

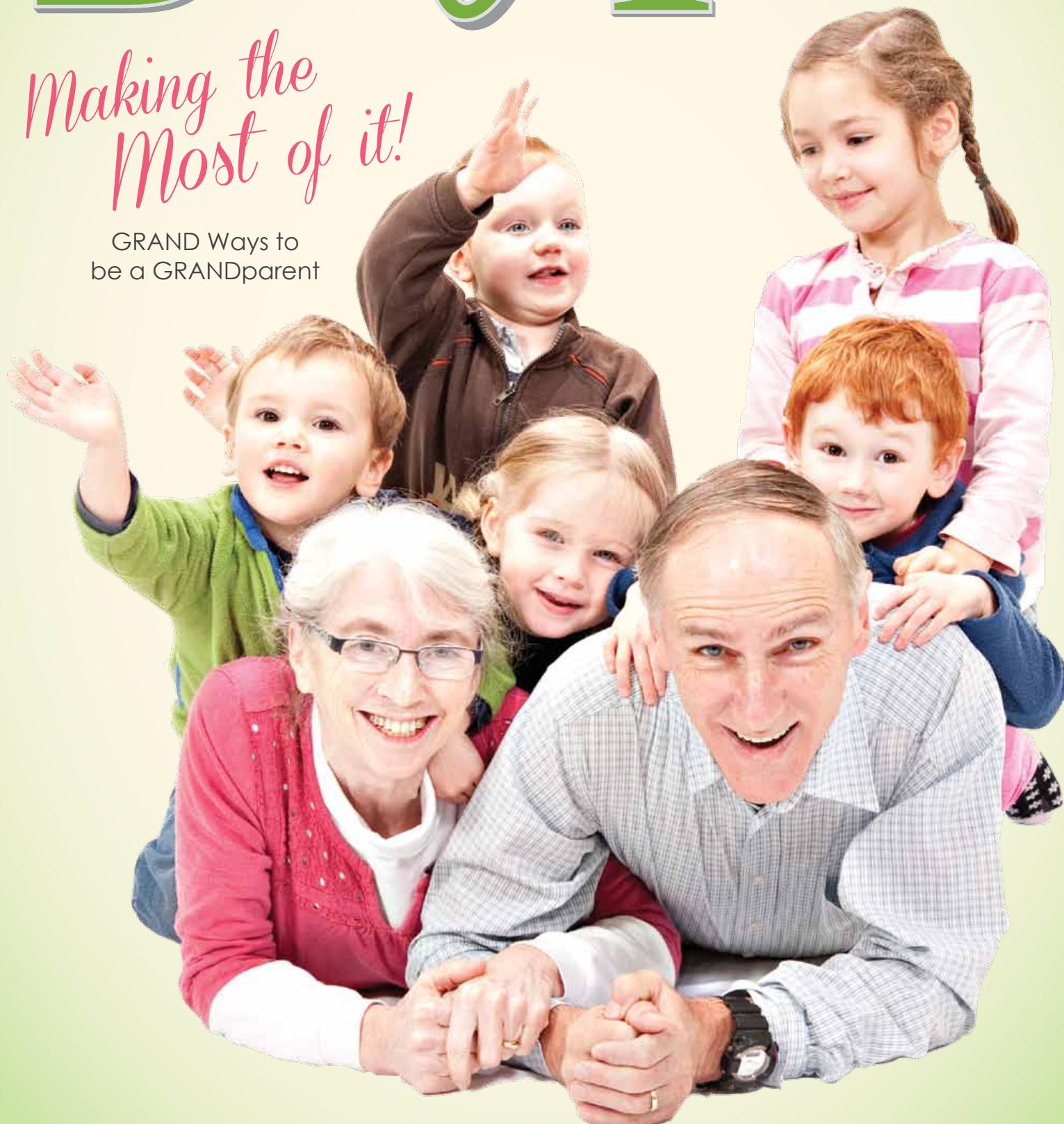
August 2013

The Best Of Times

*"Celebrating Age
and Maturity"*

Making the Most of it!

GRAND Ways to
be a GRANDparent





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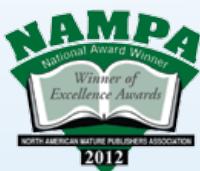
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The Best Of Times

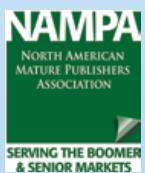
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By the time you read this I will be a new grandmother. This new stage in my life is something I have hoped for and thought about since my youngest child moved out of our home. Grandparents can play such an important role in the lives of their grandchildren, so I want to be the best "yiayia" (that's my grandmother name) that I can possibly be. But I'm sure that most grandparents will agree that things have changed tremendously since they brought their own babies home. This month's feature looks at the unique role that grandparents play, with updated info and tips on ways to make these crucial years even "grander" for you and your grandchildren.

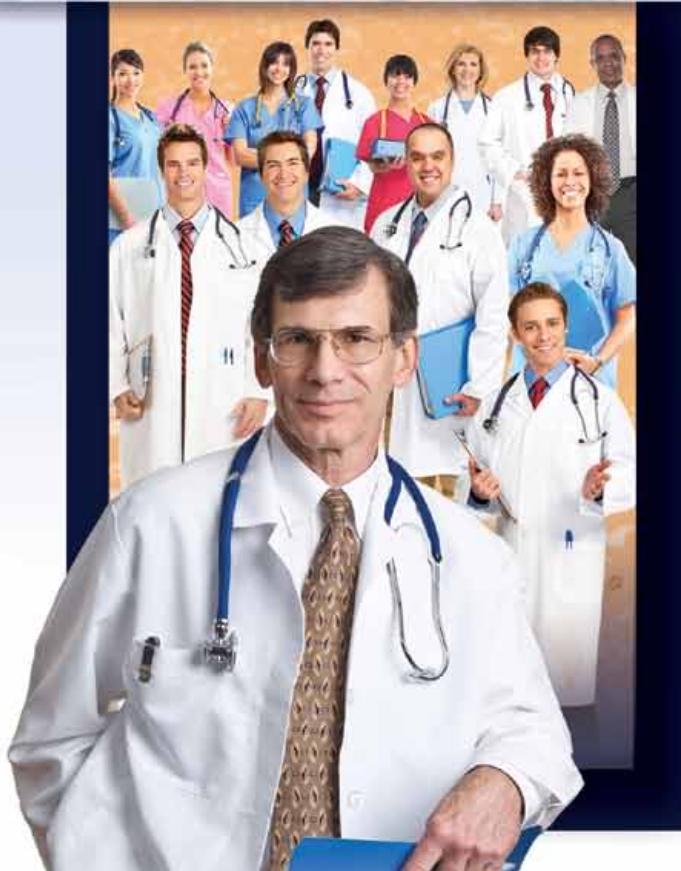
Beginning on page 15 we meet some of our readers and their adorable grandchildren. Did you fail to send in your pic? No worries! We'll be printing more pics next month. Email photos of yourself with your grandchild(ren) by August 14 to editor.calligas@gmail.com to be featured in our September issue.

Our annual *The Best of Times* Poker Rally is being held again this month. You don't want to miss out on a chance to win one of 25 valuable prize packages, with a first prize package valued at over \$3500!! For full details see pages 6 and 7. The Judging event for the Poker Rally will be held in conjunction with a business expo on August 28. There will be lots of giveaways, entertainment, dozens of door prizes, and even a surprise or two. Come join us!!

Until next month, prop up your feet, pour yourself a large glass of lemonade and enjoy reading this issue.

Congratulations to Patsy Taylor of Bossier City, this month's winner of The Best of Times Fan Appreciation Contest. Patsy, call us at 636-5510 to claim your prize. Readers, please turn to page 37 to learn how **YOU** can become our next winner.

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- ▶ Pathologists who analyze lab work to help physicians make decisions
- ▶ Care managers and counselors who support you as you deal with the details and stress of the disease
- ▶ Support staff who are dedicated to helping you with paperwork, appointments and scheduling issues
- ▶ Accrediting agencies who affirm the quality standards at our cancer center, including the American College of Radiology, American College of Radiation Oncology, American College of Surgeons' Commission on Cancer and The Joint Commission.

We can't promise this will be easy. But we can promise we will be here to share the knowledge and expertise we've gained after spending decades treating cancer.



The Best of Times invites you to participate in the **"2013 TBT Poker Rally"**

Simply visit 5 featured businesses located in Shreveport and Bossier City to pick up sealed envelopes containing poker cards. The prize winners will be determined by the highest ranking 5 card poker hands.

Contestants will be able to mail in their entry or submit their five card poker hand for validation and ranking at the **"Judging Event and Business Expo"** on Wednesday, August 28 between 9:00 a.m. and 11:30 a.m. in the Ballroom at DiamondJacks Casino and Resort located at 711 DiamondJacks Boulevard in Bossier City.

THANK YOU to sponsors **DiamondJacks Casino and Resort** and **Hebert's Town and Country**

Featured Businesses

Accucare Medical
9011 Linwood Avenue
Shreveport
Monday - Friday 10 am to 5 pm

Allmed Mobility
303 North Market, Suite B
Shreveport
Monday - Friday 10 am to 5 pm

Azalea Estates
516 Flournoy Lucas Road
Shreveport
Monday - Friday 9 am to 4 pm

Better Hearing Systems of NWLA
1000 Chinaberry Dr, Suite 103
Bossier City
Monday - Friday 9 am to 5 pm

Bossier Council on Aging
706 Bearkat Drive
Bossier City
Monday - Friday 8 am to 4 pm

Caddo Council on Aging
1700 Buckner Street, Suite 240
Shreveport
Monday - Friday 9 am to 4 pm

Cedar Hills Apartments
7401 St. Vincent
Shreveport
Monday - Friday 9 am to 5 pm

Diabetic Life Pulse Clinic
8575 Fern Avenue
Shreveport
Monday - Friday 9 am to 3 pm

DiamondJacks Casino and Resort
711 DiamondJacks Blvd.
Bossier City
Daily 10 am to 5 pm

Finewood Furniture
2541 East 70th Street
Shreveport
Monday - Saturday 10 am to 4 pm

Food Bank of NWLA
2307 Texas Avenue
Shreveport
Monday – Friday 9 am to 4 pm

Hebert's Town and Country –
Dodge Chrysler RAM Jeep
1155 East Bert Kouns
Shreveport
Mon - Sat 10 am to 6 pm

Louisiana State Exhibit Museum
3015 Greenwood Road
Shreveport
Monday – Friday 9 am to 4 pm

New Horizons Independent
Living Center
8508 Line Avenue, Suite D
Shreveport
Monday – Friday 8 am to 4 pm

NurseCare of Shreveport
1736 Irving Place
Shreveport, LA 71101
Monday - Sunday 9 am to 5 pm

Optical Care
7607 Youree Drive
Shreveport
Monday - Friday 9 am to 4 pm

Relax the Back
1641 East 70th, Suite 300
Shreveport
Mon -Sat 10 am to 5 pm

Snell's Orthotics and Prosthetics
1833 Line Avenue
Shreveport
Monday – Friday 9 am to 4 pm

Willis Knighton Hospice
616 Flournoy Lucas Road
Shreveport
Monday – Friday 8 am to 4 pm

Yokem Toyota
1199 East Bert Kouns
Shreveport
Mon – Sat 9 am to 5 pm

2013 TBT Poker Rally Official Rules

Eligibility:

a. The contest is open to any resident of the ArkLaTex who is 21 years of age or older. No person under the age of 21 may assist a contestant in this contest or attend the judging event to be held on August 28th at DiamondJacks Casino and Resort located in Bossier City, Louisiana.

