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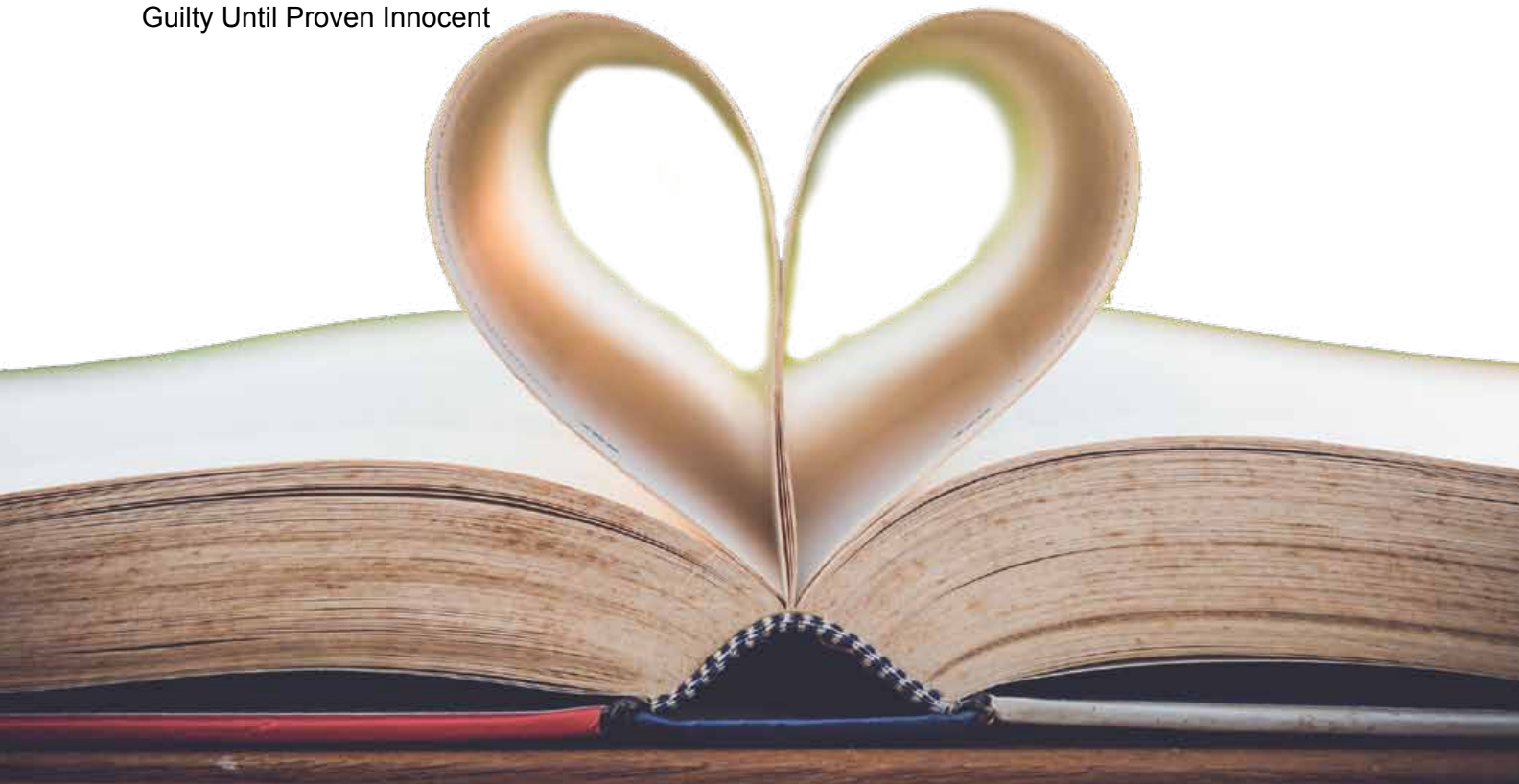
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November 7

Little Known U.S. Military
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November 14

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Outcomes

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November 21

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November 28

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Town with Tom Pace

Guest: Tom Pace, commentator of
The Talk of the Town

December 5

Reversing the Effects of Pain

Guest: Greg Redmond, DPT, PT with
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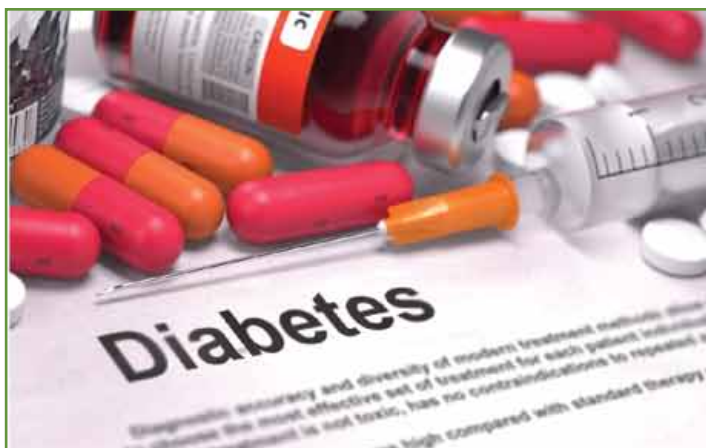
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Stat! Medical News & Info

Low Vitamin D Associated With Decline in Cognition



Vitamin D insufficiency among the elderly is highly correlated with accelerated cognitive decline and impaired performance, particularly in domains such as memory loss that are associated with Alzheimer's disease and dementia, researchers with the UC Davis Alzheimer's Disease Center and Rutgers

University have found. The effect is "substantial," with individuals with low vitamin D declining at a rate three times faster than those with adequate vitamin D levels. Exposing the skin to sunlight and diet are the major sources of vitamin D. Dietary vitamin D is obtained particularly through dairy consumption. This study suggests that there is enough evidence to recommend that people in their 60s and older discuss taking a daily vitamin D supplement with their physicians. The research is published online in *JAMA Neurology*.

Solo Grandparents Raising Grandchildren at Greater Risk for Serious Health Problems

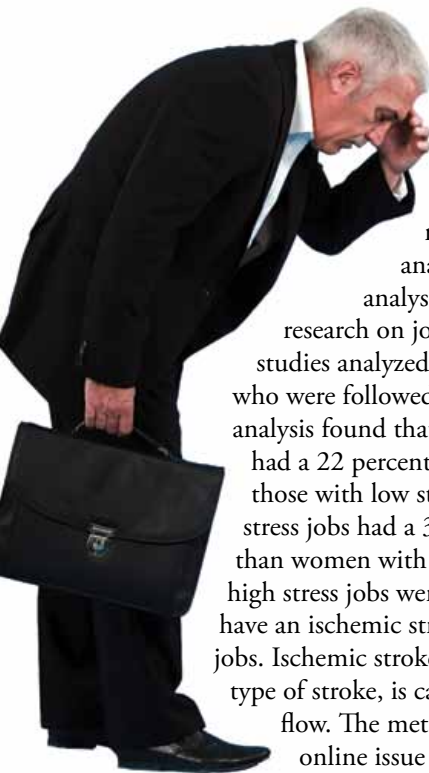
Single grandparents raising grandchildren are more vulnerable to poor physical and mental health than are single parents, according to a study recently published in *Current Gerontology and Geriatrics Research*. These caregivers may be at greater risk for diminished physical capacity and heightened prevalence of depression, researchers found. Researchers at Georgia State University and the University of Toronto found that solo grandparents caring for grandchildren fare worse than single parents across four critical health areas: physical health, mental health, functional limitations and health behaviors. An estimated 920,000 American children are being raised by solo grandparents without a parent in the home.





Many Older Adults Burdened by Demands of Health Care System

Nearly four in ten older adults say that managing their health care needs is difficult for them or their families, that medical appointments or tests get delayed or don't get done, or that all of the requirements of their health care are too much to handle, new Johns Hopkins Bloomberg School of Public Health research suggests. While researchers found a high level of what they call "treatment burden," they also found that the vast majority of older adults surveyed prefer to play an active role in making decisions about their health care either in conjunction with their doctors (85 percent), or their family or close friends (96 percent). Doctors are not typically trained or have not traditionally been reimbursed by Medicare for taking extra time to work with patients and families to ensure that they are getting what they need out of their health care experience. The system also isn't always welcoming of the involvement of friends of family in medical decision-making mainly because of concerns over privacy and practical considerations, too. The findings are published in the *Journal of General Internal Medicine*.



Can Work Stress Be Linked to Stroke?

Having a high stress job may be linked to a higher risk of stroke, according to an analysis of several studies. The analysis looked at all of the available research on job strain and stroke risk. The studies analyzed a total of 138,782 participants who were followed for three to 17 years. The analysis found that people with high stress jobs had a 22 percent higher risk of stroke than those with low stress jobs. Women with high stress jobs had a 33 percent higher risk of stroke than women with low stress jobs. People with high stress jobs were 58 percent more likely to have an ischemic stroke than those with low stress jobs. Ischemic stroke, which is the most common type of stroke, is caused by blockage of blood flow. The meta-analysis was published in the online issue of *Neurology*.

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Marvin and Sarah Graham at their wedding.



by Mary Flanders

Who can say what love is? Who knows what makes such a strong feeling?
What really defines love?

Love is mentioned over three hundred times in the Bible. When you look up the word "love" in the dictionary, you'll find many different definitions, ranging from intense affection to a score in tennis. When you've ever been in love, it's a feeling that defies description. When you love someone, you know it, but can you describe it to another? And if you find it once, will you ever find it again?

Perhaps the best way to begin this story is:



Once upon a time...

When Marvin Graham lost his wife of fifty nine years, he thought he would never love again, but his fairy godmother had someone special in mind for him. One night he was playing poker with some friends when a lovely lady passed by the table. One of his friends asked her to join them, but she declined, saying she didn't know how. Marvin spoke up and volunteered to teach her. That was the beginning of a beautiful friendship. Marvin and Sarrah began to spend more time together, eating together, going places; Sarrah began cooking for him. They agreed on many things, but the one thing they both agreed on was that another marriage was out of the question for either of them. They were both equally adamant that that part of their lives was over. Sarrah had been married before as well. Shortly after that discussion, Marvin knocked on Sarrah's door, stuck his head in and there in the doorway proposed to her. As Mr. Graham says, "It was meant to be."

They were married three years ago in a lovely little chapel on Flournoy Lucas Road on the south side of Shreveport. It was a beautiful ceremony, followed by a joyous reception attended by over one hundred fifty of their closest friends and family. What makes this wedding so special is, not only was it the only one ever held at The Oaks of Louisiana, but the extraordinary wedding couple themselves. Mr. Graham was 90 and the new Mrs. Graham was 81. When asked about what makes their marriage work, Mr. Graham says, "You have to have a sense of humor."



Marvin and Sarah Graham at their wedding.

Mr. and Mrs. Minor Vinck have been married seventy eight years. He is 99 and she is 100. Originally from Texarkana, they moved to Shreveport as soon as they were married. Mr. Vinck laughingly says, "we took our honeymoon to Shreveport, but spent all our money on the train fare, so we had to stay here."

