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# February Contents



## Briefs

- 6 Stat! Medical News



## Advice

- 20 Laws of the Land  
*The Case of the Life Insurance Liar*
- 22 Dear Pharmacist  
*5 Truly Effective Ways to Fight Cold & Flu*
- 24 Money Matters  
*Keeping Your New Year's Financial Resolutions*
- 26 From the Bench  
*Car Burglaries Are On The Increase*



## Features

- 9 Doing the Work They Love
- 12 Shreveport Then & Now
- 14 Health Care Changes Mean More Dollars Out of Seniors' Pockets
- 18 Snapshot Sleuth



## In Every Issue

- 34 What's Cooking?  
*Perfect Pops for Every Occasion*
- 36 Get Up & Go!
- 38 Our Famous Puzzle Pages
- 41 Parting Shots



## Columns

- 28 Traveltizers  
*Authentically Arizona: A Trip Through Diné Bikéyah*
- 30 Tinseltown Talks  
*Doris Day: Still an Animal's Best Friend*
- 32 Page by Page  
*Review of "Trigger Warning"*



The photo used for the cover is the work of Mike and Mark Mangham of Twin Blends Photography. Mike and Shoni Mangham appear on the left side of the photograph. The vintage portion of the photo was taken downtown on Shreveport Day 1955 and is courtesy of NWLA Archives at LSU Shreveport. If you have any information about Shreveport Day or can ID any of the people in the photo, please email [editor.calligas@gmail.com](mailto:editor.calligas@gmail.com).

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## February 6

Surgical Medical Advances  
**Guest:** Dr. SreyRam Kuy, Assistant Professor of Surgery at LSU Health Sciences Center in Shreveport

## February 13

Living the Miracle – A Chronicle of one Person's Journey With Cancer  
**Guest:** Dr. Durell Tuberville, PhD, counselor, and author

## February 20

You Know That You Are a Boomer, If...  
**Guest:** Mike Riles, national known author, humorist, and columnist

## February 27

History Does Matter  
**Guests:** Robert Grand and Other Special Guests

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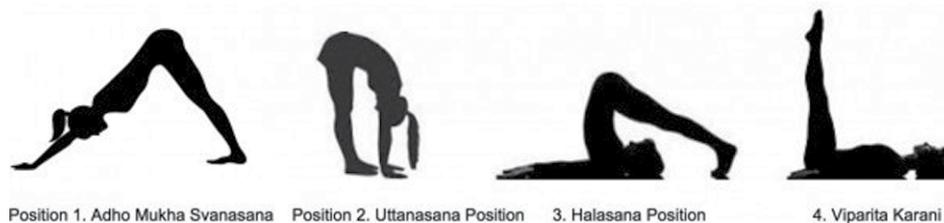
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Position 1. Adho Mukha Svanasana Position 2. Uttanasana Position 3. Halasana Position 4. Viparita Karani

## Certain Yoga Positions May Impact Eye Pressure in Glaucoma Patients

Glaucoma patients may experience increased eye pressure as the result of performing several different head-down positions while practicing yoga, according to a new study by researchers at New York Eye and Ear Infirmary of Mount Sinai and published in the journal *PLOS ONE*. Damage to the optic nerve occurs in glaucoma patients when fluid pressure inside the eye rises. Certain types of activities, including pushups and lifting heavy weights, should be avoided by glaucoma patients due to the risk of increasing intraocular pressure (IOP). In this study both normal and glaucoma participants showed a rise in IOP in four yoga positions, with the greatest increase of pressure occurring during downward facing dog. Because any elevated IOP is the most important known risk factor for development and progression of nerve damage to the eye, the rise in IOP after assuming the yoga poses is of concern for glaucoma patients. Glaucoma patients should share with their yoga instructors their disease to allow for modifications during the practice of yoga.



## Meals of Dining Establishments Tip the Scales

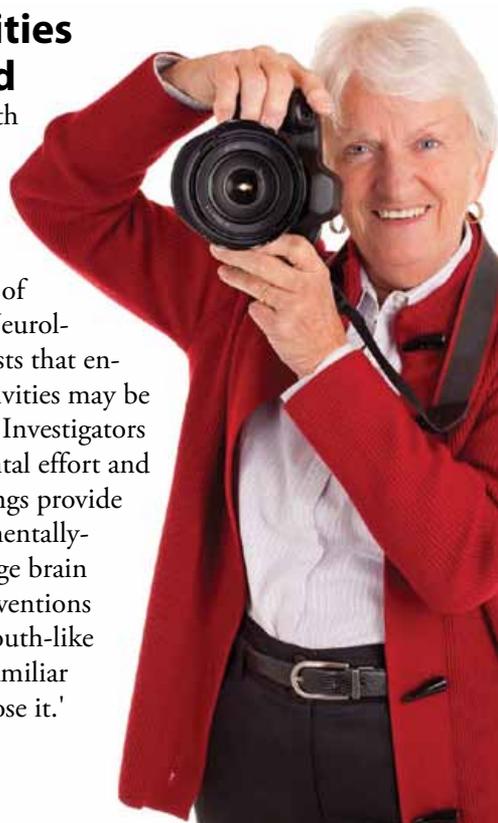
Meals consumed at fast-food restaurants are often seen as one of the biggest contributors to the obesity epidemic. However, according to a new study conducted at Tufts University in Boston and reported in the *Journal of the American Academy of Nutrition and Dietetics*, 92 percent of 364 measured restaurant meals from both large-chain and non-chain (local) restaurants exceeded recommended calorie requirements for a single meal. In 123 restaurants in three cities across America, the research team found that a single meal serving, without beverages, appetizers, or desserts sometimes exceeded the caloric requirements for an entire day. Researchers noted that although fast-food restaurants are often the easiest targets for criticism because they provide information on their portion sizes and calories, small restaurants typically provide just as many calories, and sometimes more. Although diners don't have to eat the entire meal, in practice most don't have enough willpower to stop eating when they have had enough.

## Study Shows E-Cigarettes, As Used, Aren't Helping Smokers Quit

Electronic cigarettes are widely promoted and used to help smokers quit traditional cigarettes, but a new analysis from UC San Francisco found that adult smokers who use e-cigarettes are actually 28 percent less likely to stop smoking cigarettes. The findings were published online in *The Lancet Respiratory Medicine*.

## Mentally Challenging Activities Key to a Healthy Aging Mind

One of the greatest challenges associated with the growing numbers of aged adults is how to maintain a healthy aging mind. Taking up a new mental challenge such as digital photography or quilting may help maintain cognitive vitality, say researchers at University of Texas at Dallas and reporting in *Restorative Neurology and Neuroscience*. Recent evidence suggests that engaging in enjoyable and enriching lifestyle activities may be associated with maintaining cognitive vitality. Investigators showed that tasks that involved sustained mental effort and challenge would facilitate function. The findings provide some of the first experimental evidence that mentally-challenging leisure activities can actually change brain function and that it is possible that such interventions can restore levels of brain activity to a more youth-like state. The findings superficially confirm the familiar adage regarding cognitive aging of 'Use it or lose it.'



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*-Darlene Franks Pace & Carolyn Franks Browning*

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*-Terri Miller and family*

# Doing the Work They Love



by Kathleen Ward

**N**ews reports of people forced out of retirement or delaying retirement because of the jagged ups and downs of the economy paint a dire picture of people working until they drop. Not so, say many seniors, who choose to work late in life just because they love their jobs.

Dr. Michael Angelo, 47, practices with Bossier Family Medicine and is a certified family practitioner with a growing geriatric practice. He believes the “physicality”, interaction with others and the mental demands of employment, keep some seniors in the workforce long after others retire.

“I still have a lot of patients in their 70s and early 80s that are working,” he said. “It starts with the desire to work and stay active. They choose to work – they don’t have to work.”

## It’s a Family Affair

It was a logical progression for Kathy Kennedy Price, 66, to spend her working life at LSU Medical Center. After all, she spent a lot of her childhood there.

“Aunt Eva would pick me up when I was six or seven and I would sit under the information desk and play,” said Price. Her mother, Essie Kennedy,

was a widow with three children who worked in the bakery department at Brookshire’s on Kings Highway on Saturdays.

Price’s aunts, Eva Morrison and Savannah Willis, worked side-by-side at the Information Desk. Two other aunts, Mae Johnson and Billie Arthur, worked there from one time or another as did her cousin Randy Arthur, who delivered newspapers to patients’ rooms. Another cousin, Eva Carolyn Arrington, studied at LSU to become an X-ray technician.

“So many people in my family had worked there and loved it. Once I got there, I loved it too. I lived about five blocks from there and could walk back and forth to work.”

Price worked in temporary and permanent positions from 1968 to 1973 at Confederate Memorial Hospital. The hospital merged with LSU School of Medicine in 1976.

In January 1975, she went permanent and she remains there today, 45 years later, as a Computer Graphic Designer Advanced.

She said the medical center has been a family affair for many Shreveport families.

“I’m probably into my third generation. I see them and I think, I watched your mom and dad go to medical school!”





“I really miss working,” said Barbara Thorne-Thomsen, a professional counselor who retired on her 90th birthday this past summer. **“Every day was a joy for me when I worked and I loved the people.** I just thought it was time. I certainly wanted to stop while I was competent.”



### Helping Others

“I really miss working,” said Barbara Thorne-Thomsen, a professional counselor who retired at her 90th birthday this past summer. “Every day was a joy for me when I worked and I loved the people. I just thought it was time. I certainly wanted to stop while I was competent.”

She’s exploring free time as a concept after not having very much of it for most of her adult life. She walks three miles a day, reads a lot and plans to take up free-style swimming.