How to play:

a. A contestant must visit five (5) of the featured businesses listed in the August 2013 issue of *The Best of Times* and at www.TheBestOfTimesNews.com between August 12 and August 27, 2013 on their regular business days during regular business hours to obtain a TBT Poker Rally sealed envelope with the official label on the outside of the envelope containing one poker card. There is a limit of one TBT Poker Rally sealed envelope per contestant per visit to a featured business.

b. Opening any of the received sealed envelopes containing the poker card by a person other than the official contest judges, will disqualify the contestant from winning any prizes of this contest.

c. There is no registration or entry fee to participate in the TBT Poker Rally, but the contestant is asked to bring canned good(s) to the featured businesses and to the judging event to be donated to the Food Bank of NWLA.

d. After a contestant has visited 5 featured businesses and received five sealed envelopes containing poker cards, the contestant has a valid entry of a five card poker hand for the judging event.

How to enter:

a. On Wednesday, August 28th from 9:00 am to 11:30 am bring the five unopened and sealed contest envelopes to the ballroom at DiamondJacks Casino and Resort located at 711 DiamondJacks Boulevard in Bossier City to be officially opened by the contest judges to determine the contestant's five card poker hand for entry into the contest. Any contestant not in line by 11:30 am on August 28th will not be eligible to win any of the prizes.

b. Contestants unable to attend the

judging event on August 28th may package the five unopened and sealed contest envelopes and mail, along with the contestant's name, address, phone, and email address to: 2013 TBT Poker Rally, P. O. Box 19510, Shreveport, LA 71149-0510. Entries must be received no later than 12 noon on August 27, 2013. Entries received after the deadline date and time will be deemed ineligible.

Determining the winners:

a. The prize winner will be determined by picking the person who presents the highest ranking 5 card hand from all mailed and "in person" entries received by the deadlines. Winning hands will be ranked in order from highest to the lowest.

b. Regular poker playing cards will be used.

i. Hands are ranked as follows from high to low: Five of a kind, Straight Flush, Four of a kind, Full-house, Flush, Straight, Three of a kind, Two pair, Pair, High card.

ii. Playing cards are ranked as follows from high to low: Ace, King, Queen, Jack, 10, 9, 8, 7, 6, 5, 4, 3, 2, Ace. (Ace can be high or low).

iii. Suits are ranked from high to low: Spades, Hearts, Diamonds, Clubs

c. In the event of a tie, the names of the holders of the tied hands will be placed into a random drawing. The first name drawn will win the appropriate prize. The next name drawn will win the next available prize.

d. The determination by the TBT Poker Rally judges is final. Winners will be announced between 11:45am and 12:15 pm on Wednesday, August 28th at DiamondJacks Casino and Resort and listed in an upcoming issue of *The Best of Times*.

Prizes:

a. The highest ranking poker hands will win one of 25 prize packages as listed on the website of *The Best of Times* at www.thebestoftimesnews.com as of August 27, 2013.

General Terms and Conditions

See full details, conditions, and terms at www.TheBestOfTimesNews.com

Prize Packages

1st Place

(Total Value = \$3585)

One (1) new three wheel scooter donated by AllMed Mobility; 4 buffet coupons at DiamondJacks Casino and Resort in Bossier City; 2 Season memberships to Shreveport Little Theater 2013 to 2014; Sci-Port Membership includes one year of unlimited admission for up to 5 people to all of Sci-Port's Discovery Areas; Four Tickets to IMAX Theatre at Sci-Port Discovery Center; DiamondJacks Casino and Resort gift Package; \$100 Gift Card donated by AllMed Mobility

2nd Place

(Total Value = \$500)

4 buffet coupons at DiamondJacks Casino and Resort in Bossier City; 2 Season memberships to Shreveport Little Theater 2013 to 2014; Sci-Port Membership includes one year of unlimited admission for up to 5 people to all of Sci-Port's Discovery Areas; DiamondJacks Casino and Resort gift Package; \$100 Gift Card donated by AllMed Mobility; \$25 Gift Certificate to an area restaurant

3rd - 5th Place

(Total Value = \$275)

2 buffet coupons at DiamondJacks Casino and Resort in Bossier City; DiamondJacks Casino and Resort gift Package; \$100 Gift Card donated by AllMed Mobility; 4 Tickets to Sci-Port Discovery Center; \$25 Gift Certificate at an area restaurant

6th - 25th Place

(Total Value = \$100)

2 buffet coupons at DiamondJacks Casino and Resort in Bossier City; 2 tickets to Sci-Port Discovery Center; DiamondJacks Casino and Resort gift Package.

"TBT Poker Rally Judging Event" and "Business Expo"

Wednesday

August 28, 2013

9:00 am to 12 noon

FREE Admission, Parking, & Giveaways

Door Prizes, Entertainment, and Info about products and services from dozens of businesses

DiamondJacks Casino and Resort

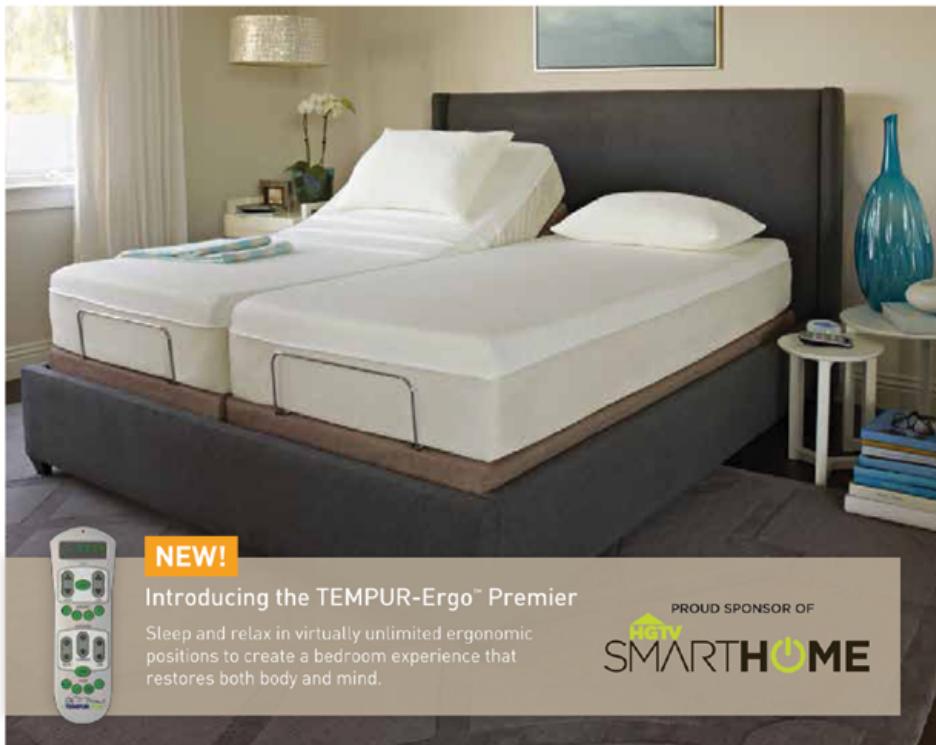
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Making the Most of it!

GRAND Ways to be a GRANDparent

What's so grand about being a grandparent?

In no particular order, grandparenting is an opportunity to play, to love someone new, to appreciate the magic of a developing mind, and to be needed by someone again.

Grandparents can:

- Share the things they're passionate about with a new audience.
- See the world in a new way through younger eyes.
- Experience games, music, nature, reading, and other interests in conjunction with a curious young mind.
- Provide expanded support and encouragement to their grandchildren.
- Use their breadth of experience to avoid the pitfalls they may have encountered as parents the first time around.
- Watch children develop through all stages of growth.
- Learn about their grandkids' music and passions.
- Provide input that parents cannot.

Usually, grandparents have the benefit of interacting on a level that is once removed from the day-to-day responsibilities of parents. This can make it easier to develop a close bond with grandchildren. From near or far, grandparenting can provide continuity in a child's life. Grandparents are often the family historians, and can add a rich sense of family tradition to a child's life. Additionally, contact with grandparents can teach children positive attitudes towards aging and help them develop skills to enhance their own lifelong learning.

Of course, not everything about being a grandparent is great all of the time. Becoming a grandparent at a young age can make some people feel prematurely old and, just as parents do, grandparents sometimes have to deal with colicky babies and moody teenagers. For most though, the benefits of being a grandparent far outweigh the drawbacks.

The role of a grandparent in a child's life

There are as many different roles for grandparents as there are different family configurations and needs. Some grandparenting requires a full-time commitment. For others, grandparenting is a weekend together, an afternoon play date, a summer

As grandparents we all want to make the most of the precious family time we get to spend with our grandchildren. You can create deep, loving relationships with your grandchildren by sharing

the things you love and by learning about what excites them. Whether you're a full-time grandparent, a step-grandparent, or a long distance grandparent living thousands of miles away, you can find new ways to strengthen family ties and provide your grandchildren with joyful memories and valuable life lessons.



GRANDPARENT TIP:

Share the things you're passionate about with a new audience and see the world through their younger eyes.

GRANDPARENT TIP:

Avoid trying to be the parent, that's not your role.

Respect parenting decisions your children make for your grandkids.



vacation, a chat on the phone, or an email exchange every now and then.

A good first step to a long and successful relationship with your grandchild is to establish some ground rules with your son or daughter:

- **Be clear about what role you want to have in your grandchild's life.** How often you want to babysit, for example, or whether you'd like to be included in events such as school functions.

- **Talk with parents about their rules.** Consistency is important for kids, so know the behavior limits your grandchild has to follow at home and maintain the rules when he or she is with you.

- **Enforce any agreed upon punishment for bad behavior,** whether it's a "time out" or loss of privileges, for example.

- **Baby proof your home,** to ensure safety for infants and toddlers. It may have been a number of years since you had young children in your home, so it's important to check with your grandchild's parents about ways to baby proof your home to ensure they're comfortable leaving the child with you.

Common grandparenting pitfalls to avoid

Whatever your specific circumstances, by expressing love, showing concern for your grandchild's safety and wellbeing, and being consistent in your behavior, you are already doing a good job of grandparenting.

To avoid potential conflict within your family, try to avoid these common grandparenting pitfalls:

- **Trying to be the parent.** As much as you might want to tell your children how to raise your grandkids, it's not your role. Respect the parenting decisions your children make for your grandkids.

- **Buying your grandkids' affection.** It's tempting for grandparents to shower their grandkids with gifts, but check with the child's parents before you buy more toys. Maybe substitute some of your gift giving with activities instead. Do something with your grandchild that you both love and will build memories.

- **Overindulging the first few grandchildren** and then not being able to repeat it as additional grandchildren come along. This can cause resentment from your own children who have kids later in life. Remember that whatever you do for your first grandchild (college fund, beach vacations, trips to the zoo) will set a precedent that you'll need to repeat for every other grandchild.

