle Moore*

**Norton Gallery Seminar**

The Norton Art Galley in Shreveport hosted a seminar on Iconography with a special presentation by Rev. Jason Foster.

*Claude and Connie Beasley*



*Patrice Gaydos (left) with Tassie Adamson*



*Rev. Jason Foster with Lewis Norton*

**Caring Heart Award**



*Eva McHenry (center) received the 2nd Annual Caring Heart Award on January 19 at ECE Community Center. Pictured with Ms. McHenry are Millicent Maiden (left) and Creola Reese.*

# 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.**

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