A 1947 graduate of Grinnell College, she quickly realized that her chosen field, speech pathology, bored her. When she moved to Shreveport with her four children and husband, a longtime Shreveport businessman, she

decided to change careers and found the opportunity through the LSUS Master’s in Counseling program.

She became a “generalist”, a counselor who treats all types of people of all ages, and her practice grew.

“I took people I was interested in seeing. I just knew. I liked to utilize everything I thought was valuable. I didn’t do just marriage counseling or just children.”

People seek counseling mainly for depression, she said. She advises those thinking of entering counseling to research the options and be ready for some challenging work, but she believes it is well worth the effort.

“I think anyone who puts the energy into counseling wants to find out how to make their life more comfortable and better,” she said.

Many of her clients came back at times over the years to talk with her about events in their lives.

“Counseling isn’t linear. It just works and then it needs a little tweak. There’s nothing magical about being a counselor. You have to care about people and how they do.”

### Still Working, After All of These Years

Dr. Clarence Teagle, 77, practices at Pierremont Internal Medicine Associates.

“You have to love it,” said Dr. Teagle, when asked why he continues seeing patients. “I found it very interesting and still do. I enjoy talking to (the patients) and I spend a considerable amount of

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time with them. I consider all my patients my friends.”

He acknowledges he has cut back on some strenuous parts of practicing medicine, but has no plans to retire.

“It’s harder physically; I don’t take any more night calls.”

He has several patients over the age of 100. While none of them are still working, he notes that the trend in older workers has risen steadily.

### A Life in Law and Politics

Jackson B. Davis, 97, retired at 94. At one time he had five secretaries working in his busy real estate legal practice while serving six terms in the state Senate. Margaret Downs worked for him from 1947 until she retired in 1996. “It was the only job she ever had,” he said.

What kept him at it so long? “That one over there,” he said, pointing to his wife, Rosemary, 93. “Behind every successful lawyer is the woman that made it necessary,” responds Rosemary.

“For a long time I had to work; I had four children.” That was long before he retired though.

“He loved working,” she said. He had a very active practice, working five days a week.

“Sometimes I went in on Saturday. I liked meeting people. The Senate work and law work kept me pretty busy.”

The two met at LSU where he was in law school and she was an undergrad. They married in Honolulu in 1944. He was a naval intelligence officer specializing in code breaking in World War II. He

was recruited by the FBI, but decided to return to Shreveport and establish a legal practice.

He kept an office for 60 years in the Slattery Building, a landmark Shreveport building built by Mrs. Davis’ grandfather. Later he moved his offices to the Pierremont area to be close to home.

“If I was physically and mentally able, I would still be working,” he said.

---

According to the Bureau of Labor Statistics, the percentage of people working past the age of 75 grew 172% between 1977 and 2007, with the majority of those workers being women.

The jobs done by the older workers vary greatly, largely depending on what gratifies the individual. Many older people work in full-time positions; others supplement a retirement funded by a pension or Social Security by working part time.

“They retire from one field and then work in an entirely different field, doing something they enjoy,” said Dr. Angelo. One of his patients works as a consultant to construction companies, while another enjoys greeting people at Walmart.

Dr. Teagle advises people who want to continue to work to “keep doing it – there’s no reason why you can’t.”

“As Americans, we live to work instead of work to live,” said Dr. Angelo. Not so with seniors still working after most retire, he said.

“They are doing better than they were. If you can do something you enjoy, it’s not really work.”



“If I was physically and mentally able, I would still be working,” said Jackson B. Davis.



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# New Photo Feature

# Shreveport

# Then & Now

Twin brothers Mike and Mark Mangham have always been fascinated with history. While researching Shreveport's history, they came across a number of old photographs. They loved the photos so much that they decided to take modern day photos of the exact same locations. They blended the old and new photos together with amazing results. They have graciously agreed to share their photos and what they have learned about some of the buildings with our readers in this new monthly feature. If you have any additional information or memories about these photos or the photo on the cover, please email [editor.calligas@gmail.com](mailto:editor.calligas@gmail.com).

First United Methodist Church, Shreveport was originally known as Shreveport Methodist Church in 1845 when the membership built the city's first small meeting house on Market Street near Fannin. Later it would be called First Methodist Church. A denominational merger eventually would change the name to its current name of First United Methodist Church. In 1882, the land was purchased for the current location. The Gothic church was completed and dedicated in 1889. The present sanctuary was built in 1913 and enlarged to its present capacity of 1100 in 1950. A lighted cross was placed on the church roof in 1954, but it was replaced in 1972 with a steeple and cross. That steeple fell during a severe storm in 2009. It has since been replaced.

**Photo:** Mark (left) and Mike Mangham appear in front of First United Methodist Church. Vintage photo courtesy of LSU-Shreveport Archives Noel Memorial Library.



The Montgomery Ward building was located in the 700 block of Texas Street. It later became Ivan Smith Furniture and is now the home to Artspace.

Feibelman's Store was designed by architect Samuel G. Weiner. It opened in 1925 and was the first store in town to offer its own credit card. Later, it was bought by Sears-Roebuck and Company. Today the building is home to a mixture of residential, commercial and office spaces.

**Photo:** Thurman C. Smith photographed the vintage scene in 1937. It is now part of the Conway Link Photograph collection.

*Photos used with permission and blended by Mike and Mark Mangham of Twin Blends Photography. Visit [www.twinblendsphotography.com](http://www.twinblendsphotography.com) or their facebook page at [www.facebook.com/twinblendsphotography/](http://www.facebook.com/twinblendsphotography/).*

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# Health Care *Changes* mean More Dollars out of Seniors' Pockets

By Alan M. Schlein

**A** new law signed by President Obama will help shield some 17 million Americans from steep premium hikes. But many will continue to see changes in the amounts they pay for Medicare next year.

About 30 percent of Medicare beneficiaries were facing a 52 percent increase in their Medicare Part B medical insurance premiums and deductible in 2016. But Congress and the Obama Administration worked out an agreement so beneficiaries will pay about \$119 per month instead of \$159.30 for Part B. The remaining 70 percent of Medicare beneficiaries will continue to pay the same premium in 2016 as they did in 2015, \$104.90. The agreement was a part of the recently approved budget agreement that Congress passed and President Obama signed.

However, beneficiaries will also have to pay an extra \$3 per month to help pay down a loan the government gave to Medicare to offset lost revenue. In addition, all Part B beneficiaries will see their annual deductible increase by 15%, or \$19 dollars to about \$166 in 2016, the first such increase since 2013.

The Part B monthly premium is a well-established Medicare yardstick paid by most of the program's 55 million beneficiaries, who usually have the money deducted from their Social Security checks.

New beneficiaries will pay a larger amount, and upper-income retirees are looking at considerably higher charges, depending on their circumstances. Most people will continue to pay the \$104.90 because a federal law protects Social Security recipients from higher Medicare premiums. Since there won't be a Social Security cost-of-living increase next year, their premiums will be unchanged.

The nearly 3 million new beneficiaries will pay \$121.80 a month – about \$38 a month less than was estimated before the budget deal. Wealthier retirees will pay more, ranging from \$170.50 a month for individuals making more than

\$85,000 a year, to \$389.80 for those making more than \$214,000.

Credit for keeping the huge increase from going into effect goes, in part, to the president's health care law, which has been gradually closing a coverage gap in the Medicare prescription drug benefit, easing pressure on many retirees. Another factor has been the historically low growth in the nation's health care spending, which has meant stability for Medicare beneficiaries. Privately-insured working families have not had the same experience during the Obama years because employers have continued to keep passing on a bigger share of health care costs to their workers.

Medicare's Part B premium is set by law to cover 25 percent of the cost of outpatient care, with the government picking up the rest. Higher income beneficiaries pay more, since their premiums are set to cover a bigger percentage of costs. Hospital and nursing home care under Medicare is separately financed by a payroll tax equally divided between workers and employers.

## Fewer Options for Low Income Seniors on Medicare Drug Plans

**M**any low-income seniors may be very surprised when they realize a federal subsidy they get won't cover the full cost of their monthly drug plan premiums as it has in the past. The Medicare subsidy won't stretch as far next year either because many people's Medicare plans will cost more than the federal subsidy. More than two million older or disabled Americans will have to pay for the shortfall. As many seniors found out as they considered changing plans in the recently-finished Medicare enrollment period (which ended Dec 7), if your health plan doesn't accept the subsidy as full premium payment, you'll be responsible for the shortfall.

Some eight million people in traditional Medicare have

drug plan subsidies, which Medicare also calls “extra help.” To qualify for the full subsidy, an individual must have an income below \$17,655 in 2015 and less than \$13,640 in assets.

Many seniors used to have premium-free drug plans. But overall, there’s been a 20 percent decrease in the number of Medicare drug plans whose coverage accepts the subsidy as full premium payment. Nationwide, there were only 227 such plans available, the lowest number since the drug benefit was added to Medicare in 2006, according to the Centers for Medicare & Medicaid Services.

There used to be a dozen or more premium-free plans in most states in the early years of the drug benefit program, according to Juliette Cubanski, associate director for the Program on Medicare policy at the Kaiser Family Foundation. But after insurance market consolidation and federal rules discouraging duplicative options, the number of drug plans overall has fallen. In 2016, 22 states offered six or fewer premium-free plans, according to a KFF study released recently, while Florida offered just three. The subsidy is recalculated every year using the average of premiums for standard drug plans in a particular region.

With the Medicare open enrollment period closed as of December 7, beginning January 1, most plan subscribers are locked into their plans for a year. But if you are in the subsidy plan, you still have the ability to switch because there’s an exception for subsidy beneficiaries. So if you are getting the low income premium subsidy, you can switch plans at any time. For more details on how to apply for the program, go to <https://www.medicare.gov/your-medicare-costs/help-paying-costs/save-on-drug-costs/save-on-drug-costs.html>.