- **Ignoring boundaries.** A grandparent who won't enforce limits and gives in to their grandchild's every whim can infuriate parents. By allowing your grandkids to misbehave, overindulge in candy and junk food, or ignore bedtimes, for example, you're only encouraging unhealthy behavior and making their parents' job even harder.

How to be a better grandparent Tip 1: SPEND QUALITY TIME WITH YOUR GRANDKIDS

The best grandparenting activities flow naturally from the interests of both the grandparents and the grandchildren. You can create a deep, loving relationship with your grandchildren by sharing the things you love with them, and by being available to learn about the ideas and activities that excite them.

TAKE IT EASY TOGETHER

Make an effort to enjoy leisure time with your grandchildren. As a grandparent, you get to interact with your grandchildren without the same daily pressures of a parent—you don't have to worry about driving carpool or juggling making dinner for the family with soccer practice and grocery shopping. Allow yourself to slow down

and become really absorbed in an activity. Moving at a slower pace than usual can give children a sense that time can be ‘stretched’—that you don’t need to hurry through activities. And, as with adults, it gives them the psychic space to feel, reflect, and express emotions without feeling rushed.

GO OUTSIDE

Children love the outdoors, and trips to the park or the beach can be a great jumping-off point for some wonderful adventures and happy memories. Nature walks and day hikes can provide lots of interesting things to talk about, and water activities can be especially fun. Throwing stones into the water or watching the current play with sticks are simple activities that can be fascinating to children. You can start these activities when kids are toddlers, and expand the games as they get older.

SHARE YOUR INTERESTS OR YOUR WORK

Engaging in hobbies and activities that you love or your grandchild loves can be a great way to spend time together and learn about each other. Sometimes, activities that you might not expect your grandchildren to be interested in, like knitting or gardening, might turn out to provide an important point of connection for you. Similarly, if you take an interest in something they are passionate about, like trading cards or the Harry Potter books, they get to share their special area of knowledge and may open up in new ways.

If you are still working, a visit to your place of work can add a dimension to your grandchild’s perception of you. If you are retired, pictures and stories about what your working days were like can do the same.

MAKING THE MOST OF YOUR GRANDPARENTING TIME

- **Carve out one-on-one time.** On occasion, spend time with individual grandchildren. It will give you an opportunity to bond, without competition, with one grandchild at a time.
- **See the sights.** Concerts and plays, movies, science centers and museums, parks or walks in the neighborhood provide opportunities to be together and to exchange ideas and opinions.
- **Play games.** Board and card games are a unique opportunity to watch kids in action and to see how they operate in the world. Games also allow you to help your grandchild learn to be a good sport and play fairly.
- **Communicate family history.** Tell stories about games or trips you shared when the grandchild’s parents were young. This is a great way to weave a ‘tapestry’ of shared experiences for the whole family.

How to be a better grandparent Tip 2: GRANDPARENTING ON THE ROAD

Taking a trip with your grandchildren or sharing your love of a favorite place will help you create special memories together. Special trips, whether it’s a day trip to a national park, a weekend in a nearby city, or a week-long resort vacation, will always be remembered by the child as a special journey with grandma or grandpa.

One of the great advantages of traveling with your grandchild is the opportunity for both of you to be away from home. Being on the road means being free of chores, errands, the computer—any familiar routine. It opens up all kinds of possibilities for the unexpected—even on the best-planned trip. All the chances to read train and bus schedules, ride a ferry, stay in a motel or B&B, eat out, or have lots of picnics, offer opportunities to discover new parts of the world, of yourself, and of your grandchildren.

Involve your grandchild in planning the trip, and of course, involve his or her parents to be sure that they’re comfortable with the plans. Then hit the road! After



GRANDPARENT TIP:

On occasion,
spend time
with individual
grandchildren. It
will give you an
opportunity to
bond!

you've traveled, an album of your experiences together can be an ongoing delight for everyone in the family.

WHEN GRANDPARENTS TRAVEL WITH GRANDCHILDREN:

- **Don't take all the grandkids at once.** Most grandparents do best handling one grandchild each. If you are part of a couple, that means taking two grandchildren. If you're a single grandparent, maybe take each grandchild out separately or ask a friend to help you.

- **Look for a destination with built-in babysitting.**

If you think you might need a break from looking after your grandkids, pick a hotel or resort with babysitting facilities or group activities for kids.

- **Consult the specialists.** If you're unsure how best to plan a trip with your grandchildren, there are a number of specialist organizations that offer packages and tours designed for grandparents and grandchildren.

- **Brainstorm day trip ideas.** Even when traveling away from home, you'll need to come up with ideas to keep kids occupied. Most children love visiting aquariums, science museums, water parks, theme parks, and special holiday events.

How to be a better grandparent Tip 3: LONG DISTANCE GRANDPARENTING

A large percentage of grandparents live more than 200 miles from their



grandchildren. Children's lives can change very quickly so long-distance grandparents sometimes struggle trying to keep up with the day-to-day details of their grandkids' lives. Often, it just requires special efforts to communicate with your grandchild and establish the foundation for a strong long-term relationship.

When your grandchild is a baby, toddler, or very young child, engage the parents to keep up to date on your grandchild's progress, his or her current interests, and the type of reading or viewing material that might be appropriate. When the child is old enough to interact, whether on the phone, via email, or through regular mail, start engaging the child directly.

GRANDPARENTS IN THE DIGITAL AGE

For the computer-savvy, the Internet can

An advertisement for Snell's Orthotics & Prosthetics. It features a young boy sitting in a chair, wearing a prosthetic leg. A practitioner in a teal shirt is fitting him. The background shows a wooden wall. The Snell's logo is in the top left, and a Facebook 'Find us on Facebook' button is in the bottom left. The text 'More Than 100 Years of Changing Lives' is at the top right. The website 'www.snellsonline.com' is at the bottom.

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"Often a youngster needs to share a story about his dog, big brother, or whatever else is on his mind in order to feel comfortable emotionally, before we as practitioners can address the clinical issues. I make sure the child knows that he has my full attention, before easing into the clinical aspect with the child and/or parent," explains Snell's Certified Orthotist Al Still.

We've come to learn that sometimes we say it best when we say nothing at all.

add a whole new dimension to long-distance grandparenting. Email, instant messaging, and video conferencing can all help to shrink the miles and keep you in touch with your grandchildren. Use the available technology to engage your grandchild in creative activities rather than simply asking, "How's school?" For example, you can play online games with your grandchild, start an online book club or fantasy sports league with them, or share videos of you or your grandkids enjoying a favorite hobby. Try exchanging jokes or favorite family recipes via email, or have them scan or fax report cards or pictures they've drawn.

OTHER WAYS TO STAY CONNECTED

As well as the Internet, there are plenty of other ways to help long-distance grandparenting:

- **Discount long-distance phone plans** or inexpensive phone cards (even international ones) make it possible to stay in touch regardless of the distance. Try calling at a regular time when your grandchild is not rushed and has time to talk. When talking to your grandchildren, make notes about their interests, books they've been reading, their doll's name—anything you can repeat in the next conversation so they know you've been listening.

- **Snail mail.** Even before a child can read, he or she will be able to recognize their name on an envelope, and will love the feeling of importance implied by receiving mail.

- **Audio or video recordings.** You can record yourself reading a few of your favorite children's books and send the recording along with the books, or make a tape of songs you would sing if you were together.

- **Family scrapbooks.** Kids love to hear stories about their family. If you can't be with them to recount family stories first hand, try writing them down.

Add photos or create a scrapbook (online or off). Encourage your grandkids to add their own memories and photos.

All of these small things communicate your interest and love. Whenever possible, though, try to be present for the most important events in your grandchild's life, such as graduations, recitals, holidays, or whatever events are important to your family.

GRANDPARENT TIP:

Use available technology to engage your grandchild in creative activities, such as games or fantasy sports.

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How to be a better grandparent Tip 4:

STEP-GRANDPARENTING

Have you married another grandparent? Have your kids become stepparents? Step-grandparenting has grown as a family phenomenon because of the growing number of blended families.

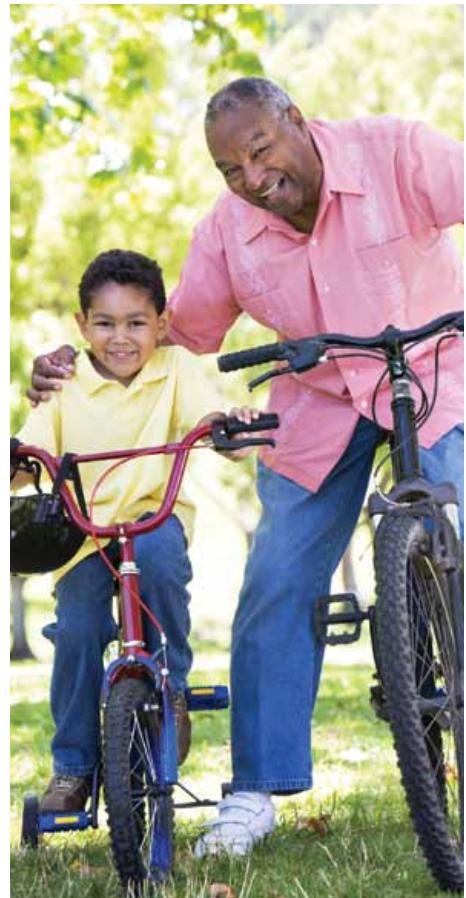
As with all aspects of blended families, step-grandparenting can present awkward moments and create complex relationships—especially if there are already other grandparents in the picture. Children might feel the need to be loyal to the original grandparents and conflicted about giving and receiving affection in the new relationship. With patience, understanding, and open communication, though, a step-grandparent can become an important part of a blended family, and a new friend for a child to love.

HELP FOR STEP-GRANDPARENTS:

- Learn all you can about blended families and understand stepfamily problems.
- Get to know each stepchild as an individual.
- Give everybody time to adjust to the new blended family.
- Be patient, supportive, loving, caring, and non-competitive.
- Reserve a special place for your step-grandchild's things at your home.
- Don't expect to love your step-grandchildren instantly. Affection takes time.
- Even if you don't like your step-grandchildren, at least treat them with respect.
- Family customs differ from family to family, so be flexible in your grandparent behavior.

• Talk over problems with a close friend, therapist, or support group.

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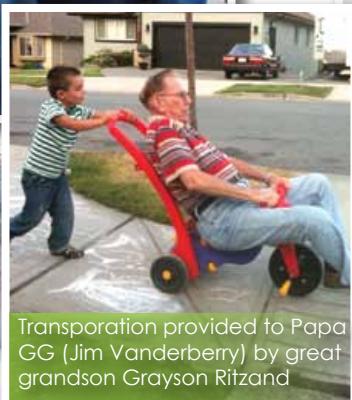
MJG!



Ardith Thompson (center) with her children, grandchildren and great-grandchildren.



Clint Snell teaching Emily and her brother Miles how to play Tic Tac Toe.



