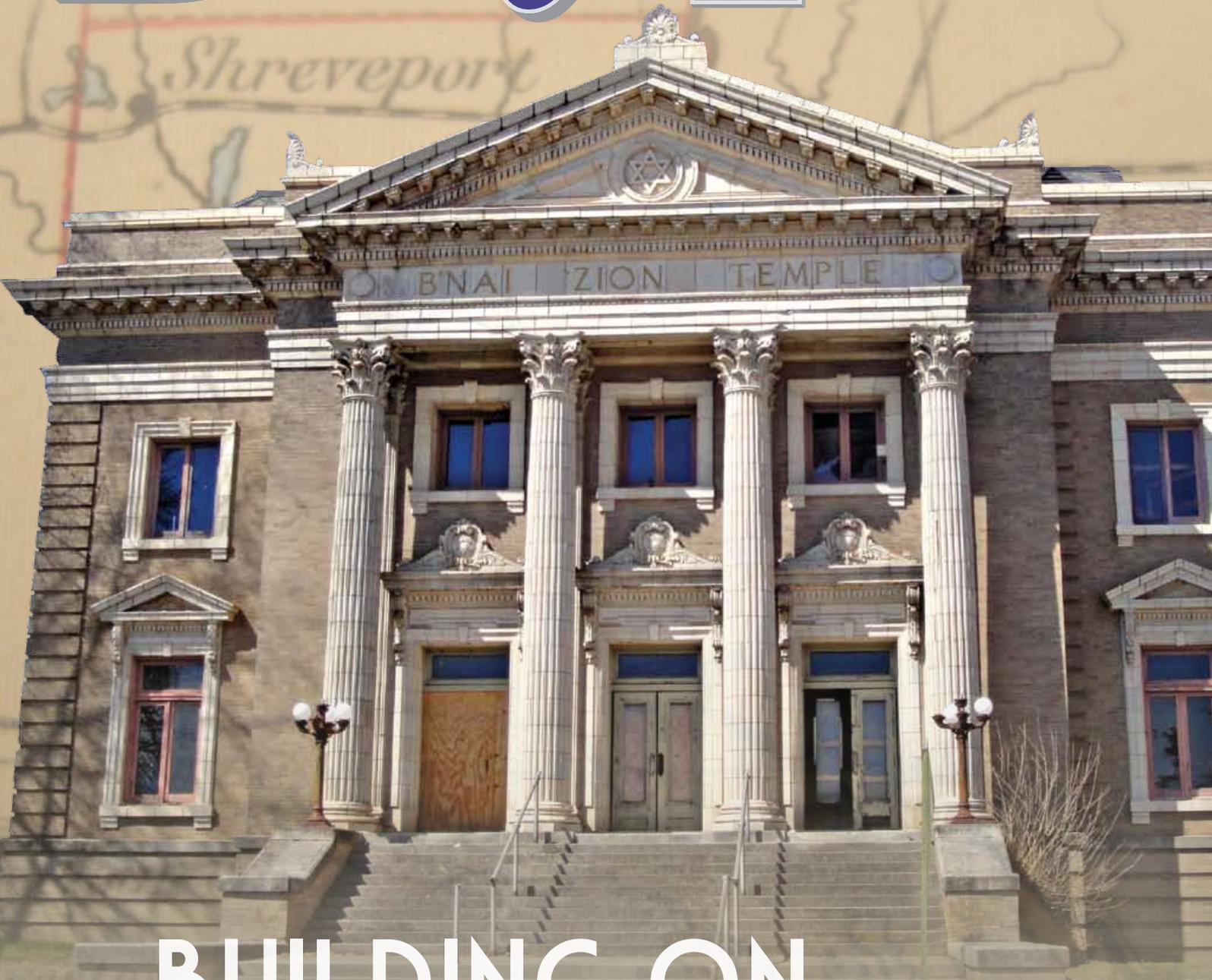


April 2013

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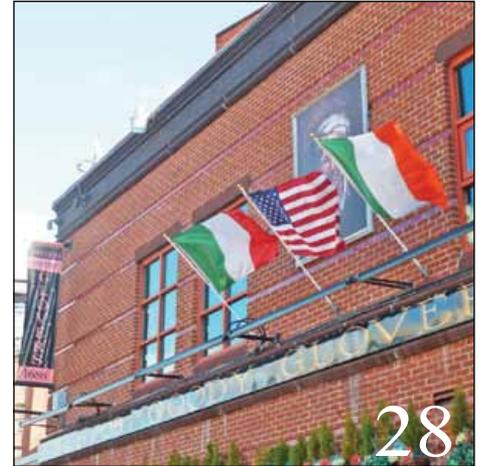
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Dr. Stephen White and Sheila Arrington

APRIL 13

"21st Annual NW Louisiana Senior Olympics"
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"Recording of Family Stories"
Betty Blount Kyson and Thomas Cecil Blount

APRIL 27

"What Can You Do to Receive Better Care From Your Doctor"
Dr. Andrew L. Chesson, Dean of the School of Medicine of LSU Health Shreveport

MAY 4

"Community Renewal's 14th Annual Croquet Classic"
LIVE from LSUS Campus

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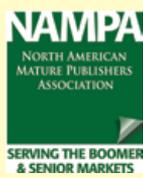
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The past month has been filled with amazing highs and shadowed by overwhelming sadness. Our family

observed four birthdays - my husband Gary, son Jason and nieces Alexis and Amber - and my sister's wedding anniversary. We also remembered and celebrated the life of my dad on the 3 year anniversary of his passing. Just 2 days ago we rejoiced in seeing an ultrasound photograph of our first grandchild - a girl.

And today on this beautiful, sunny first day of Spring as I prepare to send this issue to the printer, I mourn the unexpected death of my baby brother. He was a big man, with an even bigger heart and personality. We were typical siblings - loving each other one minute, wanting to strangle each other the next. He was a devout man of God who fiercely and protectively loved his children and new granddaughter. He loved the outdoors and spending time at the lake, never met a stranger and was one of the biggest Auburn fans you will ever meet. We will miss you Pat! May your memory be eternal.

Congratulations to Lola Ross of Shreveport - this month's magazine winner of our Fan Appreciation Contest. Please contact us to claim your prize. For the names of more lucky winners, make sure to check out our website at TheBestOfTimesNEWS.com and listen to *The Best of Times Radio Hour* every Saturday morning at 9 a.m. on News Radio 710 KEEL.

Until next month...

Tina

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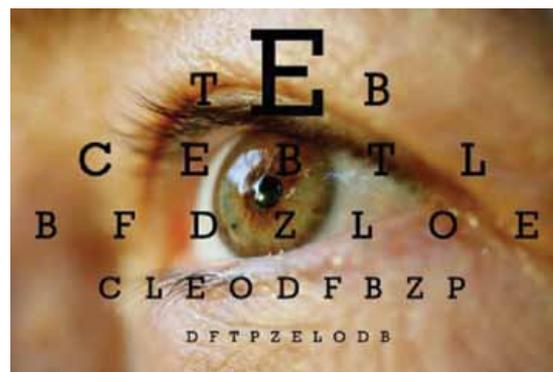


Losing Weight Lowers Body Inflammation

A study by researchers at Johns Hopkins Medicine shows that when overweight or obese people lose weight, whether through a low-carb or low-fat diet, they can have a significant reduction in inflammation throughout their body, as measured by three common markers for inflammation. Inflammation occurs naturally when the body's immune system acts to fight off an irritant or infection or responds to an injury. However, fat cells secrete molecules that also increase inflammation, even when an immune response is not needed. Because these molecules are secreted into the bloodstream, being overweight or obese increases the risk of inflammation throughout the body. This more widespread condition is known as systemic inflammation. According to the researchers, systemic inflammation increases the chance of a heart attack or stroke by promoting the formation of blood clots, interfering with the ability of blood vessels to contract and relax normally to control blood flow, or causing plaque to break off of vessel walls.

Researchers Identify an Early Predictor for Glaucoma

A new study recently published online by *Ophthalmology* finds that certain changes in blood vessels in the eye's retina can be an early warning that a person is at increased risk for Open-angle glaucoma (OAG), the most common form of the disease that slowly robs people of their peripheral vision. Using diagnostic photos and other data from the Australian Blue Mountains Eye Study, the researchers showed that patients who had abnormally narrow retinal arteries when the study began were also those who were most likely to have glaucoma at its 10-year end point. If confirmed by future research, this finding could give ophthalmologists a new way to identify and treat those who are most vulnerable to vision loss from glaucoma.



Depressed Alzheimer's Patients Show Faster Functional Decline

More symptoms of depression and lower cognitive status are independently associated with a more rapid decline in the ability to handle tasks of everyday living, according to a study by Columbia University Medical Center researchers and reported in *Journal of Alzheimer's Disease*. Although these findings are observational, they suggest that providing mental health treatment for people with Alzheimer's disease might slow the loss of independence. Almost half of Alzheimer's patients are reported to have depression. Researchers noted that these results show that not only should patients' memory and thinking abilities be measured, but depression, anxiety, and other psychological symptoms that may affect prognosis should also be assessed.

Deep Brain Stimulation To Treat Parkinson's Disease

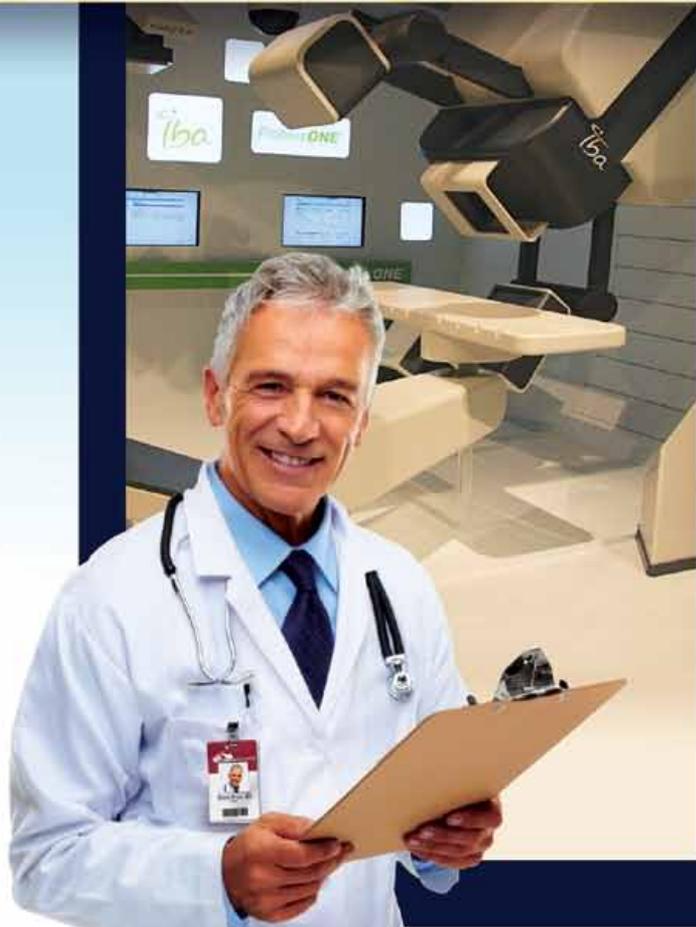
Deep-brain stimulation (DBS) may stop uncontrollable shaking in patients with Parkinson's disease and essential tremor by imposing its own rhythm on the brain, according to two studies published by University of Alabama at Birmingham researchers in the journal *Movement Disorders*. DBS uses an electrode implanted beneath the skin to deliver electrical pulses into the brain more than 100 times per second. Although this technology was approved by the Food and Drug Administration more than 15 years ago, it remains unclear how it reduces tremor and other symptoms of movement disorders. DBS may synchronize the firing of nerve cells and break the abnormal rhythms associated with involuntary movements in Parkinson's disease and essential tremor.

