

April 2014

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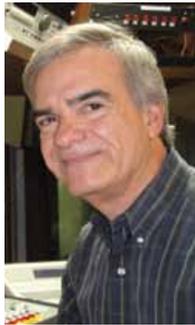
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April 12

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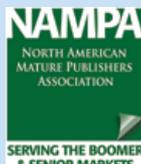
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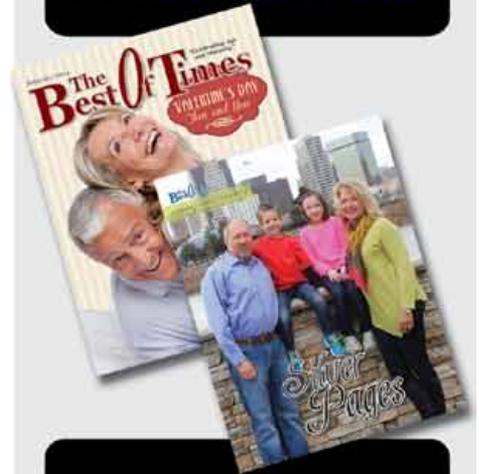
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Heavy Drinking in Middle Age May Speed Memory Loss in Men

Middle-aged men who drink more than 36 grams of alcohol, or two and a half US drinks per day, may speed their memory loss by up to six years later on, according to a study from the University College of London and published online issue of *Neurology*®. On the other hand, the study found no differences in memory and executive function in men who do not drink, former drinkers and light or moderate drinkers. Executive function deals with attention and reasoning skills in achieving a goal.

Diet Rich in Tomatoes May Lower Breast Cancer Risk

A tomato-rich diet may help protect at-risk postmenopausal women from breast cancer, according to new research accepted for publication in *The Endocrine Society's Journal of Clinical Endocrinology & Metabolism*. Breast cancer risk rises in postmenopausal women as their body mass index climbs. The study found eating a diet high in tomatoes had a positive effect on the level of hormones that play a role in regulating fat and sugar metabolism.

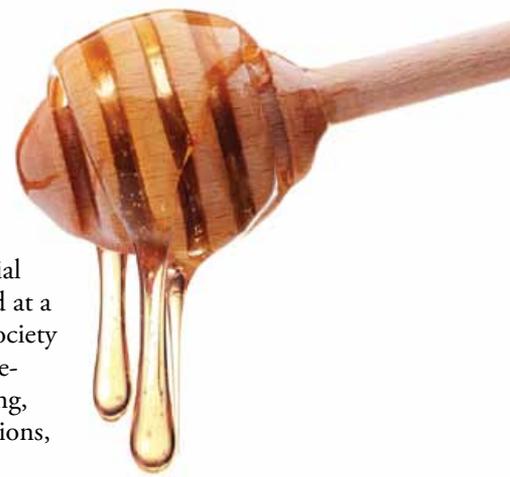
Can Fish Oil Help Preserve Brain Cells?

People with higher levels of the omega-3 fatty acids found in fish oil may also have larger brain volumes in old age equivalent to preserving one to two years of brain health, according to a study published in online issue of *Neurology*® and performed as part of Women's Health Initiative Memory Study. Shrinking brain volume is a sign of Alzheimer's disease as well as normal aging.

How Sweet It Is! Honey Is a New Approach to Fighting Antibiotic Resistance

Honey, that delectable condiment for breads and fruits, could be one sweet solution to the serious, ever-growing problem of bacterial resistance to antibiotics, researchers announced at a national meeting of the American Chemical Society in March in Dallas. Medical professionals sometimes use honey successfully as a topical dressing, but it could play a larger role in fighting infections, the researchers predicted.

"The unique property of honey lies in its ability to fight infection on multiple levels, making it more difficult for bacteria to develop resistance," said study leader Susan M. Meschwitz, Ph.D. That is, it uses a combination of weapons, including hydrogen peroxide, acidity, osmotic effect, high sugar concentration and polyphenols - all of which actively kill bacterial cells. The osmotic effect, which is the result of the high sugar concentration in honey, draws water from the bacterial cells, dehydrating and killing them. In addition, several studies have shown that honey inhibits the formation of biofilms, or communities of slimy disease-causing bacteria. Another advantage of honey is that unlike conventional antibiotics, it doesn't target the essential growth processes of bacteria. The problem with this type of targeting, which is the basis of conventional antibiotics, is that it results in the bacteria building up resistance to the drugs.



Weight Change After Joint Replacement Affects How Well Patients Do Down the Road

While many overweight patients have the best intentions to lose weight after joint replacement, a study at Hospital for Special Surgery (HSS) finds that although some are able to achieve this goal, equal numbers of patients actually gain weight after hip or knee replacement. Researchers also determined that patients who lose weight do better in terms of function and activity level two years down the road.



Can Citrus Ward Off Your Risk of Stroke?

Eating foods that contain vitamin C may reduce your risk of the most common type of hemorrhagic stroke, according to a study to be presented at the American Academy of Neurology's 66th Annual Meeting in Philadelphia. Vitamin C is found in fruits and vegetables such as oranges, papaya, peppers, broccoli and strawberries. Hemorrhagic stroke is less common than ischemic stroke, but is more often deadly. Participants in the study were tested for the levels of vitamin C in their blood. Forty-one percent of cases had normal levels of vitamin C, 45 percent showed depleted levels of vitamin C and 14 percent were considered deficient of the vitamin. On average, the people who had a stroke had depleted levels of vitamin C, while those who had not had a stroke had normal levels of the vitamin.



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As for Fido and Fluffy

Pets are full-fledged members of many families – and, more often these days, part of mom and dad’s estate plan

By Lindsey Romain

Pets in the family financial plan? It’s not as far-fetched as it sounds.

More pet owners are seeking ways to care for their animals should they die unexpectedly before their pet.

Sensational celebrity pet tales are one reason for the uptick; Leona Helmsly, the controversial New York real estate investor, notoriously left \$12 million to her dog, Trouble, in 2007.

“There were a couple of big, notorious cases, with people leaving millions of dollars to their pets,” says Danny Meek, a financial consultant who runs Pet Trust Law Blog, a website that helps pet owners incorporate pets into estate planning. “The public took notice and thought, ‘Maybe this is something I can do for my pet.’”

The instinct to plan for Fido’s or Fluffy’s extended care parallels the rise in the notion that pets are full-fledged family members. In a May 2011 survey of 1,500 pet owners by PetMD, the majority of respondents (73 percent) said if they could only have one friend, they would choose their dogs over a human. More than 8 in 10 surveyed by dog-treat company Milo’s Kitchen said dogs are an equal member of their families. Fifty-eight percent said they are comfortable calling themselves “mommy” and “daddy” when referencing their dogs, and 35 percent refer to their dog as “son” or “daughter.”

By 2013, the American Pet Products Association predicts that the pet insurance market will reach \$400 million. “As people grow older, they lose their family members, and they really start accepting these pets as their family,” says Meek.

And what better way to honor that bond than to provide continuing care for an animal after mommy or daddy has passed?

The cost of taking on an animal’s care is one consideration. According to the American Society for the Prevention of Cruelty to Animals, the estimated cost of annual pet care and maintenance can range from \$270 for a small bird to \$1,845 for a large dog. Close friends and family members may not be prepared to take on the sudden expense of an orphaned pet. Beyond food and shelter, most pet owners are concerned about setting up loving care for their pets.

Effective post-life animal care is possible by providing for pets in wills, trusts or other specialized financial documents.

The average cost of setting up a pet trust fund can range from \$500 to \$1,500, although it can be done for less.

Rachel Hirschfeld, a New York lawyer and animal rights activist who specializes in estate planning, developed a simple online protection agreement that allows a pet owner to make sure a pet is cared for by someone the owner trusts. The do-it-yourself agreement is a quick, cheap (\$39) way to provide for a pet’s care “should the unthinkable happen.”

“I found that a lot of people weren’t doing pet trust funds because they were too expensive or time consuming, or they were too concerned with legal things,” says Hirschfeld. “Only the rich dogs were protected.”

Budget optional

The amount left in a fund is completely dependent on the lifestyle of the pet and how much the owner chooses to leave in their name.

“Some pets have a very simple lifestyle,” says Meek. “Some pets get a \$75 pet massage twice a week. If a pet is accustomed to that lifestyle, the owner invariably wants the pet to have that same lifestyle after they’re gone.”

Horses, for example, are expensive to maintain, and thus their fund should reflect that. The number of pets left behind would also determine the amount.

Although amounts earmarked for pet trusts are as unique as animals and their owners, Hirschfeld says the average pet trust fund is about \$25,000.

"We had somebody leave close to \$1 million to take care of their pet turtles," she says.

Who gets Fido?

Often the most difficult part in establishing a pet trust fund is selecting a primary caretaker. "It's very difficult for people who don't have close friends and relatives," says Meek.

Many people without close contacts want to leave their pet with their veterinarian – not a good option, says Meek, since they don't typically have the time or inclination to take on the job. A wiser option if no friend or relative has agreed to provide care, says Meek, is to leave the pet with the Humane Society along with money for the pet and a donation to the society.

Pet death

A pet trust fund should designate where remaining money should go in case the pet dies before its funds run out. "The money could go the caregiver or to a charity," says Meek.

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When Mommy & Daddy Divorce

The death of an owner isn't the only legal hurdle for pets. Divorce also can make things ugly.

David Pizarra, a child custody lawyer and co-author of "What About Wally? Co-Parenting With Your Ex" (Libero Media, 2011), suggests that pet owners who divorce should be mature and concise about pet parenting, should both owners choose to stay in the life of the pet.

"In my experience, having a thoroughly drafted plan that you can each refer to reduces confusion over who is responsible and what you have agreed to," Pizarra says. "That takes away the friction of miscommunication so you can just relax and enjoy your pet's love."

He notes that courts are often reluctant to recognize pet-sharing plans, which makes these self-developed plans even more worthy.

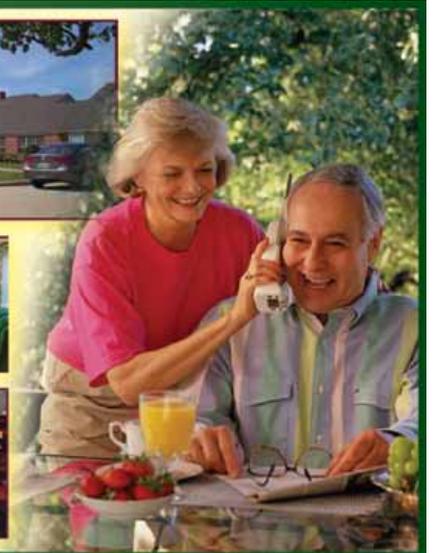
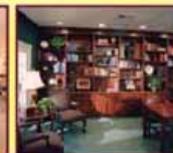
If a co-parenting arrangement promises to be too stressful for a high-strung pet, Pizarra says owners should try to recognize the harm it may cause and work together to establish a different plan.

"There are always situations where one parent needs to let go," he says. "But even in those cases, a parenting plan can still allow for occasional visits and time-sharing. Dogs are generally more OK with travel than cats, so the type of pet is also a factor."