Transportation provided to Papa GG (Jim Vanderberry) by great grandson Grayson Ritzand



Sylvia and Roy Beard with grandchildren Drew Deal, Marie Chance, John Hoyet Chance and Jack Deal

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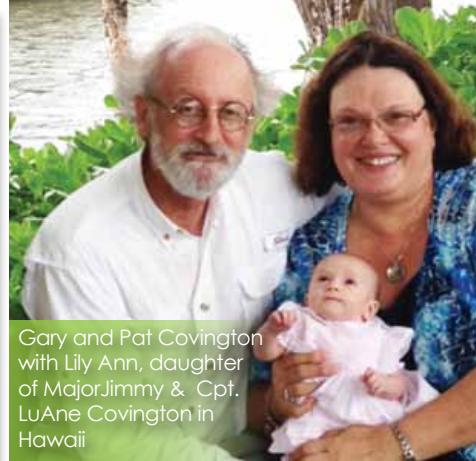
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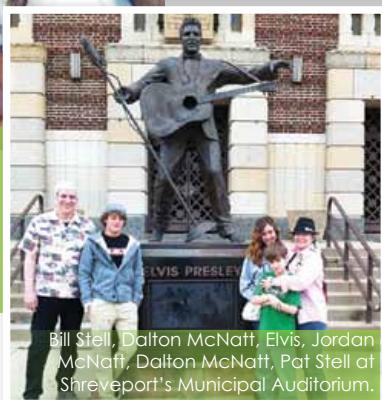
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MJG!



Daughter Angel Abbott, Mary Abbott, Carol Anne Abbott, Haley Abbott, Garielle Mills & daughter in law Angie Bendo & Courtnee Cheek. Middle: Tara Hermes, Sue Prudhomme (Center) holding Madalie Davis, Daughter, Shelly Boudreau, with her daughter Madelyn Boudreau. Bottom: Kaylin Hermes, Carlie Cheek & daughter, Sherry Cheek.



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10:00 a.m. to 11:30 a.m. and 5:30 p.m. to 7:00 p.m.
Shreve Memorial Library, Broadmoor Branch
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Speakers are Elli Burke of Burke & Burke Insurance, Mary Mason, Medicaid Analyst for the State of Louisiana, and Stephanie Prestridge of Lineage Law, LLC

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(Registration begins at 8 am)

Saturday, August 17, 2013

8:30 am to 12:30 pm

(Registration begins at 8 am)

Saturday, September 14, 2013

8:30 am to 12:30 pm

(Registration begins at 8 am)

Saturday, October 12, 2013

8:30 am to 12:30 pm

(Registration begins at 8 am)

Saturday, November 9, 2013

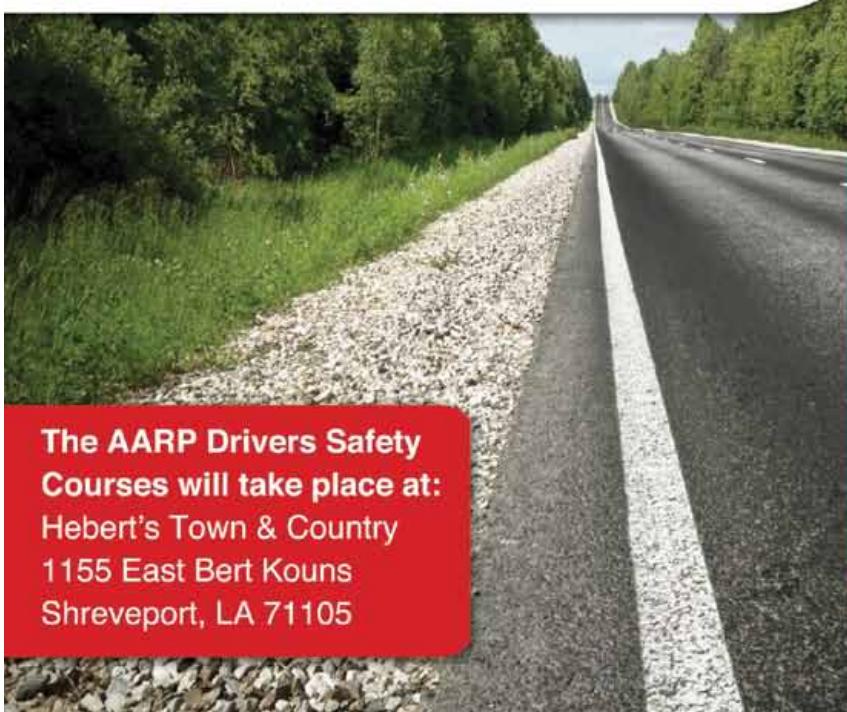
8:30 am to 12:30 pm

(Registration begins at 8 am)

Saturday, December 7, 2013

8:30 am to 12:30 pm

(Registration begins at 8 am)



Medicine and Monopoly

by Lee Aronson

This may stretch your imagination, but let's say that I am a brilliant scientist. As my 9th grade chemistry teacher would be quick to tell you, that's not true. But let's also say that as a brilliant scientist, I invent a miracle drug that will save thousands of lives.

So I quickly patent my drug and start selling it for a fortune. Because I have a patent, no one can copy my drug and sell cheap knock offs or generic versions of my drug. As long as my patent is good, usually 20 years for a new medicine, I have a monopoly and can sell my drug for as much as I want.

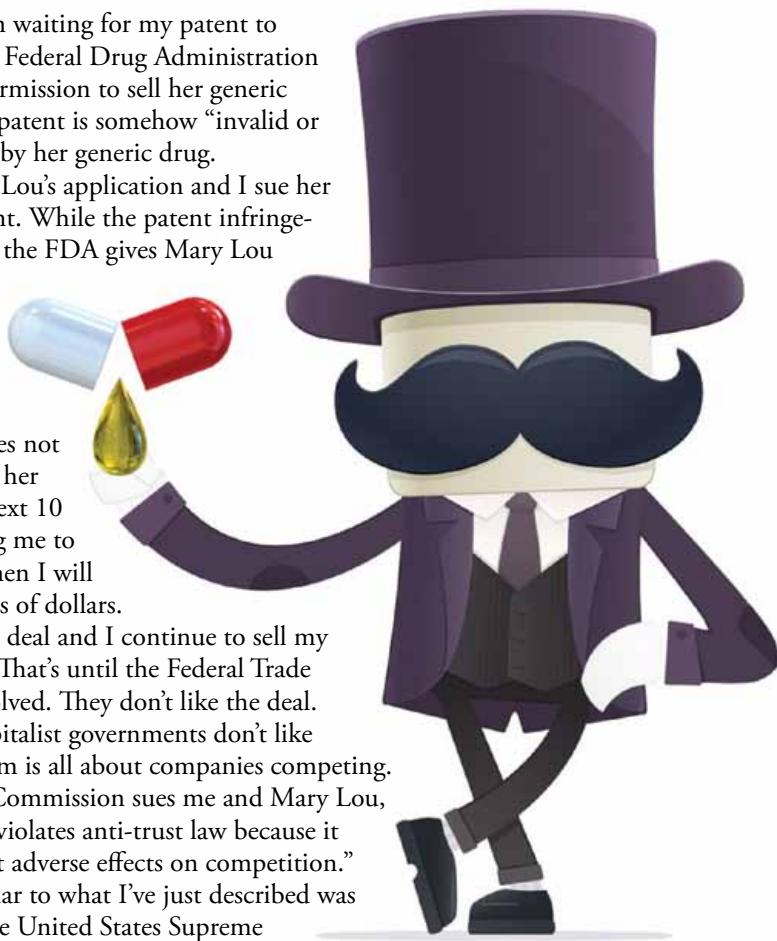
And that's exactly what I do until along comes my arch enemy, Mary Lou. She wants to sell a generic version of my drug but because I have a patent, she can't

do that. So rather than waiting for my patent to expire, she goes to the Federal Drug Administration and asks for special permission to sell her generic medicine because my patent is somehow "invalid or will not be infringed" by her generic drug.

I get wind of Mary Lou's application and I sue her for patent infringement. While the patent infringement suit is going on, the FDA gives Mary Lou permission to sell her generic drug. So I go to Mary Lou and offer to settle the patent infringement suit: if Mary Lou agrees not to manufacture or sell her generic drug for the next 10 years, thereby allowing me to keep my monopoly, then I will pay Mary Lou millions of dollars.

Mary Lou takes the deal and I continue to sell my drug for a high price. That's until the Federal Trade Commission gets involved. They don't like the deal. Why not? Because capitalist governments don't like monopolies. Capitalism is all about companies competing. So the Federal Trade Commission sues me and Mary Lou, alleging that our deal violates anti-trust law because it could have "significant adverse effects on competition."

A real life case similar to what I've just described was recently decided by the United States Supreme



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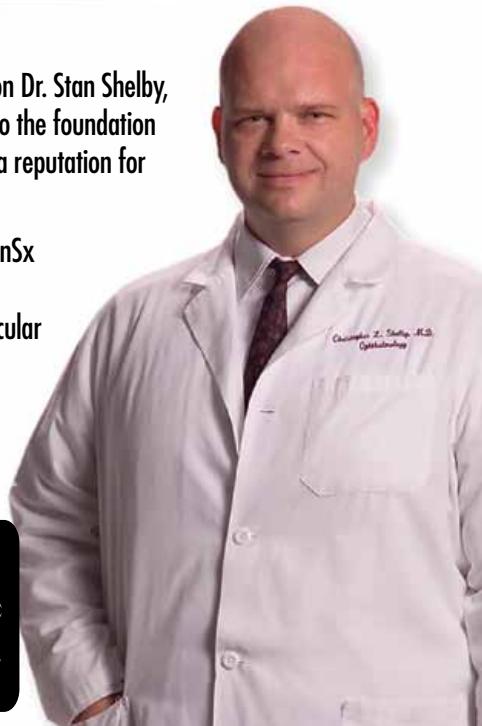
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Court. The case had been appealed to the Supreme Court because the trial court in Georgia had thrown the FTC's case out. The Georgia Judge "recognized that anti-trust laws typically prohibit agreements where one company pays a potential competitor not to enter the market." But the Georgia Judge automatically threw the FTC's case out because "one of the parties owns a patent" and "patent holders have a lawful right to exclude others from the market; thus a patent conveys the right to cripple competition."

Well, the U.S. Supreme Court disagreed and decided that sometimes, even if you own a patent, you can still violate anti-trust law, especially when the consumer loses big-time. The Supreme court held that the Georgia Judge was wrong to automatically throw out the FTC's case and should instead hold a trial to determine whether the deal made between the patent holder (i.e. me) and the potential competitor (i.e. Mary Lou) violated the anti-trust law.

The drug industry was disappointed with the ruling. They like their "don't compete deals" because they continue to make big money. And anything that increases the risk of these deals being declared illegal is not good news for the industry. But you know who it could be good news for? Us. Consumers. I'll let you know how the case turns out, but I don't expect a final judgment for years.

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



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Small Succession Changes, Mineral Leases, and Independent Executorship

by Judge Jeff Cox

An act passed last year which became effective in June of this year, has significant ramifications for persons filing small successions. This act allows greater freedom to persons who have small estates in the State of Louisiana and helps to alleviate some of the paperwork.

Act 618 of the 2012 Louisiana Legislature defines a "small succession" as the succession or the ancillary succession of a person who at any time has died leaving property in Louisiana having a gross value of \$75,000 or less valued as of the date of death or, if the date of death occurred at least twenty-five years prior to the date of filing of a small succession affidavit, leaving property in Louisiana of any value.