Fight Cancer with Your Fork...and iPhone

Dana-Farber Cancer Institute has launched a free, easy-to-use iPhone® app that provides recipes and nutrition information that can be searched by cancer patients in accordance with their needs. The recipes are also helpful to anyone who wants to have a healthy diet. New recipes are added each month. The app is designed to help find the optimal diet for any type of cancer. It also offers users the ability to search by common symptoms (such as nausea or mouth sores), helping to customize dietary needs while going through treatment. There also are recipes and healthy eating tips for cancer survivors. The app is available for all iPhone® users with IOS 5 or higher. It is free and can be downloaded by going to the Apple iTunes® store.



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Scottish Rite Cathedral



B'Nai Zion Temple



Central Fire Station



The Strand Theatre

BUILDING ON *Historic Buildings*

by Mary Flanders

There are so many historical landmarks here in Shreveport, it seems there's one on every corner. In fact, in the state of Louisiana, only New Orleans has more historic landmarks than Shreveport. There's a lot of stories in the bricks and mortar of downtown Shreveport.

Four very unique buildings, all within a short walk of each other; one very recently repurposed, one renovated and updated several years ago, one lovingly cared for from its beginning and one slowly crumbling from neglect. On the southeast corner of Cotton and Common, is the magnificent Scottish Rite Cathedral and on the northwest corner, once splendid, but now sadly neglected, the former B'nai Zion Temple. Together with the newly redone Central Fire Station, now the Central Art Station, across the alley from the Temple and the magnificent Strand Theatre,

just around the corner and down the street, these buildings are a large part of Shreveport's history.

First, the brand new – The downtown Shreveport Central Fire Station has taken on new life as Central Art Station. The recently renovated and newly named Central Art Station is now home to the Shreveport Regional Arts Council (SRAC). The Italian Renaissance style building was designed by W.H Werner of concrete, stucco, ceramic tile, terra cotta and brick and was completed in 1922. It served as the central fire station and headquarters to the Shreveport City Fire Department until the new one was built on North Common. It is so fitting then, that after a devastating fire to their headquarters, SRAC finds itself now in beautiful new offices at the original Shreveport Central Fire Station with more space than they ever dreamed.

The team that over-saw the restoration and restoration of the Central Fire station was headed by Historic preservation designer Gregory Free. He was committed to achieving a 100% restoration of the original facade. A highlight of the space is a beautiful staircase wrapped around the original fire pole. It takes you to the Chief Dallas Greene conference center. It is named after the Chief who served longest at the Central Fire Station and he says, "I walked into the Central Fire Station and I thought it was the most beautiful building. I think it is the greatest thing in the world that they restored it back to its original state." The new Central Art Station opened officially on February 28, 2013 making it the newest jewel in the crown of historic, architecturally significant buildings that have been saved in downtown Shreveport.

On to the recently restored - The Strand Theatre holds a dear spot in the hearts of many Shreveporters. It has hosted many wonderful shows and performers over the years. Many of us grew up going to the movies there as well. USA Weekend and AMC Magazine have recently recognized the Strand Theatre nationally as one of the top five glitziest theaters in the United States for a live performance.

Ground for the 2,500 seat theater was broken in 1923 and the building was completed in 1925 at a cost of \$750,000. At that time, the Strand had a full time orchestra on staff and was home to a magnificent Robert Morton "Golden Voice" 939 pipe organ which is still in the theater today. It was the flagship of the 320 Saenger Theatre chain.

Due to electricity rationing during World War II, all but three

of the beautiful chandeliers were stored away for safe keeping. Somewhere they are still safely stored, as they have never been found. However, during the remodeling an exquisite mid-18th century (pre-electrical lighting) Waterford crystal chandelier was found. In 1995 it appraised for \$95,000.

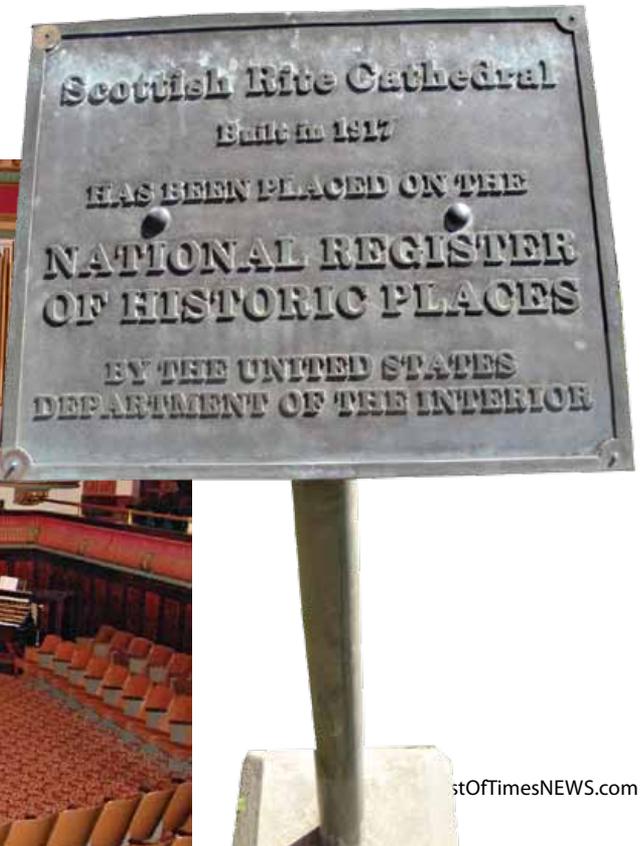
During the seven years of restoration of The Strand the lobby chandelier, the foyer chandelier and the lobby wall sconces were painstakingly recreated from old photos. Also beautifully restored are the murals around the interior of the theater of the six muses. It reopened in 1984 with the Shreveport Symphony and a full house. In its colorful history it has played host to many famous acts, such as Al Jolson, Mikhail Baryshnikov, Bill Cosby, Merle Haggard and comedians Tim Conway and Harvey Korman.

It has served as a set for three movies, "Factory Girl," "Soul Man" and "Ice Man." It is noted outside that in 2008 The Strand stood in for the Apollo Theater in "Soul Man" starring Samuel L. Jackson, Bernie Mac and Isaac Hayes. An interesting, if sad note, is this movie was the last for Bernie Mac and Isaac Hayes to appear in as that they both died before it was released, dying within a day of each other.

The blue curtain on stage is the original, and if you look carefully on the ceiling of the theater you will see hooks where ceiling fans originally helped distribute the amazing cool air from the brand new air conditioning. The Strand Theater was one of

USA Weekend and AMC Magazine have recently **RECOGNIZED THE STRAND THEATER** nationally as one of the **TOP FIVE GLITZIEST THEATERS IN THE UNITED STATES** for a live performance.

Photo: The Scottish Rite Cathedral Auditorium



the first buildings to be air conditioned in Shreveport.

The Strand is not owned by the city, so all repairs, restorations and updating come from private funding. As Jenifer Hill Akers, General Manager of The Strand says, "There is always something that needs repaired or redone. It is a nonprofit, strictly dependent on donations and ticket sales for income."

A lovingly maintained structure and a classic landmark on the corner of Common and Cotton, is the Scottish Rite Cathedral. It is a wonderful example of how continuous care has kept an important example of classic architecture alive and handsome. Construction on the building was completed in 1917 and features a marble lobby and two marble staircases. The original light fixtures and ceiling fans are still in use today, as are the 92 hand-painted backdrops used in the three level 500 seat theater. The only major modifications to the building since 1917 have been the additions of central air-conditioning and heat and the installation of an elevator. One of the backdrops in the theater is a 16 by 36 foot projection screen. Gary Gribble, 33rd General Secretary says, in the early days silent movies were shown on it. The original silent movie projector is a still there, as well as the organ and piano that were used to accompany the movies as they were shown. More recently it has been used as sets for several movies including "Mr. Brooks" starring Kevin Costner, "Mad Money," "GW" with Josh Brolin, and the soon-to-be released "Olympus has Fallen."

Another use in its early days was purely for amusement. The Shreveport Times of November 13, 1917 says that the Scottish Rite Cathedral "has the largest floor for dancing in the Southwest."

According to Mr. Gribble, the newest projects are a new roof and remodeling the front entrance to make the building more handicap accessible. As with The Strand, the building is not supported by public funds, but is a 501(c)3 nonprofit and dependent on funding from private donations.

And finally as an example of what we are losing, the B'nai Zion Temple across from the Scottish Rite Cathedral is decaying from neglect. Mrs. Sylvia Rosenswieg remembers going to the Temple as a young woman shortly before the congregation moved to its current location on Southfield Road. "I remember it being very holy. It was a large and very beautiful place."

Nine years of planning preceded the laying of the corner stone in 1910. The Beaux Art style building featured two flights of steps and each side of the building had five two story stained glass windows topped by Roman Lunettes, the interior featured a large foyer and an auditorium like two story worship space with colossal composite pilasters and a semi-vaulted ceiling entablature which is the horizontal part in classical architecture that rests on the columns and consists of architrave, frieze, and cornice. The B'nai Zion Temple was dedicated on October 22, 1915. A newspaper of the day called it "an architectural gem and an ornament to the city."

An interesting fact is that both the Scottish Rite Cathedral and the B'Nai Zion Temple were designed by the same architect, Mr. Edward F. Neild. He also designed C.E. Byrd and Fair



Photo: Central Fire Station 1944 (photo courtesy of LSUS Archives and Special Collections).

Park High Schools, A.C. Steer Elementary School and was the lead architect on the Harry S Truman Presidential Library and museum.

After the B'nai Zion congregation moved to an even larger building on Southfield Road in 1955, they sold the building to the Knights of Columbus. For many years the words, "Knights of Columbus #1108" covered the original words, "B'nai Zion Temple" but the Star of David remained. In 1993 a private foundation bought the property and implemented basic preservation measures. Efforts to contact that foundation have been unsuccessful. In 1994 the building was placed on the National Register of Historic Places as one of only ten Beaux Arts buildings still standing in Louisiana. Currently the elaborate columns are crumbling, the beautiful stained glass windows have lost their protective coverings and are slowly being broken, the magnificent entry way is covered with pigeon droppings, and some of the windows are completely broken out, letting in the elements and animals. This splendid building, one of the only of its kind is vacant and tragically decaying with neglect.

To avoid this kind of loss in the future, action must be taken.

"Shreveport is a perfect example," says Dr. Gary Joiner, a noted local historian, in his Red River Radio commentary, "History Matters", "unlike nearby cities such as Jefferson, Texas and Natchitoches, Louisiana, Shreveport has a long history of destroying old buildings to make way for new structures. This propensity to destroy the old and replace with something new, often just a parking lot, has spanned many decades, several neighborhoods and numerous administrations. "

"Simply put, there has been no statutory authority and no mechanism put into place to halt the demolitions by neglect and to examine buildings on a case-by-case basis to determine their historical value."

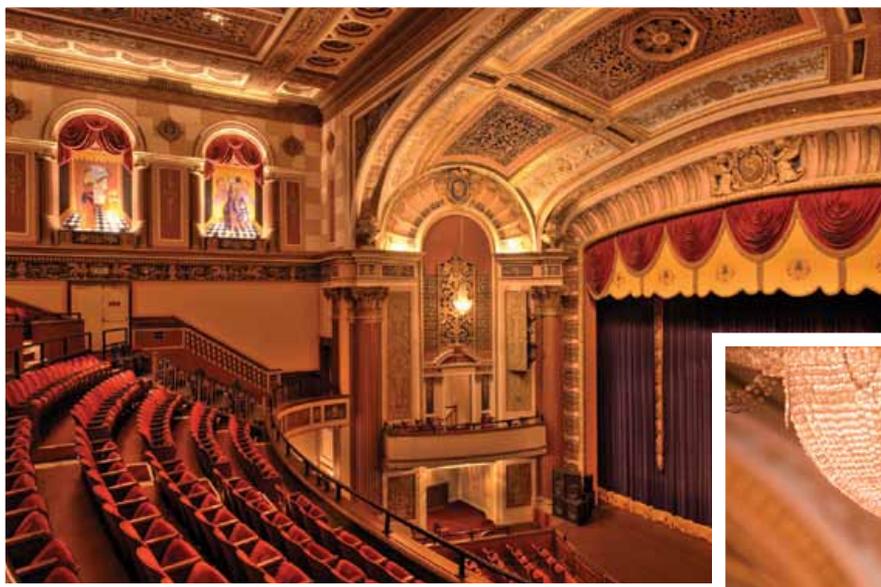
Shreveport is the largest city in the south not to have an ordinance in place.

