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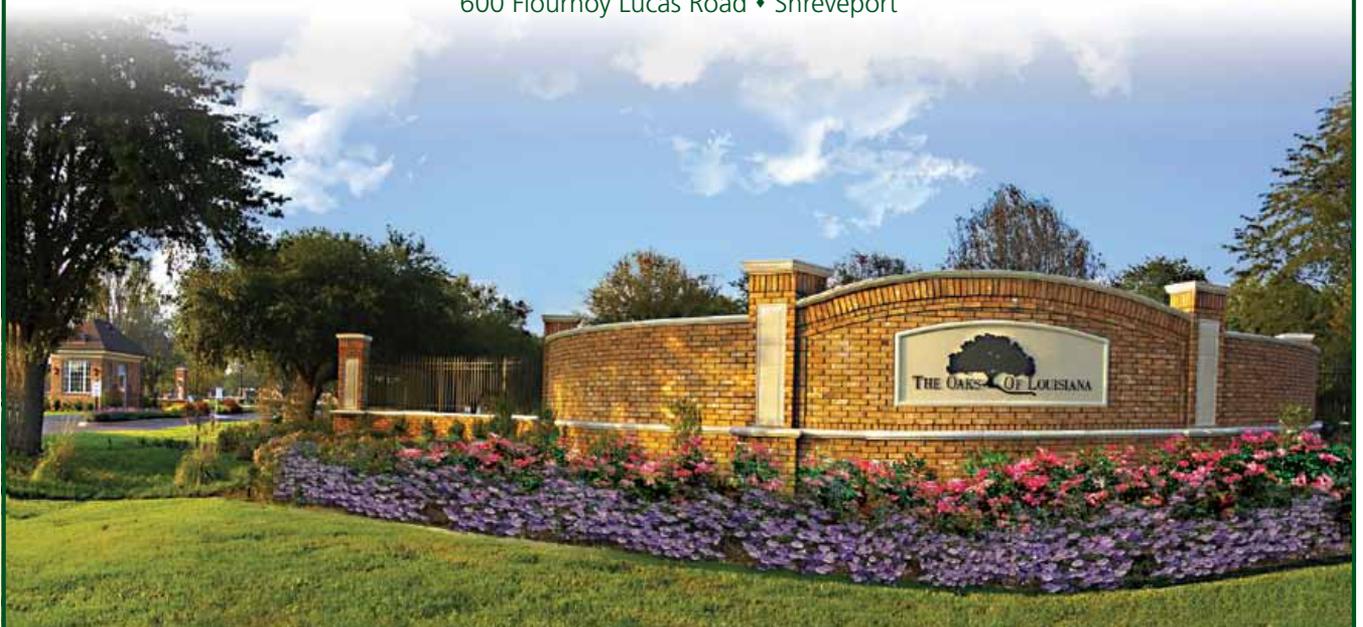


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TINA'S TURN

We didn't know what

the response would be to last month's Easter Egg Hunt. We wondered if readers would think it was silly or childish or a waste of time. We were so gratified with the response!! Within one hour of the April issue hitting the stands, we had our first participant. That email was literally the beginning of an avalanche! THANKS to all who took the time to enter, and especially to those who added words of encouragement or praise for our efforts on behalf of the 50+ community. All participants are now entered into our 10th anniversary mega-giveaway in October. But don't worry if you failed to enter this time - there will be additional opportunities in the months to come.

At the end of this month we will observe Memorial Day - a national day of remembrance for those who have died in our nation's service. In this month's feature, we salute those who honor our fallen active military and our nation's veterans. We also show you how to save money at the gas pump, an easy recipe for roasted leg of lamb, ways to ward off osteoporosis with exercise, and we visit a group of small islands off of the coast of Georgia.

Until next month, if you are a mother or grandmother, we wish you a very Happy Mother's Day. If not, we hope that you have fun honoring your own mother.

Tina



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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.

Easter Egg Contest

Congratulations to Mary Keppner, winner of our Easter Egg Hunt Contest! Eggs were hidden on pages 7 (top right), 8 (top left), 17 (bottom left), 22 (center), 41 (top middle), and 45 (middle right).



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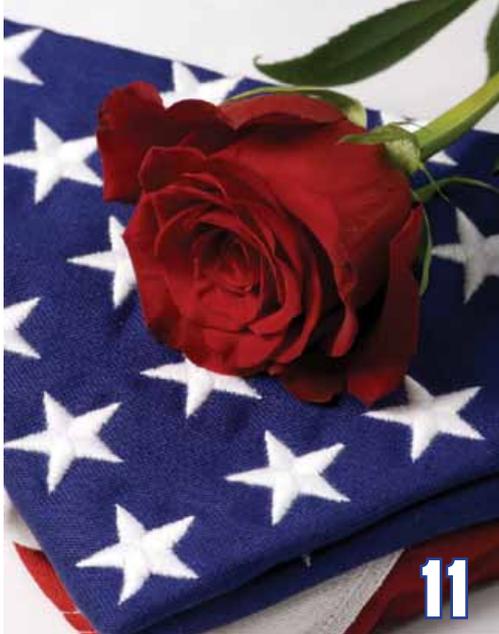
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Thank you for joining us at the Senior Health & Fitness Fair / Senior Olympics



11

FEATURES

11 Honoring the Fallen

by Amanda Newton

When a loved one dies, the family and friend usually honor that person's memory by having a memorial service. It is a way to remember the life of the person and provides a chance for those close to the person to say good bye. If the person who has died served in the military, there are additional honors afforded to the family. These honors recognize the sacrifices the deceased made to serve his or her country.

18 Five Simple Steps to Cut Down on Gas Costs

Gas prices are rising across the country. Fortunately, there are some simple steps that you can take to offset higher gas prices and keep more money in your wallet.



34

May Contents

BRIEFLY

- 8 In the News
- 10 STAT! Medical News

ADVICE

- 20 From the Bench
Communications with Judges
by Judge Jeff Cox
- 22 Laws of the Land
It's the Eden Alternative
by Lee Aronson
- 26 Ask Dr. Marion
Should Mom Move into My Home?
by Marion Somers, Ph.D.
- 28 Moving Free with Mirabai
3 Easy Exercises for Skeletal Fitness
by Mirabai Holland
- 30 Dear Pharmacist
Heart Health Begins in Your Mouth
by Suzy Cohen, RPh

COLUMNS

- 31 RSVP Volunteer of the Month: Ruth Strozier
by Linda Mullican
- 32 Growing Up in Broadmoor
It's A Small World
by I.V. Hastings, Jr.
- 34 Traveltizers
Land of the Famous
by Andrea Gross



36

IN EVERY ISSUE

- 36 What's Cooking?
Springtime Celebrations
- 38 Our Famous Crossword
Puzzle
- 40 Get Up & Go!
An May events calendar
full of places to go and
things to do

FABULOUS PHOTOS

- 42 Monopoly for Meals
- 44 Parting Shots

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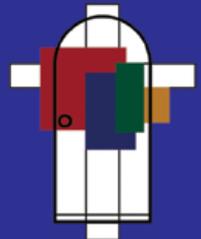
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Protected Health Information at Risk



Health Net, a Part D Prescription Drug Company operating in Louisiana, recently alerted the Centers for Medicare and Medicaid Services that they had experienced a security breach resulting in the loss of Personal Health Information of 882,535 current and former Medicare members. Health Net has notified all affected members. If you have not received notification by mail, there is no need to be alarmed; however, Louisiana Senior Medicare Patrol (SMP) wants all Medicare beneficiaries to realize that security breaches of this sort do occur and this is one method by which dishonest persons can obtain your Personal Health Information. They can then use this information to file false Medicare claims. Check your Medicare Summary Notices. Look for dates and locations to be certain the claims paid by Medicare are for services you actually received.

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AARP Louisiana releases Voices of 50+ LA Survey

Health care remains the top concern for people 50+ as they age, according to a new AARP survey recently released in Louisiana. The survey indicates that over 40 percent of adults polled said that health care issues are the top problem or challenge facing mid-life and aging. Economic security was a close second concern.

AARP has a strong commitment to help improve the lives of the 50+ population. Part of AARP's continuous communication with its members and all 50+ Americans takes place through surveys designed to better gather information on the needs, interest and concerns of 50+ Americans both at the national and state level.

According to the state survey of 50+ adults, over half report some degree of difficulty paying out-of-pocket medical expenses with one-fourth experiencing great difficulty.

"For many, paying for a prescription is extremely difficult when you are living on a fixed income. This puts them in a position to make hard choices. Do I pay for my prescription to stay healthy or do I pay the utilities," said Margie Dominick, Acting AARP Louisiana State President.

According to past AARP surveys, 89 percent of individuals age 50+ wish to

live in their homes for as long as possible. Yet, most individuals polled in this latest survey are concerned that they won't be able to do so. 57 percent of those surveyed strongly support using funds targeted for nursing home care for home and community based care, allowing more people to live at home as they age.

In the upcoming regular session of the Louisiana State Legislature, AARP Louisiana will focus on three key issues:

- Health care: expanding options and choices for home and community based services; advancing chronic care management in the community; reducing barriers that limit the scope of Advanced Practice



Registered Nurses (APRN)

- Mobility/ Transportation: strengthen Louisiana law to implement Complete Streets.
- Utilities: advocate for consumer voice representation at

the Public Service Commission through establishing an independent Consumer Advocate for Utilities.

While individuals 50+ are concerned about healthcare and economic security, they are equally excited about planning for their future. Travel and pursuing hobbies top the list of dreams for those 50+.

For a full copy of the survey: www.aarp.org/la

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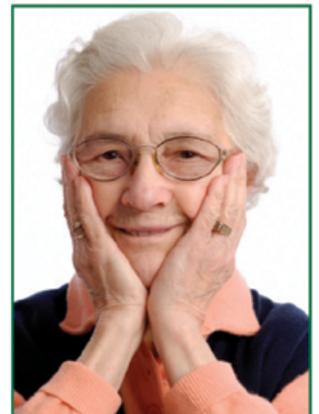
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Long-term Care is Newest Topic on NIHSeniorHealth Site

What is long-term care and will I need it? If I do need long-term care services, where can I find them?

Answers to these and other questions can be found by visiting "Long-Term Care," - www.nihseniorhealth.gov/longtermcare/toc.html - the newest topic on NIHSeniorHealth, the health and wellness website for older adults from the National Institutes of Health.

"Today, approximately 10 million Americans need long-term services and supports. By 2020, it is expected that 15 million Americans will need some type of long-term care," said Kathy Greenlee, assistant secretary for aging at the Administration on Aging (AoA). "Understanding and finding the services and options available is key to planning ahead. The new topic of long-term care on NIHSeniorHealth describes in clear, concise language the range of long-term care services available and ways to plan for future needs."