Before meeting his wife, he was billed in air shows around Shreveport and Texarkana as "Mile High" Vinck, an aerial daredevil who appeared at air shows in the mid 1930's in and around Texarkana and Shreveport. His specialties were jumping from an airplane at over 5000 feet and wing walking.



Left: Mr. and Mrs. Minor Vick; Above: Rev. and Mrs. Willis Dear

"She has little feet, but she put them down hard," when asked if he continued his daredevil ways after the marriage. His advice for a successful marriage? "Yes, Dear' are the magic words," he laughs, and says. For a relationship to last seventy eight years through good times and bad, it was truly meant to be.

Reverend and Mrs. Willis Dear recently celebrated their 50th wedding anniversary. Their romance has remained strong throughout the stresses of raising three children and moving frequently when Reverend Dear was sent to serve at a different church. But their fairy tale romance began when Willis was in the 7th grade and Nancy was in the 6th grade. Willis' family had recently moved back to Louisiana and one of the first friends he made was Terry Willis, Nancy's older brother. Willis went home from church one afternoon with Terry and saw this cute little girl in a poodle skirt, bobby sox and saddle oxfords. Two years later, he noticed her again, at church and luckily, she noticed him, too. A game of shuffleboard commenced, and for eight years love continued to blossom. Her last name was Willis, his first name is Willis; clearly it was meant to be. They dated through high school, throughout college at Centenary, and on May 29, 1965, the day before graduation, they married at Morningside

Methodist Church, the same church they met at eight years before, by the Reverend Ray Spiller, who also officiated at their renewal of vows 50 years later. The romantic beautiful traditional wedding was not



without a hitch, as the photographer's camera malfunctioned and all but a few of the photos were ruined and had to be staged and retaken the next week. "At least, I got to wear my wedding gown two times," laughs Nancy.

Mr. and Mrs. Robert Hicks, a lovely and loving couple, have been married a short twelve years. Both Bob and Wilma had been married before and both have children. Bob was divorced and Wilma had been widowed not once, but twice. Theirs is a very modern story of a wonderful old-fashioned romance. They met on the internet through a Christian singles dating site.

Bob was living in northern California and Wilma was here in Shreveport. A friend had urged Wilma to give on-line dating a try, so she did. He'd only recently purchased a computer and as Bob tells it, "I wasn't searching, but I'm glad I found it." Again, it was meant to be. They hit it off right away, soon moved to phone conversations and realized there was more to their relationship than long distance could handle. Soon Bob flew to Dallas, rented a car and they met in person for the first time. Wilma recalls that fateful day at the Flying J Truck stop. "It was cold and he asked if I wanted to go inside and have

a hot chocolate. "After that, Bob flew in every other weekend.

Bob says, "I was so smitten." His proposal was definitely nontraditional, as he turned to Wilma while they were eating in New Orleans, "I suppose we could get married," he told her.

Several weeks later they were at the Justice of the Peace, and Bob moved to Shreveport.

Several times talking about their relationship, both Bob and Wilma dabbed tears from their eyes, but the most moving moment came when Bob sang to Wilma, just as he had when they were dating.

When asked about their fateful meeting, Bob first talked about all the events that fortuitously led to their happy life together, but cautioned others to be careful of the looking for romance on the internet.

Which brings us to how to begin a romance of your own. There's lots of ways to go about it. First of all, put the word out. Tell your friends



Bob and Wilma Hicks

you are open to meeting new people.

If you're willing to go outside your comfort zone, there's lots of on line dating sites specifically for the more mature person, but as Bob Hicks advised, be careful. Don't give out your name or address or phone number until you've had lots of talks online. Use an alias online until you feel safe. If someone starts to tell you tragic tales that end with requests for money or a place to live, that's not right. Trust your instincts. If something doesn't feel right, move on. If you don't think you and a date or an online connection click, find a nice way to say good bye. Don't waste your time on a relationship you know will go nowhere.

When you find a new love, don't expect your adult kids to feel the same way you do. Your children and grandchildren may feel they need to protect you. And they may be suspicious of anyone new. They may be jealous of the time you spend with your companion and their family. They may worry about your money, whether your new love will use you for your money and they will lose their inheritance. They may think you're too old for love. Boy, are they wrong about that one! Just give them time to know your sweetheart and to get used to the idea that you two are together. Reassure them by making sure your will is in order so that no one can accuse you or your partner of being a gold-digger and any inheritances are secure. When your children so you so happy, they'll come around soon.

You're never too old to believe in fairy tales, never too old for romance, never too old to live a wonderful love story. This story is proof that you never know who's waiting just around the corner for you. Who can tell what was meant to be. •



Time Again to Check Your Medicare Health and Drug Plans

by Bob Moos

Now's the time for Louisiana residents with Medicare to look over their health and drug coverage for 2016. Medicare's annual open enrollment period runs from October 15 until December 7.

Even if you've been satisfied with your health and drug plans, you may benefit from reviewing all your options. Some plans have adjusted their out-of-pocket costs and benefit packages for next year. Shopping around may save you money or improve your coverage.

Here are five things to know as you sort through the many Medicare health and drug plans available for 2016.

1) **Generally, health and drug plan premiums will be stable next year.**

Louisiana residents in Medicare's original fee-for-service program can choose from 22 drug plans with monthly premiums ranging from \$16.80 to \$106.10 – about the same premium

range as last year. The average premiums for basic drug plans will inch up 91 cents to \$32.50 per month.

Louisiana residents who prefer an alternative to the traditional Medicare program may join a Medicare Advantage health plan sold by a private insurer. You can select from among three to 14 health plans, depending on where you live in the state. Most plans include drug coverage. The average premiums for Medicare Advantage plans will drop 31 cents to \$32.60 per month.

Look beyond premiums, though. The only way to determine the true cost of your coverage is to consider other factors like deductibles, co-payments and coinsurance. Medicare's website – www.medicare.gov/find-a-plan – has the best tool for helping you narrow your search for a new health or drug plan.

2) **Check the quality of a health or drug plan's service, too.**

To help you identify the best and worst Medicare plans in your area, www.medicare.gov/find-a-plan will provide star ratings for each by mid-October. A gold star will show those plans with the



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Bob Moos is Southwest public affairs officer for the U.S. Centers for Medicare and Medicaid Services

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4 TIPS FOR A HEALTHIER RETIREMENT



Calling it quits – for good – is a thrilling moment for most, but staying mentally and physically active is key to wellness when taking a permanent vacation

by Jeff Schnaufer, © CTW FEATURES

For many of us, retirement can't come fast enough. Yet when it comes, there's no question that it slows us down from the hustle and bustle of the working world.

How that affects our health has been the subject of numerous studies. Research from the University of Michigan's Retirement Research Center found that around 85 percent of early retirees at age 62 are in good health. After that, the studies conflict. A 10-year U.S. study of more than 5,400 men and women age 50 and older uncovered a greater risk of heart attacks and stroke among those who had retired compared with those who had continued working. On the other hand, a 2010 British study of more than 7,500 men and women found the health of retirees was better than that of working people of similar age.

One thing experts do agree upon is the importance of building good habits prior to retirement that will help you stay healthy once retired. We talked to two health and aging experts for their top tips for developing those good habits.

1. STAY ACTIVE

Edward Thompson Jr., co-author of "A Man's Guide to Healthy Aging" (Johns Hopkins University Press, October, 2013), says staying active can help you stay fit, maintain your weight and keeps your mind healthy.

"At the workplace, take a 2-minute break, go up a flight of stairs and say 'Hi' to somebody and come back down," Thompson says. "After work, take a walk with a buddy. After retirement, just get out and do something. At end of day, you've accumulated about an hour of body movement pre- and post-retirement. By staying physically active, we tend to eat less. By staying active, your mind stays more active, too."

2. PLAN AND RESPOND TO POTENTIAL CHANGES

As we age, many changes occur that will impact our quality of life, from muscle and strength loss to shifts in mobility, cognition and independence. Addressing these changes ahead of time will go a long way to aging

well, says Colin Milner, CEO of the International Council on Active Aging in Vancouver, British Columbia.

"Let's use as an example strength loss," Milner says. "Between the ages of 35 and 70 the average inactive person will lose close to 50 percent of their strength. The result: 46 percent of the population cannot lift 10 pounds by the age of 80. This has a significant impact on our capabilities and quality of life, yet it does not have to be so. If we simply do strength exercises two to three times a week we can hold this loss at bay for many years. Recommendation: Seek out a life coach to help you identify potential life changes, and then set out to create a preventive strategy. Investing now will have a major pay off now, and in the future."

3. BE ENGAGED WITH LIFE

"Become an active and engaged participant in your community, neighborhood and family, as this is where your social network will come from. And social support is crucial as we age," Milner says. "In a recent survey, social isolation was shown to have twice the health risk of obesity. It can also lead to depression, or vice versa, and depression is expected to become the second cause of premature death and disability by 2020, according to the World Health Organization. Recommendation: Make friends and keep friends for as long as possible. It's good for your health."

4. EAT MORE LIVE FOODS

"I like to explain it like your body is a juicer," says Wakefield, Mass.-based Dr. Peter Martone, who wrote the health chapter for the book "The 6 Secrets to a Happy Retirement" (ATA Press, 2013). "If you put bread in a juicer, it clogs up the juicer. If you put an apple in it, you get juice. You get live food. We get our energy from the sun. When you have a diet that has a good percentage of live foods – like vegetable and fruits – the least amount of ingredients in the food, the better it is for us. Like coconuts are high in fat but they are better for you because it's natural. But Pringles potato chips, there's no life in it, so it's not as good for you because it's processed. In that aspect, as you get older, really think about getting on a high-quality probiotic, also. This allows you to digest your food."

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Savor the Season

by Bonita Bandaries

It's November, the month which is filled with sights, sounds, and smells of festivity. The fall season ushers in the spirit of change in our world. Cooler weather turns foliage from green to an array of gold, red and orange hues. Football and all that comes with it brings excitement even for those who participate from their armchairs. This is the case for many of us who are now seniors. Sometimes we are blessed to have the younger generation who keep us connected to the world of sports. If not, the airwaves bring it into our homes.

Who can resist the foods of fall? We seem to naturally start tasting the turkey and stuffing long before Thanksgiving Day arrives. Our thoughts turn to family dinners and the gathering of the clan. Since Thanksgiving Day is not until the fourth Thursday of the month, we have several weeks of savoring the season.

November is a month filled with many special days, some of which may never have come to your attention unless confronted with an issue related to one of them. For instance, for those who are diabetic, National Diabetes Month; for those experiencing memory issues, National Awareness of Alzheimer's; for those with lung issues, National COPD Month.

There is one special designation which most everyone will likely experience at some point if they are not already in the process of caregiving. That is the National Family Caregivers' Month. The National Family Caregiving Association began in 1994 during Thanksgiving week to recognize family members providing unpaid care to loved ones. On November 22, 1997 former President Bill Clinton signed the first presidential proclamation.

Presently the entire month is recognized as National Family Caregiver's Month and attention is given to the 90 million people who care for a parent, spouse, child, sibling, or other relative. As the population ages, the issues of care are a priority. For example, increasing numbers of those aging who will have no family or friends to care for their needs. There are also growing numbers of autistic and

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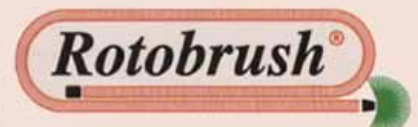
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other special needs children who will need care beyond the lifespan of their caregiver parents. Who will be responsible?