He goes on to say, "Any society that allows its past to be destroyed by neglect or the desire for profit without regard to

its past, gets what it deserves. It loses its soul and becomes like any other of the hundreds of towns and cities that simply don't care."

Over two years ago the city of Shreveport created a historic preservation task force after many months of work and input from the public and neighborhood associations. An ordinance was created to be used as a template for how the city should pursue and regulate itself. Since then, the city council has voted for new historic preservation committee to be created. Currently Mayor Glover is forming the membership.

For more historic buildings in peril, the Shreveport Historical Preservation Society has created a most endangered building list. As a non-profit organization, its mission is to identify, preserve, and maintain historic resources in the downtown Shreveport Historic District and nearby areas; to enhance the quality of life and economic well-being for current residents and future genera-

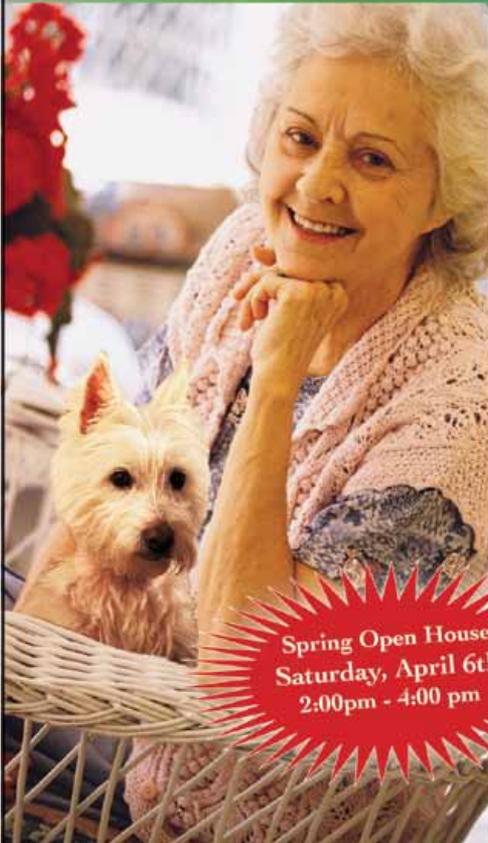


Left: Inside the Strand Theatre.
Below: A chandelier inside the Strand.
(Photos by Neil Johnson)



tions; to work with those persons and groups with similar interests. Some of those buildings in danger include the Arlington Hotel and the Rubenstein's building.

Knowledge about our past, the world as our grandparents knew, helps bring it alive for us. When you study old structures, you'll learn that buildings of our past give us hope for building the future.



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(Registration begins at 8 am)

Saturday, March 16, 2013
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, April 13, 2013
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, May 18, 2013
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, June 15, 2013
8:30 am to 12:30 pm
(Registration begins at 8 am)

**Call NOW for reservations to attend one of the above course dates.
Seating is limited!**

The AARP Drivers Safety Courses will take place at:
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1155 East Bert Kouns
Shreveport, LA 71105

Senior OLYMPICS

Keep Getting Bigger

by Gerry Robichaux

A high point comes early in the schedule of the 21st Northwest Louisiana District Senior Olympics when the Opening Ceremonies and Senior Health Fair, cosponsored by *The Best Of Times*, return to Horseshoe Casino's Riverdome Tuesday, April 16.

"In addition to competition in darts, accuracy throwing, dance team and finals of Bean Bag Baseball, there will be numerous vendors that cater to seniors available that morning," said Doyle Blasingame, District Coordinator of the Senior Olympics which offers sports and games for men and women 50 years of age and older.

The iconic Bean Bag Baseball competition was in its familiar place, as the lid-lifter for the 21st renewal the weekend of April 5-6 and before closing day May 24 seniors will find a varied array of sports and games to choose from.

Entry forms and information about the Northwest district games are available through the organization's website, www.nwlsog.org.

"You begin to feel the excitement building when April rolls around," said Margie Bamburg, a participant in Bean Bag Baseball and several other events in past district games. "You know it's time for the Senior Olympics. Folks begin looking for when their favorite activity is and what else is ahead.

"The beauty of the Northwest District is that it offers a variety of events," Bamburg said. "You don't have to be in training or working out to be a part of the games. There's table games, chess, pool, marksmanship and Bean Bag Baseball. But the games are true to their overall mission, to encourage physical fitness for seniors. That's where track and field, golf, bowling and table tennis come in. There is really something for everyone.

"My advice to anyone is play in Senior Olympics once and you'll be hooked," Bamburg added.

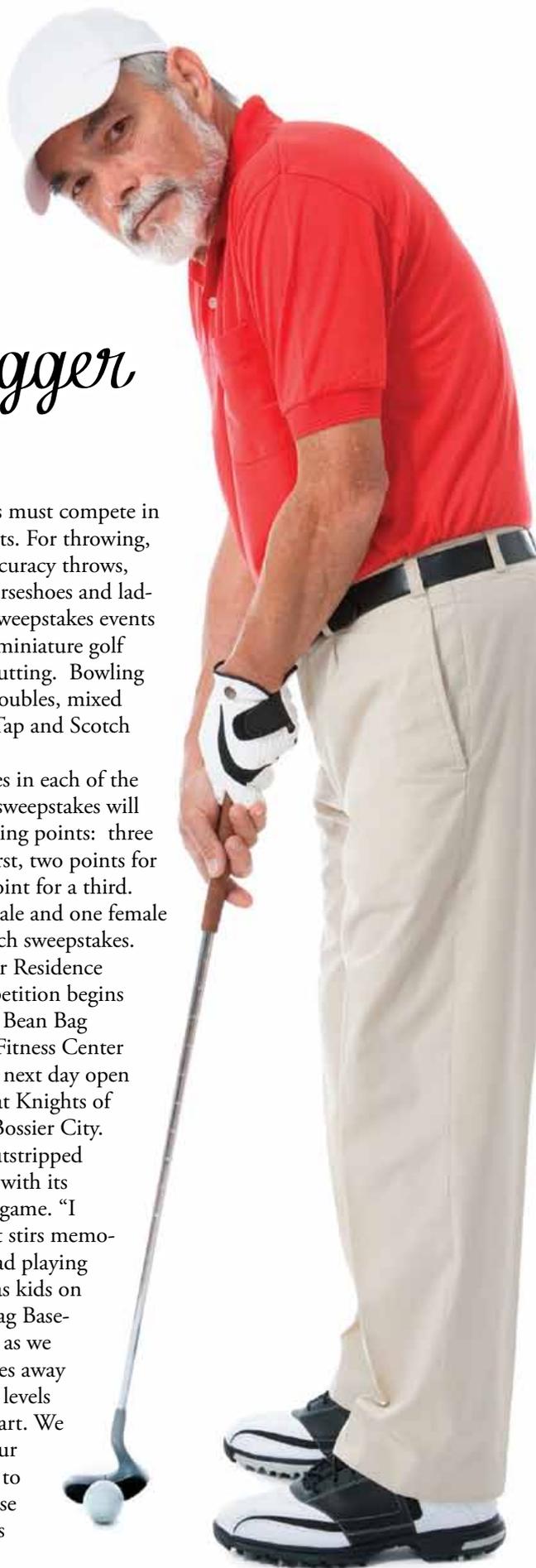
This year's games will introduce Sweepstakes awards in three areas - throwing, golf and bowling. "We hope to add to the thrills and enjoyment of our games with the Sweepstakes," Blasingame said. To be eligible for the

Sweepstakes, seniors must compete in an entire set of events. For throwing, the set comprises accuracy throws, darts, bocce ball, horseshoes and ladders golf. The golf sweepstakes events are individual golf, miniature golf and chipping and putting. Bowling comprises singles, doubles, mixed doubles, 9-pin No Tap and Scotch doubles.

Age group finishes in each of the components of the sweepstakes will be used in determining points: three points given for a first, two points for a second and one point for a third. There will be one male and one female overall winner in each sweepstakes.

The special Senior Residence Communities competition begins Friday, April 5 with Bean Bag Baseball at Bellaire Fitness Center in Bossier City. The next day open division play starts at Knights of Columbus Hall in Bossier City.

"Bean Bag has outstripped all our expectations with its growth," said Blasingame. "I think the fact that it stirs memories of the fun we had playing softball or baseball as kids on the sandlot. Bean Bag Baseball is a target game as we developed it and does away with running, so all levels of fitness can take part. We have had to adapt our way of presentation to accommodate the rise in numbers of teams wanting to enter."



2013 NORTHWEST LA. DISTRICT SENIOR OLYMPICS SCHEDULE

For additional information and a full schedule, visit www.nwlsog.org.

Senior Residence Communities Competition

- Friday, April 5 - Bean Bag Baseball, 9 A.M. Bellaire Fitness Center, 4330 Panther Drive, Bossier City. Finals at 10 a.m. April 16 at Horseshoe Casino Riverdome)
- Friday, April 12 - Washer Pitch. 9 a.m., Bellaire Fitness Center, 4330 Panther Drive, Bossier City.

Open Division

- Saturday, April 6 - Bean Bag Baseball. 9 A.M., Knights of Columbus Bossier, 5400 E. Texas, Bossier City, NOTE: Teams that avoid elimination continue play on Saturday, April 13, 9 a.m. Finals April 16 at 1 p.m.
- Tuesday, April 16 - Opening Ceremony/Senior Health Fair, Horseshoe Casino Riverdome, 9 a.m. Dance Team Competition @ 9:30 a.m. Darts and Accuracy Throws @ 10 a.m. Beanbag Finals: Residences @ 10 a.m. Open Division @ 1 p.m.
- Saturday, April 20 - Archery, 9 a.m. Registration, Red River Archery Range, 4099 Radcliff Road, Shreveport.
- Saturday, April 20 - Bocce Ball, 9 a.m. Knights of Columbus, 5400 East Texas Avenue, Bossier City.
- Friday, April 26 - Golf. 8:30 a.m., Northwood Hills GC, Presented by LANDERS Dodge Chrysler Jeep.
- Saturday, April 27 - Chess, Noon, Randle T. Moore Senior Center, 3101 Fairfield Avenue, Shreveport.
- Sunday, April 28 - Chip & Putt Competition, 2 p.m. The Practice Tee, Benton Road at 1-220.