### More Budget Changes Affecting Seniors

In addition to the premium changes, several other significant changes are coming as a result of the new budget law – some for better, some for worse.

Right now, a married person – usually the higher wage-earner in a couple – who’s at least full retirement age could file for his or her own Social Security benefit and then immediately suspend those benefits while the spouse could file for spousal benefits. This allows the higher wage earner’s benefits to grow 8 percent per year. Meanwhile, the couple still can get a Social Security check and down the road, the surviving spouse could get a higher benefit.

But under the new budget law that option is ending for new filers starting May 1, 2016. So if you are interested in applying for this, now is the time to apply. People who use this strategy will be grandfathered in until age 70.

Another provision being phased out under the new budget law, involves what’s known as a “restricted application.” Right now, people eligible for both a spousal benefit based on their spouse’s work record and a retirement benefit

# Medicare by the Numbers

## 17 million

Americans shielded by steep premium hikes by new law signed by President Obama

## \$119/month

is the cost for Medicare Part B, instead of \$159.30

## \$3.00

is how much extra beneficiaries will have to pay each month to help pay down a loan the government gave to Medicare to offset lost revenue.

In 2016, all Part B beneficiaries will see their annual deductible increase by **15%**

## \$104.90/month

is the amount most people will continue to pay because a federal law protects Social Security recipients from higher Medicare premiums.

## \$121.80/month

is about what most new beneficiaries will pay. Wealthier retirees will pay more, ranging from \$170.50 a month for individuals making more than \$85,000 a year, to \$389.80 for those making more than \$214,000.

## 25%

is what Medicare Part B premium covers of outpatient care by law, with the government picking up the rest.

## 8 million

people in traditional Medicare have drug plan subsidies, which Medicare also calls “extra help.”

based on his or her own work record, could choose to elect only a spousal benefit at full retirement, according to Social Security Timing, a financial planning firm that helps people determine optimal Social Security claiming strategies.

That would let them collect a higher benefit later on. Under the new law, however, only those born Jan. 1, 1954, or earlier can use this option. Anyone younger will just automatically get the larger of the two benefits, Social Security Timing reported.

The new law also fixes the Social Security Disability Trust Fund from running out of money. Before the law, millions of Americans faced an automatic 19 percent reduction in their disability benefits at the end of 2016. The new law fixes that by shifting payroll tax revenue from one Social Security Trust Fund – the Old-Age and Survivors Insurance Trust fund, to another, the Disability Insurance Trust Fund.

### Quality over Fee for Service

The Obama Administration continues to work toward paying for quality of health care services versus its long standing way of paying for services, known as fee-for-services. The concept is to turn away from paying for a piecemeal approach to care, regardless of results. The new idea is to foster accountability among hospitals, doctors, nursing homes and home health agencies. It mirrors shifts occurring in employer-sponsored insurance and has support, in principle, from lawmakers of both parties.

As the Health and Human Services Department continues to push forward on rewarding quality in health care services, Medicare officials are considering a measure that would penalize doctors who order routine prostate-cancer screening tests for their patients.

The proposal, which was reported by the Wall Street Journal, and hasn't been widely publicized, generated a last-minute flurry of comments to the Centers for Medicare and Medicaid Services, which is considering the idea. Most of those comments came in at the last few days of the consideration period and most were strongly against the proposal, the newspaper reported.

The idea is part of HHS's push to develop ways to identify and reward value in health care. The Obama Administration has said it plans to tie 50 percent of Medicare payments to such quality measures by 2018.

Many of those commenting worried that the measure would discourage doctors from discussing the pros and cons of screening for prostate-specific antigen (PSA) with their

patients and allowing them to decide, as several major medical groups recommend.

Since 2012, the U.S. Preventive Services Task Force has recommended against routine screening for prostate cancer for men of any age on the grounds that the benefits don't outweigh the harms. Studies have shown that screening only slightly reduces the risk of death from prostate cancer, because most grow so slowly they effectively are harmless. Yet many men diagnosed with prostate cancer undergo surgery and radiation, which can have lifelong side effects.

Medicare is also changing the way reimbursement is done for knee and hip replacements as another effort to bring down costs and improve



Medicare is also **changing the way reimbursement is done for knee and hip replacements** as another effort to bring down costs and improve quality.

quality. Payments and rewards will now be tied to results of the surgical procedure for hip and knee replacements, starting April 1, 2015, as an experiment in 67 metropolitan areas. The aim is better coordination that starts with the surgery itself, and continues through recovery and rehabilitation.

Under the new system, hospitals can receive additional money by meeting certain targets for quality and overall costs. If they fall short, eventually, they will be financially liable. Medicare recipients will still be able to pick their doctors and hospitals for their surgeries.

Last year, about 400,000 Medicare patients had hip and knee replacements, ranging in cost from \$16,500 to \$33,000 across the U.S. Quality varied, with rates of complications more than three times higher for some hospitals than others. Researchers think the wide disparities are because of inefficiency and waste in the health care system, not just regional differences in the cost of doing business. Research has shown that patients usually do better with surgeons who perform a high number of hip and knee replacement surgeries.

Medicare had initially proposed the idea last summer but cut the number of metro areas from 75 to 67 and moved the start date back from Jan 1 2016, giving hospitals more time before they're required to repay money for falling short of goals. Among the major metropolitan areas in the experiment are South Florida, the New York-New Jersey area and Southern California.



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All of the photos are courtesy of Northwest Louisiana Archives at LSU Shreveport.



*The photos above and to the left are from Byrd Mardi Gras Graduation, April 26, 1963.*

The photo to the right came out of a house on Ockley Drive in Broadmoor in Shreveport. The donor did not know where the picture was taken or who the people were. Inscription on the back of the photo reads: "Sunday, October 8, 1950."



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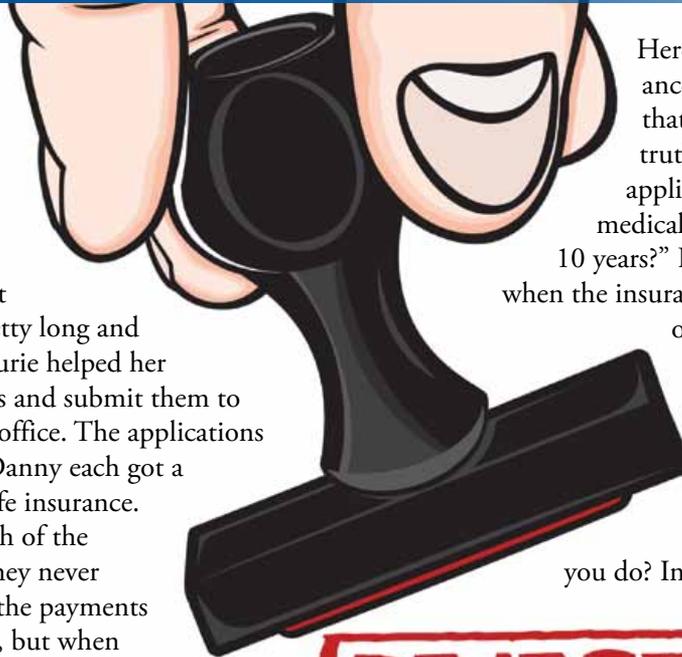
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## The Case of the Life Insurance Liar

**K**eith and Danny (not their real names) were a couple of brothers who decided to take out life insurance on each other. They called their sister Laurie, an insurance agent, who got them some applications. It turned out that those applications were pretty long and asked all kinds of questions. Laurie helped her brothers fill out the applications and submit them to the insurance company's home office. The applications were approved and Keith and Danny each got a policy for \$200,000 worth of life insurance.

For the next several years, each of the brothers paid the premiums. They never missed a payment and none of the payments were ever late. Then Keith died, but when Danny went to collect the \$200,000, the insurance company told him that he was out of luck.



Here's why: when you fill out an insurance application, Louisiana law says that all of your answers must be the truth. One of the questions on Keith's application was, "Have you received medical treatment for drug use in the past 10 years?" Keith had checked the "no" box, but when the insurance company pulled all of Keith's old medical records, they found that he had received drug treatment eight (8) years ago. So they refused to pay. Danny, who refused to let anyone call his brother a liar, sued the insurance company. If you were the Judge, what would you do? In Danny's case, the Judge pointed out that just because there is a wrong answer on an insurance application, the insurance company does

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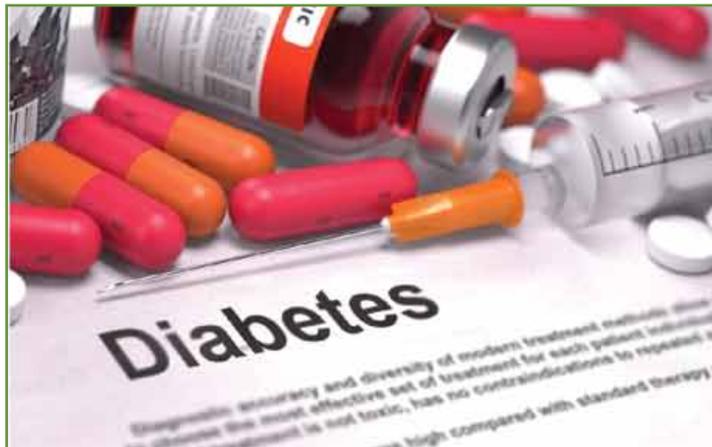
not automatically get to refuse to pay any benefits. The law says that if there is a wrong answer, then the insurance company does not have to pay only if the insurance company can prove two things. First, the insurance company would need to prove that Keith intended to deceive the insurance company. Secondly, the insurance company would need to prove that if the question had been answered truthfully, then the insurance company would not have issued the policy or would have charged a higher rate.