Further, the Act deletes the requirement to include an attachment consisting of certified copies of the testament and the probate order of another state if the affidavit is being used in lieu of an ancil-

lary probate proceeding, and provides for the procedures and content for filing an affidavit for a small succession for a person who is domiciled outside of Louisiana and who died testate. Also, Act 618 added a new article which details what the affidavit for small succession for a person domiciled outside of the State of Louisiana who died testate shall contain.

Mineral Leases and Independent Executorship

An interesting case came out of the Louisiana Second Court of Appeals regarding mineral leases and independent executors. In August 2006, the decedent died leaving five surviving children as well as a tract of immovable property in Claiborne Parish. Shortly after his death, a petition to probate the notarial testament and to appoint independent executor was filed, and the decedent's son-in-law ("Prescott") was appointed independent executor of the estate.

On June 19, 2007, Prescott granted a three-year mineral lease of the property to AIX Energy (the "AIX lease"). Prescott did not inform the legatees prior to granting the AIX lease. In March 2008, the succession was closed placing Steven M. Davis and his four siblings in possession of the property.

Soon after Prescott granted the three-year mineral lease to AIX, Davis entered an agreement to sell his undivided interest in the property to a company named SOTJ, LLC. Unbeknownst to Davis, SOTJ, LLC was fully owned by Prescott's stepson Donald Scully, Jr., who offered to purchase the land anonymously through SOTJ, LLC because Scully believed that Davis would refuse to sell his interest in the property to a member of the family. Ultimately, Davis sold his interest in the property to SOTJ, LLC in two separate payments. Shortly after the last payment was made, Davis received two AIX lease royalty checks totaling \$29,436 in

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the mail. Davis claims that the royalty payments were his first notice of the AIX lease and that his undivided interest in the property contained natural gas.

Davis filed suit against his four siblings, Scully, and Prescott in Claiborne Parish claiming that they acted fraudulently against him and that had he known of the AIX lease he would not have sold his interest in the property for so little money. Davis also claimed that Prescott breached his fiduciary duty as an executor by granting a mineral lease without first obtaining Davis's permission. The trial court dismissed the claims against Davis's four siblings on an exception of no cause of action. After a trial, the trial court dismissed all claims against Scully and found Prescott liable for \$69,436 for failing to obtain consent from all legatees prior to granting a mineral lease on the property greater than one year. Subsequently, the court signed an amended judgment correcting a clerical error and changing the damages award to \$40,000.

Prescott argued that the trial court erred by holding that La. C.C.P. art. 3226 requires a succession representative to obtain a legatee's consent prior to entering

a mineral lease on succession property for greater than one year. Specifically, Prescott claimed that nowhere in the paragraphs which are specific to mineral leases is there a requirement for consent of the heirs or legatees. The Second Circuit agreed with Prescott.

Prior to the most recent addition to the law, the law as it then stood required an executor, administrator, heir, or creditor to petition the court for an order to lease the mineral rights of succession property and to provide notice by publication in a newspaper 10 days prior to the date of the hearing. Act 110 of 1948 amended La. R.S. 9:1491 and provided that only an administrator or executor may apply for court authorization to lease the mineral rights of succession property. However, the law still required court authorization and notice by publication to interested heirs. Finally, Acts 1974, No. 131, § 1 replaced the second paragraph of La. C.C.P. art. 3226 which then stated, "This article does not apply to the granting of mineral leases" with the language of La. R.S. 9:1491.

As an independent executor, Prescott was not required to request permission from the court prior to granting the AIX

lease, as La. C.C.P. 3396.15 absolves the independent executor from the requirement of seeking court approval. Therefore, Prescott did not breach a fiduciary duty by granting the AIX lease without first obtaining Davis's consent. For those reasons, the Second Circuit reversed the judgment of the trial court, finding in favor of Prescott.

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



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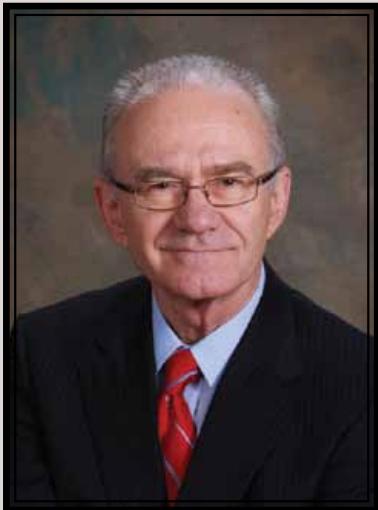


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As I left Joe and Kyle's office the other day, my words were, “Thank you for helping make today easier.” Easier because of the plans you helped us and my sweet mama set in place. I've watched us as a family as we walked through the transition of life the years brought to her. You were there for us with advice and answers. Plans made helped her and us enjoy each other and gave her peace. Life is precious, each day a gift. Again, Thank You. ~Jeanie Burnham ”

How to Dispute a Credit Card Charge

By Jason Alderman

Have you ever ordered something online that was delivered damaged or never arrived at all? Or been double-billed by a merchant? Or spotted a charge on your credit card statement you didn't make? Most of us have.

Fortunately, the 1975 Fair Credit Billing Act (FCBA) protects your rights during such credit card billing disputes. It also outlines the process for contesting charges made to your account. Here's how it works:

First, FCBA protection applies only to "open-end" credit account transactions those involving credit cards or revolving charges (e.g., department store accounts). It doesn't cover installment contracts you repay on a fixed schedule, such as car loans.

Billing errors that are covered by the FCBA include:

- Fraudulent or unauthorized use of your credit card, whether it was stolen or merchants charged unapproved items to your account.
- Charges that list the wrong date or amount.
- Charges for goods or services you either did not accept or that weren't delivered as agreed.
- Math errors, such as being charged twice for a transaction.
- Failure to post payments or other credits.



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(Note: Report suspected fraud immediately. By law, you're only liable for the first \$50 in unauthorized charges; however, most card issuers waive that liability if you report the charges quickly.)

Review all billing statements carefully upon receipt because in order to be covered under FCBA rules, most disputed transactions must be reported within 60 days of the statement date on which the error appeared.

First, contact the merchant and try to resolve the dispute directly with them. If this good-faith resolution attempt doesn't work, you can escalate the process by filing a written report with your credit card issuer within the 60-day window.

The card issuer is then obligated to investigate the dispute on your behalf. They must acknowledge your complaint, in writing, within 30 days of receipt and resolve the dispute with the merchant within two billing cycles¹ but not more than 90 days.

Send your letter via certified mail to the card issuer's billing inquiry address, not the payment address. Include your name, address, account number and a description of the billing error. Include copies of sales slips or other documents that support your position.

According to the Federal Trade Commission (FTC), you may withhold payment of the disputed amount and related charges during the investigation. In fact, many card issuers may voluntarily remove the charge until the matter is resolved since they are representing you, their client, in the dispute.

If it turns out your bill contains a mistake, the creditor must explain, in writing, the corrections that will be made. In addition to crediting your account, they must remove all finance charges, late fees, or other charges related to the error.

However, if the card issuer's investigation determines that you owe part¹ or all¹ of the disputed amount, they must promptly provide you with a written explanation. If you disagree with the investigation's results, you may further dispute your claim with the creditor, as outlined by the FTC at www.consumer.ftc.gov/articles/0219-fair-credit-billing. (That site also contains a sample dispute letter and other helpful FCBA information.)

If you believe a creditor has violated the FCBA, you may file a complaint with the FTC or sue them in court.

Hopefully, you'll never have a billing dispute that goes to these extremes. But it's good to know how consumer laws protect you, just in case.

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



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Bug Bite Remedies

by Suzy Cohen, R.Ph.

Dear Pharmacist,
I use hydrocortisone cream for my bug bites. It works, but is there something else to manage this or the pain and itch? Me and my kids get bit frequently and I don't like the idea of 'taking a bath' in chemical creams.

--K.K., Tulsa, OK

I have other "bath" ideas to share with you. What you do for a bug bite depends on the type of critter. For example, bites from bees, wasps, yellow jackets and fire ants are the most common. Unless you're highly allergic, these bites can be treated at home. Bites from scorpions and certain spiders often require medical attention. Bites



from ticks (if you're lucky enough to see it, because you won't feel it) should be treated with prescribed antibiotics for at least 4 weeks.

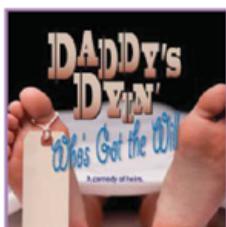
Let me keep it simple today. Pharmacists like hydrocortisone cream because it works quickly, controls the itch, pain, swelling and redness. Benadryl (diphenhydramine) cream may help in this regard too. Lidocaine, or numbing sprays provide yet another option to minimize pain. Here are other potential solutions:

Ice pack - The cold takes down swelling and pain.

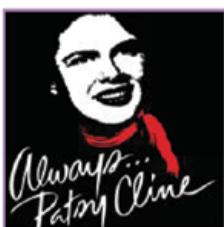
Baking Soda - Right after you get bit, make a paste using baking soda and water, add in meat tenderizer if you have it. Wash the paste and reapply every 15 minutes for about an hour. It helps with pain,

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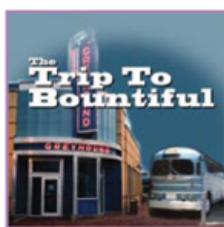
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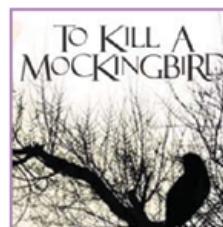
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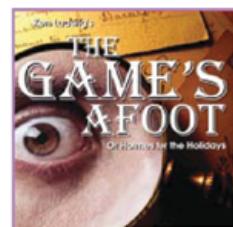
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itch and redness. The meat tenderizer neutralizes venom injected into you by the bug.

Ibuprofen or acetaminophen

- Over-the-counter medications that temporarily control pain.

Oral antihistamines - Benadryl (diphenhydramine) is often used to control full-body itching. Don't say I didn't warn you (yawn) this stuff can knock you out. No driving!

Toothpaste - Fluoride in toothpaste seems to calm the sting.

Essential oils - Lavender oil is soothing and acts as a natural anti-inflammatory and anti-venom aid. Peppermint oil and lavender both reduce risk of infection. Tea Tree oil may disinfect the area. These oils may sting if you apply undiluted. For some, a 50/50 mix with a carrier oil, like olive or coconut might be better. You can put essential oils in your bath. Speaking of baths...

Peroxide and Epsom Salts - Dump the whole 4 pound bag of Epsom salts in warm (not hot) water, along with a pint (or two) of hydrogen peroxide. This home remedy has anecdotal evidence; it's a very strong detoxifying bath and might cause an unpleasant Herxheimer reaction the first few times, so get your doctor's blessings. It's not right for everyone.

Aveeno Oatmeal - This is 100 percent Colloidal Oatmeal that helps to control itching; you pour the flakes under the faucet of your bath and soak in it. Think that's weird? It's not compared to what I say next.

Preparation H Hemorrhoidal Cream - It contains pramoxine which controls pain.

Chiggerex - Chiggers are immature mites and not easily seen. Their itch is diabolic, compared to their microscopic size! Chiggerex is sold at pharmacies and brings quick relief.