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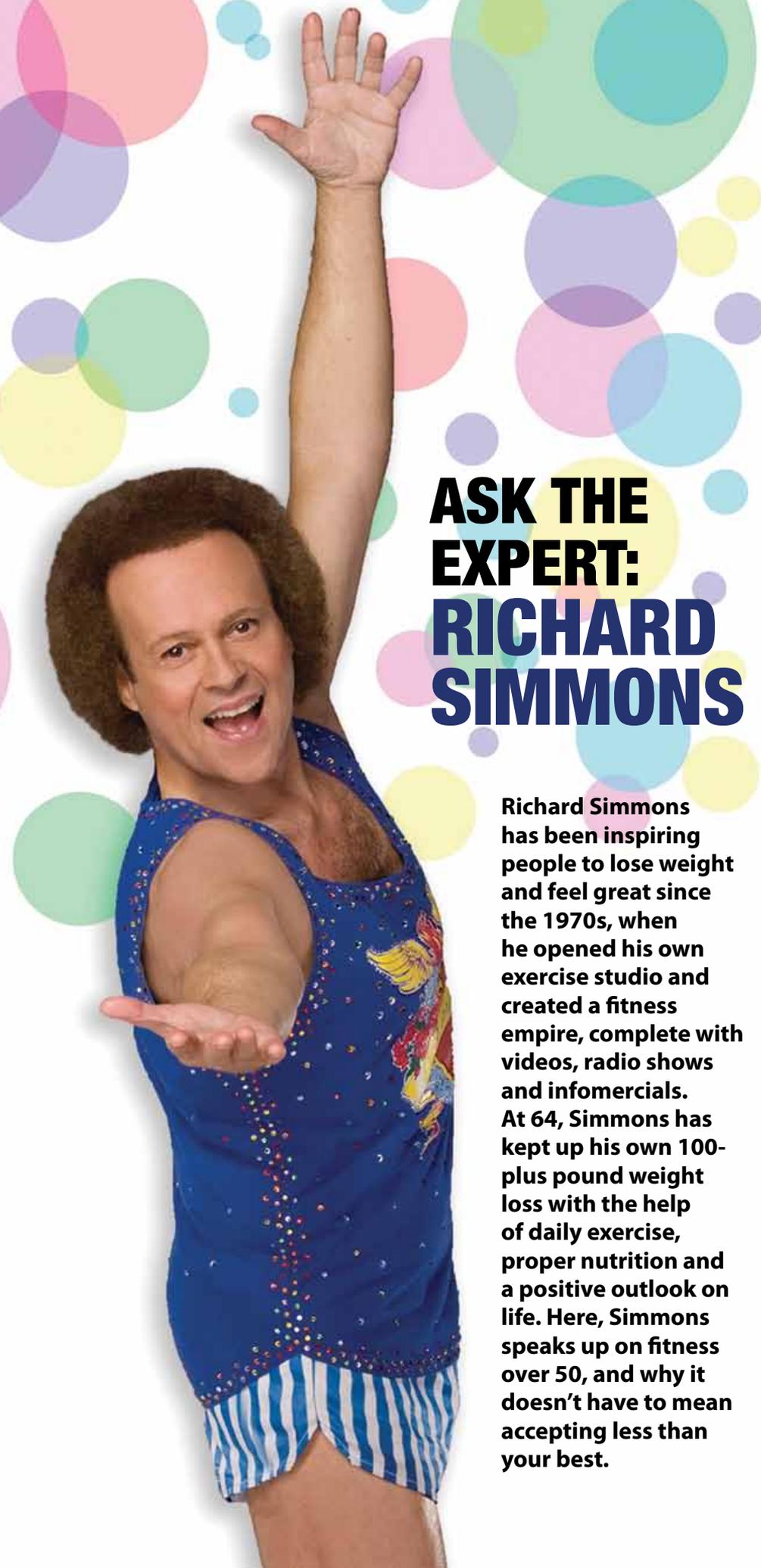
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ASK THE EXPERT: RICHARD SIMMONS

Richard Simmons has been inspiring people to lose weight and feel great since the 1970s, when he opened his own exercise studio and created a fitness empire, complete with videos, radio shows and infomercials. At 64, Simmons has kept up his own 100-plus pound weight loss with the help of daily exercise, proper nutrition and a positive outlook on life. Here, Simmons speaks up on fitness over 50, and why it doesn't have to mean accepting less than your best.

By Lindsey Romaine

Q Growing older means you might start moving slower and having a harder time adjusting to strenuous physical activity. How does a person come to terms with that?

A You know, I don't believe this is true. Why? Because I defy nature. At 64, I do not move slower and I exercise every single day for one hour and 15 minutes. You have to attack each day that God gives you and not complain and not think negative thoughts. Those kinds of thoughts make you grow older and sadder.

Q How have you personally pushed past the age barrier to achieve a maintainable physique?

A I never think about my age. Because I exercise every day, I look younger than the average 64-year-old. I only get one day at a time, and I fill it up. I think being silly and comical keeps you young at heart, too. I hope to have that philosophy when I live to be 100.

Q How should those 50 and older adjust their diet to keep their weight healthy? Should they eat more or less than younger active people?

A People over 50 lose weight just like everyone else. A calorie is a calorie. You either store it or burn it. God made six food groups, and you have to eat the right portions from all of them.

Q So in general, is losing weight harder at an older age than a younger one?

A Losing weight is just hard. Whether you're young or old, a banana split still looks divine. No matter what your age, you will be faced with temptations. And it will never get easy. Even at my age, when I see a billboard with a new sandwich, I drool.

Q How does exercise change when you reach 50?

A As you get older, you have to be more careful. You cannot over-exercise. You still need to warm up the body and give it daily toning and cardio. Remember how old your parts are, and remember that you don't want to wear them out.

Q Why is being obese in your older years a serious problem?

A As you grow older, and when you go from being overweight to obese, you lose mobility. That is the really sad part. You go from walking, to walking with a cane, to having a scooter or a wheelchair. Obesity robs you of what you used to do. And when you put too much weight on your body, it breaks down, which leads to taking way too much medication.

Q What are some exercises that you would recommend for people over 50?

A Every day you get another day. Open your eyes and get yourself out of bed. Warm up your body, and then plan what body parts you will tone and what kind of cardio workout you will be doing. Will it be walking or swimming or using an elliptical? Or maybe it's dancing to a fun DVD. At the end of the day, you need to cool your body down and stretch it before you go to bed. This is what I do. And I'm cute, if I have to say so myself!

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Tax Deadlines Are Real

By Jason Alderman



Congress could well debate the debt ceiling, tax reform and other important economic issues until the cows come home, but one thing's for sure: If you don't pay your income taxes – or at least file for an extension – by April 15, you could be in for a world of financial hurt.

That's because the IRS probably won't give you a break on the penalties it levies on unpaid taxes unless you were the victim of a natural disaster, suffered death or serious illness in your immediate family, or experienced another catastrophic event.

You must file your 2012 federal tax return (or request an extension) by midnight on April 15, 2013, otherwise the penalty on any taxes you owe will increase dramatically. You'll be charged an additional 5 percent of taxes owed for each full or partial month you're late, plus interest, up to a maximum penalty of 25 percent of the amount owed. (The interest rate currently charged is 3.22 percent.)

If you file your return or extension request on time, however, the penalty drops tenfold to only 0.5 percent per month, plus interest.

Here's how it adds up: Say you owe \$2,500 in federal income tax. If you haven't requested an extension, you would be charged an additional \$125 (5 percent), plus interest, for each month you're late in paying off your bill. Had you filed for an extension, the penalty would drop to only \$12.50 per month (0.5 percent).

Be sure to contact the IRS early if you won't be able to pay on time so you keep as many payment options open as possible – either call 800-829-1040 or visit your local IRS office. Also check out the IRS' "Filing Late and/or Paying Late" webpage for helpful information (www.irs.gov).

One way to avoid this penalty is to pay by credit or debit card before the filing deadline. You'll pay a convenience fee, which is tax-deductible if you itemize. Fees vary depending on which payment processor you choose. (See "Pay Your Taxes by Debit or Credit Card" at www.irs.gov.)

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For Kristi, caring for others is just part of her nature. Since 1979, she has been rescuing neglected and abused Papillons, French Bulldogs, and Collies, so the dogs in her care also indirectly depend on the work we do. That's exactly one of the heartwarming stories that inspires Snell's experienced team of practitioners and technicians to continually seek out specialized training and to invest in the latest technology so we can consistently deliver the highest quality prosthetic and orthotic devices available.



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If you don't pay your income taxes - or at least file an extension - by April 15, you could be in for a world of financial hurt.

irs.gov for details.) If you use a credit card, make sure you can pay off the balance within a few months; otherwise the accrued interest might exceed the penalty.

Other payment options include:

- If you can pay the full amount within 120 days, you may qualify for a Short-Term Extension. If granted, you'll still owe interest on your debt, but will avoid the application fee for an installment agreement.
- If you need longer than 120 days, an Installment Agreement lets you pay off your bill in monthly installments.
- To apply for either, fill out an Online Payment Agreement Application at www.irs.gov or call an IRS representative at 800-829-1040.
- Under certain dire financial-hardship circumstances, the IRS will allow some taxpayers with annual incomes of up to \$100,000 to negotiate a reduction in the amount owed through an Offer in Com-

promise. For step-by-step instructions, read the IRS Form 656 Booklet.

If you're unable to make payments on your installment agreement or offer in compromise, call the IRS immediately for alternative payment options, which could include reducing the monthly payment to reflect your current financial condition.

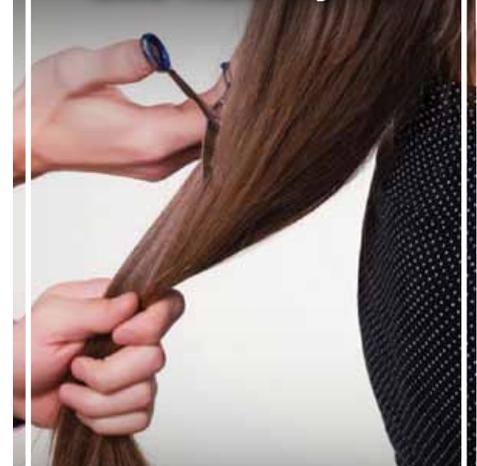
Also read the IRS's guide, "The What Ifs for Struggling Taxpayers," which contains helpful information on the tax impacts of different scenarios such as job loss, debt forgiveness or tapping a retirement fund.

Jason Alderman directs Visa's financial education programs.

To participate in a free, online Financial Literacy and Education Summit on April 17, 2013, go to www.practicalmoneyskills.com/summit2013.



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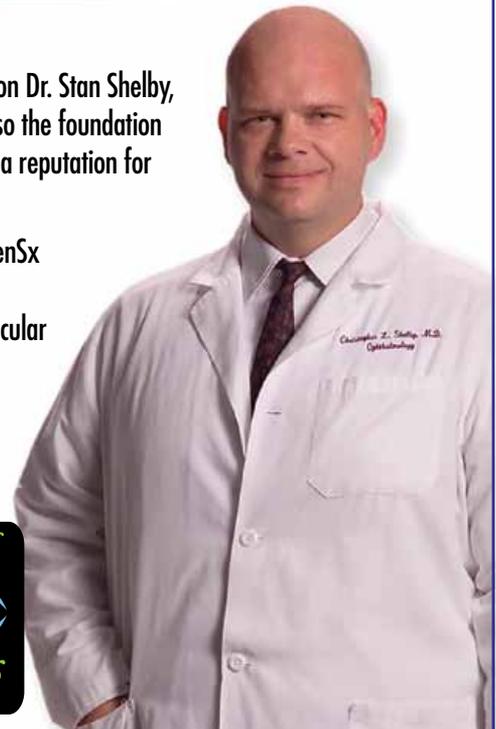
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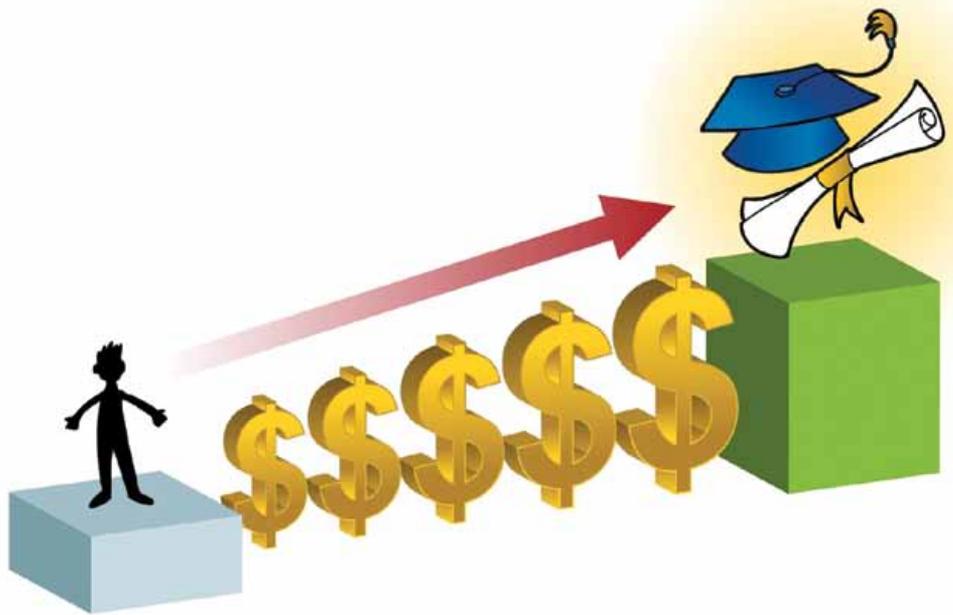


Student Loan Law

by Lee Aronson

Do you know anyone who has a student loan? Your kids? Your grandkids?