Danny pointed out that his brother had just made an honest mistake when he filled out the application. The drug treatment was eight years ago, and Keith hadn't tried to hide anything; he admitted to smoking, a family history of cancer and heart disease and even signed a release allowing the insurance company to get all of his medical records. In the end, because the insurance company had no proof that Keith intended to deceive them, the Judge ordered the company to pay the \$200,000. The Judge went on to say that even if there had been proof that Keith had intentionally lied, the insurance company would still have lost the case because it also failed to prove that had Keith "indicated he had undergone drug abuse treatment eight years prior to the application, [the insurance company] would not have issued the policy or would have issued the policy at a higher rate."

But what would have happened if the insurance company could have proven that Keith was a liar? If the insurance company could have also proven that they would have charged Keith a higher rate if he had admitted his drug treatment or that it wouldn't have issued the policy at all, then the company would not have to pay Danny the \$200,000. But the insurance company would have needed to give back all of the premium payments Keith had made during his lifetime.

And one final note: Louisiana law says that insurance companies must pay out all claims within 60 days of "satisfactory proof of loss." Because Keith's insurance company failed to pay the \$200,000 within 60 days of Danny providing them with a death certificate proving his loss, the insurance company was penalized an extra \$5,000.

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



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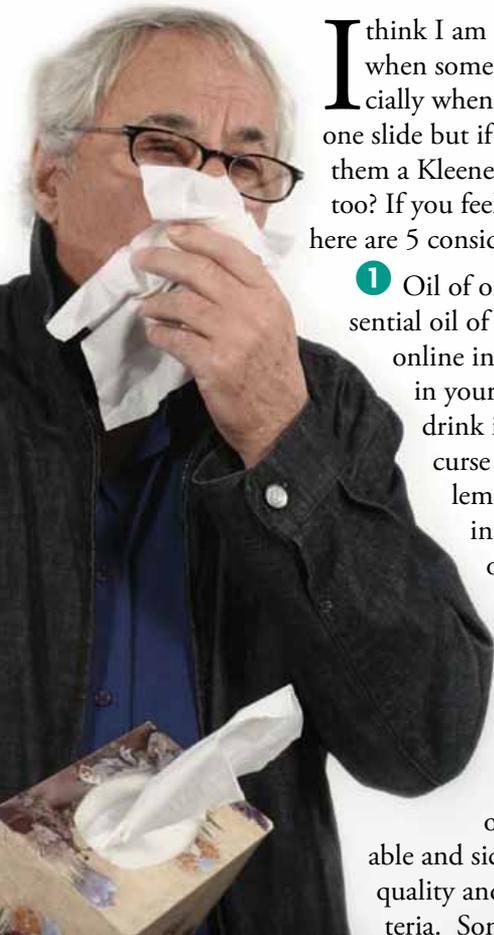
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## 5 Truly Effective Ways to Fight Cold & Flu



I think I am a real germaphobe because I get very conscious when someone sitting next to me starts coughing, especially when they don't cover their mouth. I'll let the first one slide but if it happens again, I am apt to leave or hand them a Kleenex. Cover it! Is it just me or are you that way too? If you feel like you're coming down with something, here are 5 considerations:

1 Oil of oregano is a super strong germ fighter. The essential oil of oregano which is sold at health food stores and online in a little dropper bottle. Pour one or two drops in your own 'medicinal herb tea' (wink) and then drink it. It will not taste pleasant. You will probably curse me. But it's going to help you. Squeeze some lemon and honey into it. The key ingredients in oregano are carvacarol and thymol, both of which inhibit the growth of hundreds of microorganisms.

2 Probiotics should be taken daily for proper immunity but when you feel symptoms coming on, then of course I feel like you should at least double up on the dose. I am not afraid of taking probiotics throughout the day, I'm more afraid of feeling miserable and sick. High-quality probiotics will improve the quality and count of your healthy disease-fighting bacteria. Some strains will even induce IL-10-producing

regulatory T cells which is a scientific way of saying they reduce inflammation, and can help immune function as well as inflammatory disorders of the gut like painful Crohn's.

3 Flunada, it's a natural over-the-counter spray that I squirt into my throat. You can (and should) spray this product into your nose because this is the point of entry for germs. Flunada contains a homeopathic blend of wintergreen, eucalyptus and elderberry essential oils. FluNada is sold at Walgreens if you need it right now, and if you're feeling like you're coming down with something, NOW is the time. This product was tested by 2 independent labs and found to be 99.9% effective against multiple cold and flu strains, including Swine, Bird and Seasonal flu. Flunada provides non-drowsy relief from multiple symptoms, including runny or blocked nose, sore throat, cough, and body aches and pains.

4 If you keep rummaging around in my purse, you will find teabags of flavored green tea. It is common for me to ask the waitress at a restaurant for a little cup of hot water "because I have my own medicinal herbs." Sam affectionately scolded me once saying, "Do you realize we live in Colorado? She thinks your little 'medicinal herbs' are a different kind of GREEN tea!" The EGCG in green tea was shown in numerous studies including a 2005 "Antiviral Research" article to have antiviral effects by unraveling the viral membrane.

5 Vitamin D is a strong immune modulator and reduces susceptibility to all sorts of infections. And also, D controls the expression of more than 900 genes involved hundreds of physiological functions.

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## Keeping Your New Year's Financial Resolutions

**W**hether you're talking about diet, exercise or money, keeping New Year's resolutions is challenging. A University of Scranton researcher noted that "weight loss" is the current reigning resolution, followed by "improve finances" at No. 2.

And while the study (<https://www.sharecare.com/health/healthy-new-years-resolutions/article/the-resolution-solution>) showed that roughly 40-46 percent were successful in their specific goal at the six-month mark, more than half gave up.

Your personal finances need more dedication than that.

If you want to add some fairly easy money resolutions that can help your finances overall, consider the following:

**Make your first budget or do a better job of reviewing the one you have.** A 2013 Gallup survey reported that only one-third of Americans actually prepare a detailed household budget. Make your first resolution to create or review your household budget (<http://www.practicalmoneyskills.com/budgeting>) so you know where your finances stand at all times.

**Budgeting involves day-to-day tracking of finances**, but having a quick way to determine your net worth (<http://www.practicalmoneyskills.com/worth>) – your assets minus your liabilities – offers the biggest picture of how you're doing and what next steps you might take to improve your



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circumstances. Make this calculation an annual kickoff to the New Year.

**Having an emergency fund means you're always ready for the unexpected.** The average emergency fund generally covers three-to-six months of daily expenses – yours could be more or less. Keep in mind that the primary purpose of an emergency fund is to keep you away from savings when unexpected expenses happen.

**Depending on your comfort level with all things digital, virtually every aspect of your financial life can be managed online or with computer-based software.** From setting up a basic paper or online calendar to track pay dates, bill due dates and deposit dates for savings and investments, a daily series of reminders and action items will keep your money issues on time and on track.

**Recommit to retirement.** If you're employed or self-employed, here's how to make a retirement savings resolution stick. First, make sure you're signed up for a 401(k), 403(b) or 457 plan at work or a corresponding SEP-IRA, self-directed 401(k) or other self-employment retirement plan that fits your tax and financial situation. Then check what your 2016 maximum contribution ([www.irs.gov](http://www.irs.gov)) is for your respective plan. Finally, through budgeting or a plan to bring in more income, determine how you can come as close to your maximum contribution as possible for the coming year. And of course, don't forget about Traditional or Roth IRAs (<https://www.irs.gov/Retirement-Plans/Traditional-and-Roth-IRAs>) that you can contribute to independently of work-based plans. All of these options can improve your retirement prospects while saving you considerable money on taxes.

**Review your non-retirement benefits and insurance.** For most employed and self-employed people, open enrollment for health and other company benefits wrapped up before year-end. But that doesn't mean you can't make notes at any point in the year for possible changes and improvements to your health insurance and related tax-advantaged accounts. The same goes for reviewing your personal home, auto, life and disability coverage for potential savings and/or better coverage. Qualified advisors can help you review these choices.

**Find more money to save.** Whether it's adjusting what you spend, paying off expenses or finding ways to bring in more income, saving more is one of the best financial objectives there is. The first step is to track and set spending limits – those limits will help you reset or eliminate expenses that are standing in the way of your goals.

**Bottom line:** Making New Year's resolutions always sounds like a good idea at the time, but keeping them requires determination, study and focus. This year, build the kind of money habits that position you for success.

*Nathaniel Sillin directs Visa's financial education programs. To follow Practical Money Skills on Twitter: [www.twitter.com/PracticalMoney](http://www.twitter.com/PracticalMoney).*

## MARCH 5, 2016 ELECTION Check Your Party

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## Car Burglaries Are On The Increase

Recently, I have been reading the newspaper and watching the television news. According to news stories, car burglaries are committed each night by persons in many of our neighborhoods and local shopping centers. These car burglaries can be expensive to the victim of the crime as valuable items may be lost. This article will attempt to give some advice that may help you avoid your vehicle being broken into by a burglar.

First, park in a home garage, if you have one available. By keeping the vehicle off the street, burglars will not be able to access the car. If you do not have a home garage, try to park the vehicle in a well lit area.



Burglars like to break in to vehicles that are hidden in the dark or on the fringe of light. At home, you can install security lights that activate once movement is detected.

Remove valuables from the vehicle. Make sure your wallet or purse, jewelry, or other valuable items are out of sight. Burglars tend to look into vehicles to see if it worth their time and effort to break into the vehicle. Make sure, if you have to park the vehicle outside, that you take all money and guns out of the vehicle at night. Also, make sure not to leave any important papers in the vehicle that may be stolen.