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Infrared System Looks for Deadly Melanoma

Johns Hopkins researchers have developed a noninvasive infrared scanning system to help doctors determine whether pigmented skin growths are benign moles or melanoma, a lethal form of cancer. The prototype system works by looking for the tiny temperature difference between healthy tissue and a growing tumor.



Aspirin May Help Lower the Risk of Pancreatic Cancer

The use of aspirin at least once per month is associated with a significant decrease in pancreatic cancer risk, according to results of a large case-control study presented at the American Association for Cancer Research 102nd Annual Meeting. Results showed that people who took aspirin at least one day during a month had a 26% decreased risk of pancreatic cancer compared to those who did not take aspirin regularly. The effect was also found for those who took low-dose aspirin for heart disease prevention at 35% lower risk. The researchers did not see a benefit from non-aspirin NSAIDs or acetaminophen. The researchers noted that patients should consult doctors before taking aspirin as a preventive agent.

Keep Heart Disease at Bay with Safflower Oil

A daily dose of safflower oil, a common cooking oil, for 16 weeks can improve such health measures as good cholesterol, blood sugar, insulin sensitivity and inflammation in obese postmenopausal women who have Type 2 diabetes, according to new research from Ohio State University. This finding comes about 18 months after the same researchers discovered that safflower oil reduced abdominal fat and increased muscle tissue in this group of women after 16 weeks of daily supplementation. This combination of health measures that are improved by the safflower oil is associated with metabolic syndrome, a cluster of symptoms that can increase risk for cardiovascular disease and diabetes. These new findings have led the chief researcher to suggest that a daily dose of safflower oil in the diet – about 1 2/3 teaspoons – is a safe way to help reduce cardiovascular disease risk. (*Clinical Nutrition*)



New Heart Procedure Eliminates X-Ray Exposure

A growing body of research continues to warn of the potential long-term effects of radiation exposure for patients and medical providers during such imaging procedures as x-rays and computed tomography (CT) scans, both of which are traditionally used with certain heart procedures. Now researchers at the University of Virginia Health System have developed a promising x-ray free technique to treat a common heart disorder called atrial fibrillation (AF) – a breakthrough that could all but eliminate radiation exposure to patients and their medical providers. In order to regulate the heart's rhythm, physicians commonly perform a catheter ablation – a procedure in which doctors use x-ray fluoroscopy to guide a catheter, or flexible tube, to the affected area of the heart. The procedure typically lasts three to four hours, leaving patients and medical providers exposed to significant radiation. But the research team has developed and successfully tested a new technique to perform catheter ablation of AF using an ultrasound catheter and electroanatomic mapping without the use of x-ray fluoroscopy.

High Bacteria Levels in Meat at U.S. Stores



According to a study published in the journal *Clinical Infectious Diseases*, researchers have found high levels of bacteria in meat commonly found on U.S. grocery store shelves, with more than half of the bacteria resistant to multiple types of antibiotics. While the meat is still safe to eat when properly cooked, consumers should take precautions in handling the raw meat. Washing hands and counters before and after handling meat and keeping other foods away from uncooked meat are ways to prevent disease from spreading.



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HONOR GUARD AND THE PATRIOT GUARD HONOR THE FALLEN

BY AMANDA NEWTON



When a loved one dies, the family and friend usually honor that person's memory by having a memorial service. It is a way to remember the life of the person and provides a chance for those close to the person to say goodbye. If the person who has died served in the military, there are additional honors afforded to the family. These honors recognize the sacrifices the deceased made to serve his or her country. These honors are performed by the Honor Guard.

Each branch of the military has an Honor Guard, a group of active service military personnel that are trained to provide services at funerals and military approved civic functions.

At a graveside service, the Honor Guard follows a strict protocol to perform its actions with a precision that is gained only by countless hours of practice. There is a regal sense of pageantry during the service.

The Honor Guard service varies only slightly for active duty funerals and retiree funerals.

Cory Shaw, a senior airman at Barksdale Air Force Base (BAFB), is a member of the local Air Force Honor Guard. He said airmen generally volunteer to become part of the Honor Guard. Honor Guard members serve in "flights" of 15 to 20 members, with each flight rotating in two week intervals. Shaw volunteered two years ago and now serves as a flight leader.

"You get trained to be 100 percent qualified in the tasks that are required to be an Honor Guard," Shaw said. "We

basically train every day whenever we are not on detail.

We train to perfect ourselves and our movements and our sequences for these ceremonies."

As part of its duties at funerals, the Honor Guard provides a firing party, performs the folding and presentation of the flag, and the playing of Taps. It also serves as pallbearers to carry the casket from the hearse. At funerals for active duty military, the Honor Guard provides a seven-man firing party, which makes up the 21-gun salute. For retired military, the Honor Guard provides a three-man firing party.

"That is basically the only difference between services of active duty and retired, except that active duty also gets the presentation of colors," Shaw said.

Shaw said the Honor Guard averages six to ten retiree services a week. He added that probably 97 percent of those eligible to request the service do so. Since each base has its own Honor Guard, it is not difficult to ensure that all those who are eligible receive the service. Honor Guard services



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can be requested through the BAFB Honor Guard website, through Veteran’s Affairs, or by coordinating with local funeral homes.

“Our service provides a closure for the next of kin and the family,” Shaw said. “This is basically the last chance for the family, and for the loved one of the active duty or retired veteran, to see the military giving thanks for what they do. And it is our way to say our last good-bye to our fallen comrade.”

“What I feel personally, in my heart,” Shaw said, “is I know that the family and the next of kin and the person themselves got this final goodbye that he or she deserved and is entitled to because of him or her serving

their country.”

Jesse Wheeler, assistant manager at Osborn Funeral Home in Shreveport

has had several opportunities to provide funeral services that involved an Honor Guard presence.

“We have dealt with the Honor Guard and they have always been excellent,” he said.

Wheeler said that the funeral home coordinates easily with the Honor Guard to make sure that the minister’s service and the Honor Guard service flows smoothly during graveside events. He recently had an Honor Guard from Fort Polk at a service and it went seamlessly.

When asked what he thought the Honor Guard service meant to the families of those who have lost a loved one, Wheeler said he isn’t good at words but described the event as well as he could.

“It is very comforting to know that their loved one is being honored for their service and dedication to this country and for their sacrifice,” he said.

When someone contacts his funeral home, and the deceased is an active duty member of the military or a retired veteran, Wheeler said they take care of contacting the Honor Guard for the family and making all the arrangements. It is not something the family has to worry over.

A few years ago, a volunteer organization formed to also recognize fallen active duty military members and retired military at funerals. That organization refers to itself as the Patriot Guard. It is yet another way that additional honors can be bestowed upon deceased military veterans.

The Patriot Guard formed in response to protests that were being held at the funerals of active duty military killed in action. Members of the Westboro Baptist Church, in Kansas, were holding anti-gay demonstrations at the funerals of service members who had lost their lives in Iraq and Afghanistan.

The Supreme Court ruled a few months ago that the First Amendment protected the right of this church and its members to protest in this manner. The ruling stated that their speech could not be qualified as hate speech.

When the protests first began in 2005, the Patriot Guard was founded by the American Legion in Kansas. Soon groups made up of mostly retired veterans formed area Patriot Guard chapters around the United States in order to provide a countermeasure against possible protests at military funerals.

Bill Barnes is in charge of the local Shreveport-Bossier City chapter of the Patriot Guard. He began working with the Patriot Guard about four years ago. He was working with a friend from Baton Rouge, where there was an active chapter. Both men were working in Marshall, Texas, where there was also an active chapter. When he realized Shreveport-Bossier City didn't have an active chapter, he contacted the Louisiana state chapter and got a chapter going. There are now approximately 30 to 50 active members in the area.

"Our primary function is to provide a shield between demonstrators and the grieving family," Barnes said. "In addition to that, we provide honors for veterans as a show of dignity from the nation to the fallen veteran."

Barnes has only been present at one funeral service where there were protestors.

"In Center, Texas, about three years ago, two guys showed up and the sheriff stopped and talked to them. We (the Patriot Guard) pulled up and the sheriff said he was going to go take care of traffic. We pulled up and told them (the protestors) this is not where they wanted to be all by themselves, and they left."

"The whole purpose (of the Patriot Guard) is to allow the family the dignity to bury their loved one without being ridiculed by a bunch of idiots," Barnes said.

Barnes, a veteran of the U. S. Army, said that while many members of the Patriot Guard are motorcycle riders, and in that capacity often make up the procession from

"GROUPS MADE UP OF MOSTLY RETIRED VETERANS FORMED AREA PATRIOT GUARD CHAPTERS...TO PROVIDE A COUNTERMEASURE AGAINST POSSIBLE PROTESTS AT MILITARY FUNERALS."

the funeral home to the gravesite, it is not at all a requirement for Patriot Guard volunteers to ride or own a motorcycle. They have several members who drive out to grave sites and then help form the flag line that is the main component of what the Patriot Guard does at funeral services. →



Pictured: Members of Barksdale Air Force Base's Honor Guard serve at community events and military funerals.

The flag line entails the Patriot Guard volunteers forming “a protective circle” around the family at the graveside service. In the event there were to be protestors, the family would be shielded from it, and even without protestors, the Patriot Guard wants to provide a comforting presence for the family as they bury their loved one.

Barnes said the group always welcomes more people and they don’t have to be veterans. “This is just about wanting to honor fellow patriots,” he said. “There is an old saying that goes, ‘The nation that forgets its heroes, will itself be forgotten.’ We do not want someone to come back from war and be buried and not have somebody there to stand for them. We are standing for those who stood for us.”

“It is hard to do this and not be

moved,” Barnes said. “You feel compassion for the family and anybody who has lost a family member knows what that feels like. You also feel pride in that you have done the right thing. When you do something like this, you can go home with that feeling.”

Dan Felicetty has been a rider with the local chapter of the Patriot Guard for three years. When he got out of the service

in the 70s, he said honoring veterans was not a popular thing to do for a lot of people. Some of his fellow service members were spit on in airports and he was told to remove his uniform before boarding the plane home. Now, he said, things have changed for the most part.

“It makes me feel good (to be a part of the Patriot Guard),” he said. “It makes me feel good that the veteran has been honored. The family usually comes out and thanks us and appreciates



“...Members who drive out to grave sites and then help form the flag line that is the main component of what the Patriot Guard does at funeral services.”

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us being there. Fortunately, I have not been at anywhere the protesters have been there. I know several guys who have and (they say) it takes away from the whole experience. I don't know if it sounds morbid or not, but I enjoy doing it. I enjoy doing it for the fact that we are honoring the family and veteran. It is some small way I can help to salute them."

Often, Kathy Felicetty, Dan's wife, will ride with him. And, when he can't make a service due to work, she will go by herself to a service.

"I am glad I am able to do it," she said. "It makes me proud to be able to give back to them in some small way; to show my appreciation for them in some small way."