Student loans have some well known legal disadvantages for borrowers. For example, you hear about how student loans can stick with you for the rest of your life. You hear that they can't be discharged in bankruptcy (which isn't exactly true: as long as the loan isn't too old, it can be discharged if repayment "will impose an undue hardship on the debtor and the debtor's dependants.") And you hear that the government can seize your tax refund without having to go to court if you don't pay the loan as agreed. Non-student loan lenders can't do that. And I just spoke to a 70 year old man whose social security retirement check is being garnished because of old student loans. (Usually social security retirement income can't be



garnished, but there is an exception for student loans.)

But there is an advantage to student loans that you don't often hear about. Let's say that I borrow money to buy a car. Then I have a stroke. I'm disabled and can't work anymore. Do I still have to pay back the car loan? You better believe I do. But what if I take out a federal student

loan and then become disabled; do I have to pay back the student loan? Maybe not.

Here's how it works: if a federal student loan borrower becomes totally and permanently disabled, then the government can discharge the loan and the borrower won't have to pay it back. But in order to get this discharge, the borrower will have to prove that he or she is permanently

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and totally disabled. And that's not easy. There have been many people who get social security disability benefits who have had their applications for student loan discharge due to disability denied. In other words, one part of the government, the Social Security Administration says you are disabled, but another part of the government, the Department of Education, says you're not disabled.

But that may be about to change. There's a new law going into effect on July 1 of this year. The law says that if a borrower applies for a disability discharge of his or her federal student loan, he or she can attach to the application "a Social Security Administration notice of award for Social Security Disability Insurance or Supplemental Security Income benefits indicating that the borrower's next scheduled disability review will be within 5 to 7 years." The Department of Education will review this attachment and will discharge the loan if "the Social Security Administration notice of award for Social Security Disability Insurance or Supplemental Security Income benefits supports the conclusion that the borrower is totally and permanently disabled."

All that legalese means that people who owe student loans and who are receiving social security disability income or SSI may have an easier time getting their student loans discharged.

However, even if the loan is discharged, if certain things happen, the government has 3 years to change its mind and reinstate the loan and make you pay. For example, if your student loan is discharged and 2 years later you get a well-paying job or you take out a new student loan or if the Social Security Administration says you are no longer disabled, then the government can change its mind and make you repay the loan.

And even if the loan is forgiven due to total and permanent disability, the borrower could still face tax consequences because the amount forgiven is considered taxable income to the borrower.

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





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Monetary Instrument Abuse

by Judge Jeff Cox

Recently, we have seen a rash of cases involving Monetary Instrument Abuse in our courtrooms. Some of these cases involve the elderly where a caretaker or family member has altered financial instruments belonging to the person. Other cases involve persons who attempt to counterfeit checks or money orders. In either case, the results can be devastating to the victim and financial institutions who process these monetary instruments.

Monetary Instrument Abuse is defined in La. R.S. 14:72:2 as:

A. Whoever makes, issues,

possesses, sells, or otherwise transfers a counterfeit or forged monetary instrument of the United States, a state, or a political subdivision thereof, or of an organization, with intent to deceive another person, shall be fined not more than one million dollars but not less than five thousand dollars or imprisoned, with or without hard labor, for not more than ten years but not less than six months, or both.

B. Whoever makes, issues, possesses, sells, or otherwise transfers an implement designed for or particularly suited for making a counterfeit or forged monetary instrument with the intent to deceive a person shall be fined not more than one million dollars but not less than five thousand dollars, or imprisoned, with or without hard labor, for not more than ten years but not less than six months, or both.

C. For purposes of this Section:

(1) "Counterfeit" means a document or writing that purports to be genuine but is not, because it has been falsely made, manufactured, or composed.



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(2) "Forged" means the false making or altering with intent to defraud, of any signature to, or any part of, any writing purporting to have legal efficacy.

As you can see, monetary instrument abuse can entail a number of different scenarios where a person can be charged under this statute. One of the most common scenarios is when a person obtains the victim's checks from the mail and forges their name to the instrument. This commonly happened in the past when Social Security checks were mailed or can happen now when the victim receives checks in the mail. When the person obtains the check from the mail and forges the name on the check, the person who has forged the name has now committed not only the crime of Forgery, but also the crime of Monetary Instrument Abuse.

The crime of Monetary Instrument Abuse carries with it hefty fines and/or jail time. The statute further provides the person committing the crime must make restitution to the victim in this matter. The statute states the court can take into consideration the financial condition of the person but must arrange a periodic payment plan consistent with person's financial ability to pay.

Only the victim can report these crimes. If you or anyone you know has been a victim to this type of crime, you need to call your local law enforcement agency and report this activity. Crimes of this nature can cost the public and victims thousands of dollars in lost monies.



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



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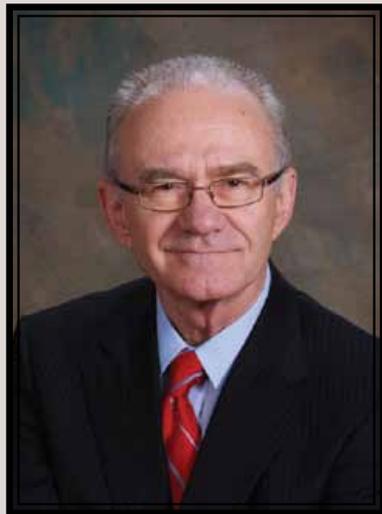
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TIME: 10:00 a.m. to 12 noon

LOCATION: Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive (Large meeting room to the right, inside the first set of doors).

Call **318-222-2100** to make your reservation.

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Licorice Helps Chronic Fatigue and Heartburn

by Suzy Cohen, R.Ph.

Dear Pharmacist, What is licorice root? I heard you at a lecture talk about it and say something like it could take the place of lots of different drugs, and that it helped with chronic fatigue. ~W.W. Dallas, Texas

Licorice root is an herbal remedy often used in Chinese traditional medicine. It's ancient, and was used by the Greeks and Romans for many health concerns such as ulcers, sore throat, asthma, depression, menopause, arthritis, heartburn, gastrointestinal concerns of all sorts and various viral infections (like hepatitis and the flu). Unfortunately, licorice candy (mmm, Twizzlers) doesn't have quite the same effect, but hey, that's not to say you couldn't indulge in that every now and then! Just know that licorice root is a totally different animal, and unlike candy, it has many medicinal properties.

Licorice contains healing flavonoids, phytoestrogens, and glycyrrhizin. Some of these compounds block the breakdown of a hormone called cortisol in your body which helps you deal with stress. Many of us are walking around with severe adrenal fatigue, and depending on a few other medical factors, licorice root could be just what you need to help cope with stress. It also happens to boost levels of natural interferon, which is an important component of your immune system helping you defend yourself from infection.

Licorice root helps soothe irritated membranes while re-

moving mucus from your respiratory tract, making it a great adjunctive remedy for cough and cold. The phytoestrogens also mimic the effect of estrogen, which can help with menopausal symptoms, as well as cognitive function but be careful here because anything that is estrogenic (even mildly so) has the potential to drive certain cancers, especially those of the reproductive tract.

A 2011 study performed on rats in China provided evidence that glycyrrhizin could protect against some of the more drastic negative outcomes from spinal cord injuries, by suppressing inflammatory chemicals (called cytokines) and blocking the release of a gene that promotes further inflammation (HMGB1). In a separate human study, it was also observed that licorice root reduces body fat in part by suppressing aldosterone, which is the hormone that tells your body to hold on to salt and water.



Licorice root is available in many oral dosage forms. Excessive intake of licorice root can exacerbate hypertension and other heart problems, by disrupting the salt and water balance that your body strictly maintains so ask your doctor if it's right for you. It happens compliments of the glycyrrhizin.

Some companies now make a deglycyrrhizinated form of licorice root, which is the form that is free of glycyrrhizin. It's called "DGL" and while this form doesn't really improve adrenal fatigue concerns, it is great for long-term use and specifically helpful for digestive problems of all sorts including gastritis, reflux and heartburn. DGL is best taken in a chewable tablet form about 20 minutes before eating your meals. DGL is a supplement I usually recommend to people who find themselves compelled to take acid blockers and antacids.

This information is not intended to treat, cure, or diagnose your condition. For more info visit DearPharmacist.com. ©2013 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.



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Strange BUT TRUE

by Samantha Weaver

⊙ When the TV show "Bewitched" first started filming, the star, Elizabeth Montgomery, was just a month away from giving birth to her first child, so the first five episodes were shot almost in their entirety without her. It wasn't until the baby was a few weeks old that she was able to go on the set to film her scenes.

⊙ Before the June 1944 invasion of Normandy, a crossword puzzle that was printed in the London Daily Telegraph contained the words "mulberry," "Neptune," "Omaha," "overlord" and "Utah." That may not seem to be a fact of much interest, but it turns out that those were all secret code words used by the Allied military in planning the upcoming offensive. The puzzle's author, a schoolteacher, was tracked down and interrogated, but the puzzle's content was ultimately chalked up to coincidence.

⊙ The country's first pay phone was installed in a bank in Hartford, Conn., in 1889. It cost 5 cents to place a call, the equivalent of \$1.25 today.

Thought for the Day: "Whoever is careless with the truth in small matters cannot be trusted with important matters." -Albert Einstein

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Digesting BOSTON a Bite at a TIME



Orinico Kitchen gives people on the South End tour a taste of dates, a Venezuelan appetizer of dates that are stuffed with almonds and wrapped in bacon.

Story by Andrea Gross www.andreagross.com • Photos by Irv Green

My husband and I are standing in an 80-year-old store that is crammed with more than 150 spices and nearly 40 varieties of coffee. The aroma is a mix of familiar and exotic, mild and pungent. “The store was started by one of the area’s original Italian settlers,” says our guide, Jim Becker, who is leading us on a culinary walk of Boston’s North End. For three hours he’s been regaling us with facts about Boston’s immigrant past as well as feeding us tastes of its culinary present.

Two days later I’m on another food tour of Boston, this one led by Alyssa Daigle, who is walking us through the more gastronomically diverse South End. During both tours my husband and I lunch as we learn and hope that we’ll end up a bit wiser rather than just a lot wider. But deep down, I really don’t care about the calories. A good culinary tour helps people digest the culture of a place along with the food, and that’s a mix I can’t resist.

The North End’s Italian Past

Once upon a time, before I took a food tour of Boston’s North End, my knowledge of Italian food was largely confined to the

shape of the pasta, my choices of Italian restaurants were limited to touristy digs, and my familiarity with Boston’s history was centered on the Patriots — whether they be on a Revolutionary War battlefield or on an NFL football field.

Now I know that the British came to the North End in 1630, establishing what is the oldest continuously-occupied residential and commercial area in the United States.

Other immigrant groups came later and, after acclimating to life in the New World, also moved to outlying districts. But the Italians, who began arriving in the 1860s, settled and stayed. By the 1920s Boston’s North End was 90 percent Italian.

Today less than 40 percent of the neighborhood’s population is of Italian descent, but the legacy of “Little Italy” lives on. Italian is still spoken by the old folks, Italian feast days are widely celebrated and the food is venerated in more than 80 restaurants located in the one-third mile district.