At shopping centers, grocery stores, or malls, make sure to park close to the building if possible.

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Burglars want to target vehicles where they are not going to be interrupted. Crowds usually keep burglars away from vehicles.

If a person is arrested for car burglary, they can face up to twelve years in prison. They can also be fined and ordered to pay restitution. In addition, a person breaking into a vehicle may also be charged with criminal damage to property, which can carry an additional ten years in jail. Police officers usually take these crimes very seriously. However, these crimes are difficult to solve as most persons committing these crimes do not usually have prior crimes.

The best protection against a car burglar is to pay attention to your surroundings and park where the vehicle can be easily seen. Hopefully, these tips will keep you from getting a bad surprise when you go back to your parked vehicle.

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

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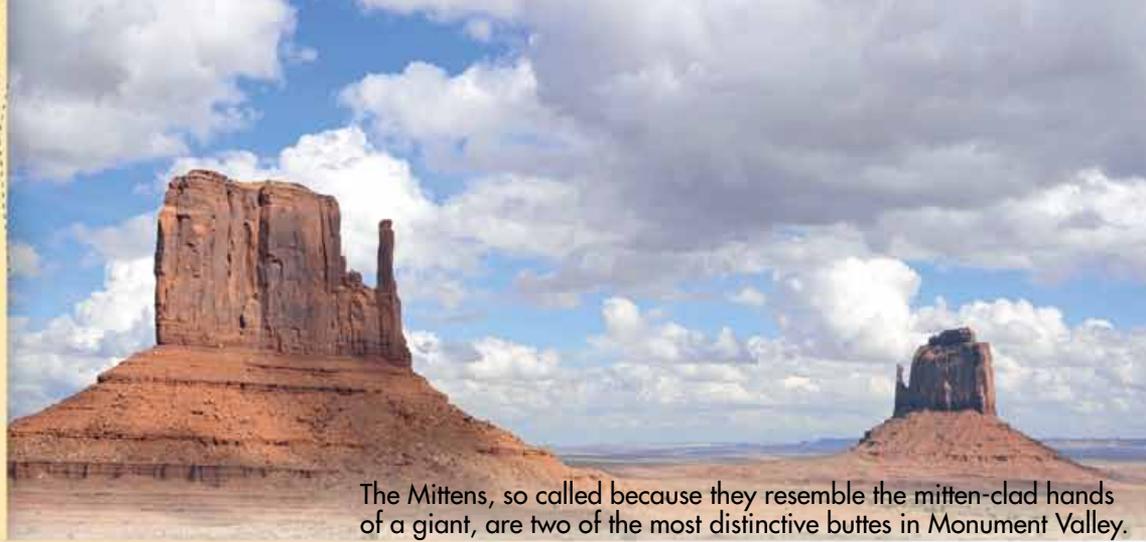
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The Mittens, so called because they resemble the mitten-clad hands of a giant, are two of the most distinctive buttes in Monument Valley.

# AUTHENTICALLY ARIZONA:

## A TRIP THROUGH DINÉ BIKÉYAH

Story by Andrea Gross; photos by Irv Green

The ruts are long and narrow, some measure nearly a foot in depth. As the driver swerves to avoid them, he plows across a shallow river, causing the van to list and my head to bang against the door of the four-wheel drive. I envision a muddy death.

My husband and I are on an aptly-named Detours expedition, one that aims to explore not only the scenic spots but also the cultural heritage of Arizona. Our particular tour focuses on the state's native people, and we've definitely lucked out. Our guide is Donovan Hanley, a member of the Towering House Clan of the Navajo, who sports a waist length braid, a broad smile and a striking turquoise necklace. He's about as authentic as you can get.

**"Yá'át'ééh abíní** [good morning]," he says. **"Welcome to Diné Bikéyah** [The Navajo Nation]."

During the next four days, as we travel to some of the Navajos' most sacred spots, he intersperses facts about his people's beliefs and customs with personal stories about his grandfather (a medicine man), his father (a sheep herder), and his eight-year-old niece who still lives in the same town where he grew up.

As for his necklace, he tells us that the turquoise stones symbolize creation. Like the sky and water, they provide security and protection. "The strand on the right is my mother," he says. "The one on the left is my father. And the loop at the

bottom, the strand that connects them, is the umbilical cord. By joining together, they have created me, the future generation."

Donovan grew up near Monument Valley, a 30,000-acre tribal park near the Arizona/Utah border. The land is filled with stark rock formations that are familiar to most of us from countless movies that depict the American West. But to the Navajo, the sandstone rocks are more than a filmmaker's prop; they reflect their way of life and represent some of their deepest convictions.

We tour the Valley in an open-air vehicle driven by a specially-licensed Navajo guide. In the distance I see The Mittens, a pair of massive buttes that look like the hands of a gloved giant. "The giant is so big that he can safeguard us," says the guide. He continues past spots where medicine men pray, where prospectors have discovered silver, and where a tall, solitary spire resembles the fireplace in the center of a traditional Navajo hogan (home).

Before leaving the Valley, we stop at a hogan to learn about the techniques and beliefs surrounding crafts like spinning and weaving. A weaver explains that authentic blankets and baskets always have a "spirit line" that allows the artisan's creativity to be used anew on subsequent projects.

Although Monument Valley has been inhabited for thousands of years, it's the red geological formations - the tall, skinny buttes and wide, flat mesas - that are the real attraction.





For up-close views of the petroglyphs and cliff dwellings that show the human history of Navajoland, we head to Canyon De Chelly National Monument.

A light, gentle rain - a female rain, says our driver - bathes the cottonwood trees with a soft sparkle and brightens the green that peeks out from the rocks. We see the farms that belong to the 50 or 60 families who live in the canyon today, study the dwellings left by the ancients, and listen to our driver tell stories about his childhood, when he was raised by his grandmother and slept on a sheepskin tossed on the floor of her hogan.

We're admiring a Puebloan compound perched in a canyon alcove far above us when the sky is split by a flash of lightning. "No problem," says the driver.



Navajo craftspeople demonstrate traditional crafts in Monument Valley's hogan.

"The rain will come from the right. I will turn my van to the left." He careens along the bumpy road, outrunning the rain — the heavy male rain — that pelts the ground off to the right.

Donovan laughs when we thank him for arranging another authentically Navajo experience. "Power lies with those who can read the clouds," he says.

En route back to Phoenix, we stop at Hubbell Trading Post, the oldest continuously operating trading post in the country. At first glance, it's a mix of groceries, dry goods and run-of-the-mill souvenirs. At second, it's a repository of outstanding Indian art, from antique rugs to modern creations.

As the resident historian tells the story of a Yei rug, a small, woman with long gray hair walks in, carrying a large, paper-wrapped package. She is, says the proprietor, a master weaver, still practicing what threatens to become a lost art. Two women vie to purchase the rug; the visitor from Sweden wins.

As for me, I settle for a simple souvenir that I find at a nearby convenience store. It's a 9" doll outfitted with a necklace similar to Donovan's. For \$8.95 I have security, protection and wonderful memories.



For more about Arizona's Native culture and other Arizona attractions, see [www.Traveltizers.com/](http://www.Traveltizers.com/) For more about Detours guided tours, see [www.detoursaz.com/](http://www.detoursaz.com/)



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## Doris Day: Still An Animal's Best Friend



*Doris Day with Lovey and Biggest from the late 1970s*

**A** hugely popular singer and actress throughout the 50s and 60s, Doris Day first became interested in animal issues on the set of a 1956 Alfred Hitchcock film.

“One of my first profound experiences working with animals in my films was in Morocco on the set of ‘The Man Who Knew Too Much,’” recalled Ms. Day from her long-time Carmel, Calif., home.

“I was never one to make waves when working on my films, but was appalled at the condition of the local animals used in this film and refused to continue until we made sure they were all well-fed, well-treated, and happy.”

It was a moment, she recalls, when she realized her fame could help improve animals’ lives.

“Someone once said that you can use your celebrity status either to get a good table at a restaurant or to do something meaningful to help improve the world. I believe we all – not just celebrities – have a responsibility to do the latter, however that may be.”

So in 1978, she founded the Doris Day Animal Foundation (DDAF), initially a small grassroots organization.

“Since evolving into a grant-giving charity, we’ve been able to have a much greater impact on both a local and national level, supporting programs and other non-profit organizations that share our vision. It’s all there on our website, [www.ddaf.org](http://www.ddaf.org).”

The Foundation, however, isn’t restricted to helping pets and came to the aid of stranded baby sea lions along the California coast early last year.

“Marine rescue organizations were scrambling to rescue, house, feed, and rehabilitate them until they were strong enough to be released back into the ocean,” she recalled. “It was a dire situation, but DDAF was able to provide the necessary funding to these organizations and help save those precious babies.”

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Day, who turns 94 in April, still takes an active role in the Foundation.

“I make it a priority to stay on top of all DDAF activities. We have a very small, caring staff and Board of Directors so that donations go directly to help the animals instead of administrative expenses. My wonderful group keeps me apprised of all the grants we are considering, the donations we receive, and the ‘happy endings’ reports from our grantees.”

While her big screen presence declined after the 60s, Day had no regrets bidding farewell to Hollywood.

“I enjoyed my career and had a great time working in Hollywood,” she recalled. “But after decades of non-stop films, recordings and television, the time seemed right to start a new chapter – concentrating on my animal welfare work.”

But fans from her Hollywood days still keep in touch.