She recently attended a service for a veteran held at the veteran's cemetery in Keithville. The man did not have any living family, and had it not been for the Patriot Guard presence, Felicetty said there wouldn't have been anyone but the minister and the funeral home attendants there.

Although their volunteer work often means doing this after work, or even taking off from work to attend funeral services, Dan and Kathy Felicetty are happy to do their small part to honor those who serve their country.

"We are the home of the free because of the brave," Kathy said. ●

(Honor Guard photos courtesy of BAFB. Patriot Guard photos courtesy of Jack Klorick)



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FIVE SIMPLE STEPS TO CUT DOWN ON GAS COSTS

By John Felmy

Gas prices are rising across the country -- and the primary reason is the cost of making fuel. While both supply and demand for gasoline have risen in the United States, the worldwide demand for crude oil is up and the supply of crude oil is down. Middle East turmoil and loss of supply have further tightened markets. The increased crude oil costs and higher mandates for ethanol have made gasoline more expensive to make.

Fortunately, there are some simple steps that you can take to offset higher gas prices and keep more money in your wallet. Here are five of them:

1. Drive slower.

Driving at high speeds makes your engine run at more revolutions per minute -- and consume more fuel. And when your car is traveling faster, it's also facing greater air resistance, which requires the engine to work harder. So don't floor the accelerator unless it's an emergency. Driving 55 miles per hour instead of 65 miles per hour can improve your car's fuel economy by about 2 miles per gallon.

2. Avoid abrupt stops and starts.

The herky-jerky trips most commuters are familiar with don't just give us headaches -- they also cost us fuel. Starting from a full stop is a particularly energy-intensive activity for an engine. And the extra gas each rev-up costs quickly adds up to a much bigger bill at the pump.

So try to make your car rides as smooth as possible. Use back roads to avoid lights and traffic jams. Keep an ample distance between you and the car in front of you to avoid unnecessary braking and accelerating.

When approaching a red light, try to slow down gradually to avoid a full stop before speeding back up again. And when you're at a full stop, don't gun it after the light turns green -- gradual starts can use up to 40 percent less gas than abrupt ones.

3. Maintain your car.

Too many American drivers don't get their vehicle the regular tune-ups it requires. Properly maintaining your car can dramatically cut down on gas consumption and save you money.

For example, properly inflated tires can improve fuel efficiency by up to 3 percent. When tires start losing pressure, the engine has a tougher time pushing the car forward -- and thus consumes more gas. The average vehicle on the road right now has its tires under-inflated by over 7 percent, which can cause about a 3 percent loss in fuel economy.

Removing excess weight in the cabin or trunk of the vehicle will also improve fuel efficiency. Simply removing this load can reduce fuel consumption and help to lower emissions.



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4. Don't overuse your air conditioner.

A vehicle's air conditioner works by compressing a cooling agent. That process requires energy. And in a car, that source of energy is the fuel in your tank.

On a blistering summer day, of course, it's fine to turn on the air conditioner. But once you've cooled down, don't keep the inside of your car at refrigerator-low temperatures. Overusing the air conditioner can reduce a car's fuel economy by up to two miles per gallon.

When it's a nice day, roll down the windows. And make a point to park in the shade.

5. Plan your trips in advance.

Taking a series of short trips instead of a single long one can put many extra miles on an engine. Plan ahead to combine errands and cut down on short trips. Pick the kids up from school, buy groceries, and drop a package off at the post office in one trip instead of three.

And consider carpooling. When you share a ride you aren't just splitting gas costs -- you're also cutting down on expenses like insurance and taxes and helping the environment.

Gas prices could continue to rise over the next few months. But even if they don't, these five simple steps will help you reduce your fuel consumption -- and conserve your cash.

John Felmy is the chief economist at the Amer. Petroleum Institute.



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Communications with Judges

In the last several weeks, I have been approached by people about matters that are set to appear in my courtroom. I usually get approached while I am at the ball field watching my daughter play or while I am at church. Each person wants to tell me what is happening with their case and what is going on behind the scenes. I try to be polite to each person but I have to tell them that I cannot talk to them about their case.

Communication with judges is a tricky thing. Judges, for the most part, are friendly people who want to help people in their community. Remember, a judge was once an attorney that had the sole function of helping his or her clients. If the judge, as a lawyer, did not commu-

nicate with his or her clients and try to help them, then that person would not be successful in their practice.

Since moving to the bench, I have been approached by numerous people in the community who have friends or family members appearing in my courtroom.



Judge JEFF COX

Each person wants to tell me their side of the story. When I hear that it is a case that will appear before me, I try not to be rude but I have to stop the person from telling me anything about the case. A judge has to remain impartial. I will usually tell the person approaching me that it is not fair to the other side

and would they like the other side to try to talk to me with their side of the story. This communication is to take place in a courtroom where both sides have access to the judge.

In addition to the above stated attempts to communicate, I cannot tell you how many people wish to still seek legal advice from me or any judge. It is flattering that they thought I was a good

attorney, but once I was elected to the bench, I am now prohibited from giving any legal advice. Judges are to interpret the law. They are not allowed to comment



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on any case unless the case is before them in the courtroom. If I were to give legal advice, then a party would say that advice came from a judge and must be right. It would be taken as a rubber stamp for that party's position. The only exception to this rule is that the judge can speak at seminars and meetings and write articles regarding the law in general and how it applies.

Ethical rules prohibit a judge from having ex parte communication with a party. This means that the judge cannot talk to a person about a case appearing in his or her courtroom unless the other party is present. In addition, ethical rules prohibit a judge from giving legal advice as the judge's advice may be considered the law.

So, when you approach a judge in a store or at a ballgame and start to tell him about your case in his or her courtroom, do not be surprised if he stops the conversation. The judge is not trying to be rude. The judge is simply trying to uphold the law as he or she was elected to do.

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

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It's the Eden Alternative

I recently read a disturbing case about a nursing home up in Tennessee. Back in 2009, Tennessee inspectors showed up at a nursing home and did an investigation. That, in itself, is not unusual: most states send inspectors to survey all of the nursing homes in the state about once a year. But what the inspectors found at this particular nursing home was unusual: a whole bunch of the nursing home residents were falling. And falling a lot.

One resident fell 28 times in a 6 month period. Nine of these falls resulted in injuries. And the only reason why he stopped falling was because his last fall killed him.

Another resident fell almost daily. Another, who suffered from Parkinson's disease, dementia, delusions and muscle atrophy fell 41 times in a 10 month period. And I could go on and on.

As you can imagine, the inspectors had a problem with all of this. They pointed out that this nursing home accepted payment from Medicare. And although a nursing home does not have to accept Medicare, if it does so, then it will have to follow rules and regulations set up by Medicare. And one of those rules says "The facility must ensure that each resident receives adequate supervision and assistance devices to prevent accidents." The inspec-



Lee ARONSON

tors felt that the nursing home wasn't following that rule. If these residents are at a high risk of falling and have a history of falling, then the investigators felt that the nursing home had to do something to stop these accidents. Something like providing "adequate supervision and assistance devices." And because the nursing home wasn't following this rule, Tennessee fined the nursing home.

The nursing home decided to appeal all of the fines. Their argument, and I'm not making this up, went something like this: "The only way we can prevent these folks from falling is to put them in restraints. And unless they volunteer to be tied down, we're not going to do that because we have a specific philosophy of care. We call it the Eden Alternative. And by that, we mean that we promote residents making their preferences known. Even if these preferences are considered by some to be poor, we recognize that permitting freedom and quality of life includes risks. And because we have this special philosophy, we don't have to follow federal law or Medicare rules or resident care plans or even our facility's own policies."

Think the Judge bought that argument? No. Well, how about

this one: the nursing home "describe[d] its situation as one in which it was offered the choice of either: (1) following the Eden Alternative and being found noncompliant with Medicare participation requirements; or (2) restraining its residents."

The Judge didn't buy that one either: "This is a false choice... [The nursing home] never was forced to choose restrains as the only remaining intervention for fall prone residents. There was an[other] option - enhanced supervision of fall prone residents - that [the nursing home] neither considered nor implemented."

In the end, the Judge held that the care the nursing home gave to its residents "evidences a pattern of deficient care... and as a consequence, [residents] were left unprotected against falling."

So here's my question: how much would you fine the nursing home? The Judge didn't specifically rule how much the nursing home should be fined, but he

did say that the maximum amount of the fine should be no more than about \$640,000.

In Louisiana, the state nursing home inspectors work for the Louisiana Department of Health and Hospitals, Health Standards Section. They run a hotline for reporting nursing home complains and can be reached at 1-888-810-1819.

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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Falls in Nursing Homes

Why do falls occur more often in nursing homes?

Falling can be a sign of other health problems. People in nursing homes are generally more frail than older adults living in the community. They are generally older, have more chronic conditions, and have difficulty walking. They also tend to have problems with thinking or memory, to have difficulty with activities of daily living, and to need help getting around or taking care of themselves. All of these factors are linked to falling.

What are the most common causes of nursing home falls?

- Muscle weakness and walking or gait problems are the most common causes of falls among nursing home residents.
- Environmental hazards in nursing homes cause 16% to 27% of falls among residents. Such hazards include wet floors, poor lighting, incorrect bed height, and improperly fitted or maintained wheelchairs.
- Medications can increase the risk of falls and fall-related injuries. Drugs that affect the central nervous system, such as sedatives and anti-anxiety drugs, are of particular concern.
- Other causes include difficulty in moving from one place to another (i.e., from the bed to a chair), poor foot care, poorly fitting shoes, and improper or incorrect use of walking aids.

How can we prevent falls in nursing homes?

Fall prevention takes a combination of medical treatment, rehabilitation, and environmental changes. The most effective interventions address multiple factors. Interventions include:

- Assessing patients after a fall to identify and address risk factors and treat the underlying medical conditions.
- Educating staff about fall risk factors and prevention.
- Reviewing prescribed medicines to assess their potential risks and benefits and to minimize use.
- Making changes in the nursing home environment to make it easier for residents to move around safely. Such changes include putting in grab bars, adding raised toilet seats, lowering bed heights, and installing handrails in the hallways.
- Providing patients with hip pads that may prevent a hip fracture if a fall occurs.
- Using devices such as alarms that go off when patients try to get out of bed or move without help.

Exercise programs can improve balance, strength, walking ability, and physical functioning among nursing home residents. However, it is unclear whether such programs can reduce falls.

Do physical restraints help prevent falls?

- Routinely using restraints does not lower the risk of falls or fall injuries. They should not be used as a fall prevention strategy.
- Restraints can actually increase the risk of fall-related injuries and deaths.
- Limiting a patient's freedom to move around leads to muscle weakness and reduces physical function.
- Since federal regulations took effect in 1990, nursing homes have reduced the use of physical restraints. Some nursing homes have reported an increase in falls since the regulations took effect, but most have seen a drop in fall-related injuries.