Get to know your family, the history, and plans for caring for loved ones. From a medical standpoint, knowing a relative's medical history is important. Is there a history of heart disease, cancer, or other diseases? You need to know this for your own medical history. November with its tribute to caregivers and awareness about some of the major health concerns makes it a good time to address family medical history.

More family members tend to gather at Thanksgiving than other holidays making this an ideal time to record memories of the oldest members. At the same time gather family medical history. Nurture present relationships for the future because memories are at the heart of holidays. Be thankful for the blessing of family but extend "family" to include friends who are alone and caregivers who need support of family. Savor the season by sharing the treasure of time.


Bonita Bandaries is a Shreveport resident and author of "A Promise Kept".

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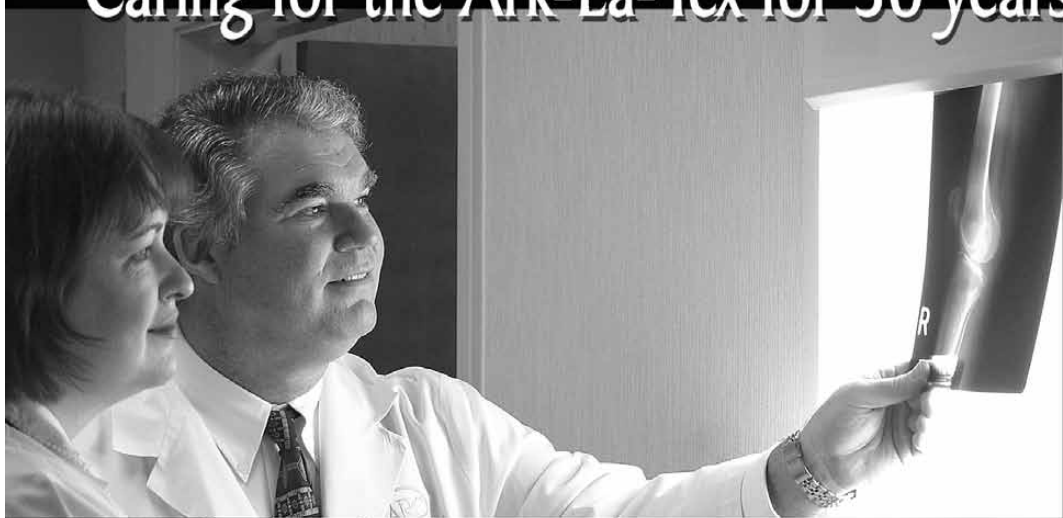


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Top 5 Money Fears – And How to Tackle Them

by Nathaniel Sillin

Are you worried about your financial situation? For the eighth consecutive year, the American Psychological Association (APA) identified money as the number one stress trigger, with 72 percent of Americans reporting stress about money and nearly 1 in 5 saying they had skipped or considered skipping going to the doctor due to financial concerns. As for relationships, almost one third of adults with partners reported that money is "a major source of conflict."

The following are common money stresses, and tips to tackling them.

You're just one paycheck away from financial disaster.

The Corporation for Enterprise Development's recent Assets & Opportunity Scorecard reported that over 40 percent of American households are "liquid asset poor," meaning that they have less than three months of savings to help them absorb a financial shock like a lost job, medical emergency or other unforeseen financial expense.

Tip: Build an emergency fund. After learning how to budget (www.practicalmoneyskills.com/budgeting), building an emergency fund (www.practicalmoneyskills.com/emergencycalc) is the next essential step in financial planning. Saving and investing for other goals are equally important, but they should follow the creation and annual review of a healthy emergency fund.

You're lost financially.

A 2014 survey by economists from George Washington University and The Wharton School of the University of Pennsylvania states that only 30 percent of Americans could accurately answer three basic personal finance questions dealing with savings and investment returns. Respondents from other major developed countries – including Germany, the Netherlands, Japan and Australia – scored roughly the same. It's a global problem.

Tip: Identify your biggest financial problems. Does every dime you make go toward paying bills? No savings or investments? No emergency fund? Once you've identified your main money blind spots, get help. Reach out to a trusted friend or relative with good money habits or a qualified financial advisor who can help you see where you stand, establish realistic goals and restart your financial education.

You'll never catch up.

Bankrate.com's March Financial Security Index said that nearly half of Americans aren't saving enough for emergencies or retirement. Only a quarter of middle-class households earning between \$50,000 and \$75,000 were savings champs, putting away more than 15 percent of their income.

Tip: Forget the past and begin today. Start by figuring out where you stand financially. Then address your expenses and whether there's an opportunity to boost your income so you can make up for lost time.

Your money troubles are putting your closest relationships in jeopardy.

Money issues affect all relationships, but couples can be hit the hardest by money secrecy or so-called "financial infidelity."

Tip: Face the music. Get qualified advice, quantify the extent of the problem, make a plan and share the details face-to-face with loved ones or business partners who need to know. Assume you won't be able to control their response, so focus on solving the problem and vow to end your secretive behavior for good.

You can't face financial paperwork.

When you can't face bills, statements and other financial calls or communications, it generally reflects financial uncertainty in some form.

Tip: Get help. Pull the information together and get help if you need to. Put payments and other financial decisions on a paper or digital calendar with reminders to act.

Bottom line: Fear about money issues can affect your health and relationships. Diffuse that stress through education, assistance and positive action to improve your financial future outlook.

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



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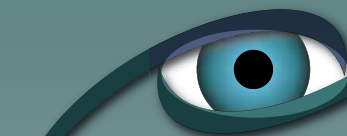
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from the BENCH

Beware of Credit Card Fraud and Scams

by Judge Jeff Cox

Credit cards are becoming a favorite target of thieves. The thieves are not necessarily stealing the credit cards and using them, although this happens on a frequent basis. In most instances, the thieves are obtaining the credit card numbers and using these numbers to charge merchandise and other items to the unwitting victim. In many instances, a person may not know that they have been the victim of credit card fraud until their monthly statement comes in the mail. This is why it is important to closely scrutinize any monthly statement and report any discrepancies to the credit card company.

Credit card thieves use different methods in order to obtain credit card numbers. The first is by calling a person and telling them they are

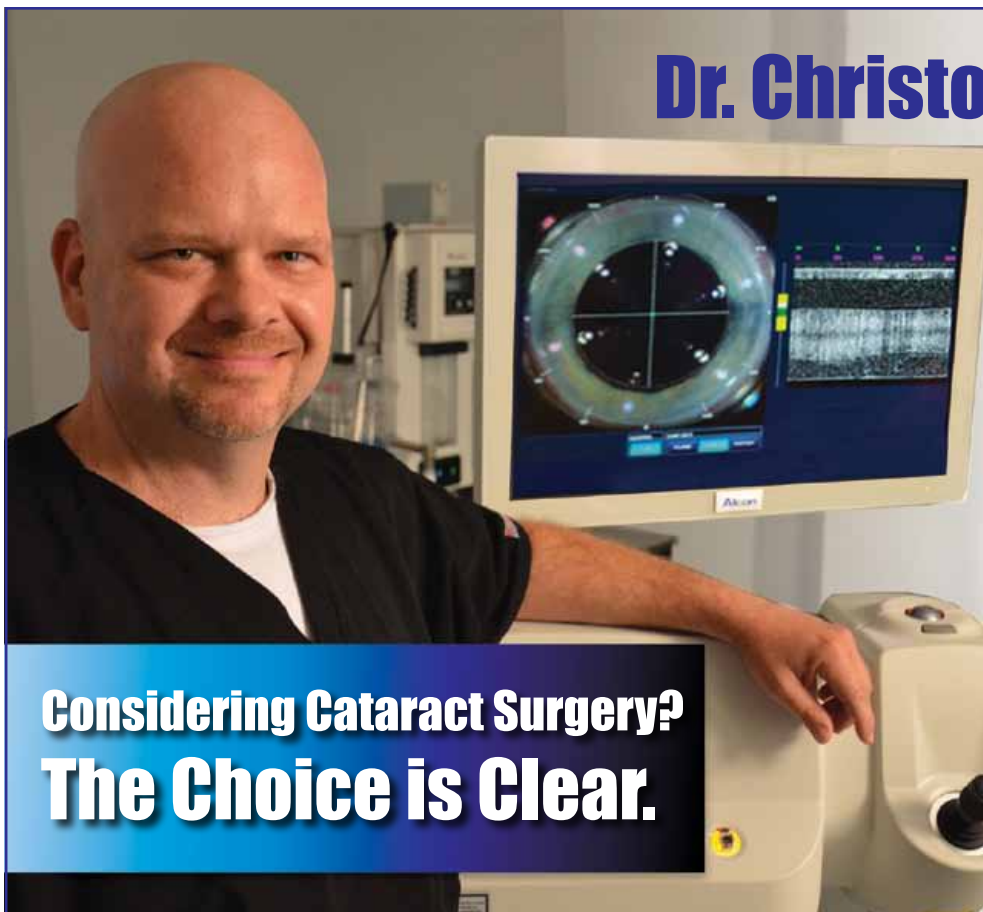


with the credit card company and their card may have been used for fraudulent purchases. The thief will then ask the victim to read the credit card numbers on the front of the card and the three digit number on the back of the card. By having these numbers, the credit card thief has full access to that person's credit card. If you are called by

someone asking for your credit card information and telling you they are with the credit card company, ask them for a number where you can return their call or better yet, call the number on the back of the credit card. If they hesitate or don't give you a number, then this is probably a scam. Even if they do give you a number, you need to verify that this person is with the credit card company. Never give out your credit card information to someone calling over the phone saying they represent the credit card company. If they did, they would have all your information regarding that card at their disposal.

Another method that credit card and credit thieves use is a method call phishing. Phishing is sending out emails to

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computer addresses telling the person receiving them that there is a problem with their credit account. The person sending the email attempts to get the person receiving the email to respond. If you open the email, your computer may be compromised and the person may be able to retrieve certain information from your computer or install viruses that affect your computer. If the person responds and gives their credit information, then the person receiving the information has full access to the credit account. The best thing to do is to install a computer program that sorts through emails and eliminates the ones that seem like they are phishing for information. The better thing to do is not to open emails from persons or entities whom you do not recognize.

A third method that credit card thieves are using is to obtain the credit card information while working in a store or a restaurant. Credit card thieves have access to credit cards and can write down information regarding the cards. Many times, the person working at the store will ask to see your driver's license to verify you are the person who owns the credit card. By having all of your information, the credit card thief can use your credit card or apply for a new credit card in your name. Do not put your social security number on your driver's license. This just provides further information for the thief.

A fourth method that I have heard used by credit card thieves is to use scanners. These devices allow thieves to copy your credit card when it is swiped by a waiter or attendant. The thief can then make a copy of the credit card and apply for new cards under fictitious names but the charges come back to the victim's account. Thieves are able to acquire numerous credit card numbers by using this method. New computer chips are being placed in credit cards to avoid this type of credit card theft. Until you receive a new credit card which states it has this computer chip, make sure to exercise extreme caution and carefully scrutinize your credit card bills.