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Lyndon Johnson with his mutt Yuki.

Over the past two centuries, hundreds of animals have barked, purred, squawked, squeaked, neighed, cackled, quacked, hooted, mooed, or growled their way through 44 U.S. administrations.

George Washington began the presidential pet parade in 1789 by bringing his parrot, Polly, and more than three dozen dogs and horses to his administration. Since construction of the White House was not completed during his tenure, the president and his animals lived at Washington's home -- Mount Vernon, his Virginia estate.

Washington was devoted to his animals, especially his horses. His favorite was Nelson, the mount he rode when accepting Cornwallis' surrender at Yorktown -- the 1781 battle that ended the Revolutionary War. He also owned the first presidential dogs and the names of two -- Drunkard and Topsy -- suggest that riding horses wasn't Washington's only pleasure.

John Adams became the first president to take up residence in the White House, toward the end of his presidency in 1800. He shared his new home with just a few dogs and horses, and built the first White House stables. But Adams barely had time to settle into his new home when he was defeated by Thomas Jefferson that year.

Jefferson was known for his eccentricities, such as wearing slippers during important meetings. Even more distracting to visitors was Dick the mockingbird, who often perched on Jefferson's shoulder as he wandered the hallowed halls.

Jefferson was replaced by the shy and reserved James Madison, who was accompanied to the White House by his vivacious wife, Dolley. An outgoing and charming first lady, she quickly became the focus of Washington social events, appearing lavishly attired and often seen in her trademark feathered turban. But Dolley wasn't the only chatty bird flaunting her plumage during the Madison administration. She had to compete with Polly the parrot

ALL - THE PRESIDENTS' PETS

by Nick Thomas

for Madison's attention.

Proving that presidents had little imagination for naming feathered pets, Andrew Jackson's parrot was called Poll. Like his master, Poll developed an earthy vocabulary. At times, the bird had to be separated from company to protect delicate ears. After Jackson died, it is said that Poll was placed in the room with Jackson's body before interment, but the bird let

loose such obscenities that it had to be removed.

Two early-20th-century Republican presidents, Teddy Roosevelt and Calvin Coolidge, had some unusual animals. Among their diverse guests were badgers, kangaroo rats, lizards, snakes, bears and lion cubs, as well as a raccoon, coyote, hyena, zebra, bobcat, wallaby and a pigmy hippo.

Franklin Roosevelt was devoted to his Scottish terrier, Fala -- perhaps more so than to his wife, Eleanor, on whom he reportedly cheated. Fala accompanied the president on his plane, ship and train travels, and lived 12 years (1940-52) -- the same length of time Roosevelt served as president (1933-45). The two are immortalized side by side in bronze at the Franklin Delano Roosevelt Memorial in Washington, D.C., in one of four outdoor gallery rooms. Interestingly, a similar statue of Eleanor rests in another room.

Lyndon Johnson was a beagle man, and he had several. This led his enemies -- and he had plenty of them -- to claim that there was a mongrel in the White House. Actually, they may have been referring to Yuki, a mutt that the president's daughter found wandering at a Texas gas station on Thanksgiving Day 1966.

Accompanied by President Johnson, Yuki was famous for "singing" (aka howling) for White House guests, and few visitors were spared the Yuki-Johnson duets. Democrats, Republicans, presidents, prime ministers and kings all suffered the torturous wails.

Richard Nixon probably had the most famous political pooch in

modern times. As the Republican nominee for vice president in 1952, Nixon addressed the nation on television to deny charges that he had used money from a slush fund to pay for private expenses. In the half-hour speech, Nixon did admit his intention to keep one gift -- a cocker spaniel named Checkers that had been given to his 6-year-old daughter. Nixon successfully used his child's pet dog to dig himself out of the financial scandal.

As president, Nixon had a fish tank and several dogs in the White House. But halfway through his second term, Nixon dug himself a hole so deep, a whole kennel of pound puppies couldn't help him climb out. He resigned due to the Watergate scandal, reluctantly turning over the White House keys to Vice President Gerald Ford.

Ford assumed both the presidency and vice presidency (when Spiro Agnew resigned) without ever being elected. He loved to play golf and would hit eagles and birdies as well as occasional human spectators who were beamed by his errant strokes. Other unfortunate incidents of the president tripping in public were broadcast on television, earning him a reputation as clumsy. Ford's pets -- a dog and a cat -- apparently gave their master a wide berth.

Ronald Reagan brought to the White House his big-screen charisma, homespun charm and a couple of dogs. One, a King Charles spaniel called Rex, was noted for tugging hard on his leash and occasionally dragging the president from questioning reporters on White House grounds -- undoubtedly a useful tactic when questions about the Iran-Contra scandal were raised. Reagan also loved to escape to his 688-acre ranch in California to ride horses.

Following Reagan was George H.W. Bush. His spaniel, Millie (with a little grammatical assistance from Mrs. Bush) published a book about life in the White House. This was proof to many that Millie was far smarter than some vice presidents. But even with Millie as his speechwriter, Bush failed to convince the American public that he deserved a second term.

In 1992, Bill Clinton brought the 12-year Republican presidential era to an end. The youthful president had a chocolate Labrador retriever, Buddy, and Socks the cat. But of the three, it was the president who was a "very bad boy" in the Oval

Office. And political opponents have been rubbing his nose in it ever since.

Like Clinton before him, George W. Bush took an instant liking to the convenience of travel by helicopter. Television broadcasts frequently showed him emerging from the first chopper and walking briskly toward the Oval Office, where his family and staff would welcome his return. And occasionally, one figure could be seen bounding across the White House lawn to warmly greet his master with a look of unconditional loyalty -- tongue flapping in the brisk Washington air, and finally coming to rest, panting at the president's side.

No, this most devoted of Bush followers was not a breathless Dick Cheney.

Rather, it was Barney, the president's energetic black Scottish terrier. Barney had several other playmates in the White House, including India the cat.

When the Bush era ended and Barney moved out, there was much interest in his four-legged replacement. The Obama family eventually settled on a cute black-and-white Portuguese water dog named Bo. Although Bo was a gift from the Kennedy clan, perhaps the first family should have considered adopting a dog from Obama's home state of Hawaii -- although Donald Trump probably would have insisted on inspecting its pedigree.

Nick Thomas has written features and columns for over 400 magazines and newspapers. He can be reached at his blog: <http://getnickt.blogspot.com>

Pawsitively PRESIDENTIAL

PRESIDENTIAL PETS HAVE BEEN ICONIC PARTS OF THE WHITEHOUSE THROUGHOUT AMERICAN HISTORY. HERE ARE A FEW OF THOSE FAMOUS FURRY FACES.



President George W. Bush with his energetic black Scottish terrier Barney.



President Bill Clinton with his cat, Socks.



President holding Rex in the Diplomatic Reception Room.

Senior OLYMPICS

Keep Getting Bigger & Better

by Gerry Robichaux

If it's dancing with your star or running down drop shots with your partner, the 22nd Northwest Louisiana District Senior Olympics has that and many other activities planned for those men and women 50 years of age and older when its sports carnival begins on April 15 and continues to May 28, in and around Bossier City and Shreveport.

As it has done since 1992, the District Senior Olympics offers sports and games which foster fun, fitness and friendship for senior citizens.

"We hope what these games and activities do is add to the quality of life for our older friends and neighbors," said Doyle Blasingame, the District Coordinator.

"We're getting back into the dance business," Blasingame pointed out. "Competition in dancing is scheduled Friday, April 18, at Bossier Council on Aging at 1:00 p.m. Couples will be able to enter in the Waltz, Swing and Two-Step. Jeri Lancaster has taken on setting up this activity."

Blasingame remembered when the district first offered dancing competition. It was even before television produced its first Dancing with the Stars.

"We drew in some exceptional entries from across the state and Texas, who came in with costumes they changed to for each different step. These were some very serious competitors. It was great theater, but there really wasn't much room for the majority of seniors who show up for weekly dances spon-



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sored by area groups and who might enjoy a bit of competition to see who's the best. That's who we want to attract this time."

Gold, silver and bronze medals will be offered in each step.

Tennis returns to the schedule April 17 at North Bossier Tennis Center in Brownlee Park after a year's absence. Mixed doubles, gender doubles and singles will be contested.

The sports carnival will have its opening ceremony and health fair Tuesday, April 15 at Horseshoe Casino Riverdome beginning at 9:00 a.m. Beanbag finals for both the Residential Communities and open competition will take place at 10:00 a.m. and 1:00 p.m. The fair will include representatives of numerous businesses and organizations that cater to seniors, health care screenings and information, door prizes, and numerous giveaways. The event promises to be 4 hours of nonstop fun and entertainment.

Editor's Note: For a complete schedule of events, please see Get Up & Go! on page 35. For more information, please visit the NW Louisiana District Senior Olympics website at www.nwlsog.org.

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Should You Buy Pet Insurance?

By Jason Alderman

One topic I've learned to avoid with new acquaintances until I know them better (along with politics and religion) is where they stand on the treatment of pets. Some people, when their dog gets sick or badly injured, say, "It's an animal – that's just part of the circle of life." Others consider Rover a close family member and would take out a second mortgage to save his life.

Pet owners from both camps probably see the barrage of ads for pet insurance and wonder whether it's worth the expense, which might be several thousand dollars over the life of your pet. I did some research and the best answer I can come up with is, it depends.

First, ask yourself: Do you regard pet insurance as a financial investment, where you expect to get back more in benefits than you paid out in premiums over the pet's life? Or, is

it more like auto or homeowner's insurance, where you hope nothing ever goes seriously wrong, but you want coverage in case there's a catastrophe?

Either way, here are some basic facts about pet insurance that may help you decide whether it's right for you:

Pet insurance shares many features with human health insurance: Policies typically have annual deductibles, copayments and exclusions, and some limit which veterinarians, clinics and hospitals you can use.

But there are numerous differences as well. For example, pet insurers are allowed to refuse coverage for preexisting conditions and to set annual and lifetime payout limits. Among the many other restrictions you should

watch for when comparing plans are:

- Premiums vary greatly depending on where you live and may increase based on your pet's age, breed, veterinary cost inflation and other factors.

- Typically you must pay the vet or hospital bill out of pocket and get reimbursed later.

- Many plans deny or restrict coverage for congenital or hereditary conditions (like hip dysplasia in dogs or kidney failure in cats) and preventable conditions like periodontal disease.

- Along with annual and lifetime maximums on benefits paid out, there may be a limit on how much it will pay for treatment of an individual illness or accident.

- If your pet suffers a particular disorder one year, don't be surprised if that condition is excluded at renewal – or if you're required to pay an additional fee for future coverage.

- Pets over certain age limits frequently are denied coverage.

- Certain breeds are often excluded or only eligible for restricted coverage.

- Some carriers let you augment your accident and illness policy with optional "wellness care" coverage for things like spaying and neutering, annual physicals, vaccines and routine tests. Make sure the ad-



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ditional premium is worth the extra cost.