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Story by Andrea Gross
Photos by Irv Green

City Slickers in the WYOMING WILDS

The sign says we're entering paradise. I'm skeptical. The six of us — my husband, myself, our son, daughter-in-law and their two children — are about to spend a week at a top-rated guest ranch. Back in December when we'd made the reservations, we'd all agreed that this would be a perfect experience for our intergenerational group, but now I'm having second thoughts.

We're city-folks through and through — better at driving four-lane highways than riding four-legged creatures, more familiar with walking through manicured parks than hiking on canyon trails. And we're used to plucking fish from market showcases, not from mountain streams.

But here we are, on a mountain road in north-central Wyoming. We round a curve, and I catch my first glimpse of Paradise Guest Ranch. It's in a valley surrounded by more than a million acres of Bighorn National Forest, and with the hills awash with wildflowers, it's breathtakingly beautiful. Then I see the corral, and I feel a rumble in the pit of my stomach. The kids — aged nine and six — have never been on a horse; the rest of us have a combined total of, perhaps, ten hours of horseback-riding experience. Will we be the only novices in a group of experts?

The answer becomes clear the next morning when we go to the stables for our first horseback ride. Everyone else is wearing a cowboy hat or riding helmet. We, on the other hand, are decked out in baseball caps and bonnets. Oh dear!

We exhaust the first wrangler when he tries to take us out on the trail. Grandson can't make his horse move. Daughter-in-law's horse goes backwards when she pulls too hard on the reigns. I can't make mine stop eating.

But that afternoon a second wrangler takes us into the arena for a course in Horseback Riding Basics.

Granddaughter's journal, Day one: My horse's name is Pollywog. I thought the horse would know what to do, but today I found out that I'm the one who's

supposed to know what to do.

The next morning we ride a trail — across a stream, up a rocky mountain path, through a meadow, back to the stables. Grandson declares that "now we're really cowboys." By Wednesday we're beginning to feel like pros.

Granddaughter's journal, Day four: I think I've learned Pollywog's personality, which is that



TOP: While experienced fishermen go on all-day outings to more remote locations, others choose to practice on the ranch proper.

LEFT: A nine-year-old girl who takes ballet dancing in the city becomes a fan of square dancing during her week at the ranch.

BOTTOM: Most folks go on at least one trail ride a day; many go on two.



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sometimes he wants to do things his way. But now I can sometimes make him do things my way.

The week progresses, offering us a mix of family-time and individual-time. We ride together and eat together, but in-between we can each explore our own interests. Daughter-in-law and I take a long (for us) hike — proudly puffing our way along trails that rise to an elevation of nearly 8,000 feet. Son tries his hand at fly-fishing, and Husband finishes two books and starts a third. The kids spend off-horse time doing crafts or swimming in the pool.

After dinner the counselors entertain the kids while the adults have a chance to get to know each other. Out of twelve groups, five are adults-only; the rest have children ranging from toddlers to teens. Only three, like us, are first-timers.

Every day we learn something new. One day we have a lesson on wildflowers. Another day we hear stories of Butch Cassidy and The Sundance Kid, who had an "Outlaw Cave" nearby. And another time we watch a moose moseying around the grounds near the fishing pond.

Saturday is Rodeo Day, a chance for the kids to show off their equestrian skills. "Mount your horse." Grandson is too short to do it alone — a ranger has to lift him on — but he grabs the reigns like a pro. "Circle the barrels." No problem. "Weave between the poles." Granddaughter does it at a trot. Six days has transformed them both from Western Wimps to Cowboy Champs.

But it's at the square dance where Granddaughter really shines. Blond hair flying, she allemandes left and circles right. Wrangler Dave grabs Grandson's hand. "Come on, Buddy. Let's dance!" he calls, as he propels a grinning Grandson 'round the room.

Then, the next morning, we have our first crisis. None of us want to leave. "Wait! We have to go down to the barn to say good-bye to Pollywog." "Wait! We have to take one more picture of the fishing pond." Wait, wait, wait! It takes us two hours to say our good-byes and get into the car.

Grandson's comment, Day seven: I like to watch sports, and Wyoming doesn't have any professional sports teams. But that's okay. It's still paradise.



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A Conversation with Robert Osborne

By Nick Thomas

Long-time Turner Classic Movies host Robert Osborne has interviewed just about every Hollywood star imaginable over the past 60 years – a dream job that any classic movie fan would envy. Although he dabbled briefly in acting, including the 1962 pilot episode of *The Beverly Hillbillies*, he became a journalist for the *Hollywood Reporter*. After accepting an offer as temporary host for an entertainment segment on CBS in New York, he fell in love with the city and television, and remained in both ever since.

Robert's movie knowledge and relaxed interview style has made him the "rock star" of classic film audiences. "I like to think they are more conversations," he said of his approach to interviewing, when we met recently. "I do my research before an interview, and will have one or two questions to get started. Then I let it flow from there. For example, when I interviewed Peter O'Toole for a TCM Film Festival, he really led the conversation with his interesting stories and even talked about his time in the navy which he said he had never spoken about before."

He's also not surprised with the continued popularity of classic films. "The world seems so full of chaos these days and we're constantly bombarded with depressing news. TCM has come to be an oasis for its viewers because many of the movies are from an era where films left you with a positive feeling. Even in dramas, the good guy would usually win."

Good guys and villains, Robert has known most. But was there someone he desperately wanted to interview but never did? "I got to most of them," he answered. "But I'd love to have interviewed the Robert Taylors and Tyrone Powers of the world. I never met Greta Garbo, and am actually glad because I was afraid if I did the illusion about her would have been lost."

What about the most difficult interview? "That was Robert Mitchum," he answered without much hesitation. "We had him do a *Private Screenings* interview, and at lunchtime he was quite chatty – a great raconteur and talker. But as soon as we went on camera, he'd clam up! I asked him 'When you first met Jane Russell, what was your impression of her?' He said, 'Don't remember.' I asked 'Which of your movies would be the best representative of your work?' He answered, 'You decide.' He was deliberately being a scoundrel!"

Anyone who watches Robert's TCM film introductions has probably heard him say a hundred times "this is one of my favorite films...." But if stranded on a desert island with only one film to watch over and over again, which would he choose? "Probably 'Singin' in the Rain,'" he said after a brief pause. "Because the music would cheer me up, with one great number after another, it's funny, and wonderfully entertaining."

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Not surprisingly, with his connection to film, Robert is also a bit of a collector. "I collect movie posters, but now really have pretty much everything I want." And he has some interesting memorabilia. "I also have an Oscar! I can't say which one, but it was pre-1949 and was awarded to an art director."

So is an autobiography in the works to document his many celebrity encounters? "I'm not thinking about a book and the main reason is because I'm still writing so much for TCM. If I had any free time, spending it behind a computer would not be very appealing right now. However, I did write '80 Years of the Oscar' in 2008 and I've been thinking it's about time to do an update."



*Osborne and Drew Barrymore host
"The Essentials" on TCM*

Meeting Robert in person also confirmed what his fans have long suspected: he really seems to be that genuine, soft-spoken, and modest host we see on screen each week. "I'm flattered that people enjoy what I do and it's amazing how many people are so passionate about the classics."

Thomas' features and columns have appeared in more than 300 magazines and newspapers, and he is the author of "Raised by the Stars," published by McFarland. He can be reached at his blog: <http://getnickt.blogspot.com>.



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Every Moment of Every Life Matters

The Astronaut Wives Club

A true story by Lily Koppel, ©2013, Grand Central Publishing, \$28, 288 pages

review by Terri Schlichenmeyer

You'd pack your bags in a heartbeat. Yep, if they ever come up with a commuter bus to outer space, you'll be first in line for tickets. And why not? You've grown up with the Space Race, men on the moon, footage of weightless astronauts, and fascinating experiments.

You'd go to the moon in a minute, but it's not possible yet. And in the new book "The Astronaut Wives Club" by Lily Koppel, you'll see that, for the spouses of spacemen, it wasn't possible 50 years ago, either.

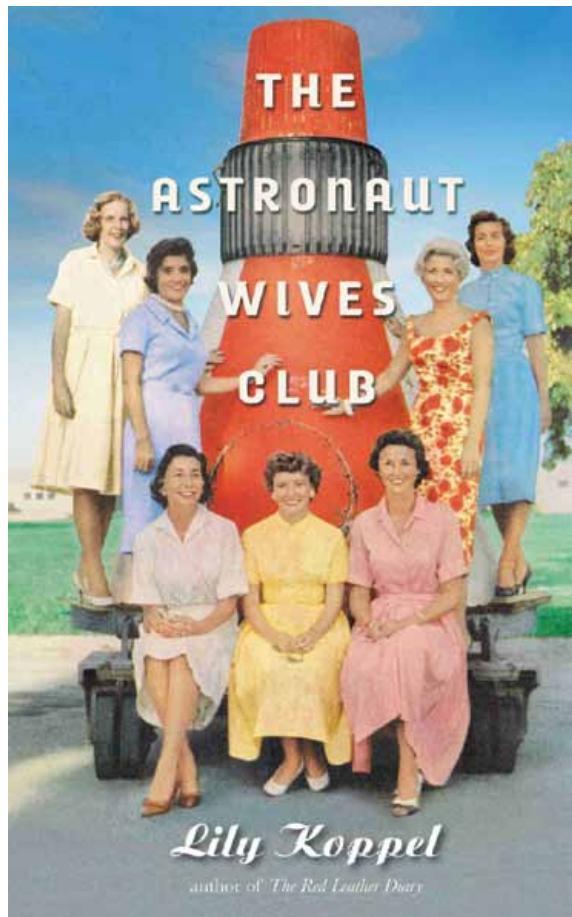
Out of 110 test pilots that spring of 1959, just seven made the cut.

The seven were chosen, not for their brains (although they were highly intelligent men) but for their stature: NASA required that Mercury astronauts be healthy, strong... and shorter than 5'8", or they wouldn't fit into the space capsules.

The seven women married to the Mercury astronauts weren't chosen, yet they were immersed in the Mercury program as if they'd been hired, too. NASA strongly suggested that the women get up at 5 a.m. to cook their men a hearty breakfast, and insisted that spacemen endure no stress before all space activities. No family bickering, no checkbook woes, kid problems, or accusations of cheating.

And there was a lot of the latter: "Cape Cookies" were everywhere, and though some of the astronauts were happily married (NASA insisted on stable family lives) and could avoid temptation, the indiscretions of others were blatant and ignored.

This was a time when Communism was feared, Russia had beaten the U.S. into orbit, and the Civil Rights Movement was years in the future. It was a time when divorce was taboo, "girls" deferred to their husbands, and



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(except in secretarial roles) women were largely barred from the world of business – which is perhaps why NASA didn't think to give Annie Glenn, Betty Grissom, Louise Shepard, Rene Carpenter, Marge Slayton, Jo Schirra, or Trudy Cooper much direction in dealing with press or pressure.

And so, the Astrowives pulled together with an unspoken promise to one another: "If you need us, call and we'll come."

Like most Americans in July, 1969, your eyes were glued to the TV. You remember that first moonwalk well – but what about the people outside the spacesuits?

"The Astronaut Wives Club" tells you, but not via some run-of-the-mill, techno-filled NASA story. No, author Lily Koppel tells the tale from a razor-sharp point-of-view: she writes of innocence, hope, and triumph through the eyes of seven women who Space-Raced behind the scenes.