Finally, I have heard of persons calling stating that they work for the Internal Revenue Service. This person states that they have attempted to reach you and gives you a false badge number. They tell you that you owe an outstanding debt and need to pay it. They will then tell you to give them a credit card and this can be handled over the phone. The Internal Revenue Service only contacts taxpayers by letter. They do not contact you by telephone and they do not receive payments over the phone. If you receive a call, please report this to your local law enforcement agency immediately and try to get a number to give the law enforcement agency.

Credit card thieves are costing our economy a tremendous amount of money and victims a number of problems. Each person should carefully protect their credit card information. Each month, you should carefully analyze your credit statement and make sure there are no unauthorized charges. If you discover any unauthorized charges, you need to call the credit card company immediately and report these charges. You also may be directed by your credit card company to call your local law enforcement agency to report the fraud.



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



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Workplace Stress

by Kathleen Rhodes

Some stress in the workplace is usual. However when stress is sustained and excessive, it can disrupt your job efficiency. Also, it can negatively impact your physical and emotional health. Your ability to positively cope with workplace stress can mean the difference between optimal wellbeing and the onset of depression and or anxiety disorders.

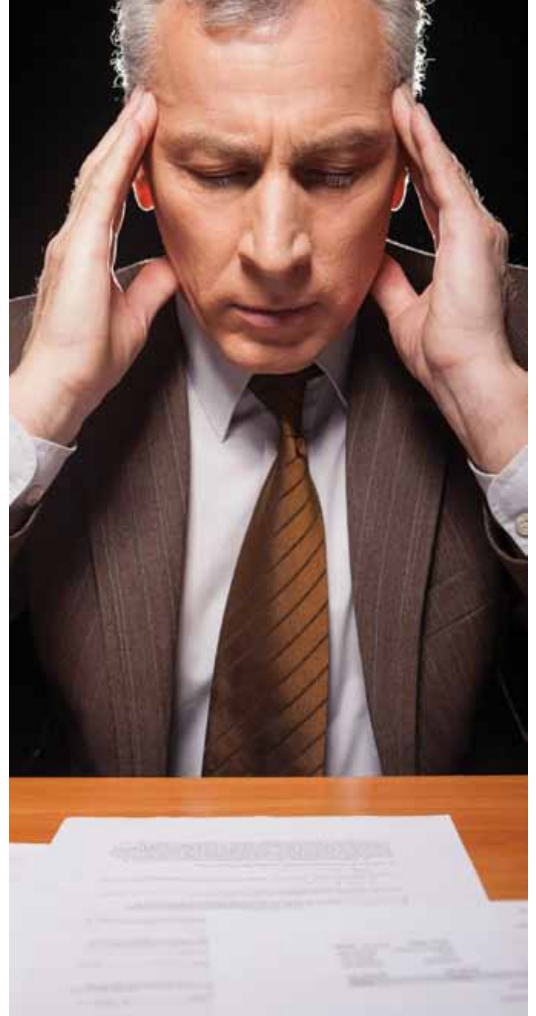
The causes of sustained workplace stress typically is generated by bad bosses and unpleasant co-workers, overwhelming workloads, worries about job security, and often self-imposed standards of perfectionism.

It is no surprise that research studies have found a correlation between high work stress and major depressive episodes. Additionally, a company's economic woes can exacerbate stress levels of

workers which can trigger depression.

Not everyone in an extremely stressful work situation will develop depression. Workplace stress may tip the scales if someone has a genetic predisposition for depression and or anxiety. Jobs with demanding human interactions place a person at greater risk for excessive workplace stress. No one knows for sure how widespread this issue is because many people do not disclose for fear of losing their job. These workers march on despite sleep difficulties, lack of motivation, trouble concentrating, and other symptoms.

It is not possible to eliminate all stressors on any job. What is possible is for individuals struggling with job stress to think about actions they can control to ensure their well-being at work. There are some things that can be addressed with a boss or CEO or human resources. Additionally, it is helpful to implement some basic lifestyle changes to promote resiliency such as getting enough sleep, exercising, and eating a healthy diet.



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Implementing these self-care strategies will serve you well at work and at home. What about your behavior at work?

Do you spend your time wisely? Perhaps it is time to consider some task management tips reminiscent of the late great Stephen R. Covey (*The 7 Habits of Highly Effective People*). I know that I am dating myself, but personally no one does time management better.

Many companies do address workplace stress and mental health issues by offering employees' health insurance benefits that includes treatment with a licensed mental health professional. Some large and midsize companies offer Employee Assistance Program. These EAP sessions are usually authorized through a company's human resources department. The benefit of EAP is that there is no cost to the employee, but the number of sessions allowed is set up with the authorization with minimal flexibility, if any, for situations that may require longer treatment.

If you are having difficulty coping with chronic stress whether it is work related or not, reach out for help.

Kathleen Rhodes, MA, LPC, LMFT is a counselor with The Center for Families, a nonprofit counseling center serving northwest Louisiana.

Common Causes of Workplace Stress

- Fear of being laid off
- Excessive workloads
- A work environment where gossip is acceptable by management
- Not having enough control over job-related decisions
- Nepotism

Signs/Symptoms of Excessive Workplace Stress

- Feeling anxious, irritable, or sad
- Loss of interest in your job or career
- Increased fatigue
- Poor concentration
- Muscle tension and/or headaches
- Stomach problems

Task Management Tips for Reducing Job Stress

- **Prioritize tasks** - perhaps using Stephen Covey's quadrant system or another system that has been effective for someone you admire in your career field.
- **Break large projects into small steps** - to keep from feeling overwhelmed. Remember the adage: How do you eat an apple? One bite at a time!
- **Resist perfectionism** - when your goal is perfection, your setting yourself up for more stress. Do your best given the amount of time allotted and move on to the next task.

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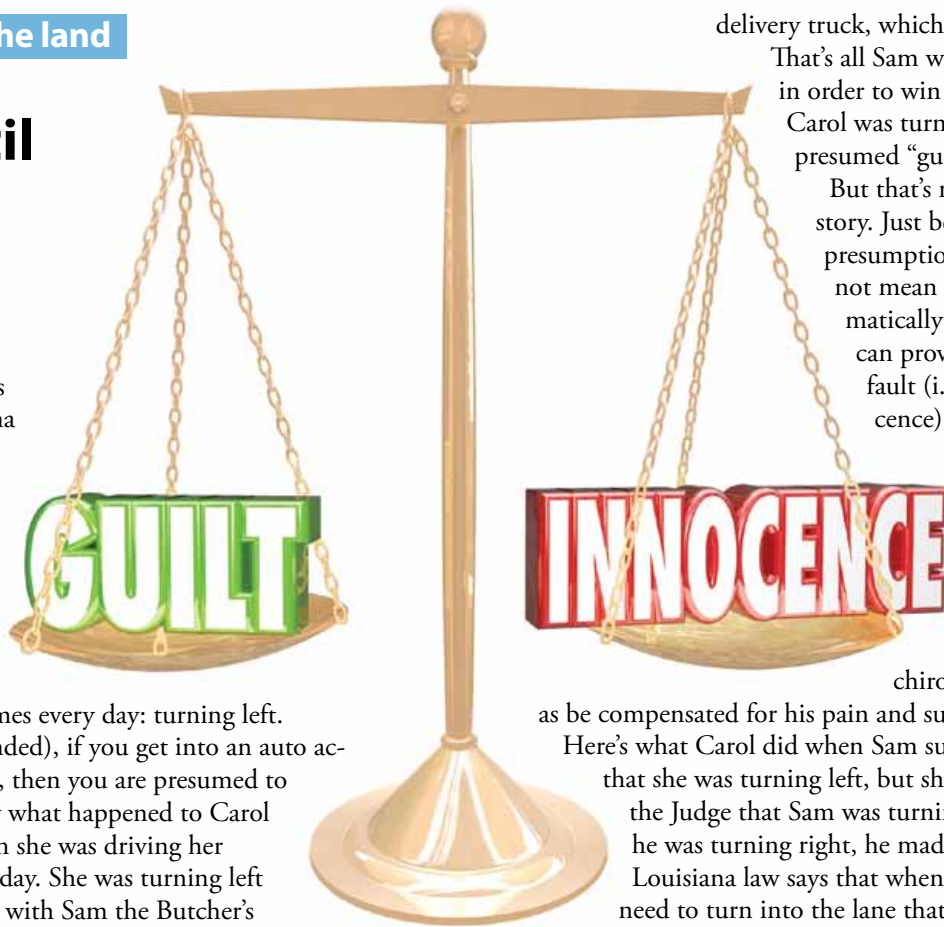


Guilty Until Proven Innocent

by Lee Aronson

I really don't have this backwards: Louisiana has a guilty until proven innocent law. I'm not talking about a criminal law. I'm talking about something much more common than that; something so common that you probably do it several times every day: turning left.

That's right (pun intended), if you get into an auto accident while turning left, then you are presumed to be at fault. That's exactly what happened to Carol (not her real name) when she was driving her daughters to school one day. She was turning left and got into an accident with Sam the Butcher's



delivery truck, which was turning right. That's all Sam will need to prove in order to win his case. Because Carol was turning left, she will be presumed "guilty."

But that's not the end of the story. Just because there is a presumption against Carol does not mean that she will automatically lose her case. If she can prove that she wasn't at fault (i.e. prove her innocence), then she won't have to pay Sam any damages. (Sam was claiming that the accident hurt his back and he wanted to be reimbursed for his chiropractor visits, as well as be compensated for his pain and suffering.)

Here's what Carol did when Sam sued her. She admitted that she was turning left, but she also explained to the Judge that Sam was turning right, and when he was turning right, he made a "wide turn." Louisiana law says that when you turn right, you need to turn into the lane that is closest to the right



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hand side of the street, i.e. the lane closest to you. If you turn into any other lane, then you are making an illegal “wide turn.”

The Judge asked the police officer who responded to the accident what happened and he said that Sam and Carol gave conflicting stories. The Judge asked Carol’s daughters, who were passengers in her car, what happened, but they were so busy with their cell phones at the time of the accident that their “testimony did not shed much light on what occurred.”

In the end, the Judge decided Carol was at fault because she was turning left, but Sam was also at fault because he was making a “wide turn,” albeit a right turn. The Judge said Sam was half to blame and Carol was half to blame. Even though Carol was presumed “guilty” because she was turning left, she still has the chance to rebut that presumption and she did it by proving that Sam was making an illegal “wide turn.”

I mention all of this, not because I’m an injury attorney (I’m not), but because there are all kinds of quirks and surprises in Louisiana law. Some of those quirks are just odd, but others, can

have a devastating effect on you and your family.

Perhaps one of the most expensive and complicated quirk involves what happens when you inherit an IRA. The IRA inheritance laws have a hidden trap that could cause a huge tax bill for your heirs. Another quirk of the law can limit your ability to sell your home after your spouse dies.

Having a well written estate plan can help you avoid these quirks and traps. If something happens to you and you end up in the hospital, it’s going to be an emotional time. The last thing you are going to want and the last thing your family is going to want is Louisiana law getting in the way and causing unnecessary problems or delays. Planning in advance is the way to make sure you get what you want, not what the government gives you.