Perhaps the biggest challenge when choosing pet insurance is trying to compare plans, apples to apples. There are about a dozen carriers in the U.S. Each offers a variety of plans with varying deductible, copayment and maximum coverage amounts, as well as different covered benefits and exclusions.

You can go directly to their websites for plan details and to request a quote, or use an independent comparison website to pull quotes from multiple carriers. I'd recommend creating a spreadsheet to compare benefits and costs side by side, just as you would when shopping for auto insurance.

Bottom line: If you decide pet insurance isn't right for you, at least be sure you're setting money aside to cover expected – and unexpected expenses.

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



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Can Your Pet Cause Illness?

by Suzy Cohen, R. Ph.

Dear Pharmacist

I read your article on Bartonella, and how pets can indirectly give it to you. What other diseases do pets transmit? Are there antibiotics? -S.J., Orlando, Florida

Great question since pet lovers don't connect their illness to pets, but "zoonotic" infections are certainly possible. And yes, there are antimicrobials but the exact kind is based upon your illness. This will freak some of you out:

Cat Scratch Fever- Don't play rough with kitty or let him lick your wounds because about 40 percent of cats are a natural reservoir of Bartonella henselae, an organism that's also transmitted by ticks. Growing up, my rather savage cat named "Sugar" attacked me all the time. I was lucky! If you're not, cat scratch disease causes swollen lymph nodes, headaches, fatigue, low appetite and/or fever. It's almost impossible to eradicate and can cause life-long problems: Anxiety, panic attacks, seizure disorder, encephalopathy, memory problems, fog, chronic fatigue, joint pain, rheumatoid-like pain and foot pain. I've archived an article about this at my website.

Hookworms- This intestinal parasite has mouth "hooks" and latches on to your gut. Puppies and kittens may have it until they're dewormed, but that's not 100 percent insurance so be careful changing the litter box, or picking up dog poop,



or letting your child play in sandboxes. Hookworms are passed by the fecal-oral route and can cause skin rashes, intestinal bleeding and abdominal pain. Toxoplasma gondii, another cat and dog-transmitted parasite is associated with schizophrenia.

Lyme Disease- It's not a zoonotic disease but it's epidemic, so it gets honorable mention. Borrelia burgdorferi causes Lyme and it travels with other pathogens like Bartonella, Babesia or Rickettsia. Pets carry ticks which jump on you and bite (you will never feel it, and rarely see it). Hundreds of symptoms can occur, causing you to get misdiagnosed with any one of 300 disorders, mainly autoimmune or fibromyalgia/chronic fatigue.

Lymphocytic Choriomeningitis Virus (LCMV)- If you love your guinea pig, hamster or mouse watch out, this virus is transmitted from rodent urine, droppings or saliva. No bite is necessary, LCMV can be transmitted into your mouth, nose, eyes or broken skin. When I was 18, I had a pet hamster named Tootsie (a left-over from my science project). He was cute and fuzzy so I know these critters are hard to resist. Still, don't kiss them, and use gloves when cleaning their cage.

Salmonellosis- Salmonella is associated with contaminated food but your pet dog, cat, horse, turtle, snake, gecko or farm animal can pass salmonella into their feces. Touch it and you could get it! Great time to remind parents to keep an eye on your kids at the petting zoo! Symptoms include diarrhea, fever and stomach cramps. If it gets into the blood stream it's bad news.

Parrot Fever- Caused by an organism called Chlamydophila psittaci, this can cause diarrhea, low appetite, weight loss, weakness, difficulty breathing, and eye infections. It's dangerous and in some cases fatal.

This info is not intended to treat, cure, or diagnose your condition. Please visit www.SuzyCohen.com. ©2014 Suzy Cohen,

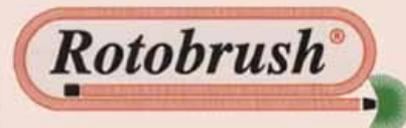
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The dog is placed at the feet of women in monuments to symbolise affection and fidelity, as a lion is placed at the feet of men to signify courage and magnanimity.

The name of the dog on the Cracker Jack box is Bingo.

A pack of kittens is called a kindle, while a pack of adult cats is called a clowder.

Ferrets are currently the third most popular pet in the US.

The chicken is the closest living relative to the T-Rex.

Ancient Egyptians believed that cats were sacred animals. The penalty for killing a cat was death.

Felix the Cat is the first cartoon character to ever have been made into a balloon for a parade.

It has been established that people who own pets live longer, have less stress, and have fewer heart attacks.

The English Romantic poet Lord Byron was so devastated upon the death of his beloved Newfoundland, whose name was Boatswain, that he had inscribed upon the dog's gravestone the following: "Beauty without vanity, strength without insolence, courage without ferocity, and all the virtues of man without his vices."

The expression "three dog night" originated with the Eskimos and means a very cold night - so cold that you have to bed down with three dogs to keep warm.

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sisters were falsely claiming that he was trying to harm Mom. Sound like too much pressure or undue influence to you? According to Louisiana law, it can be. In a case like Hazel's, it would be up to the Judge to decide.

But that wasn't all of the son's evidence. He had two more points to make:

- 1) his sisters had isolated his mother from him.
- 2) when Hazel wrote her will, she was being treated by a psychiatrist and the psychiatrist told the Judge that Hazel was "very susceptible of suggestion."

Taking all of that into consideration, the Judge said that it was a close call, but ruled that Hazel's will was invalid because the sisters had asserted too much pressure or undue influence on their mother.

The sisters appealed and three appellate Judges reviewed the case. Two of them thought that the sisters had asserted too much pressure, but the third Judge disagreed. Because majority rules, the sisters lost their appeal and the will was declared invalid. As a result, Louisiana law treated Hazel's estate as if she did not have a will at all: because she was a widow, Louisiana law requires that her estate be split equally amongst her children. So instead of the three daughters splitting 100% of Mom's estate, the son got 25% and his three sisters also got 25% each.

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



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Let Buyer Beware

by Judge Jeff Cox

It seems you cannot turn on the television without hearing about a new scam that is targeting the consumer. Just last night, the news reported that a Home Warranty company had been selling warranties in the local area and had not been honoring the claims made by the people who purchased the policy. Needless to say, the unsuspecting consumer was shocked that the company denied their claims.

Home warranties are a type of insurance that protects a home buyer against breakdown of appliances and equipment when they purchase a home that is new to them. The home may not be a newly constructed home and can include older model homes. Typically, home



warranties are sold at the time a person purchases the home and is designed to protect the purchaser against unforeseen breakdowns that may be very expensive if the purchaser of the home had to pay for the repairs out of their pocket. Most of the policies sold have a deductible amount, meaning the homeowner will be responsible for repairs up to a certain amount. The amount can vary but the deductible is usually in the \$100.00 range.

Most home warranty companies will require a home inspection of the property prior to the purchase of the home. If repairs need to be made to the home or appliances, such as air conditioning or heating units, this can be pointed out to the seller of the home and repairs can be made prior to the sale of the home. Some home warranty companies may also want to see service records regarding large ticket items, like air conditioners or heating units as these are more costly to repair.

Home warranties are usually sold on a year to year basis and

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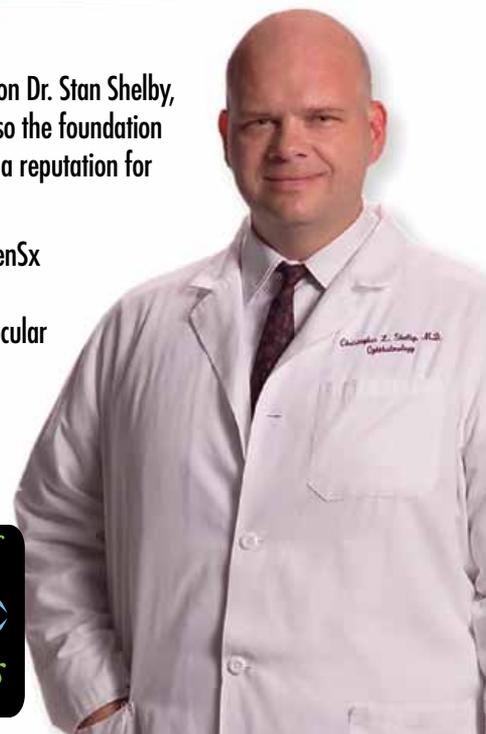
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can usually be renewed by the home owner on a yearly basis. Of course, each year the policy is renewed, the price for the policy may increase. In some instances, a seller of a home will purchase a home warranty for the buyer in order to protect against any unforeseen mechanical problems in the home that is being sold.

Home buyers who are purchasing a home warranty need to thoroughly investigate the home warranty company from whom they are attempting to purchase a home warranty. The purchaser needs to get references of people who have used the home warranty company in the past. They need to check with these references to see if they had any trouble with the home warranty company paying claims or if they had any trouble with the service people who entered the home to make repairs. The purchaser of the home warranty also needs to see if any complaints have been lodged against the home warranty company with the Better Business Bureau and can even check with the State Insurance Commissioner's Office to see if any complaints have been lodged.

Thorough investigation of the company may avoid the situation reported on the news last night where the unfortunate couple was going to have to put money out of their pocket in order to be able to repair the broken appliance. Hopefully by doing your homework, you will be able to rest a little easier at night knowing your major investment is protected if you decide to purchase a home warranty.