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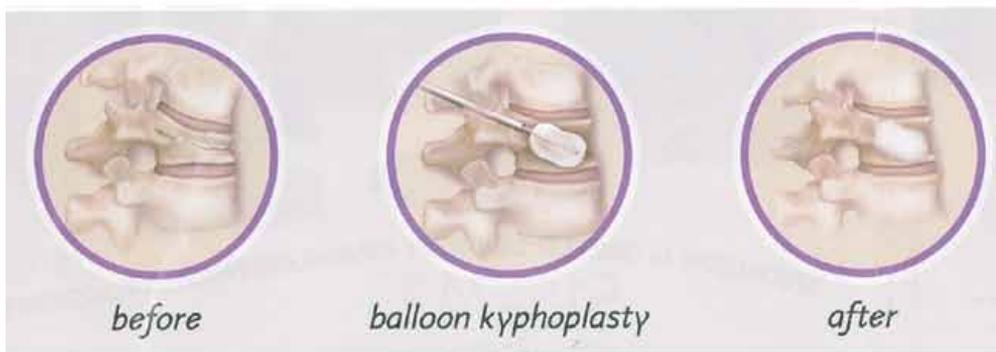
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Standing Tall: What Women Need to Know about Spinal Fractures

When you think of women's health issues, spinal fractures probably don't come to mind. But they should. These common fractures can not only be disfiguring, but deadly.

Spinal fractures are the most common osteoporotic fracture; over 900,000 spinal fractures occur every year in the United States alone, according to industry estimates and research. They occur more often than hip fractures in any one year. They also increase the risk of death. Unlike a hip fracture, the risk of death following a spinal fracture (link to: <http://www.spinalfracture.com>) continues to increase progressively, so it is important to treat spinal fractures soon after they occur. Sadly, only about one third of these fractures ever receive medical attention.

The main cause of spinal fractures is osteoporosis, which silently robs you of the density in your vertebrae — bones we often take for granted. Think of the vertebrae in your spine as a stack of square building blocks with mesh interiors. Osteoporosis causes the mesh architecture inside the blocks to deteriorate, eventually causing micro-fractures. As micro-fractures accumulate, the blocks become weaker and less able to resist the stresses we expect them to handle. Many times, what seems like very minor stress can cause fractures and the vertebrae to collapse, which causes the vertebrae to become compressed. You may notice you are getting shorter, and gradually you will notice a curving forward of your spine. This is called kyphosis.

Besides loss of height, some other changes occurring in your body might be due to spinal fractures. Do your clothes not quite fit right? Are you developing a "tummy" that you never had? Do you eat less because you get full so fast? Are you short of breath from small exertions?

With spinal fractures, what was once a nice sturdy compartment for your internal organs gradually becomes smaller and smaller, compressing your stomach, lungs and digestive tract. The compression keeps your lungs from expanding fully, makes your heart work harder and your entire digestive track is pushed forward between your ribs and hips.

Spinal fractures can occur spontaneously or from the minimal stress of day-to-day activities. Sometimes there is no pain and the fracture goes unnoticed, but sometimes there is extreme pain.

For Marian Williams, 80, of Salem, Va., it was both spontaneous and very painful. As she was walking down the stairs in her home, "It felt like something slipped in my back. It started hurting right away, and the pain quickly became unbearable. I couldn't do anything. Even when I was lying down or sitting down, it hurt," she said. "It hurt to move. It hurt to

breathe. I never had pain like that before. It was excruciating."

Marian was admitted to the hospital and referred to Dr. Van Lewis, a neuroradiologist in nearby Roanoke, who recommended a minimally invasive surgery known as KYPHON (R) Balloon Kyphoplasty. During this procedure, two tiny incisions are made in the back and balloons are inserted through small tubes into the fractured bone. The balloons are then carefully inflated in an attempt to raise the collapsed bone. The balloons are then removed, creating cavities in the bone that are filled with bone cement. A clinical study has shown that those who undergo this procedure experience improved quality of life, faster back pain relief and quicker return of physical function than patients who opt for non-surgical treatments such as physical therapy or pain medication. The benefits were sustained on average throughout 12 months. While spinal fractures may be associated with mortality, no data exists currently to show that KYPHON Balloon Kyphoplasty improves the mortality rate.

The complication rate with KYPHON Balloon Kyphoplasty has been demonstrated to be low. There are risks associated with the procedure (e.g., cement leakage), including serious complications, and though rare, some of which may be fatal. This procedure is not for everyone. A prescription is required. Please consult your physician for a complete list of indications, contraindications, benefits, and risks. Only you and your physician can determine whether this procedure is right for you.

Three days after being admitted to the hospital, Marian was treated with balloon kyphoplasty. "When I woke up from the surgery, they took me back to my room and told me to lie flat for two hours ... the excruciating pain was gone," Marian said.

Marian no longer has excruciating back pain and is back to her regular activities, which include lifting light weights, using the weight machines and taking low-impact aerobic classes at her gym three times a week.

For a free, informational packet on KYPHON Balloon Kyphoplasty, potential patients and physicians can call [phone number to be inserted here]. More information about spinal fractures can be found on the Internet at www.spinalfracture.com (link to: <http://www.spinalfracture.com/>) or www.kyphon.com. (link to: <http://www.kyphon.com/us/home.aspx>) or by writing to Medtronic, Inc., 1221 Crossman Ave., Sunnyvale, CA, 94089.

KYPHON Balloon Kyphoplasty incorporates technology developed by Dr. Gary K. Michelson.



Should Mom Move Into My Home?

Where can I even get started now that my father has died and my mother requires daily attention? Sam in New Jersey, 49



Dr. Marion SOMERS

In many cultures and societies, it's a tradition to move your elder into your home when they reach a certain age. I think it's best to keep your elder in a familiar, loving environment if he/she must be moved. Most people feel that this is the socially appropriate and best economic solution. This

can be a very difficult choice, especially if your spouse never got along with your elder, but you should consider it, along with the impact on everyone concerned. Factors to consider include:

- Are you able to adapt your living space?
- Can you build an addition or retrofit some square footage in your home?
- Can your kids double up and give up one of their rooms?
- Is the floor plan of your home

flexible?

- Will the home accommodate someone who has special needs?
- Will an aide be needed to care for them during the day or 24/7?
- Will the home need to be adapted in some way?

• What will the impact be on children who are living there?

- What could be the impact on your overall family dynamic?
- What could the impact be on your job or your spouse's job due to higher time commitments and financial draining?
- What will the impact be on the elder?

Beware that having another person in your home, especially your mother or father, carries a lot of emotional history.

Avoid misunderstandings by facilitating open, clear communication with your family and your elder. There are also usually dietary issues to consider and medication that has to be monitored. This extra responsibility and change in your home and family structure can affect your family's sense of peace.

Does your elder have enough money to live the remaining days? More often than not, extra money from your pocket is often required to support your elder. Also, what services is your elder eligible for? This can help defray costs and provide much needed care. Don't make a move without a thorough discussion and understanding of the time it will take, the finances, and legal ramifications.

Over the last 40 years, Dr. Marion (Marion Somers, Ph.D.) has worked with thousands of seniors and their caregivers as a geriatric care manager and elder care expert. It is now her goal to help caregivers everywhere through her book ("Elder Care Made Easier"), iPhone apps (www.elder911.net) web site, columns, public service announcements, and more. For more info, visit www.DrMarion.com



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3 Easy Exercises for Skeletal Fitness

By: *Mirabai Holland, MFA* © 2011

Those of you who read my column regularly know that in May, Osteoporosis month, I always write about Osteoporosis.

With 12,000 boomers a day turning 65, that's one every 8 seconds for the next 18 years; and with 50% of women over the age of 50 projected to have an osteoporosis related fracture in their lifetime, I thought I'd be a little practical this year and give you a mini workout to help you

protect your bones. Our bones are living tissue and grow stronger with weight bear-

ing and resistance exercise. This is called Bone Loading.

And since the three areas most at risk for Osteoporotic fracture are the Spine, the Hip and the Wrist, here are 3 easy Bone Loading exercises, one for each of those areas, you can do using a pair of hand weights or a couple of soup cans. Use a weight that makes the exercise feel somewhat hard after 8 reps. Remember to always exhale on the exertion. Do 8-15 reps of each of these exercises. Start where you're comfortable and build up.

And of course always consult your doctor before beginning this or any exercise program.



Double arm row: Loads Spine

Start with arms in front of you, weights together.

Slowly row arms back, bending elbows bringing weights to chest height.

Squeeze shoulder blades together, without shrugging your shoulders.

Lunge – Loads Hip and Femur (thigh bone)

Stand tall, feet about shoulder width apart, hands and weights at your sides.

Keep body erect and lunge forward with left foot, bending both knees to help facilitate the move. (Right heel comes off the floor). Your front knee should be aligned over the second toe of that foot and your weight should be centered between your front and back foot.

Hold for 8 seconds, (remember to breathe) return to starting position and repeat lunging with right foot.



Wrist Curls

Hold arms in front of you palms up.

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Using only your wrists, curl weights toward your body until knuckles are facing the ceiling.

Slowly lower and repeat.



The National Osteoporosis Foundation has a wealth of information on your bones and Osteoporosis on its website www.NOFOrg. For more info on bone loading exercise visit www.movingfree.com.

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Cynthia's love of scrapbooking came from her mother, Nora, who always believed this was the best way to preserve precious memories. The pair's enthusiasm for scrapbooking sparked so much interest among other **Horizon Bay** residents that it's now a favorite event.

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Heart Health Begins in Your Mouth

Dear Pharmacist, Heart disease runs in my family so naturally, I'm worried. A friend told me that brushing your teeth can prevent heart disease. I was polite, but I don't believe him. Can this be true?



Suzy COHEN, RPh

Your friend is right, so how important is oral hygiene? In a word, very. In 2005 researchers at Columbia University Medical Center found that the bacteria that grow in your mouth (promoting the formation of plaque on your pearly whites and causing gum disease) are the exact same germs that contribute to plaque forming in your arteries to cause heart disease. Sounds to me like a darned good reason to brush and floss each day. If you avoid bacon because of cholesterol concerns, I actually found bacon-flavored dental floss on the Internet!