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



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Seattle's Pike Market: the country's oldest continuously operating market

My husband and I weave past performers strumming guitars, dodge groups of tourists, and inhale the strong smells of curry, kimchee, coffee and chocolate. Vendors ply us with samples: a handful of dried fruit, a slice of apple, a chunk of cantaloupe and the best chocolate-covered cherry I've ever tasted. No wonder, since Washington is the top sweet cherry producing state in the nation.



Public markets let travelers learn about local cuisine, crafts and customs.

Washington also grows more onions than any other state, and Pike Market owes its existence to onion-hungry citizens, price-gouging middlemen, and a sympathetic politician. In response to his constituents, who were furious that the price of onions had risen dramatically, Seattle Councilman Thomas Revelle suggested that farmers set up shop on an empty street corner and sell directly to their customers. In August 1907 eight farmers did just that. Their produce sold out within hours, and the business practices of Seattle were forever changed.

Now, 108 years later, more than 100 farmers and 200 craftsmen and women rent space at the market, which has expanded to cover nine acres.

◆ www.pikeplacemarket.org



I expect Seattle's Pike Market to be colorful, crowded and caffeinated, as befits the city that birthed Starbucks, but I don't expect flying salmon. Yet here men in white aprons are flipping giant fish with the ease that most folks flip pancakes. One of the fishmongers grins as a salmon slips onto the counter and somersaults into a bin. "Want one?" he asks. I decline and walk on to see the flowers, which smell infinitely better.

Like other urban markets, Pike Market reflects its surroundings. Salmon in Seattle? Of course. (Taste them in a market restaurant or have them shipped to your home.) Gator-burgers in New Orleans? (Eat them on the spot.) Clam chowder in Boston? Most definitely. Although in some cities commercial establishments have moved in, the emphasis in urban markets is always on locally sourced food and regionally unique products.

That's what makes them so much fun for the traveler.

Seattle's Pike Market is the go-to place for Pacific seafood, whether to eat on the spot or to ship home.



New Orleans' French Market: America's oldest public market

Seattle's market may hold the title of the oldest continuously operating market, but New Orleans' French Market predates it by more than 100 years.

It began as a Native American trading post in 1791 but quickly grew into a multi-ethnic hub as new arrivals flooded the area. Now vendors sell everything from homegrown food to handmade crafts, many of which feature fleur-de-lis in one form or another — on mugs, door knockers, T-shirts and neckties. I'm not into fleur-de-lis décor, and I can easily pass on alligator models and Mardi Gras masks, but I succumb to temptation when I see a handmade voodoo doll. After all, you never know when a little magic might come in handy.



New Orleans French Market is replete with alligator sculptures, fleur di lis mugs and Mardi Gras masks.

The food presents a bigger problem. Do I want gator meat on a stick, in a burger or atop a salad? And then there's the mufuletta, a deli sandwich favored by Sicilian farmers who were selling their goods at the market. We look at the sandwich, a layered powerhouse consisting of a marinated olive salad, three meats and two cheeses. It's a tough call. We opt for both.

◆ www.frenchmarket.org

Faneuil Hall Marketplace: the nation's first Festival Market

Some folks call it Faneuil Hall Marketplace; others call it Quincy Market. Either way, it's a favorite meeting place for Bostonians and one of the city's top visitor attractions.

The area was first a public food market, then the site of an historic hall where a reception was held for George Washington. Later, in the nineteenth century, it was the home of one of the largest market complexes in the country. But despite its storied history, by the early 1970s it was simply a group of decaying buildings, and the city wanted to tear them down.

Instead, some concerned citizens turned them into a "festival marketplace," the first one in the United States. The old Faneuil Hall and Quincy Market became a "festival" of stores, restaur-

rants and pubs, thus revitalizing not only the old buildings but the surrounding area as well.

We snack and wander — taste-testing clam chowder and baked beans, admiring pewter mugs and trying on T-shirts that celebrate Boston colleges and sports teams.

Our last stop is at Make Way for Ducklings, a bookstore that honors Robert McCloskey's classic tale of a group of Bostonian mallards. I resist buying my granddaughter a toy mallard imprinted with the word "Boston," and instead get her a book of Mother Goose rhymes. She may as well learn now that the little pig who went to market had a lot more fun than the ones who stayed home.

♦ www.faneuilhallmarketplace.com

Faneuil Hall, which comprises one part of Boston's famed market place, has been the site of many historic events, including speeches by Samuel Adams and a reception for George Washington.



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A 'HIGH CHAPARRAL' THANKSGIVING WITH HENRY DARROW

by Nick Thomas

Come November, Henry Darrow's thoughts typically turn to turkeys ... and burros.

Darrow, who turned 82 in September, played Manolito in the popular 60s western television series "High Chaparral." He recalls the memorable Thanksgiving episode, "For What We Are About to Receive," first broadcast on NBC on November 29, 1968.

"We spent that episode looking for a lost turkey that I'd won in a shooting contest," said Darrow, from his home in North Carolina. "The bird falls off my wagon and in one scene we're all out in the desert making various turkey sounds trying to catch it. That was a fun episode."

Earlier in the plot, Manolito's buckboard holding the turkey is stolen, forcing him to seek alternative transportation.

"A burro!" recalled Darrow, laughing. "I can still picture myself riding that animal – it was very boney and uncomfortable!"

Darrow appeared in all 98 "High Chaparral" episodes, as well as over 130 film and television roles, many discussed in his 2012 autobiography "Henry Darrow: Lightning in the Bottle" co-written with Jan Pippins (see www.henrydarrow-book.com).

"High Chaparral" was one of numerous TV westerns dominating network television in the 60s.

"About 15 of the top 20 shows were westerns," said Darrow. But the series

stood out with its realistic treatment of life and conflict in the old West. "It was also the first show to feature a Hispanic family alongside an Anglo family in primetime."

The show was created by "Bonanza" producer David Dortort, who was looking for a Hispanic actor to play Manolito.

"I got lucky when he saw me in a play," said Darrow, who parents were from Puerto Rico although he was actually born in Manhattan.

Darrow was a teenager when his family returned to Puerto Rico, where he studied at the university before heading back to the U.S to take up acting.

"As a kid in Puerto Rico, I'd get out of school and go down to a small, local theater and for a quarter could see all the great cowboy stars like Charlie Starrett (the Durango Kid), Buck Jones, Gene Autry, and Roy Rogers," he recalled. "Then, as a young adult, I got to play one on TV!"

Darrow says he wanted Manolito to have his own easy-going personality, but also drew on previous stage work.

"I styled him after two Shakespearian characters I played: Mercutio from Romeo and Juliet, which added a comedic touch, and Iago from Othello, which mixed a little darkness to the character. He was a free spirit!"

"High Chaparral" also starred Leif Erickson, as head of the Cannon family's Arizona ranch, as well as Linda Cristal, Mark Slade, and Cameron Mitchell.



"Cam (Mitchell) was quite a character," said Darrow. "He introduced me to horse and dog racing, and poker, but I learned a lot from watching him and his inventiveness on the set."

During summer shooting on location, Darrow says ground temperatures could exceed 120 degrees. "If you got knocked down during a fight scene and brushed your skin against a rock out in the sun, it would burn you."

Despite the heat, Darrow remembers Mitchell usually dressed in black. "Cam would jump into the horse troughs when it was hot and after dripping a bit when he got out, you couldn't tell his black shirt and pants were wet. Very smart!"

Planning for the final banquet scene of the Thanksgiving episode, after a turkey is finally caught and cooked, Darrow remembers Mitchell saying he would serve the peas, leaving the mashed potatoes for Darrow.

"But Cam grabbed the potatoes," laughed Darrow. "He was always doing something unexpected."

The meal was also interrupted by neighbors and local Indians, each claiming ownership of the turkey.

"Instead of fighting, we ended up sharing the meal," explained Darrow. "It was like the first Thanksgiving all over again – a wonderfully written episode for the season."

Photos - Top left: NBC publicity photo of *High Chaparral* cast (l to r) Leif Erickson, Mark Slade, Henry Darrow and Linda Cristal. Bottom left: Henry Darrow in 2012 film *Soda Spring*. 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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In Wine, Accidental Superstars Abound

by David White

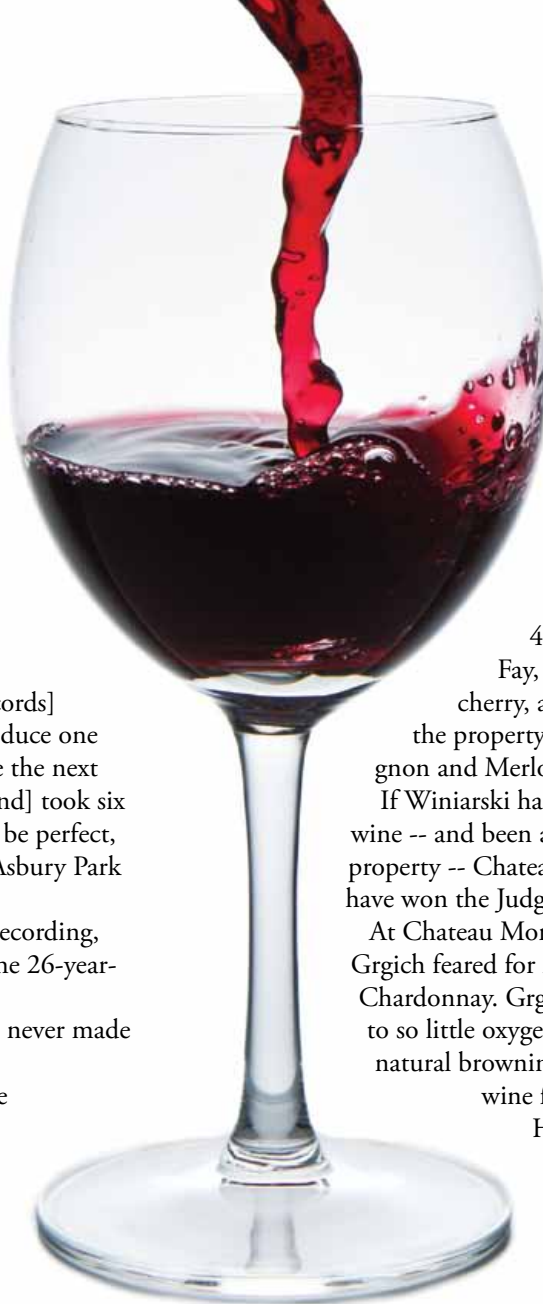
"**B**orn to Run," the album that catapulted Bruce Springsteen into the national spotlight, celebrated its 40th anniversary last week.

Springsteen fanatics love sharing the story behind the album. The Boss released two records in 1973, and although critics praised both, they flopped. So Springsteen's third effort was, quite literally, his last chance. As Springsteen biographer Peter Ames Carlin once explained, "Columbia [Records] gave Bruce and the band just enough money to produce one song to show he could make great singles and prove the next album would be worth making. That's why [the band] took six months on 'Born to Run.' Every single note had to be perfect, otherwise they knew they would be going back to Asbury Park empty-handed."