“I’ve been blessed with good health and keep busy with the Foundation and going through all the mail that comes in, especially around the holidays. I get such lovely letters from all over the world, including from young people whose parents and grandparents introduced them to my films and music. I’m floored when they tell me how much my work has meant to them – let alone that they even know who I am!”

Over the years, many animals have passed through the Day household and several still call it home.

“I currently have several cats and three dogs, fewer than I’m used to. I can’t even think about all of the sweet four-leggers I’ve lost over the years. But I always say, although they can never be replaced, the best way to honor their memory is to save another life from the shelter. My current crew is keeping me on my toes and laughing at their antics – I don’t know what I’d do without them.”

*Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 600 magazines and newspapers. Follow @TinseltownTalks*

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## Review of *Trigger Warning*

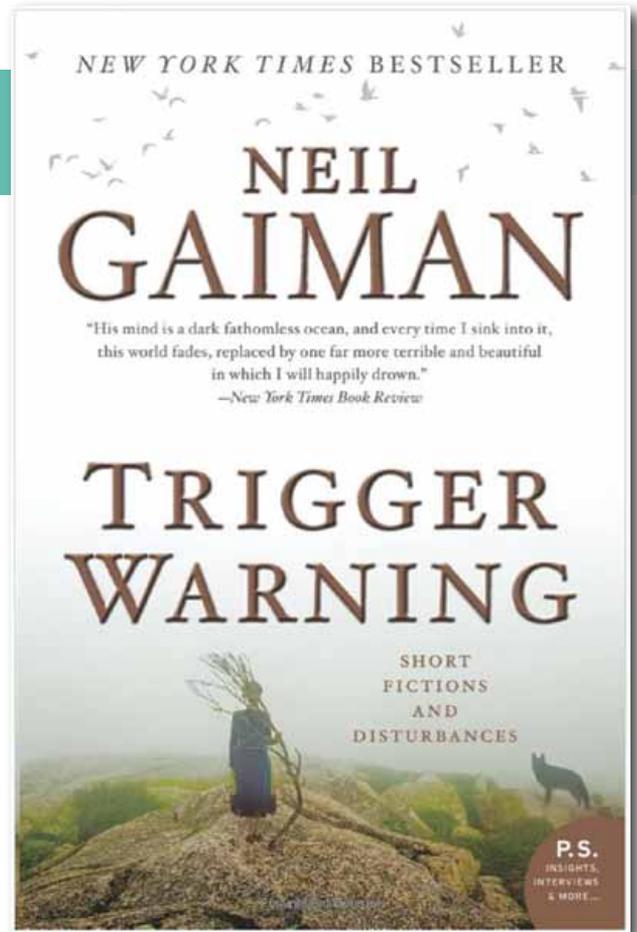
Neil Gaiman has a gift for telling stories with a great and dark imagination, and his latest collection of short stories and poetry, *Trigger Warning: Short Fictions and Disturbances*, is no exception. *Trigger Warning* comes with a lengthy introduction, explaining that a trigger warning is a notice to let you know what's coming so you can be prepared and have the option to walk away if it doesn't sit well with you.

"We build stories in our heads," writes Gaiman. "We take words, and we give them power, and we look out through other eyes, and we see, and experience, what they see. I wonder, Are fictions safe places? And then I ask myself,

Should they be safe places?" And with that he invites us to dive into this collection.

Many of Gaiman's stories take on the tone of "legends," with the eerie feel of a campsite tale told at night while a bonfire lights the faces of eager listeners. And the very best stories in this particular collection all fit that particular tone.

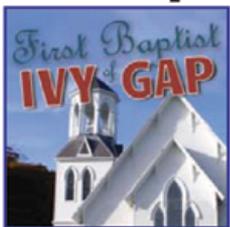
One of the standouts is "The Truth is a Cave in the Black Mountains," in which Gaiman spins the tale of two men, a guide and a dwarf, who go searching together for a legendary cave that will give you riches in return for a piece of your soul. As they make their trek, pieces of their back stories begin to surface with perfect



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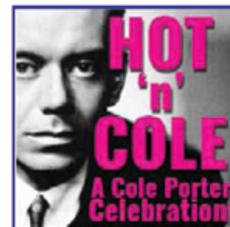
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acing, building suspense between the two characters until it culminates at the cave and each piece falls deftly and unsettlingly into place.

Another captivating tale is “The Sleeper and the Spindle,” Gaimans’ re-imagining of Sleeping Beauty and Snow White led by two strong women with a perfect, twisted ending.

“The Case of Death and Honey,” features Sherlock Holmes as he, a man who is never happy unless he’s on a case, searches out a way to spend his time as he enters retirement. The result is surprising and involves some mysterious and very interesting beekeeping.

My favorite story in the collection, though, is the very last, “The Black Dog,” and is set in the same world as his American Gods novel. Fortunately, you don’t have to be familiar with the original work to enjoy the story of Shadow as he becomes an unplanned tenant at a couple’s home during his travels through a small town in England. There legends abound of a black dog whose presence signals death. A cast of uncanny charac-

ters and a supernatural attack make you question what’s real and what’s not.

Another good story in the collection includes a bit of sci-fi in the form of a Doctor Who story that features an alien that time loops itself over and over in an attempt to take over the world. And while the fandom and storylines of Doctor Who are large and vast, this one is also told in a way that the reader does not need to know much about Doctor Who to enjoy it.

Gaiman even inserts humor in the story “Orange,” in which an annoying teenage girl’s obsession with tanning cream leads her to an alien abduction.

While most of Gaiman’s short stories are extremely well written and entertaining, his poetry, for me, was mediocre. This collection, which features a total of 23 short stories and poems, could have easily done without them and not be worse for the wear. Despite that, Gaiman’s gift for storytelling remains as strong as ever.

**Grade: B+**

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*Yield: 10 cups*

- 10 cups popped popcorn
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- ½ teaspoon coconut extract (optional)
- 1 cup chocolate chips
- 1 teaspoon vegetable oil
- 1 bag (7 ounces) shredded coconut, toasted

Place popcorn in large bowl; set aside.

In small saucepan, combine butter, brown sugar and coconut extract; stir until melted and combined.

Pour over popcorn, coating well. Spread popcorn onto large cookie sheet.

In glass measuring cup, melt chocolate chips and vegetable oil in microwave on low heat until smooth. Drizzle over popcorn. Immediately sprinkle coconut over popcorn mixture; cool.

Break into pieces and serve.

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## Cookies 'N Cream Popcorn

*Yield: 12 cups*

- 12 cups popped popcorn
- 1 package (11 ounces) white chocolate chips
- 2 teaspoons coconut oil
- 15 Oreo cookies, coarsely chopped

Place popcorn in large bowl; set aside. In medium saucepan on low heat, melt chocolate chips and coconut oil; stir until blended.

Pour melted chocolate over popcorn, stirring until well-coated. Stir in chopped Oreos.

Spread mixture on baking sheet and chill until chocolate has set. Break into pieces to serve.



## Popcorn and Peanut Truffles

*Yield: About 30 pieces*

6 cups popped popcorn

1 cup roasted and salted peanuts

1 package (12 ounces) semisweet chocolate chips

½ cup honey

In large bowl, stir popcorn and peanuts together; set aside.

In microwave-safe bowl, heat chocolate chips 10 seconds.

Stir chips and repeat, stirring after each 10 seconds, until chips are melted. Warm honey in microwave 10 seconds and stir into chocolate until well blended.

Pour chocolate mixture over popcorn mixture and stir until popcorn is evenly coated. With small ice cream scoop, push popcorn mixture into scoop and release onto wax paper to form truffles. Refrigerate until firm.

*Note:* Truffles can be stored in an airtight container up to 5 days.



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- Friday February 5 - 10:00 a.m. Senior Tech Talk. Introduction to Laptops, tablets and smart phones and other tips.
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- Thursday February 18 - 10:00 a.m. "Keeping A Healthy Heart" by Shea Frederick
- Friday February 19 - 10:00 a.m. Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tips.
- Thursday February 25 - 10:00 a.m. "Bob Griffin, Just Rambling "

- Friday February 26 - 10:00 a.m. Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tips.

## EVENTS

**LSU Health Shreveport hosts Mini-Med School** - 5:30 to 7:00 p.m. on February 16 & 23 and March 1 & 8 (all Tuesdays). Mini Med School gives community members the opportunity to learn from the same faculty who teach medical students and residents. Topics this session are heart disease, healthy eating & nutrition, personalized medicine in cancer care and medical shock. The cost is \$40 for first-time participants (includes a white coat) and \$20 for Mini Med alums. Register at [www.lsuhsfoundation.org/minimed](http://www.lsuhsfoundation.org/minimed). Registration is through the LSU Health Sciences Foundation at [lsuhsfoundation.org](http://lsuhsfoundation.org) or 318.861.0855. For questions, contact Meg Willett at 318.675.8789 or [mwille@lsuhsc.edu](mailto:mwille@lsuhsc.edu).

**Shreveport Little Theatre Guild Fundraiser** - Friday, March 4, at East Ridge Country Club at 6:30 p.m. The gala, "Applause to Broadway", will feature a seated dinner, silent and live auctions, and valet parking. Live entertainment will be provided by local performers, Rocky Maddox and Seva May. Tickets are \$100/\$125 for a single ticket, \$250 for couple ticket including drink tickets, or \$1,500 for an 8-person Table Sponsorship including drink tickets and recognition in publicity and at the event. The SLT has been awarded



a \$100,000 Community Foundation dollar-for-dollar matching grant provided through a bequest from the estate of Carolyn Q. Nelson. Supporters of SLT have until the end of 2016 to raise the funds to obtain the matching grant. To reserve your ticket or become a patron sponsor, please email Gala Chair, Roxanne Bosserman at [rbb765@aol.com](mailto:rbb765@aol.com) or call 318-655-2004.