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

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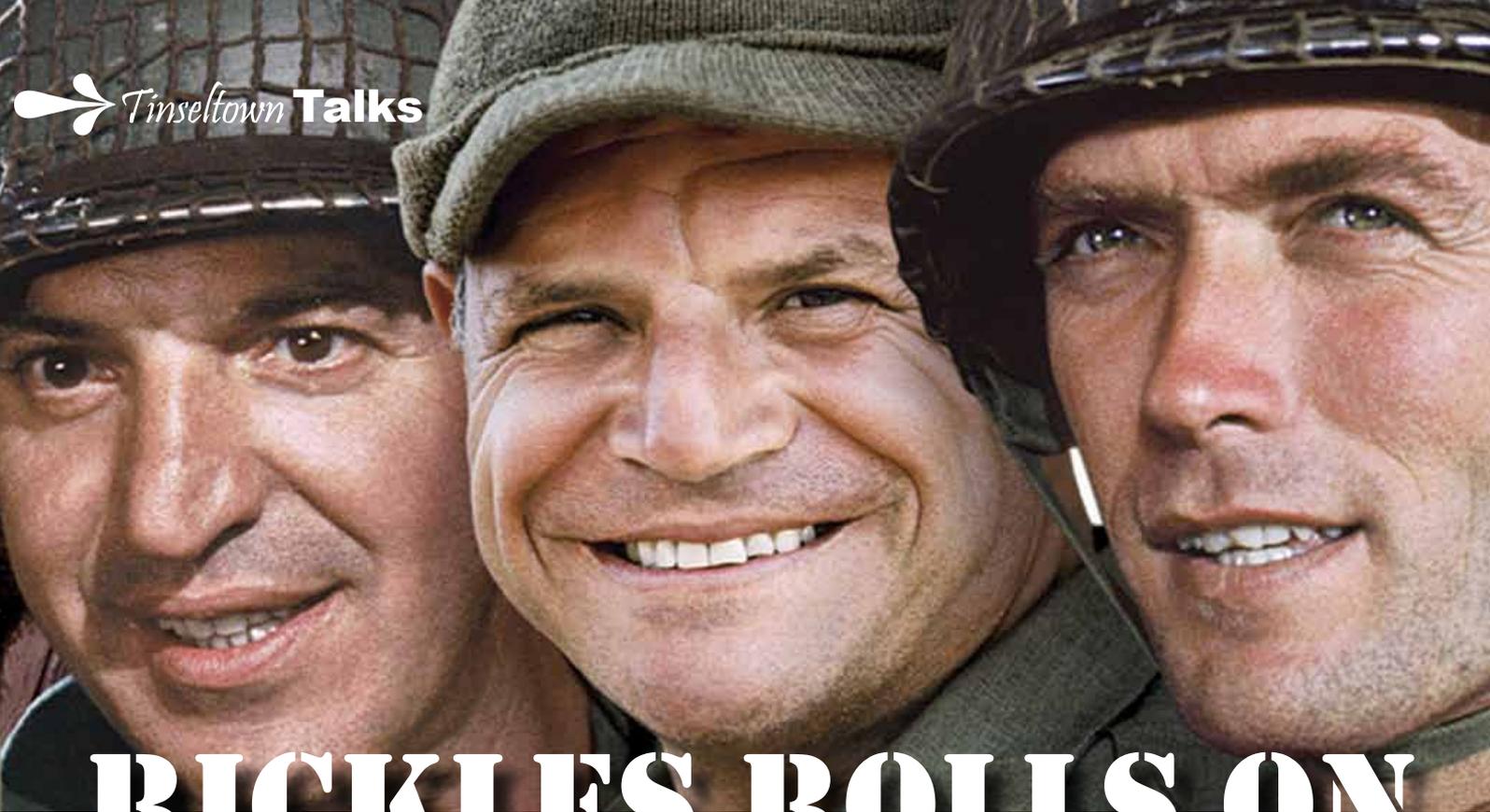
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RICKLES ROLLS ON



by Nick Thomas

Despite a leg infection that sidelined him earlier in the year, Don Rickles is as feisty as ever. In March, the 87-year-old comedian began a spring tour of theaters and casinos across the country with stops in California, Nevada, Michigan, Connecticut, and Wisconsin.

But be warned! If you're in the audience and sporting a bad hairpiece, have an unusu-

ally curved nose, or are a little on the chubby side, Rickles could be waiting for you.

That's because just about everyone "annoys" Don in his act, which hasn't changed much in half a century. Sensitive audience members wishing to dodge the comedian's verbal jabs should probably cower in the back row.

Rickles says his performances are more than just some grumpy old-timer wandering around the stage. Nor do they involve telling stories with punch lines.

"I don't do jokes," said Rickles by phone from his home in Los Angeles. "My shows are a theatrical performance. They're not really mean-spirited, just a form of exaggerating everything about people and life itself."

Rickles traces his big break to an evening in 1957, during a Hollywood nightclub performance, when he advised audience member Frank Sinatra to go "hit somebody." Fortunately, the often moody Sinatra laughed, and the famed crooner swooned

for Rickle's style of humor.

Years later, numerous appearances on the Dean Martin and Johnny Carson shows assured Rickles of comic legend status. He also appeared in several films, such as "Kelly's Heroes," and was the lead cast member in the TV series "C.P.O. Sharkey" in the 1970s.

"Sharkey was crazy and sharp-tongued, like my stage character," recalled Rickles. "But I was worried the writers couldn't write for me."

While the show was not a disaster, it did suffer from weak writing and lasted only two seasons, being carried largely by Rickles' comedic talents. "I'd like to see the show released on DVD. It's been talked about for years, but has never gotten off the ground. Hopefully it will." (Many episodes can be viewed on-line on YouTube).

One TV outlet which was perfect for Rickles' style of comedy was the "Dean Martin Celebrity Roasts," which ran for a decade on NBC beginning in the mid-1970s.

"Some guys had writers, but I did everything off the top of my head. Nobody had any idea what I was going to say," he said. "What a joy it was to be on stage with the greatest comedians and entertainers of all time."

Stage, however, is where Rickles has always excelled. Always an equal opportunity offender, he not only delivers his sledgehammer comedy to the average guy in the audience, but to any friend, politician, or celebrity within striking distance. Few take offense.

Ronald Reagan was a favorite Rickles' target, and during the second Inaugural Ball in 1985 he addressed the president: "Good evening Mr. President. It's a big treat for me to fly all the way

from California to be here for this kind of money.... Now you're big, and you're getting on my nerves... Ronnie, am I going too fast for you?"

Probably not the most polite way to address a sitting president but, says Rickles, "Reagan had a great sense of humor and loved the attention."

In the coming year, Rickles is planning more than two dozen shows, but says touring has changed.

"In the early days, you would work at one place such as Vegas or Atlantic City for weeks at a time doing two shows a night," he recalled. "Now, with all the Indian casinos across the country, you're always traveling and doing just one or two shows at each place. These new casinos give performers a lot of comfort, they make the job interesting and some even provide private planes, but traveling can still be tough."

Given his age, recent illness, and the stress of traveling, audiences should be especially appreciative of the chance to see Rickles unleash his encyclopedia of wisecracks live on stage this year.

"When you're an entertainer, you're like a salesman who has something to sell – yourself," he said. "You can't please everybody, but most people who come to see me know what to expect. I'm proud of being the originator of this style of comedy."

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 400 magazines and newspapers. He can be reached at his blog: <http://getnickt.blogspot.com>



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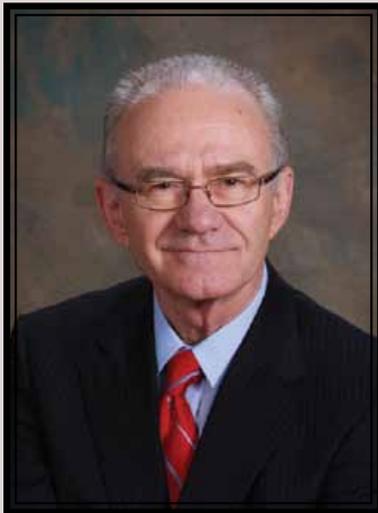


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I'm pleased, yet reluctant, to announce my retirement from the full time practice of law as I pursue another opportunity. I will remain in an "of counsel" status with my firm for a yet-to-be-determined period. I strongly endorse my partner, Kyle Moore. We have worked together for several years, and he and our Client Care Coordinator, Vickie Rech, will continue to offer to clients in Northwest Louisiana the same high level of service we have for many years now.

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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 and Carolyn Franks Browning”

AGRITOURISM AND ADVENTURE IN *The Valley of the World*

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by Andrea Gross • photos by Irv Green

I'm perched atop a bench of hay, which in turn is sitting atop a flatbed wagon. Our guide, Chris Bunn, owner of The Farm, hitches a tractor to the wagon, and we begin our ride along dirt roads bordered by fields of romaine lettuce on one side and rows of strawberries on the other. This is the fertile landscape of central California's Salinas Valley.

In this area, just two hours south of San Francisco, farmers grow the majority of the nation's greens, including 80 percent of the lettuce and most of the spinach, broccoli and artichokes. Over the next several days, as we wander through the fields, roadside stands and farmers markets, I salivate over gargantuan heads of lettuce, delicate bunches of broccolini and artichokes that range from one-pound jumbos to two-ounce minis. Per acre, Salinas Valley has the most valuable agricultural land on the planet.

Evan Oakes takes us on an Ag Venture Tour, which helps us understand how this produce gets to market. At one large farm we watch men and women cleanse the produce for packaging. A few miles down the road we see them crate the packages for distribution. They move quickly as the greens must reach their destination before the lettuce wilts or the artichoke leaves brown.

Oakes explains that the Salinas Valley is lucky. Much of the Salinas River, which runs north-northwest through the valley, flows underground, thus providing abundant water to an area that

gets less than an inch of rainfall between May and September.

The river empties into a spot near Monterey Bay, a few miles north of Salinas, and it's here, where the fresh water of the river meets the salt water of the bay, that we begin our ride through Elkhorn Slough. Captain Yohn Gideon greets us as we board the 27-foot pontoon and explains that we're about to embark on a dual mission. First, we're going to enjoy ourselves (no problem!), and second we're going to collect data for the California

Department of Fish and Wildlife, the Audubon Society and other respected institutions.

He hands out counters and asks me to keep track of otters and other passengers to count sea lions, seals and a variety of birds. We've been out less than five minutes when Laura, the on-board naturalist, spies an otter. Click. A minute later we see an entire raft of the creatures lounging on a rock. Click, click, click, click.

At the end of our tour, he reads our totals. In

In this area, just two hours south of San Francisco, farmers grow the majority of the nation's greens.

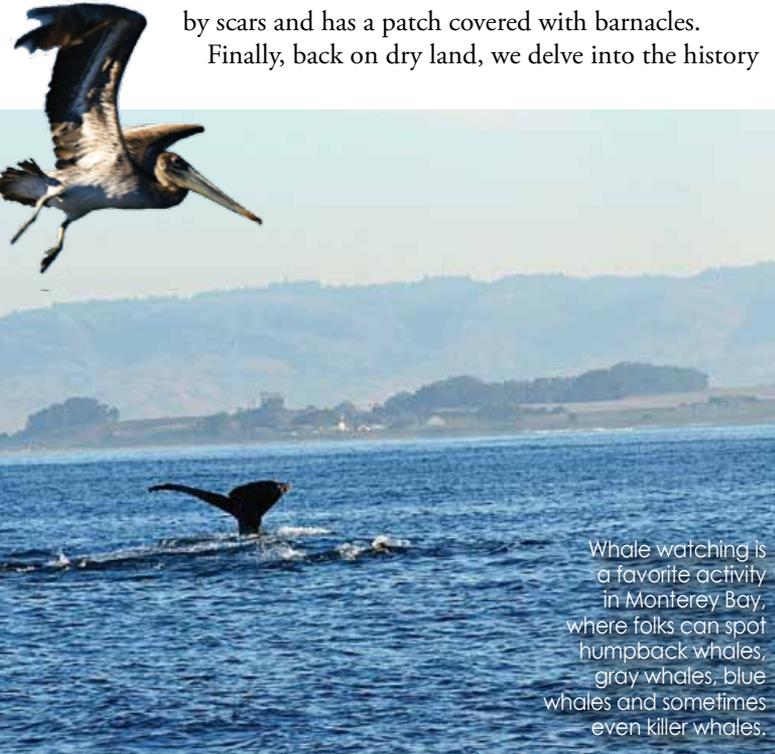


less than two hours we've seen 68 otters, 24 sea lions, 181 harbor seals and hundreds of birds, including loons, herons, pelicans, cormorants and shorebirds galore. "Good job," says Gideon, and I puff with pride. Now I can add "research scientist" to my resume.

We're equally fortunate the next day when we go on a whale watching expedition. By the time our 45-foot boat is ten miles from shore, we're surrounded—literally surrounded—by whales that are as long as, or even longer than, our boat.