Our tour takes us into shops that specialize in pasta, pastry, produce, meat, spices, coffee and wine. We meet the proprietors, sample the food and learn how to bring the flavors of Italy into our kitchens at home.

My favorite tip comes from the owner of a small produce market. Bruce Alba shows us how to differentiate between male and female eggplants. I laugh at first but soon learn the importance of this information. Those with a round dimple have



“The eggplant on the right has a round dimple and will be sweeter than the one on the left,” says Bruce Alba, who owns a produce market on the north end.

fewer seeds, and thus their taste is sweeter. My husband's favorite dish, Eggplant Parmesan, just got immeasurably better.

<http://www.foodtoursofboston.com>

The South End's Restaurant Row

Although separated by less than four miles, Boston's North and South Ends have a different history, culture, architecture and food. Whereas the North End is known for one type of culturally-inspired cuisine, the South End has a eclectic mix of eateries.

Built in the mid-1850s, the neighborhood was filled with stylish homes for middleclass businessmen. The architectural design was reminiscent of London, with rows of red brick "bowfront" homes fronting onto tree-lined streets. Parks and pedestrian pathways were abundant.

Over the years the neighborhood fell onto hard times. Then in the 1960s the city launched an extensive revitalization program, and the South End now is the largest intact Victorian row house community in the United States, home to a burgeoning art scene. It's become the new go-to place for Boston foodies.



Alyssa Daigle, owner of "Bites of Boston," tells people about the history of the South End.

Our guide leads us into six restaurants and gives us gossipy insights into the chefs' backgrounds. As befits Boston, several are

Harvard graduates who traded corporate ladder-climbing for artisanal food-making. We then get hearty samples of a variety of foods, ranging from a meatloaf sandwich to cheese, fish and heavenly cookies.

I fall in love with Orinico Kitchen, a place that bases its menu on that of the Venezuelan taquerias [rural mom-and-pop eateries]. I vow to go home and make my own datiles [dates stuffed with almonds and wrapped in bacon]. My husband goes giddy over the mind-boggling selection of cheese offered at Formaggio Kitchen. We hear that The Flour Bakery and Café has scrumptious cookies, but the place is so crowded with locals that we can't get inside.

After two days of food touring, we've developed a healthy appetite for culinary travel. What better way to season your food with facts and frost your facts with food?

www.bitesofbostonfoodtours.com

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Broadway:

A Personal Perspective

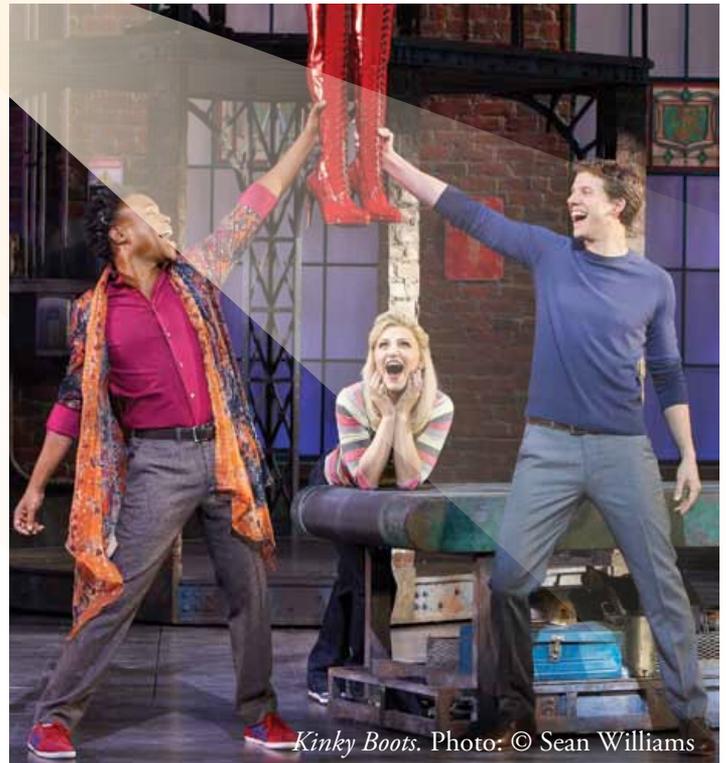
by Brian Bradley

Spring on Broadway is my favorite part of the season. All the energy generated and all the anticipation can make a theatre-lover practically giddy. But what's really great is the not knowing and looking forward to the possible discovery of a great new play, a brilliant performance or a gem of a musical.

And speaking of musicals, there are seven new titles or revivals scheduled between now and season end. Rodgers and Hammerstein's *Cinderella*, is new to Broadway and it does have a new book by Douglas Carter Beane. But the score was written for a 1957 television special starring Julie Andrews. It was remade in 1965 with Lesley Ann Warren and updated with interpolated songs and an all-star, multi-racial cast in 1997 headlined by Brandy (Norwood) and Whitney Houston.

Jekyll & Hyde premiered in 1997 and ran for over 1500 performances. Although it was nominated for several Tony Awards including Book of a Musical, Frank Wildhorn's score was not nominated. Given that his songs were the main selling point of this otherwise dubious retelling of the Stevenson novella, it seemed at the time to be a slap in the face. But his power ballads do tend to bring the show to a grinding halt and the winner that year was *Titanic*. This revival features Constantine Maroulis, a 2009 Tony nominee for *Rock of Ages*.

I'm really looking forward to the revival of *Pippin*. Originally choreographed and directed by Bob Fosse in 1972, I've always had a fondness in my heart for the Stephen Schwartz score which includes "Corner of the Sky", "Extraordinary" and "No Time



Kinky Boots. Photo: © Sean Williams

at All." Let us hope they do right by the show and Mr. Fosse's legacy.

New musicals include *Hands on a Hardbody* about a group of ten economically-strapped strangers who embark on an endurance

contest in which the last contestant with one hand left on a brand-new hardbody truck gets to drive it off the lot. Sounds reminiscent of Depression era marathon dances and the toll they took on the dreamers. *Kinky Boots*, based on the 2005 British film which I found disarming, has a score by Cyndi Lauper and a book by multiple Tony Award-winner Harvey Fierstein. Jerry (*The Full Monty*) Mitchell is staging and the word from *Chicago* is very upbeat.

Motown the Musical looks to be on shaky ground given that label founder Berry Gordy elected to write it. Word is the

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numbers deliver but the script is a mess. But for numbers to truly score, they need a context. We'll see.

The big ticket item to watch however is *Matilda*. This Royal Shakespeare Company import has been wildly anticipated since it debuted in London in 2011. Based on the Roald Dahl children's book, the title character is a precocious little girl of astonishing wit, intelligence and psychokinetic powers who defies her unloving parents, a lonely childhood and a vicious headmistress to live the life of her dreams.

Matilda, winner of a record-breaking seven Olivier Awards, will be this season's must see musical.

Richard Greenberg and Douglas Carter Beane both have two works on Broadway this spring. Besides his own original work *The Assembled Parties* which Manhattan Theatre Club is presenting, Mr. Greenberg also has his adaptation of *Truman Capote's Breakfast at Tiffany's* opening on Broadway. I'm definitely curious about *Tiffany's*, but the premise of *Parties* is simply irresistible.

Besides the previously mentioned *Cinderella*, Mr. Beane's wit is also being showcased by *The Nance*, a Lincoln Center Theatre production starring Nathan Lane as a headline Nance performer



Matilda. Photo: ©Manuel Harlan

in 1930's New York burlesque. Lane's character's stage persona, an effeminate or camp homosexual man was a popular stock character in burlesque. Lane's role however is not straight and Beane's play contrasts outrageous on stage antics with a messy offstage life.

Lots of other names are coming up like Tom Hanks, Bette Midler, Holland Taylor and Alec Baldwin & Shia LaBeouf. Oops. That won't be Shia LaBeouf making his Broadway debut after all. Due to "creative differences" Mr. LaBeouf will now be replaced

with the director's second choice Ben Foster in the three-person drama *Orphans*. Holland Taylor is starring as Texas Governor Ann Richards, a colorful character if there ever was one. Bette Midler will tackle legendary Hollywood super-agent Sue Mengers in *I'll Eat You Last* a play scripted by John Logan who was responsible for *Red*. And Tom Hanks will star in a new play by the late Nora Ephron. In *Lucky Guy* Hanks portrays newspaper man Mike McAlary, a controversial tabloid columnist. *New York based theatre critic Brian Bradley is a voting member of the Outer Critics Circle. Send your questions to brianbradley@nyc@hotmail.com.*

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PAM GRIER

by Marshall Jay Kaplan

She was sassy. She was hip. She was tough. She was known for her afro and for her attitude. Today, actress Pam Grier no longer has the afro, but she does have attitude – a very positive one!

Pam Grier was born on May 26, 1949 in Winston-Salem, North Carolina. Her mother was a nurse and her father was a mechanic in the United States Air Force. Pam also had three siblings. Due to her father's job, the family moved around quite a bit and eventually settled in Denver Colorado. It was here that Pam got involved in numerous stage plays at her high school.

Pam worked in various local plays and modeled to make enough money to move to Los Angeles. In 1967, Pam arrived in Hollywood where she got a job as the receptionist for the well known, B-Movie production company, AIP

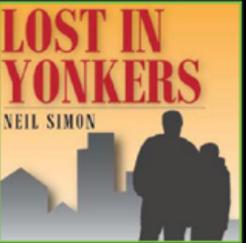
(American International Pictures). It was here that she was discovered by director Jack Hill who cast her in his prison-themed films, 'The Big Doll House' (1971) and 'The Big Bird Cage' (1972).

Pam was now under contract to AIP and continued to make a name for herself as a bold, assertive, tough woman. The first female action star in 1970's Blaxploitation films such as 'Coffy' (1973), 'Black Mama, White Mama' (1973), 'Scream, Blacula, Scream' (1973) and the classic, 'Foxy Brown' (1974). Pam feels that her motivation in playing "the baddest chick in town" was driven from her extremely emotional experience of being raped as a child.

As the 1980's entered, Pam found herself making guest appearances on television shows and films – most notably 1981's 'Fort Apache, The Bronx'. It took another fifteen years to reach the pinnacle of her career.

In 1997, Director and Filmmaker, Quentin Tarantino created a film just for Pam, titled, 'Jackie Brown'. The film was an homage to the Bloaxploitation films of the 1970s'. Pam received numerous awards and accolades for her title role,

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including a Golden Globe nomination for Best Actress.

Pam has had another resurgence in her career, appearing on the critically acclaimed TV series, 'The L Word'.

With her amazing career, came some amazing relationships with Kareem Abdul-Jabbar, Richard Pryor and Freddie Prinze. What is ever more amazing is that this tough, female action star currently resides in Franktown, Colorado on her 'ranchette', where she raises horses and teaches handicapped children how to ride. In 2010, she wrote her memoir, 'Foxy – My Life in Three Acts.'

Pam sums up her career as a Blaxploitation actress, "It's not that I am proud to be a black women. I'm just proud of being a woman!"



Marshall Jay Kaplan is a Gemini Award nominee TV producer, syndicated cartoonist, and TV host.



MATT AND MABEL

"You are so forgetful",
Matt yelled at poor old Mabel.
She had forgotten her purse
Back on the restaurant table.

He had berated her
All those twenty long miles back.
"You are the dumbest in the world.
You are one pancake short a stack."

Then they pulled up in front,
Mabel and grouchy old Matt,
"Now go get your stupid purse
And while you're in there, get my
hat."

By R. Wayne Edwards, February 2001
www.familypoet.com

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The Best of Times wants to thank our loyal subscribers, readers, radio show listeners, and website visitors by offering you the opportunity to WIN fabulous PRIZES throughout 2013!