When Columbia executives heard Springsteen's recording, they signed up for a third album. They knew that the 26-year-old Garden Stater was going to be a superstar.

Similarly, many of history's greatest wines almost never made it.

Consider the wines that emerged victorious at the "Judgment of Paris," the 1976 wine competition that pitted California against France. Everyone assumed that France would win, but the winners -- Chateau Montelena's 1973 Chardonnay and Stag's Leap Wine Cellars' 1973 Cabernet Sauvignon -- hailed from California. The perfor-



mance transformed America's wine industry, yet both wines almost didn't happen.

The story of Stag's Leap Wine Cellars begins in 1969. That year, former Robert Mondavi winemaker Warren Winiarski tasted a homemade Cabernet Sauvignon from winegrowing pioneer Nathan Fay. The wine was an epiphany for Winiarski; it captured everything he loved about Napa Valley.

So he promptly purchased 44 acres of land next door to Fay, ripped out most of the prune, cherry, and walnut trees that covered the property, and planted Cabernet Sauvignon and Merlot.

If Winiarski hadn't tasted Fay's homemade wine -- and been able to purchase the adjoining property -- Chateau Mouton-Rothschild would have won the Judgment of Paris.

At Chateau Montelena, winemaker Mike Grgich feared for his job after finishing his 1972 Chardonnay. Grgich had exposed the wine to so little oxygen during production that a natural browning enzyme remained in the wine for two months after bottling.

Had the wine remained brown -- and had Grgich lost his job -- he wouldn't have finished the 1973 Chardonnay, so Domaine Roulot's Meursault-Charmes would

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have won the Paris contest. The list of inadvertent superstars goes on.

John Shafer is sometimes credited with creating Napa Valley's modern style with his 1978 "Hillside Select." But that wine was an accident. Shafer had just moved to Napa Valley and couldn't find any pickers during harvest. As a result, his grapes were picked several days later than planned -- and were consequently much riper.

Screaming Eagle, Napa Valley's most famous "cult" Cabernet, traces its origins to a trash can.

In 1986, former real estate agent Jean Phillips purchased 57 acres in Oakville, California. Most of her land was planted to white varieties that were sold. But one acre consisted of Cabernet Sauvignon, from which she made wine in a plastic trashcan. Curious about her homemade wine's potential, Phillips brought some to the team at Robert Mondavi Winery, who promptly encouraged her to produce commercially. So in 1992, Phillips hired well-known consultant Richard Peterson and his daughter, Heidi Barrett. The inaugural release was awarded 99 points by Robert Parker and sold out instantly.

One of Bordeaux's top properties, Château Cheval Blanc, describes its 1947 cuvee as a "happy accident of nature." The weather was extreme that year; by harvest, most grapes had roasted on the vine. Air conditioning and temperature-controlled fermentation tanks didn't yet exist, so the excessive heat continued through production. As a result, many wines -- including the Cheval Blanc -- didn't finish fermentation, so were bottled with significant residual sugar and volatile acidity. Yet, as wine writer Mike Steinberger once explained, "the '47 Cheval is probably the most celebrated wine of the 20th century."

It's hard to imagine that Bruce Springsteen would have forever gone unnoticed -- or that any of these wines would have forever failed to capture oenophiles' imaginations. But it's certainly possible. In wine, as in art, accidental superstars abound.

David White is the founder and editor of Terroirist.com, named "Best Overall Wine Blog" at the 2013 Wine Blog Awards. His columns are housed at GrapeCollective.com.



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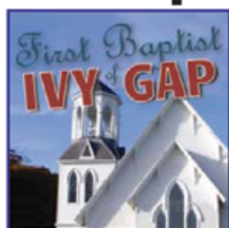
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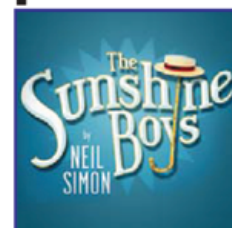
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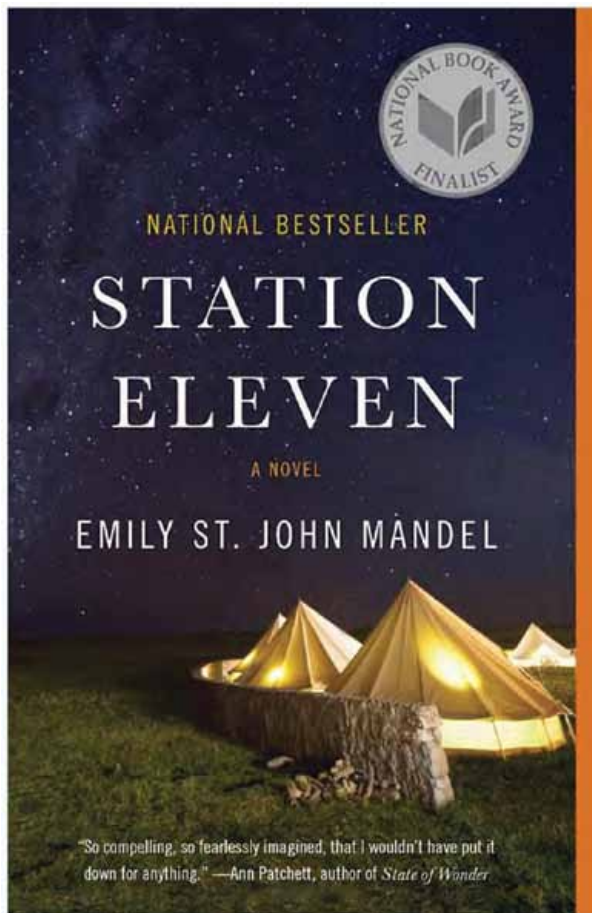
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Station Eleven by Emily St. John Mandel

reviewed by Jessica Rinaudo

Many books these days seem to be obsessed with our future: what comes next ten, twenty, fifty years down the road? And unlike sci-fi books of days past, many books now don't look to the future with hope of dazzling technology and optimism. Dystopia, the End of Days and government gone bad, are all the rage from teen books and their "big brother governments" to the zombie apocalypse.

So when I saw *Station Eleven*, and its premise of the world being virtually wiped clean of humanity by way of a virus, I was a little weary that this had been done before, but I'm glad I picked it up all the same.

Station Eleven, Emily St. John Mandel's fourth book, begins with a production of Shakespeare's *King Lear* and the untimely death of the famous lead actor. Shortly thereafter, the "Georgian flu" begins to spread rapidly across the globe, killing off 99% of the world's population. What follows are the stories of varying characters whose lives have threaded together in both intimate and distant ways - a young girl who had a small role as a child in *King Lear* and grows into adulthood after the flu, an aging actor, a would-be paramedic, a mentally deranged young boy and his famous actress mother. It tells their stories both pre-flu and post-flu, and it's as their tales begin to unravel that the dots of their lives begin to connect.

I admit, the post flu world is very realistic - and it's frightening. The

...the book has an overwhelming sense of hope that humanity can and will survive.



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instant spreading of disease grounds airplanes and eventually cuts off all forms of communication. Access to modern technology like electricity, transportation and even antibiotics quickly disappear. People traveling overseas from their families have no way of ever getting in touch with or seeing them again. Without an overarching government, towns spring up with their own intimate forms of rule - some pleasant and some not.

What makes the post-flu world interesting though, is that it's told through the eyes of members of a traveling Symphony that makes its way from settlement to settlement to perform Shakespeare and music as a way of keeping things of the past alive. As the book follows Kirsten, the story's main character and a Symphony performer, it's revealed that things that were taken for granted in the past, become wonders in the eyes of the children born into a post-flu world.

Throughout the book, the author gives a nod to science fiction that looked to the future with hope and uncertainty by way of a graphic novel that weaves its way through past and present, and a quote from Star Trek, "Survival is insufficient," that the traveling symphony uses as its motto.

Station Eleven takes a look at what really, essentially matters. Yes, it touches on some things that would likely be inevitable in a world that has had the reset button hit on it - looting, gangs, religious fanaticism - but it also looks at the character of people and how they change when the unimportant things like modern technology are relegated to a makeshift museum, and, for the most part, the book has an overwhelming sense of hope that humanity can and will survive.



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Crispy Roast Duck with Giblet Gravy

Servings: 8

2 whole ducks (5 pounds each), thawed if frozen
 2 cups chicken broth
 1 cup water
 1 onion, unpeeled and quartered
 2 large carrots, cut into ½-inch chunks
 2 small sprigs fresh sage
 1 large bay leaf
 1 teaspoon dried thyme leaves
 ½ teaspoon black peppercorns
 ¾ cup dry vermouth or dry white wine
 ¼ cup all-purpose flour
 Salt and pepper, to taste

Remove giblets and orange sauce packets from ducks and reserve for another use. Rinse ducks; pat dry with paper towels. Place breast sides up on rack in large shallow roasting pan. Roast according to package directions.

Place remaining duck giblets and necks in large saucepan. Add broth, water, onion, carrots, sage sprigs, bay leaf, thyme and peppercorns. Bring to a boil over high heat. Reduce heat; simmer gently uncovered 1 hour. Strain broth; set aside giblets and discard remaining solids. If broth measures less than 2 cups add water to equal 2 cups.

Remove roast ducks from oven and transfer to rack of broiler pan. Preheat broiler. Pour off and reserve drippings from roasting pan. Add vermouth to pan and cook over medium high heat, stirring constantly with wooden spoon, until mixture is reduced by about half, 2–3 minutes.

Spoon off ¼ cup fat from reserved drippings; transfer to medium saucepan. Add flour; cook, stirring constantly, over medium heat 1 minute. Add 2 cups strained duck broth and wine mixture to saucepan. Add drippings to saucepan. Cook, stirring frequently, until gravy thickens. Chop reserved giblets and add to gravy. Simmer 3 minutes. Season to taste with salt and pepper.

Broil ducks 5 - 6 inches from heat source until skin is well browned and crispy, 6 - 8 minutes. Cut each duck into quarters and transfer to serving plates. Pass gravy separately. Garnish with sage sprigs, if desired.

*For more recipes, please visit
www.mapleleafaffarms.com.*

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Creamy Scalloped Potatoes

Servings: 14

2½ pounds Yukon gold potatoes, scrubbed
 ¼ cup butter
 ¼ cup chopped onion
 2 tablespoons all-purpose flour
 1 teaspoon salt
 1½ cups 2 percent milk
 1 cup sour cream
 1½ cups shredded Asiago cheese
 ⅛ teaspoon paprika

Butter 11-by-7-inch (2 quart) baking dish and set aside. Slice potatoes to ⅛-inch-thick circles. Place potatoes in large saucepan or Dutch oven; add water to cover by 1 inch. Cook until tender and cool slightly.

Heat oven to 350°F. In 2½-quart saucepan, melt butter over medium heat. Add onion; cook 1 minute. Stir in flour and salt. Cook until mixture bubbles.

Gradually stir in milk and cook until mixture boils. Reduce heat to low. Stir in sour cream and cheese. Cook on low until cheese is melted, stirring constantly. Layer half of potatoes in baking dish. Pour half the sauce over potatoes. Repeat with remaining potatoes and sauce. Sprinkle potatoes with paprika. Bake for 30 – 35 minutes or until bubbly and top starts to brown.