We see the blow, the tail and the breach—all at close range. One whale breaks off from its buddies and dives deep on the left side of our boat only to surface a minute later on the right. He's so close I can see the sheen of its skin, which is marred by scars and has a patch covered with barnacles.

Finally, back on dry land, we delve into the history



Whale watching is a favorite activity in Monterey Bay, where folks can spot humpback whales, gray whales, blue whales and sometimes even killer whales.

of Salinas Valley, a place that's been well documented, albeit in a "novel" way, by renowned author John Steinbeck. Steinbeck, who was born and grew up in the area, told a friend that his goal was "to write the story of this whole valley, of all the little towns and all the farms and the ranches in the wilder hills.... I would like to do it so that it would be the valley of the world."

To see how Steinbeck achieved his goal, we visit the National Steinbeck Center, where a variety of exhibits explore the relationship between the author's life and writings. One of his books, the Pulitzer Prize-winning *Grapes of Wrath*, depicts the plight of migrant farmers who, like the grandparents of many of today's most successful producers, came to California in the Thirties. Another, *East of Eden*, was written for his sons, partly to teach them about good and evil but also to show them the land in which their father grew up. It is, he said, "a sort of autobiography of the Salinas Valley."

The Valley has come a long way since Steinbeck's time. But as he wished, it can, at least agriculturally speaking, be called "The Valley of the World."

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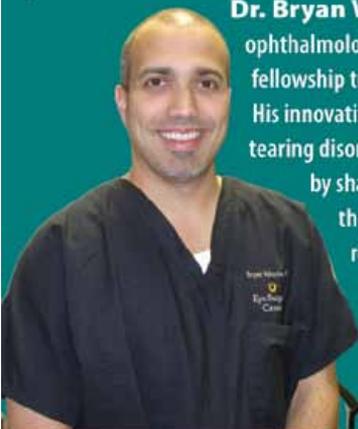
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Reclaiming California's Diversity

by David White

If you ask a typical wine consumer to imagine a California red, they'll almost certainly think of Cabernet Sauvignon. If you ask that same consumer to imagine a white, they'll almost certainly think of Chardonnay.

This is understandable. More than 500,000 acres of California farmland are dedicated to wine grapes, and Cabernet Sauvignon and Chardonnay are the most widely planted. More than a quarter of the state's red wine grape plantings are Cabernet Sauvignon. And more than half of all white wine grape plantings are Chardonnay.

Once upon a time, however, California's landscape was much more diverse. And thanks to a group of renegade vintners, California is reclaiming this diversity

-- and producing more and more wines that are reminiscent of a bygone era.

The dominance of Cabernet Sauvignon and Chardonnay partly traces back to 1976. That year, a British wine merchant named Steven Spurrier organized a wine competition in Paris, where he pitted California's best Chardonnay and Cabernet Sauvignon against the best wines that France had to offer.

Until then, few critics took California seriously. And at that tasting, everyone assumed that France would win. But with both whites and reds, California came out on top. That competition -- now known as the "Judgment of Paris" -- transformed California's wine industry.

The red, produced by Warren Winiarski at Stag's Leap Wine Cellars, helped

accelerate Robert Mondavi's efforts to tout California's wines as being on par with Europe's best offerings.

The white, produced by Mike Grgich at Chateau Montelena, forced the world to take a serious look at California Chardonnay. When Kendall-Jackson produced a Chardonnay with just a hint of sweetness a few years later, the variety's popularity would skyrocket with consumers.

Over the subsequent two decades, those who marketed wine pushed other varietal wines like Merlot, Pinot Noir, and Sauvignon Blanc. But Cabernet and Chardonnay were cemented at the top.

For most of California's winegrowing history, however, vineyards were planted chaotically with inexpensive, workhorse grapes. Americans didn't care about

varieties and drank simple table. While most were consumed locally, products like Gallo's Hearty Burgundy and Almaden's Mountain Chablis approximated these wines and had national distribution.

Today, several California vintners are rediscovering these ancient vineyards and recognizing their potential. This effort is led by Tegan Passalacqua of Turley Wine Cellars and Morgan Twain-Peterson of Bedrock Wine Co., two young producers who have earned a reputation for crafting delicious wines from old vineyards. Three years ago, the two men helped launch the Historic Vineyard Society, a nonprofit created to catalog, protect, and promote these properties.

Turley's Library Vineyard Petite Sirah is a great example of the wines this group celebrates. The Library Vineyard was planted between 1880 and 1920 directly behind the St. Helena Public Library in Napa Valley. Although planted primarily to Petite Sirah, the small vineyard is comprised of more than a dozen different varieties, including red grapes like Syrah, Carignan, Grenache, and Zinfandel and

white grapes like Muscadelle and Green Hungarian. From this vineyard, Passalacqua makes a delightful field blend that speaks clearly of its origin.

Bedrock's Compagni Portis white is another great example. Sourced from a Sonoma vineyard planted in 1954, the wine is a blend of Gewurtztraminer, Trousseau Gris, Riesling, and a handful of unusual grapes that are almost extinct. It's exotic, exceptionally aromatic, and totally unique.

Passalacqua and Twain-Peterson are hardly alone. California producers like Carlisle, Arnot-Roberts, Forlorn Hope, and Wind Gap are also creating high quality wines from historic properties. While some make field blends, others produce single varietal wines from nearly forgotten grapes in almost-forgotten vineyards.

In late February, a group of wine writers from across the country gathered in California for a conference. During a discussion about Napa Valley's "unexpected" wines, New York Times wine critic Eric Asimov reminded attendees of

California's "history of diversity" with Turley's Library Vineyard Petite Sirah.

Wines like this are still just asterisks, of course. They're jewels of an earlier time. But they show that there's more to California than Chardonnay and Cabernet Sauvignon.

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

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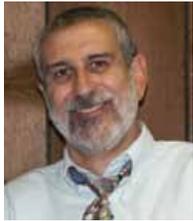
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Mark GLASS

Recent DVD Releases



The Secret Life of Walter Mitty ★★

(PG) If you've read the original short story by James Thurber and/or seen the 1947 Danny Kaye movie version, you ain't gonna be happy with Ben Stiller's idea of how to ramp it up for a contemporary comedy adventure. The basic concept is preserved - Kaye's Mitty was a beleaguered Milquetoast who escapes into heroic, romantic daydreams which lead to an unlikely real-life encounter

with villains and a damsel in distress. Stiller's embarks on more of a globe-trotting quest, inspired by the woman he loves from afar (Kristin Wiig).

Thurber and Kaye thrived on whimsy. Stiller abandons most of that in a relatively heavy-handed production that trades

more on special effects and extremes. Stiller's updated take on the character isn't nearly as endearing as the earlier Mr. Mitty. The attempt at making his journey seem more realistic and less farcical borders on dishonoring the source material. In fact, Stiller could have crafted this vehicle for himself without having to use the Thurber title. This plot and protagonist bear more of a resemblance to many of his previous films, from "Flirting with Disaster" to "Greenberg", among others, than to eponymous story and film of yore.

I'd have probably liked the film more had they started from scratch, rather than evoking such an ill-fated comparison. Those who haven't read or seen the earlier incarnations of Walter Mitty will have a better chance of enjoying this one as just another Ben Stiller romantic comedy...which more accurately describes the movie you're getting.

The Hobbit: The Desolation of Smaug ★★★★★

(PG-13) OK, franchise fans, strap yourselves in for over two-and-a-half hours of Bilbo Baggins and Gandalf leading an intrepid posse of dwarves on the next leg of their quest to slay the dragon and reclaim their mountain home...and the enormous pile of gold and jewels upon which he snoozes. It's only the middle installment of another Peter Jackson-directed Tolkien-based film





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trio, so don't be surprised when you're left in mid-crisis when the picture fades to black. With that understanding, aim for a 3-D screen, if available. This is big-scale stuff - both the CGI and splendid, pristine landscapes - which that medium enhances.

If you haven't gotten into these sagas yet, starting here is a bad idea; too much backstory to catch up on to relate to the players or understand the premise, including their considerable array of otherworldly obstacles. For those who saw "The Hobbit", this one seemed to move along at a more effective pace. Expect plenty of seasonal award nominations on the tech elements, and perhaps some nods for Adapted Screenplay. New Zealand's economy should be safe for a while, with this one certain to keep the Tolkien cash-cow's milk flowing, tiding them over until the finale arrives next year. That must be a welcome relief for the sheep.

Grudge Match ★★☆☆

(PG-13) Robert DeNiro and Sylvester Stallone have probably never been linked on anyone's Thespian scale, but a shared lineage sets the table for this pairing as over-the-hill boxing rivals from Pittsburgh who wind up in the ring 30 years after they should have. In his prime, DeNiro won an Oscar for playing legendary Jake LaMotta in "Raging Bull". Sly got an Oscar nomination for "Rocky", before continuing that franchise well past his physical heyday.

In this action comedy, Sly's "Razor" Sharp won the light heavyweight title from DeNiro's Billy "The Kid" McDonnen, after first losing it to him in the early 1980s. Before the promoters could book a decisive third bout, Razor retired without explanation. He toiled quietly in a factory for the next three decades, while The Kid enjoyed moderate success in used car and sports bar businesses, while resenting Razor for ducking out on what could have been the defining battle (and huge payday) for both.

For a couple of hours we follow the path to their overdue rematch which includes a considerable, if not excessive, amount of soap opera in learning why Razor walked away, what changed his mind, who needed to learn which Valuable Life Lessons, and prove what to whom. Support comes primarily from Alan Arkin as Razor's mentor counterpart to Rocky's Burgess Meredith; Kim Basinger as a woman whose history bound her to both guys; and Kevin Hart as the hyperkinetic son of the promoter who cheated them in the '80s, trying to make his own mark via the revived nostalgia fumes from their old enmity.

The screenplay delivers enough laughs to qualify for its comedy designation, but there's too much sentimental business to keep it on that track. We slog through an overdose of melodrama en route to the inevitable climactic fight scene. The stars fare surprisingly well in that ring sequence for a couple of dudes in their late 60s. Mercifully, nothing in the script proffers another re-match. What may be the film's funniest moments come after the credits start to roll, so don't leave too quickly.