There's humor and heartache inside this book, but what makes it so vivid is that we're transported back in time. We're made to remember the Eisenhower years, Camelot and Women's Lib, space food, and wanting to be astronauts – all of which allows for a better feel for what the Astrowives endured.

This book is a Baby-Boomer's dream and is perfect for anyone who's imagined moving among the stars. If that's you, then you'll want to read "The Astronaut Wives Club" because this book will send you over the Moon.

Terri Schlichenmeyer has been a professional book reviewer for over a decade.



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

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



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by Mark Glass

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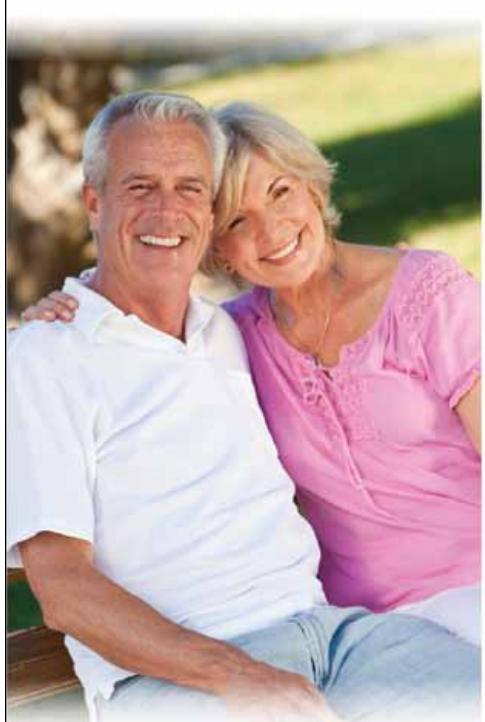
(R) Welcome

back to the bayous, y'all. After last year's sleeper sensation, *Beasts of the Southern Wild*, we get another soggy setting for a lesser, but still worthy, coming-of-age drama

that's more about specific characters than a subculture. Here, a couple of teen boys, Ellis and "Neckbone" find a guy (Matthew McConaughey) hiding on an island in the sleepy backwaters near their small southern town. He spins a romantic yarn about trying to save a damsel in distress (Reese Witherspoon) that leads the lads to want to help him. Ellis (Tye Sheridan) is especially drawn into the adventure. He pines for an out-of-his-league, slightly older lass, and also fears having his entire world fall apart with the looming divorce of his parents that will mean moving away from the river that has anchored a strong bond with his father. He really needs to see love as something powerful and enduring to stabilize the only life he's known. Their new friend is hoping to wrest his lady from the clutches of her late husband's rich, vindictive and violent family. Everyone may be in danger. Writer/director Jeff Nichols does a fine job of creating characters who present a satisfying mix of empathy and ambiguity. The script builds to a spirited climax that leaves a few questions realistically unclear, but still covers the bases. When an actress with Witherspoon's industry clout takes such a small, though intriguing, role, it's fair to assume she was drawn by a compelling screenplay.



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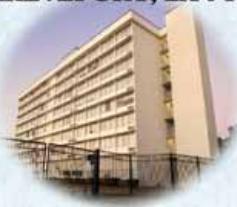
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Amour 

(PG-13) This French drama about an elderly couple dealing with the wife's end-stage deterioration has been earning



acclaim around the globe for its stunning performances (John-Louis Trintignant, Emmanuelle Riva), and sensitive treatment of an emotionally draining ordeal for the players and

viewers by director Michael Haneke. In the early going and through flashbacks we see what a loving, cultured couple they were, with classical music at the core of their lives. That makes her descent into dementia seem like a particularly poignant loss to them, and to everyone they touched. As Trintignant struggles to tend to her needs, keeping her at home, rather than in the hands of strangers in strange environs, we feel both the loving devotion and the agonizing toll of the caretaking role he accepts. The script's unadorned view of their course should spark debates about the legitimacy of physician-assisted suicide, and inspire many to contemplate such possible futures, and make the tough decisions about their own end-of-life directives. *Amour* is at once a celebration of, and cautionary tale about, the love underlying the lifetime commitments of marriage vows. This exceptional film may not fit anyone's definition of entertaining, but it undeniably nourishes our hearts and minds.

Mark Glass is an officer and director of the St. Louis Film Critics Association.



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ELEGANT ENTERTAINING WITH BOLD FLAVORS

FAMILY FEATURES

Summer entertaining is easy with simple, crowd-pleasing recipes from light bites to sweet delights that require almost no time in the kitchen.

Invite over a few of your closest friends, heat up the grill and set out your favorite wines for a truly memorable outdoor dinner party. Make the occasion truly special by beginning the festivities at sundown to take advantage of the cool breezes and beautiful sunset. Select simple recipes that can be prepared ahead of time and quickly seared on the grill once your guests have arrived. Everyone will enjoy the food and you'll love that you're not trapped in the kitchen. Prep, chop and marinate everything then store it all in containers. For more info, visit www.lasrocaswine.com.



Pan Seared Rib Eye with Balsamic Glaze and Crispy Salted Potato Wedges

Yield: 4 to 6 servings

For Crispy Fingerling Potatoes

1 pound small Yukon gold potatoes cut into wedges
Kosher salt and freshly ground black pepper
3 tablespoons extra virgin olive oil
1 teaspoon roughly chopped fresh rosemary leaves, plus a couple of sprigs

For Steaks

Kosher or coarse salt and freshly ground black pepper
4 3/4-pound bone in rib-eye steaks, about 1 inch thick
1 large shallot, thinly sliced
1/2 cup aged balsamic vinegar
2 tablespoons unsalted butter

FOR THE POTATOES: Place the potatoes in saucepan and cover with cold, salted water. Set over high heat and bring to boil. Cook until potatoes are fork tender, about 10 minutes depending on size of potatoes. Drain and rinse under cold running water. Pat potatoes dry with paper towels and season with salt and pepper to taste. Set potatoes aside and begin steak.

FOR THE STEAK: Sprinkle large cast-iron skillet with kosher or coarse salt; heat skillet over high heat for about 8 minutes, then add steaks. Sear until steaks are crusted brown, about 4 minutes; turn steaks. Sear to desired doneness or about 6 more minutes for medium rare. Transfer to cutting board and let rest while you make sauce.

Wipe out pan and add shallot; cook, stirring, about 1 minute. Slowly add vinegar and 1 tablespoon of water and bring to a boil. Stir continuously until reduces and thickens, about 2 minutes. Remove pan from heat, swirl in butter, and season with pepper to taste. Drizzle sauce over steaks just before serving.

To finish potatoes: Heat olive oil in large skillet over high heat. When hot, add seasoned potatoes, cut side down, and rosemary. Cook until golden and crispy, about 2 minutes per side. Sprinkle with additional salt and pepper to taste.

Goat Cheese Crostini with Grilled Peaches, Serrano Ham and Almonds

Yield: 1 dozen

12 slices French bread, sliced on the diagonal into $\frac{1}{2}$ -inch-thick slices
Extra virgin olive oil
Kosher salt and freshly ground black pepper
12 thinly sliced pieces



Serrano ham
2 ripe peaches, halved, pitted, sliced into 12 thin wedges
2 ounces goat cheese, crumbled (about $\frac{1}{4}$ cup)
1 tablespoon roughly chopped Marcona almonds

Preheat grill. Brush each slice of bread on one side with olive oil and sprinkle with salt. Grill, oil-side down until lightly golden brown, about 3 minutes. Remove from grill and place a piece Serrano ham on each. Drizzle peaches with 1 tablespoon of olive oil and sprinkle with salt and pepper to taste. Grill peaches until grill marks appear, turning once, about 1 to 2 minutes per side. Place warm grilled peaches on top of each crostini and sprinkle each with crumbled goat cheese and Marcona almonds. Drizzle them lightly with additional olive oil. Serve.

Red Wine & Vanilla Bean Panna Cotta



Yield: 6 servings

1 orange
1 cup blackberries &/or raspberries
1 vanilla bean, cut in half
3 cups red wine
2/3 cup sugar
1 cup whole milk
1 1/4-ounce packet unflavored powdered gelatin
2 cups whole Greek style yogurt
Fresh mint sprigs for garnish

Remove a wide, 2-inch-long strip of zest from orange with sharp paring knife. Peel and segment orange and toss with blackberries, cover and refrigerate.

Scrape seeds from vanilla bean. Place seeds and pod in small saucepan. Add wine, $\frac{1}{3}$ cup sugar and orange zest strip. Simmer over medium-low heat until reduced to $\frac{1}{4}$ cups, about 35 minutes. Discard vanilla bean pod and zest strip. Cool completely. Set aside $\frac{1}{4}$ cup for serving.

Combine milk with remaining $\frac{1}{3}$ cup sugar in medium saucepan. Sprinkle in gelatin and let stand, undisturbed, until gelatin softens, about 4 minutes. Cook over medium heat, stirring occasionally, until gelatin and sugar are just dissolved (do not boil); let cool. Whisk in 1 cup of wine reduction and yogurt until smooth. Pour into six 6-ounce ramekins or jars, cover and refrigerate until set, at least 3 hours or overnight.

If using ramekins, dip bottom of each ramekin in warm water to loosen. Invert each panna cotta onto a plate. If using jars, skip this step. Drizzle panna cottas with reserved wine reduction and garnish with oranges and berries and sprig of fresh mint.

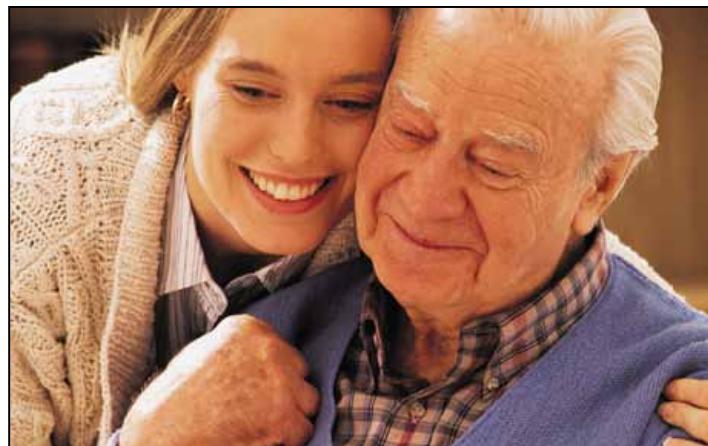


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DRIVER SAFETY

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 pre-register. \$14 for non-AARP members; \$12 for AARP members (AARP card required at registration). Correct change or checks payable to AARP accepted.

- August 17: 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*. Contact: 318-221-9000; Instructor Ray Branton
- August 22: 12:00 Noon – 4:00 p.m. Bossier Council on Aging 706 Bearkat Drive, Bossier City. Contact: Kathy Thomas 318-741-8302; Instructor: Ray Branton
- August 27: 12:00 Noon – 4:00 p.m. (Open to those with access to Barksdale Air Force Base) Barksdale Golf Course Clubhouse Meeting Room Barksdale AFB. Host: Retiree Activities Office Phone 318 – 456 – 4480; Instructor: Dave Jampole

EVENTS

New Horizon Independent Living Center Roundup - August 17 at 6 pm. East Ridge Country Club, Shreveport. Casual barbecue supper. Featuring country star Trini Triggs. Raffles, auctions, dancing. Visit www.nhilc.org or call 318.272.2025 for more info. \$40/person. Reservation deadline is Aug. 8.