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- **Is there a fee to enter the contest?** No, there is no fee to enter this contest.
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- **How are winners selected?** Winners are randomly selected from all entries.
- **How do I pick up my prize?** Your prize will be mailed or delivered to you.
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 2. Look for your name on [our website at www.thebestoftimesnews.com](http://www.thebestoftimesnews.com) then email us at gary.calligas@gmail.com or call (318) 636-5510.
 3. Look through the **current issue of *The Best of Times*** magazine. If you find your name listed as a contest winner, email us at gary.calligas@gmail.com or call (318) 636-5510.

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Recent DVD Releases



Mark Glass

Django Unchained ★★★★★

(R) Quentin Tarantino delivers yet another fine mix of mayhem and mirth in this tongue-in-cheek homage to Spaghetti Westerns and Blaxploitation flicks with this romp through our Old West and South of the late 1850s. Christoph Waltz plays an elegant bounty hunter who buys a slave (Jamie Foxx) to help him identify some plantation bosses with prices on their heads, while using assumed names. Foxx turns out to be smarter, tougher, and cooler than anyone expected, leading to more of a partnership and dual-purpose quest. Foxx helps Waltz bag the felons; Waltz helps him find his wife (Kerry Washington), who had been sold separately as punishment. As usual for Tarantino fare, the premise mainly provides a springboard for all kinds of fun. An in-your-face score, legitimized for the genre by a contribution from Ennio Morricone; ultra-hip supporting contributions from Leo DiCaprio and Samuel L. Jackson; one sequence with a gang of masked riders that may be the most hilarious scene of the year.



Promised Land ★★★★★

(R) Matt Damon is a movie star. John Krasinski is a TV star with a rising movie career. Fracking to tap into our vast reserves of natural gas is a controversial subject, with economic and security pluses balanced against risks to the environment. Both sides of the coin have potential long-term, significant effects on our country - especially for the communities that allow those resources to be developed. So when guys with their industry profile write a topical screenplay, there's no problem in getting a Gus Van Sant to direct, a studio to back it, and principal roles for themselves. All this for a rather tepid drama that casts some light on the pros and cons, but fails to deliver a satisfying exploration or resolution of its hot-button subject. Damon and Frances McDormand work as an advance team for a major gas company. Their job is to roll into small towns to buy up the drilling rights. Ultimately the story is focused on the selling and the sellers,



rather than the product. Like the landowners, we're exposed more to tactics and strategies than data. The authors put a couple of twists into the proceedings aimed more at generating cinematic interest than political points.



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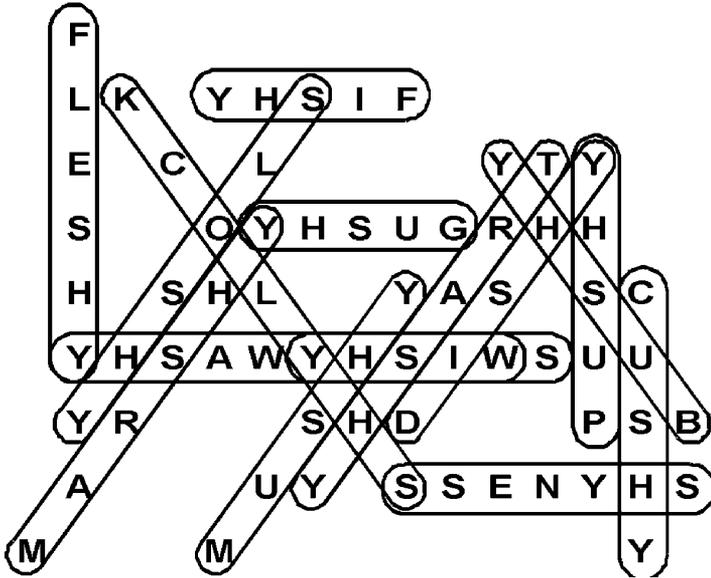
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FAMILY FEATURES

When you try to picture what a farmer looks like, you probably don't picture a woman. But women operate more than 30% of the more than 3 million farms in America - making them a large part of raising your food.

Kristin Reese and Carrie Divine are two women whose farming roots run deep. Kristin grew up on a farm in Ohio and now has a farm of her own with her husband and kids. Carrie is an eighth-generation farmer on her family's land in Kentucky. Kristin and Carrie say the hardest part of being a farmer is not the hard work, it's that today's farming is often misunderstood. Some consumers often think their food comes from large, impersonal corporations. The fact is, 98% of farms and ranches in the United States are family owned and operated. That's why Kristin and Carrie joined CommonGround, a movement that fosters conversations among farm women and women in cities and suburbs around the country who want to know more about their food. Through the website www.FindOurCommonGround.com, women farmers share facts about today's agriculture and dispel misconceptions about modern farming.

To learn more about family farming, get food facts, find more recipes, or pose your own question to a farmer, visit www.FindOurCommonGround.com.

American Lamb Arugula Salad with Blackberry Vinaigrette

by Kristin Reese (4 servings)

1 to 2 pounds sliced roasted lamb leg
2 bunches of arugula, washed and dried

10 ounces soft, mild goat cheese
Blackberries

½ cup toasted pecans
Salt and pepper to taste

Blackberry Vinaigrette:

2 tablespoons Dijon mustard
¼ cup blackberry preserves
½ cup olive oil
2 tablespoons fresh herbs, such as basil and thyme
Salt and pepper to taste

Preheat oven to 450°F.

Place lamb leg into a roasting pan and roast uncovered for 20 minutes, or until a crust forms that will seal in the juices. Lower heat to 300°F. Finish cooking (bone-in roast requires additional 20 minutes per pound; boneless roast requires additional 25 minutes per pound). Internal temperature should reach 130° to 135°F for a medium rare roast.

Remove from oven and let rest for 20 minutes before carving. Carve against the grain about ½ inch thick per slice.

Whisk all Blackberry Vinaigrette ingredients in a bowl.

Arrange arugula in mounds on 4 plates with equal parts goat cheese in center of each mound.

Arrange lamb slices around goat cheese and drizzle with vinaigrette. Garnish with blackberries and toasted pecans.

Serve with crusty French bread and a crisp Sauvignon Blanc.



Stuffed Jalapeño Peppers

by Linda Schwartz (10 servings)

- 33 large jalapeño peppers
- 1 pound spicy sausage
- 1 bunch green onions
- 1 8-ounce package cream cheese, softened
- 1 tablespoon balsamic vinegar or Worcestershire sauce
- 1/8 to 1/4 teaspoon garlic powder
- 1 pound thin-sliced bacon

Prepare jalapeños by cutting off tops and removing seeds and membrane from insides using an apple corer. Be careful not to poke holes in sides of peppers. Drain on paper towels. (I recommend wearing gloves for this spicy project.)

Brown the sausage. Chop onions fine in a food processor. Add browned sausage and process until meat is finely chopped.

Add cream cheese, balsamic vinegar and garlic powder. Process until combined.

Stuff peppers with sausage mixture using a jerky shooter, pastry bag or small spoon.

Cover top of pepper with one-half slice of bacon, using a toothpick to secure. Place in jalapeño pepper cooker or custard cups, making sure peppers remain upright.

Bake in a 350°F oven for 1 to 1½ hours. The longer they bake, the milder they are.

Stenger Family Pork Mignon

by Carrie Divine (8 servings)

- 2½ pounds lean ground pork (Ask the meat department to double-grind a pork loin or trimmed Boston butt)
- ¼ tsp black pepper
- 1/8 tsp sugar
- 1/8 tsp cayenne pepper
- 2 tsp salt
- 8 bacon slices

Mix the spices with pork. Don't think of doing this with a spoon - get your hands in there. Form into patties 1 inch thick. Wrap bacon slices around outside and secure with toothpicks.

Place bacon-wrapped patties on grill over a slow fire. Begin basting immediately with sauce mixture.

Turn patties every 10 minutes and repeat basting. If sauce begins to brown too quickly, place patties on aluminum foil. Cook over slow fire 30 to 40 minutes until done.



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1. TELEVISION: What was the name of the estate in the gothic soap opera "Dark Shadows"?

2. ANIMAL KINGDOM: How many eyes does a bee have?

3. ENTERTAINMENT: Which actress was married to Mickey Rooney, Artie Shaw and Frank Sinatra?

4. INVENTIONS: When was the first coin-operated pinball machine invented?

5. U.S. PRESIDENTS: Who was the first president to be born an American citizen?

6. QUOTATIONS: Who said, "It's not that I'm afraid to die. I just don't want to be there when it happens."

7. U.S. STATES: What does the name of Hawaii's capital, Honolulu, mean?

8. LITERATURE: Which one of Shakespeare's plays contains the line, "The course of true love never did run smooth."

9. GENERAL KNOWLEDGE: What was the name of cowboy actor Roy Rogers' dog?

10. FOOD & DRINK: What is a gherkin?

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- Answers
1. Collinwood
2. Five -- two compound eyes and three simple eyes
3. Ava Gardner
4. 1931
5. Martin Van Buren
6. Woody Allen
7. Sheltered bay
8. "A Midsummer Night's Dream"
9. Bullet
10. A type of pickled cucumber

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

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

- Bushy, Cushy, Dishy, Fishy, Fleшы, Gushy, Marshy, Mushy, Pushy, Shylock, Shyness, Sloshy, Swishy, Trashy, Wishy-washy

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Sudoku

by Linda Thistle

9x9 Sudoku grid with numbers 1-9 in some cells.

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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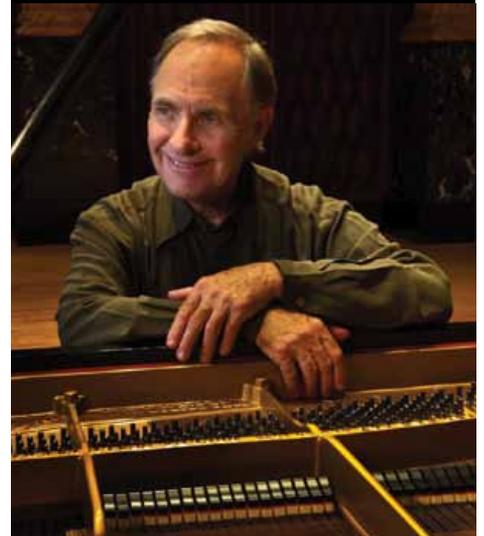
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Get Up & Go!

CLASS

Basic Piano Classes for Seniors - Offered by SPAR. Starting Monday, April, 15, from 9 to 10:30 am, Hattie Perry Community Center, 4300 Ledbetter St, Shreveport. On Thursday, April 18, from 9 to 10:30 am at A. B. Palmer Community Center, Shreveport. Classes are FREE (one class per quarter). To sign-up, call Hattie Perry Community Center at 673.7810 or A. B. Palmer Community Center at 673.5336. Space is limited and filled on a first come, first served basis. For info call Camille Webb at 673.7845.

DRIVER SAFETY

AARP Driver Safety Program - A four (4) hour classroom refresher course for drivers age 50+ which may qualify participants for a three year automobile insurance premium reduction or discount. Seating is limited. Participants must **preregister**. \$14 for non-AARP members; \$12 for AARP members (AARP card required at registration). Correct change or checks payable to AARP accepted.

• April 2: 8:30 a.m. - 12:30 p.m. Woodridge Baptist Church, 850 E. Bert Kouns, Shreveport. Contact: Mary Walker: 318-798-4966;

Instructor: Martha Hogan
• April 5: 8:30 a.m. - 12:30 p.m. Northpoint Community Church, 4204 Airline Drive, Bossier City. Contact: Lisa Doucet 318-671-7100;

Instructor: James Smith
• April 9: 9:00 a.m. - 1:00 p.m. Senior Friends, 1100 Doctors Drive, Springhill. Contact: Kathy Shaver 318-539-1040; Instructor Janet Labryere

• April 13: 8:30 a.m. - 12:30 p.m. Hebert's Town and Country, 1155 E. Bert Kouns Ind. Loop, Shreveport. Hosts: Hebert's and *The Best of Times*. Light refreshments, door prizes. Contact: 318-221-9000; Instructor Ray Branton

• April 20: 8:30 a.m. - 12:30 p.m. Central Assembly of God, 700 Hwy 80, Haughton. Contact: Secretary 318-949-0010; Instructor: James Smith

• April 23: 8:30 a.m. - 12:30 p.m. First United Methodist Church, Head of Texas Street, Shreveport. Contact: Carl Rhoads 318-424-7771; Instructor: Ray Branton

EVENTS

American Legion Ladies Auxiliary Style Show and Luncheon - Saturday, April 27 at 11 a.m. to 2 p.m. at the

American Legion Post No. 14 at 5315 South Lakeshore Drive, Shreveport. Fashions from Dress Barn and Belk's. \$15.00 at door. Open to public. For info call 773-3776.