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May 27: "Effective Dementia Screening"

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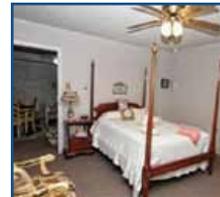
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Chicken Pozole (Serves: 4)

- 1½ cups of chicken, shredded from a store bought (3- to 4-pound) rotisserie chicken
- 3 tablespoons vegetable oil
- 1 large yellow onion, chopped (about 2 cups)
- 4 garlic cloves, minced
- ¼ teaspoon oregano
- 3 teaspoons ground coriander
- 1½ teaspoons ground cumin
- 1 can (4.5 ounces) chopped green chiles
- ½ (14.5-ounce) can chopped tomatoes
- 1 can (7 ounces) salsa verde
- 2 cans (15 ounces each) hominy, drained
- 2 cans (14 ounces each) low-sodium chicken broth
- Kosher salt and cracked black pepper

Garnishes (optional)

- 1 red onion, finely chopped
- 1 lime, cut into wedges
- ½ cup crema or sour cream
- Crushed tortilla chips
- ½ cup fresh cilantro leaves, chopped
- Thinly sliced radishes
- 1 avocado, diced

Remove meat from chicken and shred into 1-inch pieces; discard skin and bones. Set aside about 1 1/2 cups of meat for soup; reserve remaining chicken for another use. In large Dutch oven or saucepot set over medium heat, heat oil. Add onion and cook until translucent and fragrant, about 8 minutes. Add garlic and cook for 3 to 4 more minutes. Add oregano, coriander and cumin, and cook until slightly darkened and fragrant, 2 to 3 minutes. Add green chiles, chopped tomatoes, salsa verde and cook until it just comes to a boil, about 2 minutes. Add hominy and chicken broth and return to a boil. Reduce heat to medium and simmer for at least 10 minutes to allow flavors to develop. Season with salt and pepper. Add shredded chicken and cook until heated through, 3 minutes. To serve, divide among 4 bowls and garnish as desired.

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Peaches and Cream Cheesecake Bars (Serves: 36 bars)

- 1 cup almonds, finely chopped
- 1 cup graham cracker crumbs
- ½ cup unsalted butter, softened
- 2 packages (8 ounces each) cream cheese, softened
- 1 can (14 ounces) sweetened condensed milk
- 2 large eggs
- ¼ cup lemon juice
- ½ teaspoon almond extract
- 2½ tablespoons all-purpose flour
- 1 can (8.75 ounces) peaches, drained
- Pinch of salt

Preheat oven to 375°F. Spray 9-by-13-inch pan with non-stick spray.

In mixing bowl combine almonds, graham cracker crumbs and butter with fork until combined. Press into bottom of pan.

Using handheld or stand mixer, beat cream cheese until smooth and no lumps remain. While mixing, add sweetened condensed milk, eggs, lemon juice, almond extract and flour. Mix until fully combined. Pour over crust.

In food processor or blender, puree peaches. Stir in a pinch of salt. Using tablespoon, drop spoonfuls of peach puree over top of cream cheese mixture. Using knife, gently swirl peaches through filling to create marbled look.

Bake for 30 minutes or until center is set. Remove from oven and cool to room temperature before transferring to refrigerator to chill throughout.

Cut bars and serve chilled.



Slow Cooker Ragu (Serves: 8 to 10)



- 2 tablespoons olive oil
- 1 yellow onion, finely chopped
- 1 celery stalk, finely chopped
- 3 cloves garlic, minced
- Kosher salt & cracked black pepper
- ¼ cup canned tomato paste
- ½ teaspoon dried thyme
- ½ cup low-sodium canned beef broth
- 2 (28 ounce) cans crushed tomatoes
- 1 pound ground pork
- 1 pound ground beef sirloin
- 1 (14.5 oz.) can sliced carrots, drained
- 1 (4 oz. can) sliced mushrooms, drained
- Cooked pasta for serving

Heat oil in large saute pan over medium-high heat. Add onion and celery and saute for 1 minute just to soften. Add garlic and season with salt and pepper, cooking for about 3 minutes. Add tomato paste and thyme and continue cooking for another 2 minutes. Slowly add beef broth to deglaze bottom of pan, stirring with wooden spoon. Season with salt and pepper. Carefully transfer mixture to slow cooker. Stir in canned tomatoes. Mix pork and sirloin together in separate bowl, using your hands, until combined. Stir meat into slow cooker, spreading out evenly and avoiding any large clumps. Cover and cook on high for 4 to 6 hours or on low 8 to 10 hours. During last two hours of cooking, add canned carrots and mushrooms to ragu. Skim accumulated grease from top before serving. Serve over pasta with crusty bread for soaking up sauce.



Artichoke & Bean Salad with Tuna

- 2 cups (one 15-ounce can) white northern or cannellini beans, drained and rinsed
- 1 can (15 ounces) artichoke hearts, drained and quartered
- 1 rib celery, finely diced
- 2 tablespoons red onion, finely diced
- 1 can (6 ounces) tuna, drained and flaked
- 3 tablespoons extra virgin olive oil
- Juice and zest of 1 lemon
- ¼ cup chopped fresh parsley
- Kosher salt and cracked black pepper

Combine all ingredients in mixing bowl, and season to taste with salt and pepper. Toss gently and refrigerate 45 minutes before serving. Serve salad on bed of mixed greens with crusty bread. Or alternatively, serve salad scooped onto hero roll with arugula.

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Shreveport Symphony - Concerto de Aranjuez at April 5 at 7:30 p.m. at Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. Tickets start at \$19. Call 318-227-TUNE (8863).

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AARP Driver Safety Program - A four (4) hour classroom refresher course which may qualify participants age 55+ for a three year automobile insurance premium reduction or discount. Seating is limited. Participants must **preregister**. \$15 for AARP members (AARP card required at registration); \$20 for non-AARP members. Correct change or checks payable to AARP accepted.

- April 9: 8:30 a.m. – 12:30 p.m. Kingston Road Baptist Church, 8900 Kingston Road, Shreveport. Contact: Mr. E.J. Baker at 686-3666.
- April 11- 8:30 a.m. – 12:30 p.m. Airline Baptist Church,

4007 Airline, Bossier City. Contact: Shirley Clark, 318-459-7788. Instructor: Martha Hogan

- April 12: 8:30 a.m. – 12:30 p.m. Hebert's Town and Country, 1155 E. Bert Kouns Ind. Loop Hosts: Hebert's and *The Best of Times*. Contact: 318-221-9000.
- April 22: 8:30 a.m. – 12:30 p.m. First United Methodist Church, Head of Texas Street, Shreveport. Contact: Rev. Carl Rhoads, 424-7771, ext.: 102.

EVENTS

American Legion Ladies Auxiliary Styleshow and Luncheon - American Legion, 5315 S. Lakeshore Dr., Shreveport. Saturday. April 26 at 11:30 am. \$15. Get your tickets in the Legion office M-F. 8am-4pm.

Bowl Painting Party - Thursday, April 10 5:30 – 7:30 p.m. Inside the old Liz Claiborne location (near Fudruckers and Regal Cinema)



at the Louisiana Boardwalk in Bossier City. Supplies provided. For a \$5 donation or with the purchase of a ticket to the Empty Bowls Event, all ages can paint a ceramic bowl that will be used during the Event on June 5. For more info contact Krystle Beauchamp at 318-675-2400 ext.111.

Le Tour des Jardins - NWLA Master Gardeners annual spring garden tour. May 3 and 4. Tour hours will be 10 a.m. to 5 p.m. on May 3, and 1 p.m. to 5 p.m. on May 4. Advance tickets are \$10 and can be purchased at any Citizens National Bank, or by calling the Master Gardeners office at (318) 698-0010.

Quota International of Bossier Annual Style Show - 11:30 AM, Tuesday April 8 at Hilton Garden Inn, 2015 Old Minden Rd., Bossier City.

Admission is \$25. For tickets call 470-4116 or 746-2710.

SPAR's Senior Program "Annual Spring Musical Splendor Review" - Thursday, April 10 from 10 am to 1 pm at the Riverview Hall, 600 Clyde Fant Parkway, Shreveport. For more info, contact Camille Webb at 673-7845.

Strand Season Announcement party - The Strand's 30th Anniversary Season will be announced at a special birthday party on May 6 at 5:30 p.m. on the Strand stage. Live music from Honalee, featuring music from Peter, Paul and Mary. **FREE** and open to the public. Contact the office at 318-226-1481 or visit www.thestrandtheatre.com.

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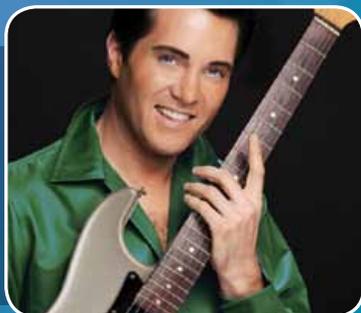


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NWLA DISTRICT SENIOR OLYMPICS

Senior Residence Communities Competition:

- Friday, April 4 Beanbag Baseball, 9 A.M. Bellaire Fitness Center, 4330 Panther Drive, Bossier City. (Finals 10 A.M. April 15 at Horseshoe Casino Riverdome)
- Friday, April 11 Washer Pitch, 9 A.M., Bellaire Fitness Center, 4330 Panther Drive, Bossier City.

Open Division

- Saturday, March 29 Beanbag Baseball, 9 A.M., Knights of Columbus Bossier, 5400 E. Texas, Bossier City, NOTE: Teams that avoid elimination continue play on Saturday, April 12, 9 a.m. Finals on April 15 at 1 p.m.
- Tuesday, April 15 Opening Ceremony and Senior Health Fair at Horseshoe Casino Riverdome. Darts and Accuracy Throws 10 A.M.; Beanbag Finals: Residences 10 A.M. Open Division 1 P.M.
- Thursday, April 17 Tennis, Bossier Tennis Center, 4300 Benton Road. (Play will continue April 18 or 19 if necessary.)
- Friday, April 18 Couples Dancing, 1 P.M., Bossier Council on Aging, Bearkat

Drive, Bossier. (Couples judged in Waltz, Swing or 2-Step for appearance, participation and performance).

- Saturday, April 19 Bocce Ball, Seniors and Special Olympics, 9 A.M. Knights of Columbus, 5400 E. Texas, Bossier City
- Friday, April 25 Golf, 8:30 A.M., Northwood Hills GC, 5000 Northwood Hills Dr.
- Saturday, April 26 Bocce Ball, Seniors, 9 A.M. Knights of Columbus, 5400 E. Texas, Bossier.
- Sunday, April 27 Chip & Putt, 2 P.M. The Practice Tee, Benton Road at 1-220.
- Thursday, May 01 Marksmanship, 1 P.M. 22 rifles and pistols, Shooters USA, 357 Magnum Drive, Bossier City.
- Saturday, May 03 Recreational Horseshoes, 8 A.M., Advanced Horseshoes, 9 A.M., Knights of Columbus Bossier, 5400 E. Texas, Bossier City

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- Thursday April 3: "Identify Theft" by Sheriff Steve Prator and Detective Bobby Herring / Caddo Parish Sheriff Department
- Thursday April 10: "The Ties that Bind: Franco-American Relations" by Brian O'Nuanain
- Thursday April 17: Country Diamond Line Dance Team
- Thursday April 24: "Spring Color in the Landscape" by Dr. Joe White

THEATRE

The Game's Afoot - Presented by Shreveport Little Theatre, 812 Margaret Place, Shreveport. April 24, 25, 26, May 1, 2, & 3 at 8 p.m.; April 27 and May 4 at 2 p.m. Comedy-mystery about the great actor William Gillette who originated the role of Sherlock Holmes. Tickets are \$17. Call 318-424-4439 or please visit www.shreveportlittletheatre.com.