KREWE ACTIVITIES

The Krewe of Elders party - Sunday, August 18, 1:30 to 5:30 p.m., at the American Legion Post No. 14, located at 5315 South Lakeshore Drive, Shreveport. Entertainment provided by Soulfish Blues Band. Door prizes, 50/50 raffle, cash bar, snacks, open to public. Info. 752-9175, 631-8865. \$6 members, \$10 non-members.

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. Every Thursday and Friday. Coffee and cookies at 9:30 a.m. Admission is **FREE**. Lunch served at 11:00. Make lunch reservations by calling the Caddo Council on Aging at 676.7900. Suggested donation for lunch is \$2.

- Thursday August 1: 10 am. "Southwest Shreveport Then and Now" by Chuck Lambert
- Friday August 2: 10 am. Senior Tech Talk - Introduction to Laptops, tablets and smart phones and other tech tips
- Thursday August 8: 10 am. "The History of Shreveport Little Theatre and its upcoming 92nd Season" by Robert Darrow

• Friday August 9: 10 am. Senior Tech Talk - Introduction to Internet, browser, on line security/safety and other tech tips

• Thursday August 15: 10:00 am. "Internet Health Links" by Montie Dobbins of the LSU Health Science Center

• Friday August 16: 10:00 am. Tech Talk for Seniors - Social Media Basics

• Thursday August 22: 10 am. "Your Social Security Account" By Dora Miller

• Friday August 23: 10:00 am. Senior Tech Talk - FAQ and other tech tips

• Thursday August 29: 10 am. "Introducing CCOA Aging and Disability Resource Center Services/person to person counseling on Medicare and other Long Term Care Issues" by Irene Jackson

• Friday August 30: 10:00 am. Senior Tech Talk - Introduction to Laptops, tablets and smart phones and other tech tips

SEMINARS

Ark-La-Tex Genealogical Association annual Seminar - 8:30 a.m. – 3:30 p.m., Saturday, August 10. Broadmoor United Methodist Church, 3715 Youree Drive, Shreveport. Speaker: John Sellers, nationally known Genealogist and Speaker. Cost of Seminar: \$40.00 includes lunch. For information and reservations call 318-746-1851.

Fitting the Parts with the Plans: Piecing Together Medicare Parts, Insurance Plans, Medicaid Coverage, and Estate Planning Options - Thursday September 5. 10 a.m. to 11:30 a.m. and 5:30 p.m. to 7 p.m. Shreve Memorial Library, Broadmoor Branch, 1212 Captain Shreve Dr., Shreveport. Speakers are Elli Burke of Burke & Burke Insurance, Mary Mason, Medicaid Analyst for the State of LA, and Stephanie Prestridge of Lineage Law,

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How to Get the Government to Help Pay for Your Long Term Care - Presented by attorneys Joe Gilsou and Kyle Moore, and Vickie Rech, Client Care Coordinator. Thursday August 29. 3 to 5 p.m. Broadmoor Branch, Shreve Memorial Library, 1212 Captain Shreve Dr., Shreveport. Large meeting room to the right, inside the first set of doors. **FREE.** Reservations are required. RSVP to 222-2100, ask for Joe's group.

TOUR

Shreve Town Ghost Walk - Every Saturday through October 26 at 8 p.m. Tours begin a 8 p.m. at the front steps by the Confederate Monument at the Caddo Parish Courthouse. No reservations required. \$10 per living person, children 12 and under, \$5. Cash or Travelers Checks, only. Tours cancelled during inclement weather. Visit www.shrevetownghostwalk.com or call 318-200-0711 for more info.

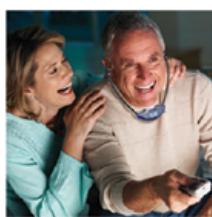
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2013
2014
SEASON



THE HIT MEN

Saturday, August 3, 2013

CIRQUE DREAMS ROCKS

Friday, September 20, 2013

RING OF FIRE

Saturday, September 28, 2013

BEAUTY AND THE BEAST

Wednesday, October 30, 2013

RAIN

- A Tribute To The Beatles

Friday, November 1, 2013

MEMPHIS

Wednesday, November 27, 2013

STEVE LIPPIA CHRISTMAS

Thursday, December 5, 2013

SHOJI TABUCHI Christmas Show

Friday, December 13, 2013

BRASS TRANSIT

"The Musical Legacy Of Chicago"

Friday, February 14, 2014

SWEET CHARITY

Friday, March 21, 2014

HELLO DOLLY

STARRING SALLY STRUTHERS

Tuesday, March 25, 2014

An Afternoon With

HAL LINDEN & HIS BAND

Sunday, April 6, 2014

WEST SIDE STORY

Thursday, April 10, 2014

VINCE:

The Life And Times Of Vince Lombardi

Saturday, May 3, 2014

ADAM TRENT

Magician/Illusionist

Friday, June 6, 2014

STAYIN' ALIVE

- A Tribute To The Bee Gees

Friday, June 13, 2014

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strand@thestrandtheatre.com

King Crossword

answers on page 44

ACROSS

- 1 Beige
5 Owns
8 Excellent, in slang
12 "You've got —"
13 Individual
14 Wealth source
15 "— She Lovely"
16 Periodical, for short
17 Congregation's cry
18 Government in power
20 Stress
22 Wrestling surface
23 Towel designation
24 Vocal comeback
27 Snake-related
32 To and —
33 Personal question?
34 Ernesto Guevara
35 Middle-ear membrane
38 Old card game
39 Shade source
40 Ram's mate
42 Of Hebrew descent
45 Lighthouse light
49 Shaving cream

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19			20	21				
					22				23			
24	25	26			27	28	29				30	31
32					33				34			
35			36	37					38			
			39				40	41				
42	43				44		45			46	47	48
49					50	51			52			
53					54				55			
56					57				58			

- additive
50 Tokyo's old name
52 Tardy
53 Catherine, Henry VIII's sixth wife
54 Moreover
55 Grand story
56 BPOE members
57 Deposit
58 Dilbert's workplace
- grew up
6 Literary collection
7 Genesis name
8 Tranquil
9 Nostalgic, in a way
10 Port of Yemen
11 Camper's shelter
19 Mother
21 Actor McBride
- to do the town
30 "Eureka!"
31 Trawler need
36 Needlenose tool
37 Mornings (Abbr.)
38 Unopened
41 You and I
42 Scoff
43 Israeli airline
44 Get better
46 Garb for Superman
47 Elevator name
48 Choker location
51 "CSI" evidence companion
- DOWN
- 1 Eastern potentate
2 24 bottles
3 Peal
4 In the preceding month
5 Where you
- 24 Salamander
25 Weep
26 Student's assignment
28 Dien Bien — (Vietnam city)
29 One disinclined

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Sudoku

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

Difficulty: ★★☆

★ Moderate ★★ Challenging
★★★ HOO BOY!

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MAGIC MAZE ● ASSOCIATED WITH ROPE

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

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

Braided
Capstan
Climbing
Fibers

Hemp
Jumping
Knots
Mooring

Nylon
Polyester
Pulleys
Rappelling

Towing
Twisted
Winch

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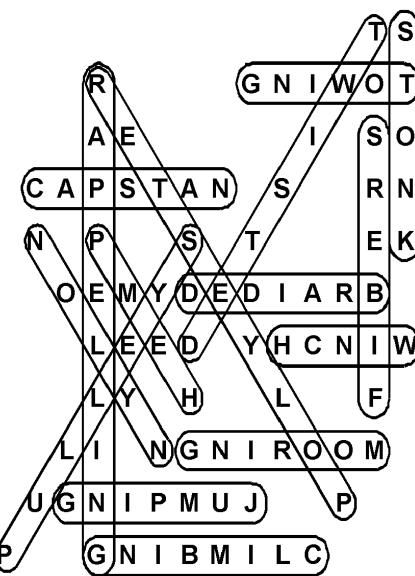
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Sudoku

Answer

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

ASSOCIATED WITH ROPE



King Crossword

Answers

Solution time: 25 mins.

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

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August Parting Shots

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

The full Broadway version of the musical, *Les Misérables*, was staged in the Emmett Hook Center on the campus of first United Methodist Church in Shreveport July 12 – 21.



Performers Charlotte and Judge Eugene Bryson



Cast members Betsy and Clay Eaves

Pat Merrill was feted with an ice cream social on July 13 at the Willow Ridge Clubhouse to celebrate her 75th birthday.



Marilyn and Murray Hodge with Pat Merrill (center)



Pat (center) with Roger and Phyllis Braniff

Information and Referral

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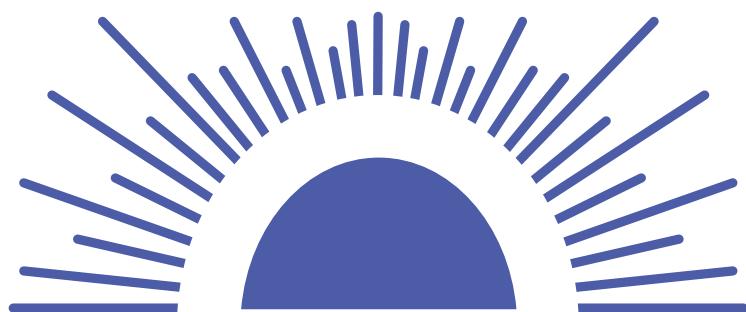
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August Parting Shots continued

SciPort's DNA Society appreciation night cocktail party was held on Thursday June 27.



John Hubbard (left)
and Joe Averett



(l to r) Susan Miller,
Ann Fumarolo, and
Rebecca Miller



Kit and Lesa Gamble hosted
the event at their beautiful
Shreveport residence.

Congratulations to
Dr. and Mrs. Donald
Shipp who recently
celebrated their 72nd
wedding anniversary



Shreveport Little Theatre presented Stephen Sondheim's "Company:
A Musical Comedy" from June 27— July 14.



(l to r) Robert and Debbie Grand
with cast members Blake and
Kelly Phelan Powell



Dr. Bob and Chloe Thornton with
Eric Lincoln (center)
who portrayed Bobby

1st Annual Peterson Family
Reunion Banquet on June 22.



(l to r) Jerry Peterson,
Ruby Peterson Welch,
Helen Peterson and Jerry Welch



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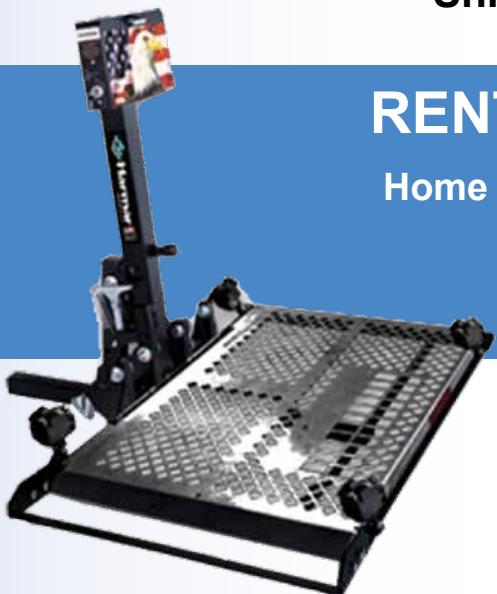
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