Earlier this year, researchers in London published a study that lends major support to the recommendation to keep the mouth clear of plaque. The researchers looked at results from the Scottish Health Survey, which collected health data from more than 11,000 men and women, a

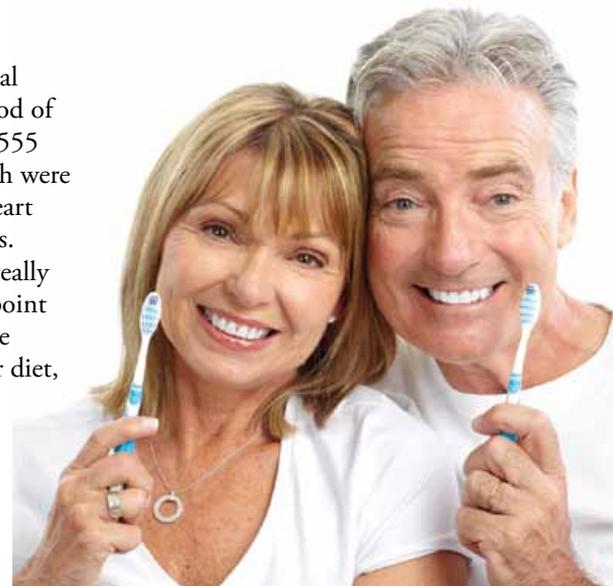
representative sampling of the general population of Scotland. Over a period of eight years the researchers recorded 555 cardiovascular "events," 170 of which were fatal. When I say "events" I mean heart attacks, strokes and similar problems.

Now here's where the study gets really interesting, from a tooth-brushing point of view. Even allowing for things like smoking, obesity, and poor diet, the London researchers found that those who reported that they seldom or never brushed their teeth were 70 percent more likely to experience a cardiovascular event than those who paid greater attention to dental care. Seventy percent!

It's so easy to brush and floss your teeth, and it impacts the health of your most important muscle. Even people with

*Did You Know?
A new study suggests that taking ibuprofen two or three times per week may cut your risk for Parkinson's disease.*

dentures have to be vigilant about plaque formation, you are not immune. Everyone should visit a dental hygienist twice a year for a thorough exam and cleaning. I'm shy about x-rays, so I just opt for the cleaning when I go. A good dentist office will respect your wishes and not pressure you for x-rays each time.



Here's another idea to make your mouth healthier and less of a host to plaque forming bacteria. Scrape your tongue! You can buy a tongue scraper at any pharmacy and all you have to do is use it after you brush your teeth. Draw the scraper gently down your tongue a few times, and rinse it after each scrape. That brownish white gunk that comes off your tongue? That's mostly bacteria. Flushing that down the sink is much better than swallowing them. This is great for people with bad breath too. For under ten dollars you can get a new

toothbrush, tongue scraper and floss, the pay-off is that you're protecting your ticker while making yourself more kissable. What's not to love?!

This information is not intended to treat, cure, or diagnose your condition. For more info visit www.DearPharmacist.com.

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Caddo/Bossier RSVP Volunteer of the Month - Ruth Strozier



By Linda Mullican

Ruth Strozier has been a Caddo/Bossier RSVP volunteer since September, 2003 and has volunteered over 2,200 hours of service primarily at Caddo Council on Aging's Meals on Wheels Nutrition office.

Ruth worked for more than 40 years, with more than 20 years in the Caddo Parish school system. She retired from the school system in 2002. Ruth enjoys cross stitch, working in the yard, and sewing pillows for the pillow ministry at Grawood Baptist Church. She plays piano for the Foursquare Bible Sunday School class at First Methodist Church. Ruth is a multitalented person who enjoys staying busy.

Ruth has truly been a lifesaver for the Nutrition office at Caddo Council on Aging. She is a very professional person who is willing to perform any task given to her by the Nutrition staff. She comes into the office to help at least one time, and sometimes two times a week. According to Millie Tastet, Nutrition Manager for CCOA, "Ruth helps us stay organized and up to date with the Nutrition office posting, organization of materials to be filed, filing and even answering the phone. She always has a cheerful and gracious attitude. Ruth states she really enjoys volunteering for Meals on Wheels, and believe me, the Nutrition Office certainly enjoys her being here. We in the Nutrition office would let her come in every day, she is such a great help to us. The Nutrition office would be lost without her."

Ruth has earned the Presidential Service Volunteer Silver and Gold Award for her hours of service and is very much appreciated by the Caddo/Bossier RSVP.

If you would like to volunteer e-mail Linda Mullican at lmullicoa@yahoo.com or call the Caddo/Bossier RSVP Office at 676-5187.



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It's A Small World

The world of my childhood in its day seemed very large. In reality it was only one block of middle class houses. We were able to entertain ourselves in the length of this block, never feeling deprived of world travel.

The front and back yards of all of the houses were our domain. We rarely ventured beyond this block, never going to the next block down or the street behind.

Once, in a fit of pique, I informed my Mother that conditions at our home were

no longer tolerable, I was running away. Feigning sadness, Mom made me a peanut butter sandwich for the road. Like the hobos of the Saturday morning movies, I put it in a handkerchief, tied the bundle to the handle bars of my bike, pedaled off to make my way in the world. I would leave these unreasonable people in my wake. They would rue the day they treated me so shabbily.



I.V. HASTINGS, Jr.

I sped down the street, took a right at the end of the block, then another right to the street behind my own. Halfway down the block, I realized that I did not know anyone on this street, I was in a strange country. The hair on the back of my neck stood on end, I had a flash of fear that I might never see home again. I could become lost, lost with

no idea of how to return. Lost to my family, my dog, all my neighborhood friends. I was in trouble.

I retraced my path at top speed until back on familiar turf. Coasting in the driveway of my home, I quietly parked my bike, sat on the back steps with a sigh of relief. Unwrapping the sandwich, I began to eat it, Mother opened the back door, wordlessly passing me a large glass of milk. There was no teasing about my short adventure, no reproof, I was happy to be home.

There would come a day when my Mother and Dad would sit with me in a dark automobile in a cold parking lot at the Oklahoma City airport, awaiting my flight to Viet Nam. Looking back on it, I realize that their fears for me mirrored my own that day. Would they ever see they son again?

The small world of childhood, in reflection, seems like a little slice of Heaven. *I.V. Hastings, Jr. moved to Shreveport in 1947 at the age of 6. He was schooled at A.C. Steere, Broadmoor Junior High, C.E. Byrd and Centenary College. He has written a series of vignettes about his childhood in Broadmoor in the 1950s.*



I.V. and his bike

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NURSING HOME CARE

After a person is admitted to a nursing home, how long will they stay there and will they ever return to their home?

Length of stay varies and is generally dependent on 3 things:

- 1) the potential for improvement to the point that the individual is able to resume caring for themselves and meet their own vital needs (this is frequently the case after health management and rehab),
- 2) the ability of the family to provide the care themselves in a home environment, and
- 3) the comfort level of the physician that the person's needs can be met outside a medical setting.



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ORTHOPAEDICS

My grandchild complains of shoulder, neck and back pain when in school. Could this be due to his heavy backpack?

Yes. Backpacks are designed to distribute weight to larger muscle groups that can handle the load. Backpacks should have 2 padded wide shoulder straps, a padded back, and a waist strap (for heavier loads). Also backpacks should be light and not add to the load. Rolling backpacks are an alternative, although stairs are a problem. Your grandchild should use both shoulder straps, tighten straps so the pack is 2 inches above the waist and closest to the body, not pack more than 20% of the child's body weight in the backpack, and pack only what he needs. Pack heavier items close to the back and unpack unnecessary items in the locker.



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HOSPICE

Should I wait for our physician to raise the possibility of hospice, or should I raise it first?

The most frequent comment hospice agencies hear from their patient's and families is "I wish I would have known about it sooner." In 2008, 35.4% of those served by hospice died or were discharged in seven days or less - a timeframe way too short to realize the full benefits of hospice care. Ideally, discussions about adding the benefits of hospice services to an individual's care regimen should begin when it appears that a cure may not be possible for a life-limiting illness and within the context an individual's goals for treatment. It would not only be appropriate, but also prudent to initiate the conversation with your physician about hospice services.



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Land of the Famous

Story by Andrea Gross;

photos by Irv Green • www.andreagross.com



George H.W. Bush honeymooned there, JFK Jr. was married there, and the Carnegies and Rockefellers bought land there. Then a few years ago, when they could have met anywhere in the world, the leaders of eight major countries chose to meet in the same place — on the small islands off the coast of Georgia.



Georgia's barrier islands are known for their beaches. Here, Driftwood Beach on Jekyll Island.



The clubhouse on Jekyll Island was a retreat for men who owned one-sixth of the world's wealth.

Why? What's so special about these tiny dots of land — and can mere mortals afford to walk in the footsteps of the wealthy? That's what my husband and I decide to find out.

We find reasonably-priced motels on nearby I-95, but we opt to stay at the **Jekyll Island Club Hotel**, a grand Victorian lodge built by Rockefeller, Vanderbilt, Morgan, Pulitzer and fifty or so of their closest buddies. They surrounded the clubhouse with individual family cottages (most of which were more *mansion* than *cottage*) and used them to escape the cold weather and heavy social season of their northern homes. During the winter Jekyll was the gathering place for men who owned one-sixth of the world's wealth.

Eventually the above-mentioned tycoons sold or donated much of their land to various government entities. What they kept, they ran well, restricting commercial development and protecting wild spaces. In short, the rich who developed the islands in the nineteenth century saved them from over-development in the twentieth. Today the 240-acre compound on Jekyll is a National Historic Landmark District.

Land on Georgia's barrier isles is measured in three ways: upland acreage (you can walk on it), total acreage (includes the marsh: you'll sink), and beach miles (what really matters). Therefore, we hop aboard a horse-drawn carriage for a quick tour of the historic buildings and then do what we assume the Rockefellers and Vanderbilts did — we head for the beach.

I love Jekyll Island with its combination of history and recreation, but I'm positively besotted by **Little St. Simons**. The privately-owned island, which is accessible only by ferry, consists of a lodge, six cottages, 10,000 acres of natural beauty and seven miles of deserted beaches. Built as a family retreat in 1917 and now restricted to no more than 32 overnight



Little St. Simons Island is filled with hiking trails.

Great Places to Stay:

- 🏠 Historic hotel: Jekyll Island Club Hotel: www.jekyllclub.com
- 🏠 Oceanfront resort: King and Prince; www.kingandprince.com
- 🏠 Boutique hotel: Ocean Lodge: www.oceanlodgessi.com
- 🏠 Nature sanctuary: Little St. Simons: www.LittleSSI.com



guests and a smattering of day visitors, the atmosphere is down-home casual.

We arrive in time for a gourmet lunch, after which we're given a choice of activities: nature tour, kayaking, beaching, biking, birding or relaxing. We choose the nature tour and spend the afternoon walking down paths lined with oaks and palmettos. Our knowledgeable guide, armed with binoculars, points out numerous birds (there are more than 280 species on the island), snakes, scat and even an eight-foot alligator.

And so it goes, one glorious day after another, until finally, both refreshed and recharged, we make our way to the comparatively big **St. Simons Island**. After visiting the must-sees — the historic Fort Frederica, Christ Church and the old lighthouse — we settle into a routine of beaching, walking, biking, eating and browsing. I learn to appreciate Brunswick stew, a hearty mix of richly seasoned meats and vegetables, but my favorite local fare is crab cakes, especially those at Barbara Jean's Restaurant, which are made without fillers of any kind.