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Thursday, April 10, 2014

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Saturday, May 3, 2014

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Friday, June 13, 2014

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King Crossword

Puzzle answers on
page 38

ACROSS

- 1 Stately dance
- 6 Spice blend in Indian cuisine
- 12 Nut in a toxic shell
- 13 "I, Robot" author
- 14 Acid neutralizer
- 15 Abrade
- 16 Disorder
- 17 Reverberate
- 19 In medias —
- 20 Early pulpit
- 22 Skater Babilonia
- 24 Carnival city
- 27 Exceptional
- 29 Make a splash
- 32 He sang "Alison" and "Veronica"
- 35 Took off
- 36 Recognize
- 37 Peculiar
- 38 Theater ticket datum
- 40 Teensy bit
- 42 Feedbag tidbit
- 44 Vaulted recess
- 46 Ellipse
- 50 Lowly worker
- 52 With optimism
- 54 More goose-

	1	2	3	4	5		6	7	8	9	10	11
12									13			
14									15			
16						17	18				19	
				20	21				22	23		
24	25	26		27			28		29		30	31
32			33					34				
35					36					37		
		38		39		40			41			
42	43			44	45				46	47	48	49
50			51					52	53			
54								55				
56								57				

- bump-induc-
- ing
- 55 Dr. Scholl's product
- 56 Least bananas
- 57 As a coquette would
- 9 Texas city
- 10 Easy bounding gait
- 11 Birds, to Brutus
- 12 Video maker, for short
- 18 Long, blunt cigars
- 21 "— Doubtfire"
- 23 Mimic
- 24 Gridiron arbiter
- 25 Under the weather
- 26 Flip
- 28 Not widely known
- 30 Antiquated
- 31 Spacecraft
- address
- compartment
- 33 Altar affirmative
- 34 Seesaw quorum
- 39 Pay
- 41 Unlike rolling stones?
- 42 Poets' tributes
- 43 Neighborhood
- 45 Saucy
- 47 String instrument
- 48 Partner
- 49 Caustic solution
- 51 "Trivial Pursuit" need
- 53 John's Yoko

DOWN

- 1 Corduroy ridge
- 2 Requests
- 3 Tibet's capital
- 4 — Aviv
- 5 Dry, crisp bread
- 6 Pulverize
- 7 Foppish neckwear
- 8 Knightly

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Sudoku

by Linda Thistle

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

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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MAGIC MAZE ● DAYTONA 500 WINNERS

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

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

Allison	Burton	Harvick	Newman
Andretti	Cope	Jarrett	Panch
Baker	Foyt	Kenseth	Waltrip
Bayne	Gordon	Marlin	

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ANSWERS FROM THE EXPERTS

In considering a nursing home for future placement of a family member, I am told that I should review the home's most recent state survey. Where can I obtain one?

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



Vicki Ott
NurseCare Nursing and Rehab Center
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 48.

If I have a loved one who needs hospice, what do I do?

Call the hospice company of your choice. The Hospice team will work with you to provide any information you need to make good decisions. After meeting with you, the hospice staff can help you get the necessary orders from your loved one's physician. Hospices also have medical directors and hospice physicians to assist and care for patients who have no personal physician. If you need more information about hospice care or Grace Home please call 681-4605.



Don Harper
CHRISTUS HomeCare & Hospice
1700 Buckner Sq., #200
Shreveport, LA 71101
318-681-7200
See our ad on page 42.

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 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.



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

When should I have cataracts taken out?

Cataracts are a normal part of aging. Not everyone who has cataracts will need to have them removed. As cataracts progress, they cause decreased vision, glare problems, trouble reading, and loss of contrast sensitivity. We suggest having cataracts removed when your best corrected visual acuity drops to 20/50. They should also be removed if other symptoms are causing problems with daily activities of life such as driving, reading, or seeing fine details. Call us at 212-3937 for an evaluation TODAY. For more info log on to www.ShelbyEye.com



Chris Shelby, MD
Pierremont Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
www.ShelbyEye.com
See our ad on page 20.

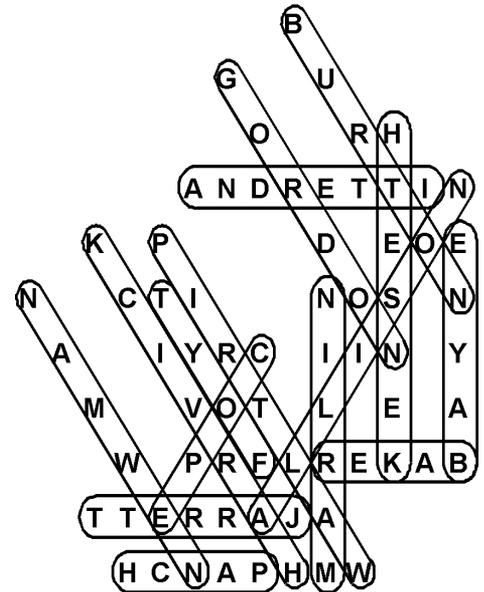
King Crossword

Answers

Solution time: 24 mins.

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

DAYTONA 500 WINNERS



SUDUKO

Answer

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

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

SciPort's Mad Scientist Ball was held on March 15. This year's theme was Superheroes vs. Supervillains!

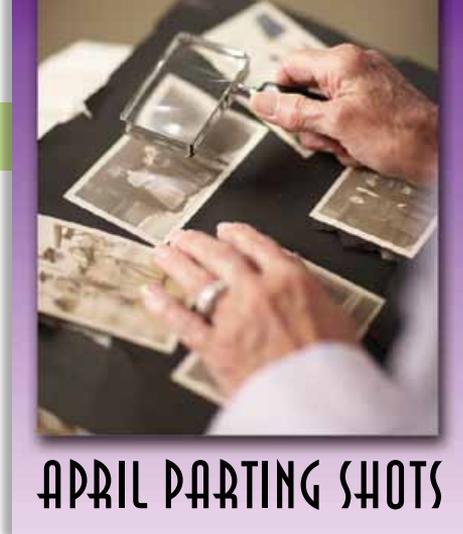
Joe and Abby Averett, "Poison Ivy" Ann Fumarolo, and Bob Thornton



Ivy and Ken Latin



Jim and Susan Miller

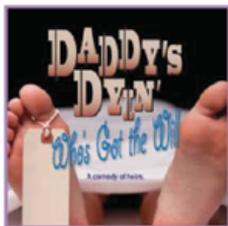


Michael and Richea Corbin

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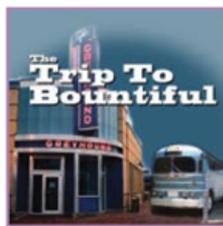
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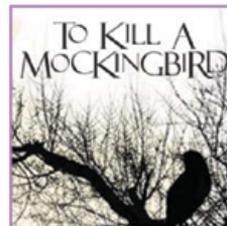
September 9-19, 2013



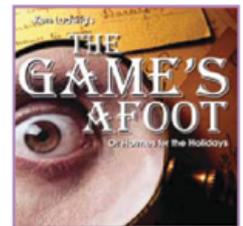
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Feb 27 - March 9, 2014



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APRIL PARTING SHOTS (continued)

Shreveport Bridge Association hosted the Red River Split Regional Bridge Tournament Feb. 24 - March 2 at Holiday Inn Financial Plaza.

(l to r) Fran Hewitt, Pat Berry, Jack Berg, Glenda Ilgenfritz, and Todd Barnes



Tom Reed, Earlene Boddie, and Gary Galloway

(l to r) Ardith Thompson, Ray Atchley, Debbie Boyd, and Jerry Bigner



The Best of Times unveiled the 2014 edition of Silver Pages senior directory at a health fair hosted by NurseCare of Shreveport on March 1st



Delman and Patsy Gardner



Wanda and James Hicks



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APRIL PARTING SHOTS (continued)

The March for Meals on Wheels was held on March 7 at Festival Plaza in downtown Shreveport.

Nursecare of Shreveport staff members support the March.



Clara Farley (left) and Neva Jones



Horseshoe Casino & Resort staff support Meals on Wheels.



Shreveport Mayor Cedric Glover and Caddo Parish Sheriff Steve Prator



State Senator Barrow Peacock and Mary Alice Rountree



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APRIL PARTING SHOTS (continued)

Shreveport Bossier Convention and Tourist Bureau Mardi Gras Bash — (l to r) Karen Blain, Erica Howard, Pattie Harrell and Pamela Ambrose



Karen Kennedy celebrated her birthday with a host of friends at Biscotti's.



Cedar Hills Apartments held a Mardi Gras celebration on February 27

King cakes and good times with the Cedar Hills family at the Annual Mardi Gras Party. (From left) John Clark, Cynthia Munch, Amy Bailey, Samantha Anderson, Rebecca Sherrill and Sara Keith



The many faces of Mardi Gras. (From left) Berna Dean Taylor, Lesa Townsend, Amy Bailey and Christian Middleton



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APRIL PARTING SHOTS (continued)

Chuck E Cheese — Dr. Alan Little with his buddy, Chuck E. Cheese



Guinness (center) hosted his annual St. Patrick's Day party on March 17 at the home of his people, Holli and Pat Hennessy.

(Below) Dianne Turnley, Karol Fontaine, and Julie Miller



Family Birthdays —

Larry Raley celebrated his 68th birthday with wife Glenda and grandkids Cohen, Sydney, and Holly



A.P. Weaver (seated) celebrated his 86th birthday with children Glenda Weaver Raley, Tim Weaver, Rhonda Weaver Mangrum, and Paul Weaver

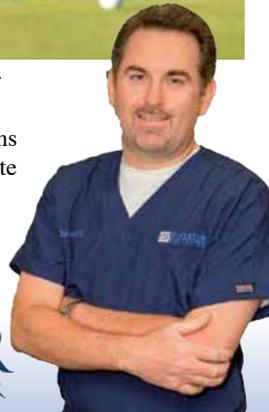
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APRIL PARTING SHOTS (continued)

Anual Mardi Gras jazz brunch at the Woman's Department Club was held Feb. 15.



Jammy and Drew Willingham



Mary Alice Mosley



Sandy and Chandler Bounds



Dot and Will Cady



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

In many cases, special telescopic glasses can be prescribed to enhance visual performance. She can often help people read, watch TV, see the computer and sometimes drive.

Telescopic glasses cost between \$1900-\$2600. It is a small price to pay for the hours of enjoyment with better vision and more independence.

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Dr. Mona Douglas, Optometrist
Shreveport . Monroe . Lafayette
www.IALVS.com

🌸 Bossier Council on Aging 🌸

Info & referrals - 741-8302

Caption Call System - Hard of hearing telephone system available @ no cost. Must have landline & internet services.

Caregiver - Support services are provided for family caregivers including in-home respite care for the caregiver, education for the family, and material aid and sitter services for the patient. \$3/visit suggested.

Home Delivered Meals - Provided Monday - Thursday for homebound seniors in Bossier parish. \$2 suggested contribution.

Homemaker - Trained employees provide light housekeeping for

seniors having difficulty maintaining their homes. \$3/visit suggested.

Legal Services - Education on elder legal issues. Counseling for individuals is accessible monthly with a local lawyer or by referrals.