**Wine-Art-Music (WAM) Event** - Presented by Bossier Arts Council on February 11 at 1800 Prime Steakhouse located at Boomtown Casino and Resort in Bossier City. Featuring Mike Torma's art work, food and wine pairings by Chef Konstantin Plavnik and music provided by Twang Darkly. If you have any questions, please contact Robin Jones at [robin@bossierarts.org](mailto:robin@bossierarts.org). or visit [www.bossierarts.org](http://www.bossierarts.org) or call 318-741-8310.

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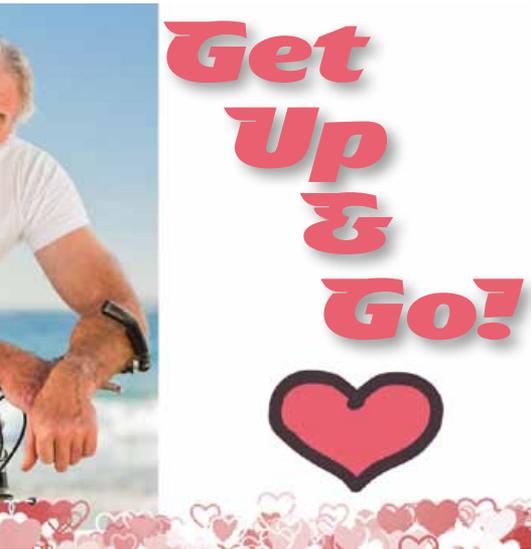


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# G A M B L I N G P R O B L E M ?



**Women's Weekend Retreat: Well Women Gifted to Change the World** - Saturday Feb. 20 at Immanuel Lutheran Church, 2565 Airline Dr, Bossier City. 8:00 a.m. Registration. 9:00 a.m. - 3:00 p.m. \$20 per person which includes retreat activities, light breakfast, lunch, and childcare.

**MEETINGS**

**Ark-La-Tex Genealogical Association Meeting** - Saturday, February 13 from 1 to 3PM at the Randle T. Moore Center, 3101 Fairfield Ave (corner of Fairfield Ave and Kings Hwy), Shreveport. The featured speaker is Erica Hubbard, Director of Library Services at Houston Community College. Her presentation will be "Challenges of African American Genealogy." This program is **FREE** and open to the public. For information: Call 746-1851 or email jjohnson747@suddenlink.net."

**The GENCOM DNA Interest Group Meeting** - Tuesday February 9 from 10:00 AM until 12:30 PM in the large meeting room at the Broadmoor Library, 1212 Captain Shreve Drive, Shreveport. Meetings provide information on and answer questions in all areas of why and how to use DNA testing in genealogy research. The meeting is **FREE** and open to the public. For info contact Jim Jones at (318) 773-7406 or email jgjones09@gmail.com.

**The GENCOM Genealogical Computer Society Meeting** - Sunday, February 28 at 2:00 PM in the large meeting room at the Broadmoor Library, 1212 Captain Shreve Drive, Shreveport. A continuation of a series of meetings that will take the attendees on a step-by-step journey from how to begin genealogy research to more advanced areas of genealogy and family history research. The presentation will demonstrate how to use online family trees as a starting point for searching for your ancestors once you have gathered information from family members and started your pedigree charts. The meeting is **FREE** and open to the public. For information contact Jim Jones at 318-773-7406 or jgjones09@gmail.com.

**THEATRE**

**"Annie"** - Thursday, February 18 at 8:00 p.m. Strand Theatre, 619 Louisiana Ave, Shreveport. The world's best loved musical returns in time honored form. This production of Annie is a brand new incarnation of the iconic

original. Tickets are \$68.50, \$55.50, \$35.50. Call 318-226-8555 or email strand@thestrandtheatre.com.

**Hot 'n' Cole: A Cole Porter Celebration** - February 25, 26, 27, March 4, 5 at 7:30 pm. February 28 and March 6 at 2:00 pm. Shreveport Little Theatre, 812 Margaret Place, Shreveport. A musical revue and cabaret featuring a celebration of the genius of Cole Porter. Tickets are \$20.(318) 424-4439 or boxoffice@shreveportlittletheatre.com



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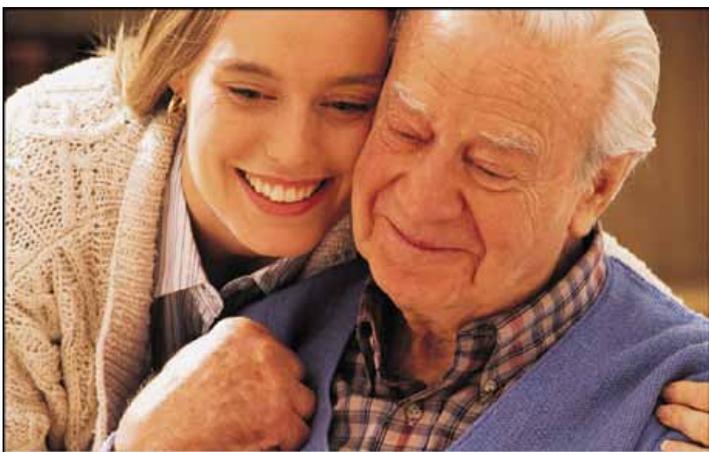
**MAGIC MAZE**

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

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

- Autobahn
- Imagine
- Marines
- Nuthatch
- Cohesion
- Ironware
- Matinee
- Outreach
- Foregone
- Kilowatt
- Microwave
- Outwash
- Foreground
- Magazine
- Mustache

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**Senior Care** at Brentwood Hospital

**Levels of Care**

- Inpatient
- Partial Hospitalization (Day Treatment)
- Outpatient

**Warning Signs**  
*That May Indicate the Need for Treatment*

- Depression, extreme sadness
- Confused thinking, difficulty concentrating
- Hallucinations; hearing voices
- Misuse of alcohol or medications
- Disorientation
- Numerous unexplained physical ailments
- Difficulties coping with daily living
- Excessive fears, anxieties or suspiciousness

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**Brentwood Senior Care Unit**  
(318) 678-7500  
www.brentwoodbehavioral.com

**Sudoku**  
by Linda Thistle

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

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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# King Crossword

(answers on page 40)

## ACROSS

- 1 Hairstyle
- 5 Fond du --, Wisc.
- 8 Wan
- 12 Pitch
- 13 Bachelor's last words
- 14 Old portico
- 15 Largest continent
- 16 -- canto
- 17 Get ready, for short
- 18 Catch sight of
- 20 Eye layer
- 22 West Virginia industry
- 26 -- nerve
- 29 Japanese sash
- 30 Sticky stuff
- 31 Frog's cousin
- 32 Pair
- 33 Timely question?
- 34 Unwell
- 35 Miler Sebastian
- 36 Name
- 37 "Kiss Me Kate" composer
- 40 Up to
- 41 Discomfort
- 45 Dressed
- 47 Botanical sticker
- 49 Walked (on)
- 50 Heap
- 51 "-- was saying, ..."
- 52 Enthralled
- 53 PC operator

54 Scooted

55 Shetland, e.g.

## DOWN

- 1 N'Djamena's country
- 2 Northamptonshire river
- 3 Rainbow
- 4 Limp
- 5 Egypt's neighbor
- 6 Citric quaff
- 7 Rumpled sleuth of TV
- 8 Colorado ski mecca
- 9 Poker-winning hand
- 10 Weeding tool
- 11 Shrill bark
- 19 Sinbad's flier
- 21 Half of XIV
- 23 Depress
- 24 Yule refrain
- 25 Missing
- 26 Ear-related
- 27 Horse-play?
- 28 Yarn
- 32 Strip of icons
- 33 Bug
- 35 Sgt.'s subordinate
- 36 Coffee break time
- 38 Duck down
- 39 Shroud city
- 42 Jason's ship
- 43 Any day now
- 44 Nervous
- 45 PC's brain
- 46 Fleur-de- --
- 48 "Born in the --"

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			

**Shreveport Little Theatre Guild Presents**  
**Night of the Stars Gala**  
*Applause to Broadway*  
 at East Ridge Country Club on  
**Friday, March 4, 2016**  
**For Reservations and Details**  
**Call: 318-655-2004**  
**Email: rbb765@aol.com**

# ANSWERS FROM THE EXPERTS

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



**Toni Camp**  
Regional Hospice Care Group  
8660 Fern Avenue, St. 145  
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(318) 524-1046  
See our ad on page 35.

Medicare will pay 100% for hospice services for Alzheimer's disease and any diagnosis where patients are determined to have a life expectancy of less than six months. Our hospice would need to obtain a physician's order to evaluate your mother to see if she meets the hospice Medicare guidelines of a 6 month prognosis to qualify for hospice care services.

*How can people partner with healthcare centers to make them a better place to live?*



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

Visit, visit, and visit. Choose a healthcare center and indicate your interest to the Administrator, Activities or Social Services Director. Indicate if you have any special talent or gift, or if you just want to befriend someone. They can likely find a need you can fill that will give some residents a smile and a sense of gratification for you.

*I have diabetes and have heard that it can make you go blind. Is this true?*



**Chris Shelby, MD**  
Pierremont Eye Institute  
7607 Youree Dr.  
Shreveport, LA 71105  
318-212-3937;  
www.ShelbyEye.com  
See our ad on page 26.

Diabetes is a very common cause of blindness in the United States. High blood sugar causes damage to the cells that line the small blood vessels, which causes them to leak. When leaking occurs in the back of the eye, it can lead to temporary or permanent loss of vision. If you have diabetes it is essential to have an eye exam at least once a year. Diabetic eye disease can be treated to prevent vision loss. Call today if you have diabetes and have not had an eye exam.