There are plenty of classy shops, but if I'm going to buy something, I want it to be something unique to the Georgia coast. I decide on a piece of jewelry designed by GoGo Ferguson, great-granddaughter of Thomas Carnegie (brother of Andrew, the famed steel magnate). GoGo makes jewelry cast from animal bones found near her home on nearby Cumberland Island, which was settled by her family. Since Cumberland is now a National Seashore, where wild horses outnumber visitors, she has her main shop on the more accessible St. Simons.



The lighthouse on St. Simons Island dates back to 1872.

GoGo Ferguson, a member of the Carnegie family, makes jewelry cast from rattlesnake jawbones found near her home on Cumberland Island.



I look at a necklace made from seven rattlesnake jawbones (\$10,495), a bracelet made from seven alligator toe bones (\$2,375) and a raccoon pecker pin (\$935) before settling on some more affordable — though still pricey — mussel shell earrings (\$50).

The saleswoman hands me my earrings along with a card filled with Go-Go gossip. I learn that her clients have included the likes of Hillary, Goldy and Jackie. In a flash I know the answer to my question: what makes the Georgia Coast so special? It's a place of extraordinary beauty, temperate climate and grand hotels. For the first-name-only folks it offers the promise of privacy. For the rest of us, it's a chance to bask in their reflected light.

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FAMILY FEATURES

Spring is full of celebrations and rich traditions that bring the family around the table for special meals. A savory leg of lamb or a dish with succulent lamb loin chops is a delicious way to enjoy a flavorful meal. American lamb pairs beautifully with a variety of wines that bring out lamb's mild, meaty flavor and make it even more irresistible. To order a free "Spring Celebrations American Lamb" cook booklet, visit www.americanlamb.com.



Springtime Celebrations

Marinated Grilled American Lamb Loin Chops with Roasted Fingerling Potatoes and Green Beans

- 4 cloves garlic, minced
- 1 shallot, minced
- ½ bunch parsley leaves, chopped
- ½ bunch mint leaves, chopped
- ½ cup extra virgin olive oil
- 2 tablespoons red wine vinegar
- ½ teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 8 lamb loin chops

In bowl, add garlic, shallot, herbs, olive oil, vinegar, salt and pepper. Whisk to combine.

Place lamb chops into a bowl and add ¾ cup of marinade (reserve remaining marinade for sauce). Mix to coat thoroughly. Cover and refrigerate for at least 1 hour.

Preheat grill to medium-high heat. Grill lamb to desired temperature (medium-rare is recommended). Remove from heat and allow the lamb chops to rest for 5 minutes. Drizzle chops with the reserved mint and garlic sauce. Serve with roasted potatoes and green beans. (Serves 4)



For potatoes:

- ¼ cup olive oil, divided
- 1½ pounds fingerling potatoes, cut in half lengthwise
- 4 garlic cloves, crushed
- 1 tsp. fresh thyme, chopped
- 1 Tbs. kosher salt
- 1 tsp. freshly ground black pepper

Place a sheet pan in the oven and preheat to 425°F.

In a bowl, combine 1/8 cup of olive oil and remaining ingredients. Toss to coat potatoes.

Pour 1/8 cup olive oil onto hot sheet pan and allow to heat for 1 minute. Place potatoes onto hot sheet pan and roast for 20 minutes or until golden brown. Serve immediately.

For green beans:

- Kosher salt
 - ½ pound green beans, stems removed
 - 1 tablespoon butter
 - Freshly ground black pepper
- In large pot, add 1 tablespoon salt and 2 quarts water; bring to a boil. Add green beans and cook until tender, approximately 4 minutes.

Remove beans from water, place into bowl with butter and toss to coat. Salt and pepper to taste. Serve immediately.

Roasted Leg of American Lamb

- 1 boneless leg of lamb, approximately 6 pounds

For the marinade:

- 4 garlic cloves, smashed
- 2 lemons, zested
- ½ Tbs. fresh thyme, chopped
- 1 Tbs. ground black pepper
- 2 Tbs. dried oregano
- 1 Tbs. fresh rosemary, chopped
- 1 bunch parsley, chopped
- 1 cup olive oil
- ¼ cup kosher salt

In small bowl, combine all ingredients. Rub mixture on lamb. Cover with plastic wrap and marinate overnight.

Bring lamb to room temperature and sprinkle with salt. Preheat the oven to 375°F. Roast for 1 hour and 15 minutes or until a thermometer inserted into center of leg reads 125°F to 130°F. Cover loosely with aluminum foil and allow to rest for 20 minutes. (Serves 8)

Lamb Sandwich with Tzatziki Sauce

Leftover roasted leg of lamb

For tzatziki sauce:

- ½ English cucumber, peeled, cut in half and seeded
- 1 tablespoon fresh dill
- 2 tablespoons fresh mint
- 8 ounces Greek yogurt
- 3 garlic cloves, minced
- ½ lemon, juiced
- Kosher salt
- Freshly ground black pepper

Grate cucumber with a box grater. Place grated cucumber in a strainer, sprinkle with salt and allow to drain for 20 minutes.

In a bowl, add dill, mint, yogurt, garlic and lemon juice. Squeeze as much liquid from cucumber as possible and add cucumber to the yogurt. Mix well and refrigerate for at least 30 minutes. Season to taste with salt and pepper.

To serve: Fill warm pita with sliced leftover lamb, thinly sliced tomatoes and cucumbers and chilled tzatziki sauce. *Recipes courtesy of Kendall-Jackson Executive Chef Justin Wangler. To learn about food and wine pairings, visit www.kj.com.*

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ROWDY BUNCH

By Matt Skoczen and Victor Fleming Edited by Rich Norris and Joyce Nichols Lewis

Across

- 1 Move to a larger container, say
- 6 Office exchanges
- 11 Put a dent in
- 14 "Woe ___!"
- 18 In any way
- 19 Aromatic resin
- 20 "¿Quién ___?"
- 21 Where the Pecos R. begins
- 22 *Old library aid
- 24 Gadget, for one: Abbr.
- 25 Water turbidity cause
- 26 Book after Neh.
- 27 "Midnight Cowboy" con man
- 28 Two-time N.L. batting champ Lefty
- 29 Motorcade VIP
- 30 Hit a lot of high notes
- 32 *Soda fountain choice
- 34 Societal ideals
- 36 What obsolete things fall into
- 38 Bananas
- 39 "Marley & Me" actress
- 41 React to boredom, perhaps
- 43 Defeats
- 47 Port of Crete
- 48 Cockney toast starter
- 50 Souvenirs at the park, usually
- 52 Controversial "gift"
- 53 Fresno-to-Bakersfield dir.
- 54 Not ___ Town: anti-hate-crime movement
- 56 Procter & Gamble toothpaste
- 58 Salad cheese
- 59 Sail motions
- 60 Not of the cloth
- 61 Bombed
- 64 Maurice Sendak kids' book, and the starts of starred answers

- 69 One way to anticipate
- 70 8 x 10 photos., e.g.
- 71 "... but maybe I'm wrong"
- 72 "The Dark at the Top of the Stairs" dramatist
- 73 Job jar items
- 75 Thomas Paine's belief
- 76 ___ band: school rally performers
- 79 "Golden Age" Hollywood studio
- 80 Kept awake, maybe
- 82 Bruce of "The Astronaut Farmer"
- 83 "There is ___ in the affairs of men ...": Brutus
- 85 Eager beaver
- 87 '70s-'80s FBI sting
- 90 Like some markers
- 92 Swedish tennis great
- 94 Japanese mushrooms
- 96 Chops up
- 97 *Ragtime dance
- 100 Spa service
- 102 Big name in pineapples
- 103 First toothbrush to go to the moon
- 104 One leading a charmed life?
- 105 The first one was founded in 1824 Eng. to protect carriage horses
- 108 James or Jones of jazz
- 109 ___-mutuel
- 110 *'60s Haight-Ashbury type
- 112 Lent organs?
- 113 Harrow rival
- 114 Saintly qualities
- 115 Utah's state gem
- 116 Make a chart

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
18					19					20			21				
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112						113				114				115			
116						117				118				119			

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solution on page 41

3/27/11

- of, as land
- 117 Safety feature for some walkers
- 118 Conforms
- 119 Stieg Larsson was one

Down

- 1 Regatta
- 2 H-like letters
- 3 *Political mantra
- 4 Fixer-upper, often
- 5 Dr. Mom's forte
- 6 Heavy ___
- 7 Made joyous
- 8 Alice's restaurant?
- 9 1847 novel based on its author's time in the Society Islands
- 10 Milano Mr.
- 11 Impressive house
- 12 Inane relative?
- 13 E-mail option
- 14 Popular restaurants

- 15 Smug grin
- 16 A beanball might lead to one
- 17 Personal organizer nos.
- 20 *Drug problem
- 23 Part of a playground exchange
- 28 Very
- 31 One who spiffs up your wheels
- 32 It's chewed in leas
- 33 Corp. fiscal VIPs
- 34 Little suckers?
- 35 Santa ___: West Coast winds
- 37 Popular pad
- 40 Abecedarian
- 42 One of them?
- 44 "I'm outta here!"
- 45 Perfume compound
- 46 One in a black suit
- 49 Scammer's ploy

- 51 Calling strikes, e.g.
- 55 NFL part: Abbr.
- 56 Maddens
- 57 Eye shades
- 58 Suffix with song
- 59 Lacking dates
- 60 Patty alternative
- 62 Getaway places
- 63 Typical Bond villain's malady
- 64 Uncanny
- 65 Good thing to have at a tearjerker
- 66 Prod
- 67 *One side of a defunct wall
- 68 Weed whacker
- 74 Battery spec
- 75 "Disclosure" co-star
- 76 *A cappella leader's gadget
- 77 Falco of "Nurse Jackie"
- 78 Push-up targets
- 80 Unrestrainedly
- 81 Unwrapped

- excitedly
- 82 U.S. terr., 1861-'89
- 84 Circus
- 86 Keep ___ of: stay current with
- 88 Persnickety sort
- 89 Collapsible bed
- 91 Put in a cell
- 93 Pirouette
- 95 Seller of the \$5 FOOTLONG
- 97 Add up to
- 98 Extreme
- 99 Occult medium
- 101 Kind of shoes or blues
- 102 Sea, with "the"
- 104 Country place?
- 106 Not in one's birthday suit
- 107 Cutter with a bent blade
- 110 ___ Schwarz: NYC toy store
- 111 Small change?