Community Bowl Painting Party - Hosted by The Food Bank of NWLA on Thursday, April 4 at 5:30 pm at the Louisiana Boardwalk in Bossier City. Paint a ceramic bowl while enjoying music and food catered by Joe's Crab Shack. This family friendly event will help the Food Bank collect the bowls needed for their annual fundraising event, Empty Bowls, to be held on Thursday, June 6. For more info, please call 675-2400.

Le Tour des Jardins - Annual spring garden tour by The NWLA Master Gardeners. Tour five beautiful private gardens throughout Shreveport and Benton. Tour hours will be 10 a.m. to 5 p.m. on May 4, and 1 p.m. to 5 p.m. on May 5. Advance tickets are \$10 and can be purchased at any Citizens National Bank, or by calling the Master Gardeners office at (318) 698-0010. Tickets may also be purchased



at any garden on the days of the tour for \$12.

POW/Purple Heart and WWII Heroes Luncheon - 35th annual event on Friday, April 19 at 11 am at Hoban Hall on Barksdale Air Force Base in Bossier City to honor our country's heroes. Sponsored by the Retiree Activities Office of BAFB and the ArkLaTex MOAA. Military pageantry, patriotic music, and a special guest speaker. \$16 for club member and \$19 for non-member. For reservations, call (318) 456-5976.

Quota International of Bossier City Spring Style Show - 12 noon on Thursday April 11 at the Hilton Garden In, 2015 Old Minden Road, Bossier City. Doors open at 11 AM. Featuring the latest fashions from Dillard's and Pope's. Admission is \$25. Call 318-746-2710 or 318-747-2613

Senior Health and Fitness Expo - Sponsored by NWLA

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- \$1,000 exclusive JackPlay drawing Wednesday, April 24 at 4pm
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- 1 FREE coffee every month
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COMPULSIVE OR PROBLEM GAMBLING? CALL 1-877-770-STOP (7867)

Senior Athletes Association and *The Best of Times*. Tuesday, April 16 from 9 am to 1 pm at the Riverdome in Horseshoe Casino and Hotel, 711 Horseshoe Blvd, Bossier City. Part of the annual NWLA Senior Olympics. FREE admission, FREE parking, FREE give-aways and information, plus many door prizes. Entertainment/contests, Senior Olympics opening ceremony and competitions, FREE health care screenings, informational booths, and a senior art and crafts show. For more info, call (318) 742-3602 or visit www.nwlsog.org.

Spring Open House - The Waterford of Shreveport. Saturday April 6. 2 - 4 p.m.

Stepping Into Spring Senior Style Show - Hosted by Bossier Council on Aging on April 25 at the Hilton Garden Inn in Bossier City. Doors open at 11 and the event starts at 11:30. Tickets are \$35.00. Models & Sponsors needed. Please call for more info at (318) 741-8302.

MEETINGS

The Ark-La-Tex Genealogical Association, Inc. - 1 PM Saturday, April 13 at Randle T. Moore Center, 3101 Fairfield Ave., Shreveport. Program: "Show OR Tell" - Members will share an artifact, special

finding or unique research experience encountered in your genealogical research. Admission is FREE and open to the public. Information: 318-746-1851

GENCOM Genealogical Computer Society regular monthly meeting - Sunday, April 28 at 2 p.m. at the Broadmoor Library. Members will give a short history of their ancestors' names, dates and locations. The meeting is FREE and open to the public. For info call 318-773-7406 or email jgjoness09@gmail.com.

MOVIES

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

RANDALL T. MOORE SENIOR CENTER

Senior Center Fun - Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Coffee and cookies at 9:30 a.m. followed at 10 a.m. by a program/speaker. On Fridays at 11:30 a.m. Tech Talk on smart phones and tablets. Lunch is served at 11:00. Admission is FREE. Suggested donation for lunch is \$2. Make lunch res-

ervations by calling the Caddo Council on Aging at 676.7900.

- Thursday April 4 - Featuring: Skipper Dickson who will discuss his book, "Louisiana River Journal"

- Friday April 5 - Featuring: The Vision of OT. Promoting low vision through occupational therapy

- April 11 - Featuring: Sentimental Journey through Old Downtown Shreveport present by Len and Madeline Elford

- Friday April 12 - Featuring: Health Talk by Synergy

- Thursday April 18 - Featuring: Shreveport Little Theatre will perform a scene from FOREVER PLAID.

- Friday April 19 - Featuring: Vegetable Gardening by Joe White

- Thursday April 25 - Featuring: Shreveport Opera Sox

- Friday April 26 - A CRUISE captain will lead you down "Memory Lane" with sights and sounds from the 40's and 50's...Classic Comedy, Big Band, music, Trivia, Sing-a-longs, and more!

MEDICAL SCREENING

FREE Abdominal Aortic Aneurysm Ultrasound - Saturday April 20. Christus Schumpert Cancer Treatment Center, 1 St. Mary Place, Shreveport. For those over the age of 60, or over the age of 55, with a family history of Abdominal Aortic Aneurysm (AAA). Space is limited. Pre-registration is required. Call 1 (866) 358-3627 to schedule. All male participants are eligible for door prize drawings.

SEMINAR

Long-Term Care Assistance Seminar - Learn how to protect your assets so that you or your loved one will qualify for Medicaid or VA Aid and Attendance to help pay for long-term care. Presented by attorney Joe Gilsoul. Saturday April 27. Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive. Call Brandy or Ginny at 318-222-2100 to make your reservation.



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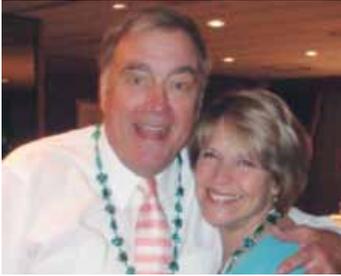
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APRIL

PARTING SHOTS

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

Les Bons Temps Dance Club celebrated St. Patrick's Day with a dinner/dance at the Petroleum Club on March 16



John and BJ Boubelik



Beth Hayes (left) and Judy Cassibry



Mary Beth and Dr. Fred Willis



Dr. Tom and Tracy Pressly



The Honorable Gene and Charlotte Bryson

A week long series of events hosted by the Shreveport Mayor's Women's Commission was held at the beginning of March as part of Women's History Month. (Left to right) Ophelia Nicholson, Joyce Patton, MeGail Parson and Candace Rain.



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April Parting Shots continued

An educational seminar for health care professionals was hosted by Community Health Education Network (CHEN) at the Clarion Hotel in February.

Below: Dora Miller (left) and Nina Alexander



Lorrie Nunley (left) and Jeanne Dewitt



(L to R) Phil Stewart, Rod Duchesne, Colonel Paul and Angelle Tibbets.

The Global Power Museum's Distinguished Speaker Series

was held on March 8 at the Hilton Garden Inn in Bossier City. Guest speaker Colonel Paul Tibbets discussed the Air Force Inspection Agency and recounted memories of his grandfather who piloted the Enola Gay.



Colonel Paul Tibbets with Dot Miller



Guinness hosted his annual St. Patrick's Day party on March 17.

Left: Guinness (being held) with co-hosts Holli and Pat Hennessy

Right: Ginger Lynn, Vicki Franks, Debbie Unverzagt, and Jean Gamble



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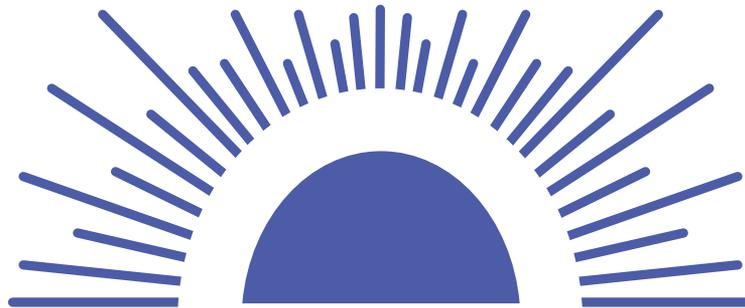
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A fabulous Valentine's Dinner and Dance was held at the Shreveport Club on February 14.



Keitha Fox and Horace Ladymon



Ann and Gil Shanley



Betty and Hines Vaughan



(standing) Rob and Vicki Franks;
(seated) Rebecca Miller (left) and Pat Hackney



Mary O'Neal with her original art work, "Wonder What the Boys Are Doing" (above), at the Critical Mass Art Exhibit on February 28 at artspace.

MACULAR DEGENERATION

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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.

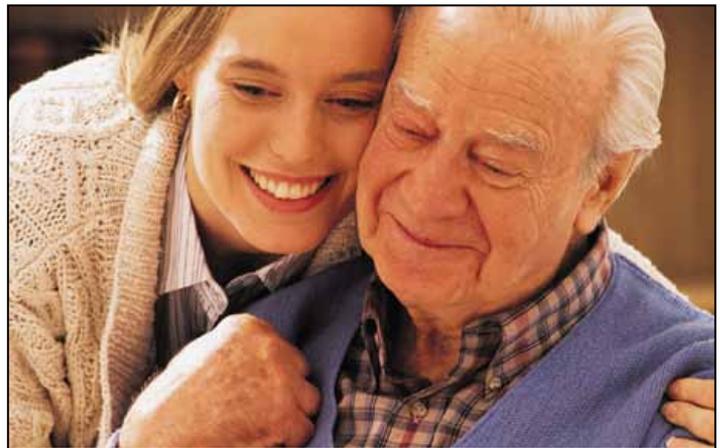
In many cases, special telescopic glasses can be prescribed to enhance visual performance. She can often help people read, watch TV, see the computer and sometimes drive.

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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- Disorientation
- Numerous unexplained physical ailments
- Difficulties coping with daily living
- Excessive fears, anxieties or suspiciousness

A special live remote broadcast of *The Best of Times Radio Hour* was held in conjunction with a Senior Health Fair and the debut of TBT's annual resource directory, *Silver Pages*, on March 2 at NurseCare of Shreveport



Angie McFarland, Apple iPad Grand Prize winner Zola Hamilton (center), and Vicki Ott of NurseCare of Shreveport



(L to R) CCOA Executive Director Mary Alice Rountree, Shreveport Mayor Cedric Glover, NurseCare administrator Vicki Ott, and TBT Publisher Gary Calligas



Janet Miller (left) and Jeanette Boone



Mary M Baggs (left) and Rachel Spurlock

The Sophisticated Ladies of the Waterford

celebrated their 3rd Red Hat Anniversary with a tea. Seated left to right: Queen Beth Fisher, RHS Ambassador Queen Ginny Bates, Queen Martha Miller.



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The Grand Opening of Central ArtStation, Shreveport Regional Arts Council's (SRAC) new headquarters, was held on February 28.

Left: SRAC Executive Director Pam Atchison (left) with Jeffrey and Sandi Kallenburg

Below: (L to R) Al and Melinda Jones with Valerie and Gil Murphy



(L to R) Jerome Nicholas, Sue Wyche, and Debbie Unverzagt



(L to R) Burnadine M Anderson, Shreveport Mayor Cedric Glover, Linda Biernacki, and Stacy Brown

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Saturday, April 20, 2013

8 a.m. — Noon

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