*For more recipes, please visit
www.daisybrand.com.*



Brown Sugar Pecan Pie

Servings: 8

Crust:

1 cup all-purpose flour
 ½ cup (2 ounces) ground pecans
 ½ teaspoon salt
 ½ cup vegetable shortening, cold
 1 egg yolk
 3 - 4 tablespoons ice water,
 divided
 2 teaspoons fresh lemon juice

Filling:

3 eggs
 1 cup packed dark
 brown sugar
 ½ cup sugar
 ⅓ cup butter, melted
 1 teaspoon vanilla
 ½ teaspoon salt
 1 cup pecan halves

To make crust, mix flour, nuts and salt in large bowl. Cut in shortening with pastry blender until pieces are size of small peas. Mix egg yolk, 3 tablespoons ice water and lemon juice in small bowl. Add to flour mixture, 1 tablespoon at a time, stirring lightly and tossing with fork until moistened and dough just holds together. Add remaining ice water, if needed. Gather dough and shape into 1-inch-thick disk.

Refrigerate, wrapped in plastic wrap, 1 hour or overnight.

Heat oven to 425°F. Roll out dough on lightly floured surface, rolling from center to edge, to form 12-inch circle. Fold into quarters; ease and unfold into 9-inch pie plate. Press pastry gently against bottom and sides of pie plate, easing out any air. Trim edge leaving ½-inch overhang. Fold overhang under; flute edge. Refrigerate, covered, at least 30 minutes.

Line piecrust with aluminum foil; fill with pie weights. Bake in oven until pastry is set, 8–10 minutes. Remove foil and weights; pierce pastry all over with fork. Bake until pastry is golden brown, 5–7 minutes longer. Cool completely on wire rack.

Heat oven to 350°F. Beat eggs, brown sugar, sugar, butter, vanilla and salt in medium bowl until well blended. Arrange pecan halves evenly in bottom of piecrust. Carefully pour egg mixture over pecans.

Bake in center of 350°F oven until knife inserted midway between center and edge of pie comes out clean, 40–45 minutes. Cool on wire rack.

Note: Pastry dough can be made in food processor. Also, ground almonds, walnuts or hazelnuts can be substituted for pecans.

For more recipes, visit www.IncredibleEgg.org.



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- Friday, November 13, at 8 PM at The Strand Theatre, 619 Louisiana Ave, Shreveport. With its definitive blend of rock, rhythm & blues, jazz, country, and gospel, Marshall Tucker Band earned seven gold and three platinum albums and scored four hit singles on Billboard's country chart and one on Billboard's gospel chart. Tickets are \$52.50, \$45.50,

\$29.50 Call the Box Office at 318-226-8555 or email strand@thestrandtheatre.com.

SSO Rising Stars: Mendelssohn Violin Concerto - Saturday November 21 at 7:30 PM at RiverView Theater, 600 Clyde Fant Pkwy, Shreveport. Featuring 22-year-old William Hagen. Free concert conversation at 6:40 PM. Free shuttle service starts at 6:30 PM. Shuttle picks up at Regions Bank parking garage at the corner of Milam & Market Streets. Tickets are \$19 - \$59. Call (318) 227-8863 or email tickets@shreveportsymphony.com.

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• Nov. 4 - 11:30 AM - 3:30 PM. Bossier Council on Aging, 706 Bearkat Dr. Bossier City. Contact: Kathy Thomas, 318-741-8602; Instructor: Janet LaBruyere

EVENTS

3rd Annual Family Caregiver's Celebration - Friday, November 6 from 10 AM to 1 PM at Hamilton/South Caddo Branch Library, 2111 Bert Kouns Industrial Loop, Shreveport. Former caregiver and local author, Bonita Bandaries and representatives from community service agencies are hosting a **FREE** event to celebrate the contributions of family caregivers and recognize them for their unpaid service to their loved ones. **Featured speaker is Gary Calligas, publisher of The Best of Times NewsMagazine and host of The Best of Times Radio Hour.** Participants may obtain information, register for drawings, and enjoy

refreshments. Donations of cans of food for the NWLA Food Bank will be accepted. For information contact Bonita Bandaries at 402.5618 or www.bbandariesAP-ROMISEKEPT@comcast.net

Diabetes Empowerment Education Program -

November 2, 3, 4 and 5, from 1 - 3 PM. The seminar will be held at the Bossier Council on Aging, 706 Bearkat Drive, Bossier City. Designed to help participants better manage and understand diabetes, meet glucose targets, and manage and prevent complications. Class is also open for relatives and caregivers. This class is **FREE**, but *prior registration is required.* To register, contact Marilyn Creswell, Activity Director, (318)-741-8302 or mccreswell@bossiercoa.org.

Holiday Greek Pastry Sale - Tuesday, November 24. 10 AM - 5:30 PM. Sponsored by the Ladies Philoptochos Society of St. George Greek Orthodox Church, 542 Wichita, Shreveport. Greek pastries, frozen items, and tsourekia (sweet bread). Pre-orders are highly recommended. Pastries and bread will be available on the day of the sale on a limited basis only. For order forms visit www.gosaintgeorge.org or phone 747-4478.



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Toruk: The First Flight - November 12 - 14 at 7:30 PM at CenturyLink Center in Bossier City. Cirque du Soleil inspired by James Cameron's Avatar. Tickets are \$98, \$73, \$53 and can be purchased at www.cirquedusoleil.com/toruk or www.centurylinkcenter.com

MEETINGS

Ark-La-Tex Genealogical Association Meeting - Saturday, November 14 from 1 to 3 PM at the Randle T. Moore Center, 3101 Fairfield Ave., Shreveport. Featured speaker is John Agan, historian and author, presenting "Stories Behind the Stones" (History of the Minden Cemetery and

stories about some of those buried there). In addition, Genealogist Philip Adderley will present "Probing into Probate Records" (part one of a two part series). This program is **FREE** and open to the public. For info call 746-1851 or email jjohnson747@suddenlink.net.

GENCOM Genealogical Computer Society meeting - Sunday, November 22 from 2:00 to 4:00 PM at the Broadmoor Branch Library, 1212 Captain Shreve Drive, Shreveport. Topic will be "Getting the Most Out of Family Tree Maker". The presentation will teach the basics of how to easily build your family tree and preserve your family legacy with Family Tree Maker. The presentation will include information on several advanced topics. Everyone is welcome and the meeting is **FREE** and open to the public. For more information and details call (318) 773-7406 or email jgjoness09@gmail.com.

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THEATRE



A Christmas Story, The Musical - Thursday, November 26 @ 7:30 PM; Friday, November 27 at 2:00 PM & 7:30 PM; Saturday, November 28 at 7:30 PM; Sunday, November 29 at 3:00 PM; Thursday & Friday, December 3 & 4 at 7:30 PM; Saturday, December 5 at 2:00 PM & 7:30 PM. Presented by Stage Center. All performances at Emmett Hook Center located at 550 Common Street in downtown Shreveport. Based on the classic 1983 holiday movie, *A Christmas Story*. The

show is a big Broadway musical, complete with dazzling dance numbers, gorgeous sets and an incredibly talented cast of youngsters who play Ralphie and his classmates. It received 2013 Tony® nominations for Best Musical, Best Book, and Best Score. Tickets are \$22 for adults, \$20 for seniors and \$18 for students/kids. For more information visit www.StageCenterLA.com or call 318.218.9978.

The 1940s Radio Hour - November 5, 6, 7, 13, and 14 at 7:30 PM. November 8 and 15 at 2:00 PM. The Shreveport Little Theatre, 812 Margaret Place, Shreveport. Full of 1940s music, dancing and laughter. Enjoy the comical cast and the songs of Glenn Miller, The Andrews Sisters, and more! All tickets are \$25. For tickets call (318) 424-4439 or email boxoffice@shreveportlittletheatre.com.



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Puzzle answers on page 40

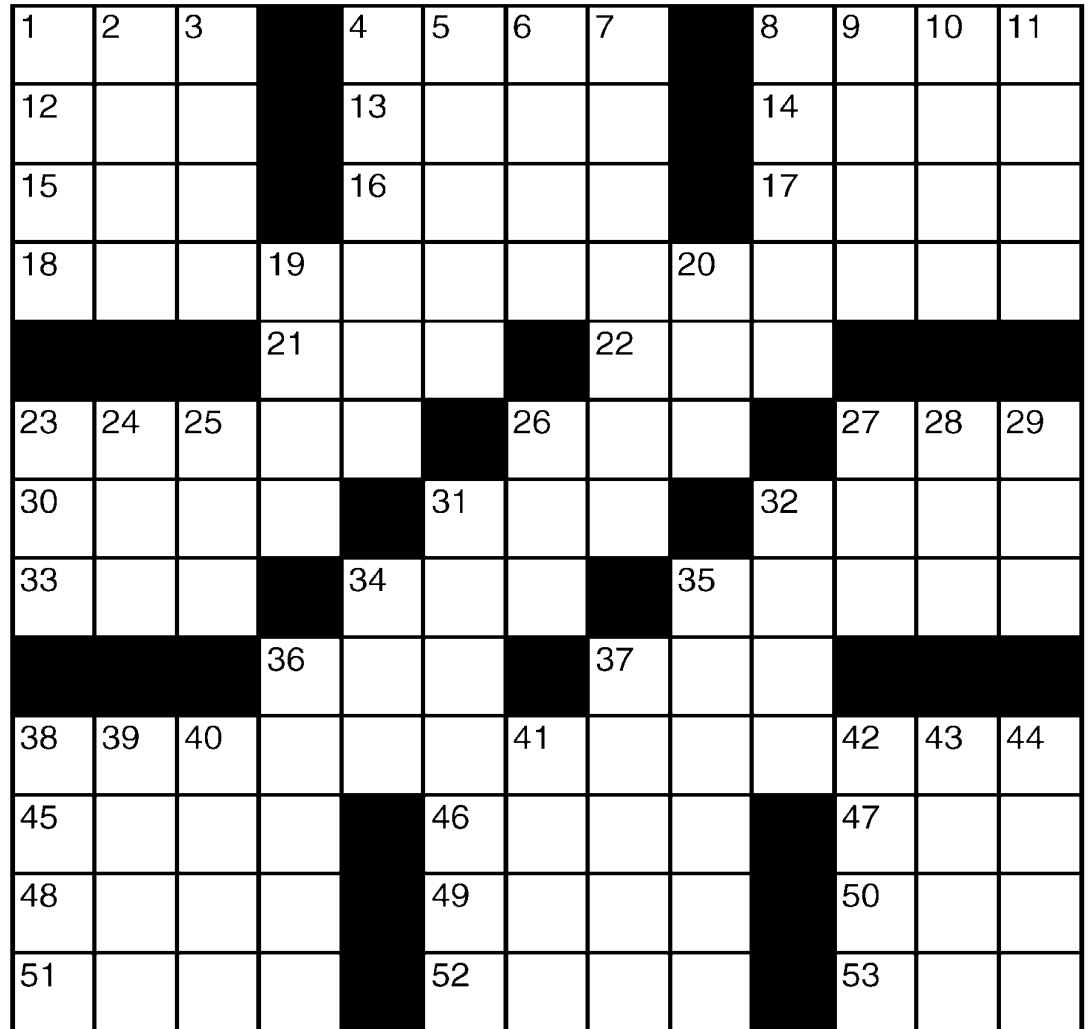
ACROSS

- 1 Dinner for Dobbin
- 4 Anger
- 8 Old portico
- 12 Anger
- 13 Stench
- 14 Seafood selection
- 15 Healthy
- 16 Withered
- 17 Ceremony
- 18 1939 Shearer/Gable movie
- 21 Last (Abbr.)
- 22 Hurry along
- 23 Succulent
- 26 Lair
- 27 Shrill bark
- 30 Pruritic feeling
- 31 Mongrel
- 32 Points of concentration
- 33 Spelldown
- 34 Cranberry territory
- 35 GPS offering
- 36 Total
- 37 Pair
- 38 Delusory happiness
- 45 M*A*S*H star
- 46 Bank transaction
- 47 Bear hair
- 48 Property claim
- 49 Oklahoma city
- 50 To and
- 51 Missing
- 52 TVs warrior princess
- 53 Absolutely