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BRIDGE LESSONS

Easybridge 2 - Monday evenings at 6:30 pm, beginning May 16. Shreveport Bridge Association, 7625 E. Kings Hwy, Shreveport. Lessons targeted for those looking to improve their Bridge game! The \$11 Easybridge 2 books are FREE to all for the first 2 weeks. Lesson fees (followed by a sanctioned game) are \$6 per week. Free refreshments. Partners are guaranteed each week. Call 865-1224 for more info or just come in the first night.

DRIVERS EDUCATION

AARP Driver Safety Program - A 4 hour classroom refresher course for drivers age 50+. Participants must preregister. \$14 for non-AARP members; \$12 for AARP members (AARP card required at registration).

• May 17 - 8:00 a.m. at First Baptist Church, 201 Bellvue St, Benton. Contact: secretary @ 318-965-2351, Instructor: James Smith.

ART EXHIBIT



"Of Waters Edge" - Acrylic paintings by local artist Tom Pressly presented by Louisiana State Exhibit Museum, 3015 Greenwood Road, between Hearne and

Jewella Streets in Shreveport. Through June 17 in the West Wing Gallery. The museum is open Monday through Friday, 9 a.m. until 4 p.m. Admission is FREE and tours are available by appointment.

FORUM

Community Forum - To reveal the 2011 - 2015 LA Cancer Plan & Services for Region 7. May 12. 11:30 - 2:30 p.m. Cockrell Rec. Center, 4109 Pines Rd, Shreveport. Sponsored by LA Cancer Control Partnership & Cancer Action NETwork. Free lunch. RSVP by May 9 to yduckw@lsuhsc.edu or 813-1461.

KREWE OF ELDERS

Krewe of Elders party - Sun., May 15, 1:30 - 5:30 p.m., American Legion Hall, 5315 South Lakeshore Drive, Shreveport. Entertainment provided by Louisianne Band. Cash bar, door prizes. Food available for purchase. \$6 members, \$10 non-members. 635-4901 or 752-9175.

FESTIVAL

Greek and More! - Sponsored by St. George Greek Orthodox Church, 1719 Creswell, Shreveport. May 20, 4 - 10 p.m.; May 21, 11 a.m. - 10 p.m.; May 22, 11 a.m. - 6 p.m. Greek food and pastries, live music, dancing, church tours. \$3 general admission; \$5 multi-day pass.

MOVIES

Movies and Moonbeams - Sponsored by Shreveport Public Assembly and Recreation (SPAR), along with the Robinson Film Center. Bring your blanket or folding chair. Free admission. Concessions available or bring your own. For more info

call 318.673.7892 or visit www.moviesandmoonbeams.org.



- May 6 at 8:00 pm at Riverview Park on Clyde Fant Parkway downtown. *Beverly Hills Chihuahua 2*. (PG)
- May 20 at 8:00 p.m. at AC Steere. *Harry Potter & the Deadly Hallows: Part 1*. (PG-13)

Sci-Port's Golden Days Matinee

- Weekdays 1:00 - 4:00 p.m. On the Shreveport riverfront. Seniors enjoy an IMAX film, FREE admission to Sciport galleries and a frozen yogurt. Cards, board games & activities available. All for \$9. Groups call (318) 424-8660 to schedule.

Silver Screenings - Presenting *A Place in the Sun*. Matinee and luncheon for seniors on Tuesday May 17 at 10:30 a.m. at Robinson Film Center, 617 Texas Street in downtown Shreveport. \$5.75 for the film. \$14 for the film and lunch. Call (318) 459-4122 to RSVP.

SENIOR EXPO

My 411 Club Expo - Tuesday May 10 from 8 a.m. to 4 p.m.; Wednesday May 11 from 8 a.m. to 2 p.m. Shreveport Convention Center, 400 Caddo Street in downtown Shreveport. Sponsored by CCOA, BCOA and *The Best of Times*. FREE admission, FREE info about products and services, FREE educational seminars, FREE giveaways and door prize

Photo One by Tom Pressly

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SENIOR OLYMPICS

Senior Health Fair and Opening Ceremonies for NWLA Senior Olympics - Wed. May 4, Bossier Civic Center, 620 Benton Road, Bossier City. 9 a.m. to 1 p.m. FREE admission and FREE parking. FREE health screenings. Giveaways and door prizes. Competition includes Dance Team, Darts, Accuracy Throws, Arts and Crafts, Bean Bag Baseball finals. For a complete listing of Senior Olympic events visit www.nwlsog.org.

SEMINAR

Military Widows Seminar - Widows of military members are invited. Monday, May 16th at Hoban Hall at Barksdale Air Force Base beginning at 10 am. Speakers will discuss probate, wills, powers of attorney, survivor benefit plans, taxes, social security benefits, Medicare, pharmacy services, Medicaid, hospice care, and other topics. \$2 seminar fee per person to cover the handouts and a light sandwich

lunch. Call (318) 456- 5976 or toll free 1-866-544-2412 to reserve your seat.

TOUR



Les Tour des Jardins - NWLA Master Gardener's Tour Of Gardens. Saturday May 7th from 10 am to 5 pm, and Sunday, May 8th from 1 pm to 5 pm. Tour six fabulous, privately owned gardens that feature creativity and great "doable" landscaping ideas. Tickets are \$10 each, prior to The Tour and \$12 if you buy tickets at any individual garden. Tickets also available at any Citizens National Bank location, from any Master Gardener, or at the Randle T. Moore Center. There's also a special FREE Garden Bazaar at the Pioneer Heritage Center on the LSU campus. There you'll find vendors featuring beautiful garden accessories, plants of all types, and ecology minded garden equipment for sale. For more info call (318) 698-0010. www.lsuagcenter.com.



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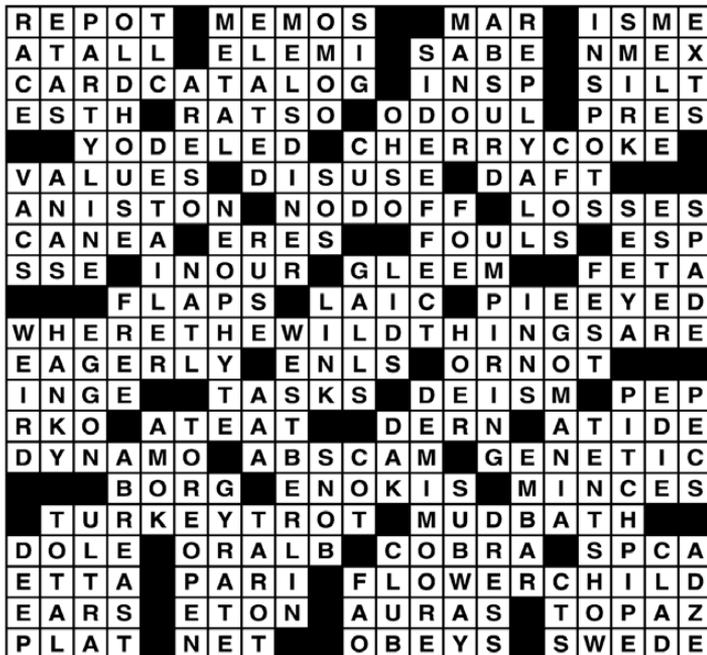
WHEN WAS THE
LAST TIME **YOU** DANCED
at a Louisiana festival?

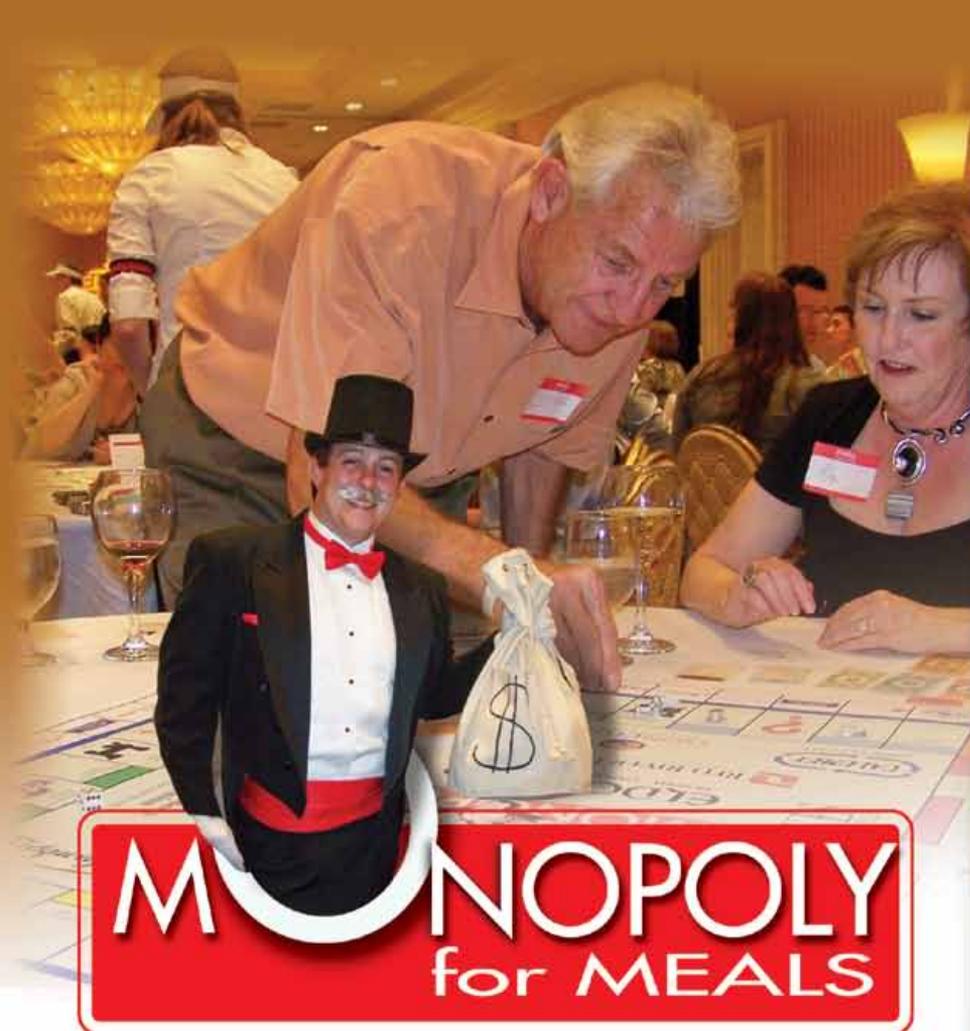


Did you know tourism generates more than \$850 million in state taxes annually? So why not invite your friends and family to Louisiana for the Festival of Lights in Natchitoches, Contraband Days in Lake Charles, the Red River Revel in Shreveport or the French Quarter Festival in New Orleans? When you go to a festival, Louisiana starts dancing. For ideas on what to do this weekend, visit our website.