Medicaid Food Stamp Applications - Application center and assistance filling out the forms. By appointment only.

Medical Alert - With a referral from BCOA, an auto dial unit is available for installation on your phone. Necklace, wristband, or pocket clip styles provided. Press the button for immediate help. \$25 fee per month.

Outreach - Home visits are made

to help qualify seniors for services.

Senior Centers - Recreation, crafts, educational seminars, and health information. Also: day trips, extended trips, exercise/dance classes, bingo, cards, dominoes, health screenings, exercise equipment room, Senior Games and Thursday night dances with a live band. Hot, nutritious meals served at 11:30 AM at the sites, Monday - Friday. \$2 per meal is suggested.

• Bearkat Site (741-8302), 706 Bearkat Dr., Bossier City. Monday through Thursday 8 am - 4:30 pm; Friday 8 am - 2:30 pm.

• Plain Dealing Site (326-

5722), 101 E. Oak St., Plain Dealing, 9 AM - 1 PM

• Benton Site (965-9981), 102 Bellevue, Benton, 10 AM - 1 PM, Monday - Thursday.

Transportation - Wheelchair accessible vans available to transport seniors to grocery shopping, senior centers & BX (with military ID). \$3 suggested contribution. Medical appointment transportation provided with a \$10/roundtrip charge. Also contracts with Medicaid for referrals.

Zumba classes - Monday & Wednesday @ 5:30 pm, Saturdays @ 10 am. Open to the public, free for seniors.

🌸 Caddo Council on Aging 🌸

Information Referral - Call 318.676.7900 for specific problems

Resource Directory:

www.caddocouncilonaging.org

Aging & Disability Resource Center of Northwest LA - Serving Seniors & Disabled Adults in Northwest Louisiana Parishes. Call 1.800.256.3003 or 318.676.7900

• Long Term Care Resources & Options - Help navigate complex system of Long Term Care

• Medicare Counseling - Answer Medicare coverage questions

• Medicare Part D Application - Assist you to find the best plan through www.medicare.gov

• Medicine Assistance - Help seniors and disabled adults complete applications to drug companies for free or discounted medicine.

Community Choice Waiver - Case manager for Region 9.

Family Caregiver - Short-term temporary relief care is provided for caregivers so that they may have a break from senior care. A donation is requested.

Foster Grandparent - 318.676.7913. Seniors age 60+ can serve as mentors, tutors & caregivers to youth with special needs. Foster grand-

parents must meet federal income requirements. A modest tax-free salary is given for 20 hours' per week service.

Homemaker - A trained worker will perform light household tasks for house-bound persons. A \$5 monthly donation is requested.

Legal Services - Referrals for individual counseling

Meals on Wheels - Hot meals are delivered to homes of seniors unable to shop or cook for themselves. A yearly wellness check is included. A \$5 weekly donation is requested.

Medical Alert - Senior emergency response system provided by Acadian on Call for a \$22 monthly fee. This system gives immediate access to medical care in case of accidents.

Medicaid Applications - Application center and assistance filling out the forms. By appointment only.

Nursing Home Ombudsman - Advocate will investigate and resolve senior's nursing home complaints.

Personal Care - Personal care provided weekly for homebound seniors.

Senior Centers/Dining Sites - Fun activities. Lunch served. Suggested \$1.50 donation accepted.

• A.B. Palmer SPAR, 547 E. 79th St., Shreveport. 673-5336.

Mon thru Thur 9 am - 1 pm. Lunch @ 11:30 am.

• Airport Park SPAR, 6500 Kennedy Dr., Shreveport. 673-7803. Mon thru Thurs 9 am - 1 pm. Lunch @ 11:00 am.

• Cockrell SPAR, 4109 Pines Road, Shreveport. 629-4185. Mon thru Thurs 10 am - 12 noon. Lunch @ 10:30 am.

• Lakeside SPAR, 2200 Milam St., Shreveport. 673-7812. Mon through Thurs - 10 am - 12 noon. Lunch @ 11:30 am. Breakfast served Wed, Thurs & Fri @ 9 am.

• Martin Luther King Community Center. 1422 Martin Luther King Blvd, Shreveport. 222-7967. Mon through Fri: 9:30 am - 1:30 pm. Lunch @ 11:30 am. Transportation available on a limited basis. Call for more info.

• Mooringsport. 603 Latimer St., Mooringsport. 318-996-2059. Tues, Wed, & Thurs. 9 am - 12:30 pm. Lunch @ 11:30 am.

• Morningstar, 5340 Jewella Ave. Shreveport. 318-636-6172. Mon through Fri - 8:30 am to 12:30 pm. Lunch @ 11:00 am. Transportation available on a limited basis. Call for more info.

- support services that provide a temporary break in the tasks of caregiving. For family caregivers who are providing care for an older individual who is determined to be functionally impaired because of inability to perform instrumental functions of daily living without substantial supervision and assistance. This service is provided to persons caring for a homebound relative 60+, for a relative 60+ caring for a homebound child or grandchild.

Home-Delivered Meals - Noon meal delivered to eligible home-

bound elderly (illness, disability or while caring for spouse who is), 5 days a week.

Homemaker services - Provided to those meeting specific requirements.

Information and Assistance - Provides the individual with current information on opportunities and services within the community.

Legal Assistance - providing legal advice, counseling, and representation by an attorney. Lectures are scheduled on a quarterly basis.

Medicaid enrollment center -

• New Hill. 8725 Springridge Texas-Line Rd, Keithville. 925-0529. Tues and Thurs - 9 am - 12 noon. Lunch @ 11:00 am.

• Oil City, 110 Furman St., Oil City. Mon & Fri - 9 am - 12:30 pm. Lunch @ 12:00 pm.

• Randle T. Moore Senior Activity Center, 3101 Fairfield Ave., Shreveport. 676-7900. Thurs & Fri. Coffee @ 9:30 am. Program @ 10 am. Fri @ 11 am Senior Tech Talk.

• Southern Hills SPAR, 1002 Bert Kouns Industrial Loop, Shreveport. 673-7818. Mon through Thurs 10 am - 12:30 pm. Lunch @ 12:00 noon

• Valencia Park Community Center SPAR, 1800 Viking Drive, Shreveport. 673.6433. Mon - Thurs 9 am - 5 pm. Lunch @ 11 am.

Sheriff's Operation Safeguard - Caddo Parish Sheriff's Office helps reunite persons with Alzheimer's who have become lost with their families. Participants are given a special ID bracelet containing information stored in the Sheriff's Office database. Call 318.681.0875 to register. FREE.

Telephone Reassurance - Volunteers call seniors to offer comfort, support and a chat.

take initial Medicaid applications

Medical Alert - linking clients with in-home emergency response system.

Recreation - Art, crafts, hobbies, games, and trips.

Transportation - transporting older persons to and from community facilities and resources. Assisted transportation also provided and must be scheduled weekly in advance.

Wellness - designed to support/improve the senior's mental/physical well-being through exercise, physical fitness, and health screening.

🌸 Webster Council on Aging 🌸

Minden Senior Center (371-3056 or 1-800-256-2853), 316 McIntyre St., Minden, LA 71055; 8 am to 4 pm

Cotton Valley Senior Center (832-4225), Railroad Ave., Cotton Valley; 8:30 am to 12:30 pm

Springhill Senior Center (539-2510), 301 West Church St., Springhill; 8 am to 4 pm

Congregate Meals - nutritionally balanced meals for persons 60+ and spouses provided at senior centers, served 5 days a week.

Family Care-Giver Support

Invite you to attend one of these upcoming
AARP Driver Safety Program Courses

By taking the AARP Driver Safety Course participants may: Update their knowledge of the rules of the road, learn or improve defensive driving techniques and extend their safe driving lifetimes.

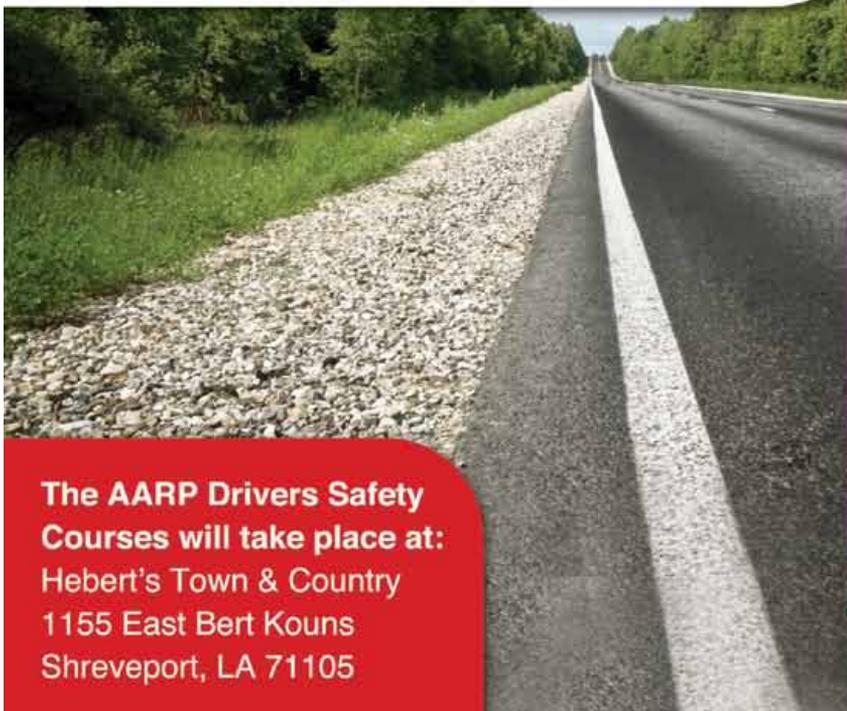
Attendance qualifies persons for a three-year discount on auto insurance from almost all insurers.

AARP membership is not required to attend.

Fees: \$15.00 for AARP members with their membership numbers

\$20.00 for all others.

Light refreshments! Giveaways! Door Prizes!



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Upcoming AARP Driver Safety Courses:

Saturday, January 11, 2014
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, February 8, 2014
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, March 8, 2014
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, April 12, 2014
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, May 10, 2014
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, June 14, 2014
8:30 am to 12:30 pm
(Registration begins at 8 am)

Call NOW for reservations to attend one of the above course dates.
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- ▶ Tracheotomy Care
- ▶ Electrical Stimulation Therapy
- ▶ Sub Acute Rehab
- ▶ Wound Care
- ▶ Cardiac Care
- ▶ Restorative Nursing/Rehab
- ▶ Diabetic Care
- ▶ Dialysis Management
- ▶ Pain Management

Residents enjoy almost all of the comforts of home, PLUS much more:

- ▶ Physical fitness and exercise periods
- ▶ Exciting social events
- ▶ Faith based services
- ▶ Music, crafts, and creative activities
- ▶ Dining prepared for taste, health,
and nutritional value
- ▶ Entertainment resources including
movie, books, and audio

NurseCare of Shreveport welcomes all persons in need of our services without regard to race, age, disability, color, national origin, religion, marital status, or gender and will make no determination regarding admissions or discharges based upon these factors. We comply with Section 504 of the Civil Rights Act.