DOWN

- 1 Stereo setup
- 2 Saharan
- 3 Bigfoots cousin
- 4 Pretty much
- 5 That is (Lat.)
- 6 Han Solo portrayer
- 7 Refrigerator section
- 8 Temporary money
- 9 Advanced math
- 10 Solemn promise
- 11 Drive the getaway car, maybe
- 19 That hurts!
- 20 Jeremy of the NBA

- 23 Triangular sail
- 24 Multipurpose truck
- 25 Lemieux milieu
- 26 Shoveled
- 27 Second person
- 28 Performance
- 29 Slapstick missile
- 31 Intricate
- 32 Comestibles
- 34 Clear the tables
- 35 Kigalis land
- 36 Point of view
- 37 Teach by repetition
- 38 Plummet
- 39 A little of everything
- 40 Rhyming tributes
- 41 Top-notch
- 42 Uncertain
- 43 Certain
- 44 Cupids alias



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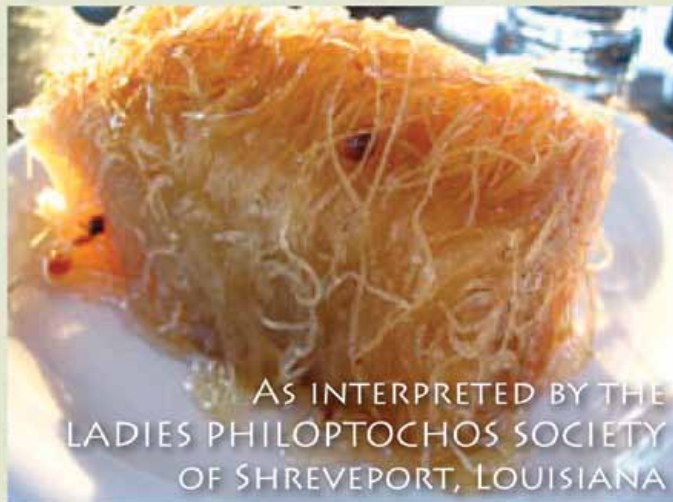
F J N G D Y A N X V S Q N K I
 F D A A X V K T O Q O M J D H
 F C A Y T S W C U I R P I N L
 J H F G D A E B U Z L M D X V
 T R Q (M O S C O W) D A L R O M
 K I H F D R X U D R T B I Z Y
 W V L T R Q F O Y A O N B B L
 K T N E M G I P B E N I E H F
 D C A Z E X W M A B V R V U S
 R Q K W A H O M E E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

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

Beard	Ducky	Lovebird	Pyramid
Billion	Elfish	Mohawk	Tornadoes
Box	Goatee	Moscow	Yucatan
Combat	Leapfrog	Pigment	

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THE ART OF GREEK PASTRY



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 OF SHREVEPORT, LOUISIANA

Tuesday
 Nov. 24th

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Sudoku

by Linda Thistle

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

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 father is taking many prescription medications and is about to be admitted to a nursing home for rehab care from hip surgery. How will he get prescriptions refilled and will Medicare cover them?

The hospital's discharging physician will write orders for medications. Generally, the nursing home's primary pharmacy will dispense the meds and they will be delivered to the center the same day. As to cost, if your father admits under Medicare Part A, the medications are paid for by the nursing center. If he admits as private pay, either your father or his prescription drug plan will be billed for the costs. If he is eligible for Medicaid and has been awarded benefits, the pharmacy will bill Medicaid for reimbursement.



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

Is Osteoarthritis (OA) hereditary?

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 but does show increased risk of hand OA. causing growth factors or hormones is not that weight loss does have an identifiable i



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

My mother is in her 70s and over the past few months has had extremely dry eyes. We are concerned that she is over-medicating with over-the-counter eye drops. What could suddenly cause dry eyes and should she see an eye doctor before it gets worse?



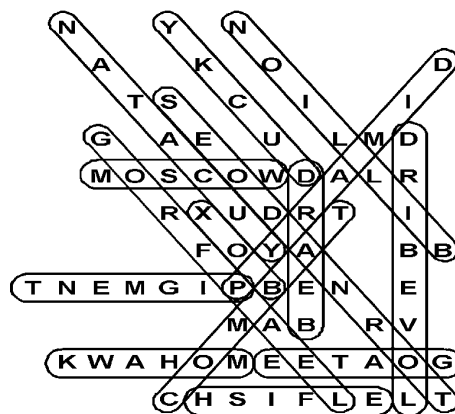
Chris Shelby, MD
Pierremont Eye Institute
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318-212-3937;
www.ShelbyEye.com
See our ad on page 20.

Dry eye syndrome is very common among the elderly. It generally develops and worsens over time. There are some diseases and medications that cause dry eyes. Over-the-counter medications are fine to use up to 4 times a day. If your mother is having to use tears more than 4 times a day she needs to see an Ophthalmologist. There are treatments to relieve the symptoms and restore ocular health. Call today at (318) 212-3937 to find out more.

(Puzzles on pages 38-39)

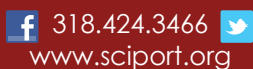
H	A	Y		M	I	F	F		S	T	O	A
I	R	E		O	D	O	R		C	R	A	B
F	I	T		S	E	R	E		R	I	T	E
I	D	I	O	T	S	D	E	L	I	G	H	T
			U	L	T		Z	I	P			
J	U	I	C	Y		D	E	N		Y	A	P
I	T	C	H		C	U	R		F	O	C	I
B	E	E		B	O	G		R	O	U	T	E
			S	U	M		T	W	O			
F	O	O	L	S	P	A	R	A	D	I	S	E
A	L	D	A		L	O	A	N		F	U	R
L	I	E	N		E	N	I	D		F	R	O
L	O	S	T		X	E	N	A		Y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

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



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— Janet F.

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

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

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Monthly Minutes	50	was 200 NOW 400
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Long Distance Calls	No add'l charge	No add'l charge
Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
Friendly Return Policy¹	30 days	30 days

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

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

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November

Share your photos with us.



PARTING SHOTS

Email to editor.calligas@gmail.com



John and Jerry Franks

Dr. Kuy instructed attendees on minimally invasive procedures during the LSU Health Sciences Center of Shreveport Mini-Med Course which was held on October 13.

The Shreveport Symphony Orchestra held their opening night performance with guest pianist Gabriela Montero on September 19th.



Patsy and Robert Fitzgerald



(l to r) Dr SreyRam Kuy, Patti Blumberg, and Nancy Brock



BJ Reasor, Carol Rhoads, and Betty Kennedy

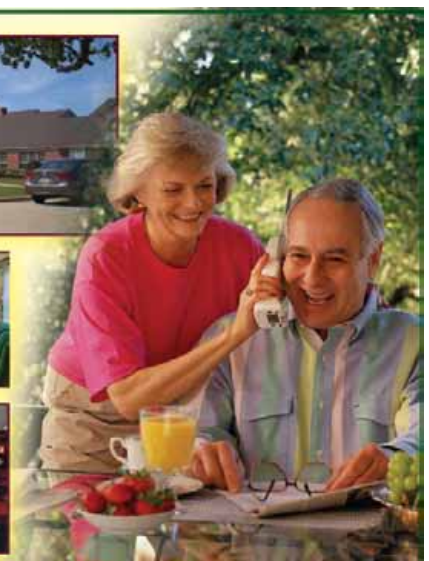
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The Krewe of Elders

announced their royalty for the 2016 Mardi Gras season at their coronation on September 18.

November PARTING SHOTS (continued)



(Above) Duke and Duchess of Longevity Roger and Paula Boulanger with Duchess and Duke of Wisdom Connie and Doug Rivet



(Left) Left to right: Bebbie Baham, Belinda McMichael, and Jo Jones



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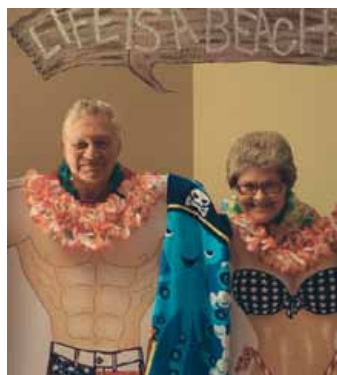
That May Indicate the Need for Treatment

- 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

November PARTING SHOTS (continued) The Krewe of Elders



(Left to right) Elizabeth Cox, Mary Hazelwood, Bonny Nunnery, and Ethelyn Lunsford



Jerry and Dianne Harmon



Chuck and Jeri Lancaster



King Charlie Raybine and Queen Wanda Cunningham



Bill Stell (left) and Randy Mobley



Velma Johnson (left) and Faye Mouton

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SHOW WRITTEN AND DIRECTED BY
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November PARTING SHOTS (continued)

The Barksdale Global Power Museum Association Fall Awards Banquet was held on October 17 at the Eldorado Casino Resort. Brigadier General Leon Johnson, USAF (retired) President of the Tuskegee Airmen, Inc. was the guest speaker.

(Top Right) L – R: Major General (retired) James W. Graves, Brig. Gen. (retired) Leon Johnson, Lindsey Atkins, and John Atkins.

(Right) L – R: Brenda Graves, Linda Sell, Connie Cash, Mayor Lo Walker, Terry Snook, Brig. Gen. Leon Johnson

(Below) ROTC students from Airline High School, Houghton High School, Parkway High School and Civil Air Patrol with Brig. Gen. (retired) Leon Johnson



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KYLE A. MOORE



VICKIE T. RECH
Client Care Coordinator

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

-Darlene Franks Pace & Carolyn Franks Browning

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

-Terri Miller and family



Vicki Ott

Kacee Ferrier

Chasity Ellis

Angie Hayes

Charlotte McCune

Donnie Flint

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of Shreveport

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Angie Hayes, Assistant Administrator
Donnie Flint, Director of Nursing
Charlotte McCune, Assistant Director
of Nursing
Kacee Ferrier, Director of Rehab
Chasity Ellis, DPT

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- ▶ IV Therapy
- ▶ Dementia Management
- ▶ Cardiac Care
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- ▶ Dialysis Management
- ▶ Pain Management
- ▶ Restorative Nursing Program

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