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MONOPOLY for MEALS

Photos by Anne Reed Miller, assisted by Elaine Taylor Talbert

THE CADDO COUNCIL ON AGING held its annual Monopoly for Meals fundraiser benefiting Meals on Wheels on Saturday March 26 at Eldorado Resort Casino. The evening included a buffet dinner and spirited games of Monopoly for prizes. Caddo Sheriff Steve Prator and his posse added to the action-packed evening by subjecting participants to jail time.

The Best of Times photographer Anne Reed Miller goes to jail

Above: Jeff Brainard and Kay Long and Mr. Monopoly Jeff Everson

Right: Tommie Sue & Gerald Brooks

Below: Master of Ceremonies Liz Swain



Jerry & Susan Kolniak celebrate their wedding anniversary



Michael Corbin, Kelly Roberson, Rhonda Evans, & Richea Corbin



Monty Walford with Stacy & Rob Eppers



Carolyn & Steve Prator, Judy McColgan, & Doug Rountree



Rev. Kenneth and Ginger Paul



CCOA Executive Director Mary Alice Rountree with David Henington



Monica Wright, Gaye Taylor, & Elaine Taylor Talbert

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Southern Hills Business Association Expo, March 31

Caddo Parish Sheriff Steve Prator with City Engineer Ron Norwood



(l to r) Kirk LaVigne, Harold Sater, and John Lorick

St. Joseph Catholic School's Grandparents Day, April 8



(above) Sandy Thompson, Ronnie Wagley, Sarah Wagley, Margaret Wagley, and Sheryl Little



(right) Sonny & Betsy Kirby with grandson Aidan



Red Cross Therapy Dog Chloe and her handler Michelle Davison visit with a resident at the Northwest Louisiana War Veterans Home in Bossier City.

The Shreveport Bridge Association annual awards luncheon, Mar. 27



The Ace of Clubs winners were (back row) Dot Nuttall, Sue Babineaux, Louise King, Pam Kenyon; (front row) Cecil Davidson, Tammy Courtney, Nell Cahn, and Ardith Thompson. (Not pictured: Tina Calligas, Brenda Brockner, Wes Crawford, and Clif Miller)



The 2010 Mini-McKinney winners were (back row) Cecil Davidson, Dot Nuttall, Sue Babineaux, Marilyn Frith, Nina Archer; (front row) Mina Chesnut and Ardith Thompson. (Not pictured: Tina Calligas, Brenda Brockner, Bobbye Goodman, Clif Miller, and Betty Kennedy)

CORK, a Red River Revel Wine Event, April 2, Shreveport Festival Plaza
Participants enjoyed a wide selection of wines, a delicious sampling of signature dishes from area restaurants, and music by the Winston Hall Band.



(far left) Angela and Jimmy Mijalis



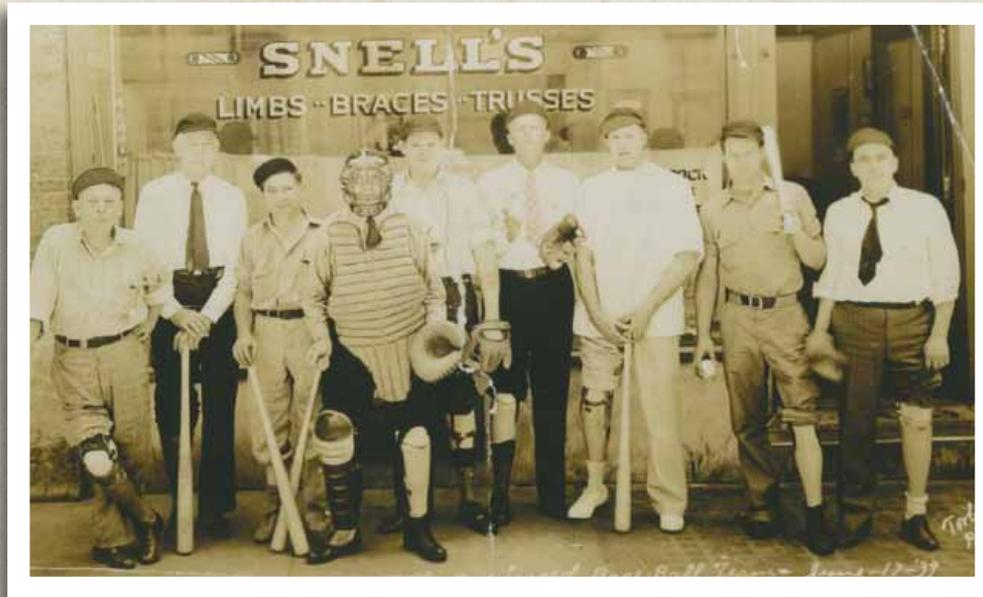
(left) Jon and Sheree Saye



(far left) Martha and Jim Pazzaglia



(left) Rick Hayes and Angie McFarland



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MAY PARTING SHOTS (CONTINUED)

2011 Holiday in Dixie Cotillion, April 8

Municipal Auditorium (top row, right)

Dr. Paul and Terri Drummond



(top row, far right)

Lady Rachael Edmiston and Sir Michael Mitton, IV



(middle row, right)

His Royal Majesty, Rex LXIII Raymond F. Kayser, III and Her Royal Majesty, Regina LXIII Camille M. Flournoy



(middle row, far right)

Mary Jo Kayser with granddaughter Mae Graf



(bottom row, right)

Linda and John Kinnebrew with Kiki Casten



(bottom row, far right)

Norma Buteau and Dennis Tarver



Brenda Richardson honored



SPAR Chris Hays Community Center held an honorarium on April 1 to recognize the dedicated volunteer service to the community of Brenda McCray Richardson as director of the Airport Park Senior Community Choir.

The March for Meals, fund raiser for the Caddo Council on Aging, Meals on Wheels program, *March 23rd, downtown Shreveport*

(below) Horseshoe Casino and Resort presents donation to Meals on Wheels



NWLA Chapter of the American Red Cross Volunteer Appreciation Luncheon



Nancy Coston, Bobbie Hetrick, Don Stamper



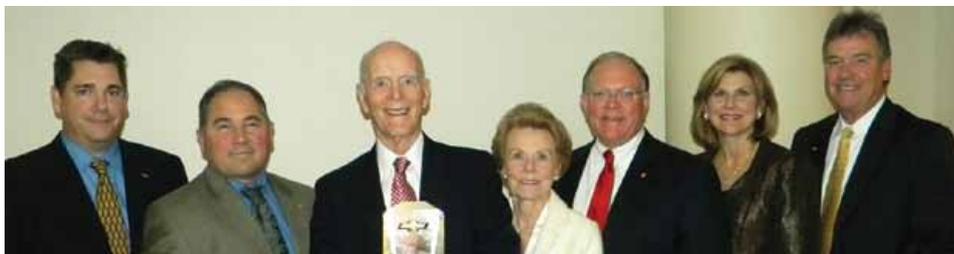
Anne Criggs, Alice and Jack Huffman



(above left, l to r) Darlene Davis, Debbie Sheets, Paula Powell, and Kathy Covington

(above right) Sheri Gonzales (left) and Sandy Medaries with NurseCare of Shreveport

(below, l to r) Sybil Balistrella, Bobbie Talbert, and Sybil Schoalmire



Red River Chevrolet's Annual Employees of the Year Banquet

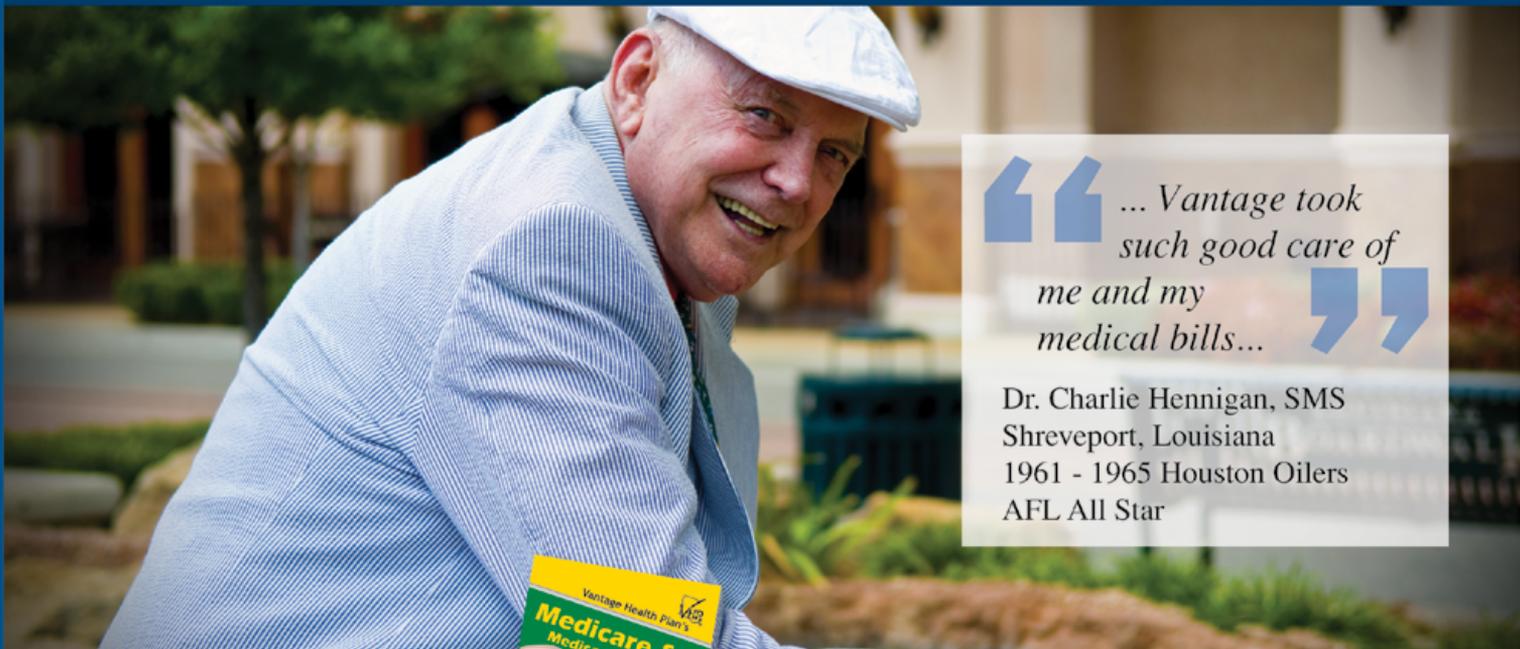
James Fritze was recently honored for his 50 years as a Red River Chevrolet Dealer. Photo from left to right: Shaun Finney, GM District Sales Manager; John Kricfalusi, Chevrolet Zone Manager; James Fritze and his wife Betsy; his partner and son George Fritze and his wife Minou; and Eddie Holman, Red River Chevrolet's General Sales Manager.



(left) Shreveport Mayor Cedric Glover helps to display *The Best of Times* banner

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