*What are the symptoms and treatment of torn cartilage?*



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

Meniscus tears are the most common surgical condition involving the knee. Medial meniscus (inside) tears are 3 - 4 times more common than lateral tears (outside). The meniscus support 50% of the body weight with the knee extended and 90% with the knee flexed 90°. Because the meniscus supports body weight every attempt should be made to repair or maintain as much meniscus tissue as possible. Popping, giving way, locking, tenderness at the joint line, stiffness, and swelling are some of the signs/symptoms of cartilage tears. Arthroscopic surgery is generally done on an outpatient basis and recovery is from a few days to a weeks.

(Puzzles on pages 38 - 39)

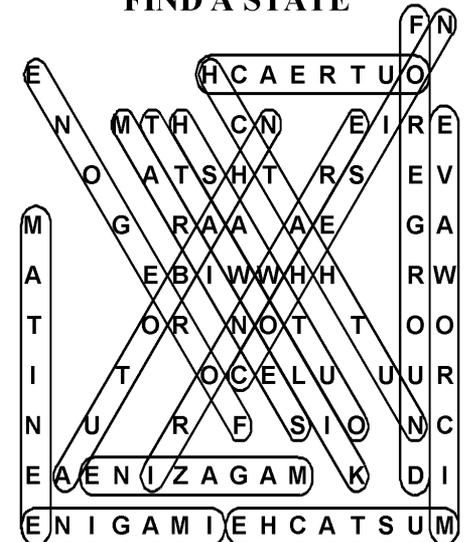
## King Crossword

Answers

Solution time: 25 mins.

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

### REMOVE LETTERS TO FIND A STATE



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

# February PARTING SHOTS

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

**A** *Celebrity Auction and Fundraiser* for the Foster Grandparent Volunteer Program was held on January 14 at Sam's Town Casino Resort.

**Right:**  
Mario Chavez (left)  
and Dock Voorhies



**Below:** (l to r)  
Dorothy Speed,  
Neva Jones, and  
Green Whitaker, Sr.



**Above:** Aretha  
Glover, Brenda  
Linnear, and  
Joyce Maiden

**Left:** Mr. and Mrs.  
Mike Middleton



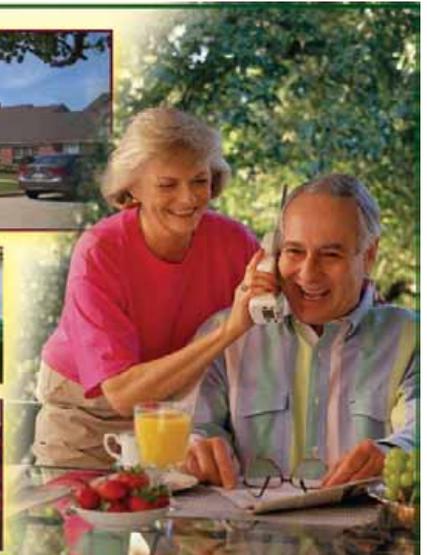
Lori Robin  
and  
Dora  
Miller

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**T**om Pace (right) receives a proclamation recognizing his 50 years of service in the media industry from Caddo Commissioner Matthew Linn at a ceremony on January 7 at Government Plaza in Shreveport.

**T**he Northwest Louisiana Master Gardeners recently announced this year's recipients of the NWLAMG Community Grants. The awards are granted to organizations and municipalities that support beautification and horticultural education within the community. Some of the recipients are (front row) Emilie Harmeyer (Shreveport Green), Jennifer Donner (Martin Luther King Health Center), Michael Tilley (Holy Angels); (back row) Steve Smith, Hines Vaughan (Oakland Cemetery Preservation Society), Nathan Barrett (Holy Angels). Other recipients included Downtown Shreveport Development Corp., Shreveport Little Theatre, and Loyola College Prep.

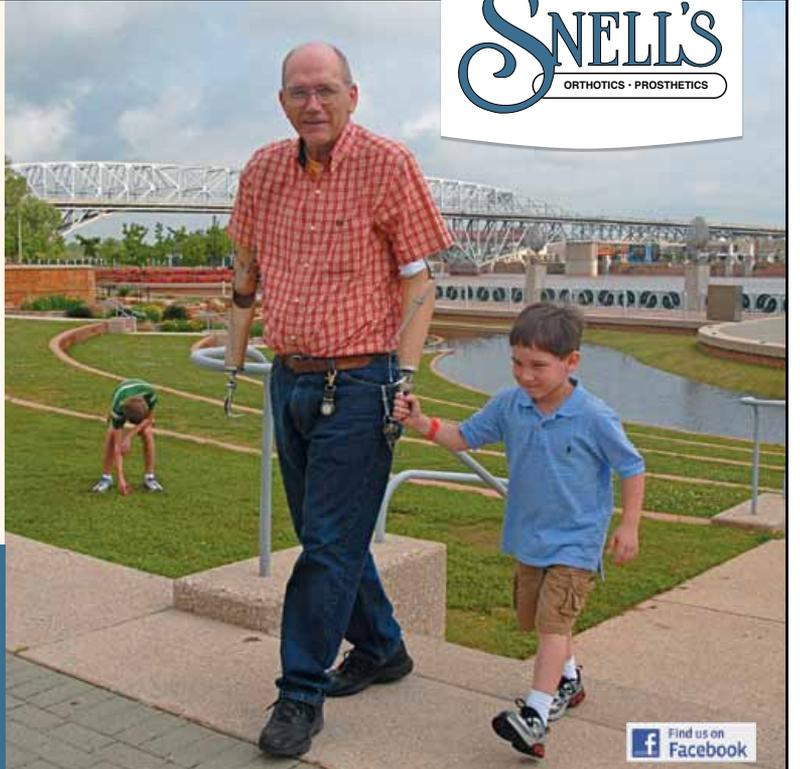


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**Dr. Alan Little** was *feted* with a cowboy themed 60th birthday party by his wife, Sheryl, at the home of Linda Goldsberry on January 16.



Linda Goldsberry and Alan Little



Sheryl Little (right) with daughters Jen Atkinson and Michelle Wagley



Dr. Jorge and Martha Martinez



Roger and Becky Dekay



(l to r) Dr. Alan Little, George Gehrig, Dr. Debra Davis

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Seven performances of Shreveport Little Theatre's production of "Souvenir" were held in January to rave reviews.

Dr. Gale J. Odom (left), Dean of the Hurley School of Music at Centenary College, portrayed Florence Foster Jenkins. Here with attendee Kiki Casten.



Rocky Maddox (left), who played Cosme McMoon, with Judge Gene and Charlotte Bryson.

**N**akeeta Demery, Employment Representative with Jobs for Veterans program won the Celebrity Auction Package offered by *The Best of Times Radio Hour* host Gary Calligas, at the Foster Grandparent's event which was held on January 14th at Sam's Town.



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**The Krewe of Elders** held their Grande Bal on January 9 at Shreveport's Convention Center.



(Seated) Ruth Burgess, (Standing) Lea Ann Breen and Pat Stell



Duke and Duchess of Wisdom Connie and Doug Rivet



King Charlie Raybine and Queen Wanda Cunningham



(L-R) Paulla and Roger Boulanger, Ann and Ron Chatelain



Krewe of Elders Royalty (L-R): Duke and Duchess of Longevity Roger and Paulla Boulanger, Co-captain Bill Stell, King Charlie Raybine, Queen Wanda Cunningham, Captain Randy Mobley, Duchess and Duke of Wisdom Connie and Doug Rivet

# AC Duct Cleaners

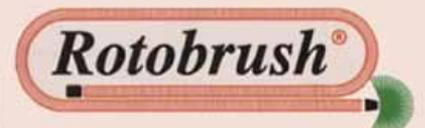
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# ARE YOU GAME?

## Senior Health & Fitness Expo



Held in Conjunction with the  
**2016 NWLA Senior Olympics**

Proudly sponsored by  **DIAMOND JACKS**  
BOSSIER CITY

**Monday, March 28, 2016**  
**9:00 a.m. to 1:00 p.m.**

Ballroom of DiamondJacks Casino & Hotel  
711 DiamondJacks Boulevard  
Bossier City, LA

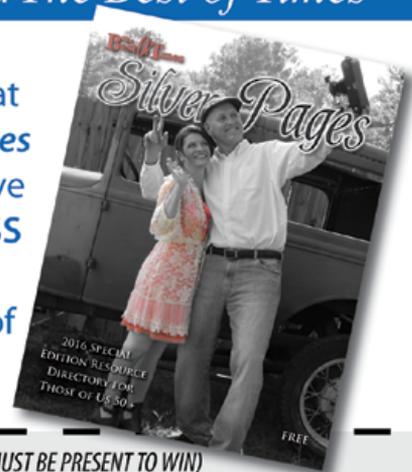
*Presented by the* **NWLA Athletes Association** and *The Best of Times*

### People of All ages are invited to attend!

- **FREE** Admission and **FREE** Parking with the donation of non-perishable food items or canned goods for the Food Bank of NWLA.
- Opening Ceremonies of the 2016 Northwest Louisiana Senior Olympic Games.
- Watch or participate in the games.
- **FREE** health screenings and **FREE** health care and other information from exhibitors.
- Lots of entertainment and fun.
- **Free** give-aways.
- Be eligible to **WIN** one of the 80+ door prizes, including the fabulous **Grand Door Prize** (must be present to win).
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Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_

Email Address \_\_\_\_\_

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



Vicki Ott

Kacee Ferrier

Chasity Ellis

Angie Hayes

Charlotte McCune

Donnie Flint

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

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

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  - ▶ Exciting social events
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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.

