

February 2011

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The Best Of Times

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It's been a whirlwind of activity around our offices.

This November marks our 10 year anniversary as publishers of *The Best of Times*. As a thank you to our loyal readers and supporters, we've been busily planning a number of fun events and surprises throughout the coming year to celebrate the occasion with all of you.

Perhaps the biggest surprise will be announced next month. The staff has been sworn to secrecy (although rumor has it that publisher Gary Calligas can't wait to share the news so don't be surprised if he lets it slip on his radio show), but I guarantee the March issue will knock your glasses off!

Containing our excitement about all of our future plans has been hard this month as we've been diligently working on our annual *Silver Pages* directory (available

beginning March 1 at most of our distributions sites) and on this issue that was planned with fun in mind. In addition to all of your favorite columnists, we are pleased to offer another great contest (see below), Mary Flanders gives us a look at the history and traditions of America's favorite holiday for those of us in love or looking for love, we join in the revelry of the Mardi Gras season with the Krewe of Elders and The Krewe of Centaur, and we take a trip to Petersburg, Virginia.

After you've finished reading all of the articles and have worked the puzzles, be sure to turn to our *Get Up and Go!* calendar of events on page 38. Top picks this month include free Bridge lessons, the fabulous TEATRO concert, and Silver Screenings at the Robinson Film Center.

Until next month... *Tina*

Something **NEW** is coming to **The Best of Times**

Be sure to check out our upcoming March issue!

TICKET KET **Reader Contest!**



The Best of Times and the River City Repertory Theatre are giving away 2 tickets to see international singing group **TEATRO** in concert February 12 at 7:30 p.m. at Riverview Theatre

To Win: Send your name and phone number to Editor.Calligas@gmail.com or to TBT TEATRO Giveaway, PO Box 19510, Shreveport, LA 71149-0510. The winner will be chosen in a random drawing from all submitted entries.

HURRY! Deadline is February 10

ON THE AIR THE BEST OF TIMES
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Previously aired programs are available at
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Do you have a question for one of our guests? Call 320-1130 during the broadcast or email Gary.Calligas@gmail.com prior to the show.

FEBRUARY 5

"American Rose Society"
Jeff Ware, Executive Director
www.ars.org

FEBRUARY 12

"The Frymaster Story"
Frank Moore
www.frymaster.com

FEBRUARY 19

"100th Year Anniversary of Snell's Orthotics and Prosthetics," Clint Snell and Chris Snell, **Live Remote** from 8730 Youree Dr. in Shreveport
www.snellsoandp.com



FEBRUARY 26

"Goodwill Industries of North Louisiana"
Jessie Schmidt, Vice President
www.goodwillnla.org

MARCH 5

"Krewe of Centaur - 20 Years of Carnival"
www.kreweofcentaur.com



Robinson's Rescue to Offer Subsidized Spay/Neuter Program

Robinson's Rescue low cost spay/neuter facility and the Caddo Parish Commission have joined forces to address the issue of pet overpopulation and euthanasia in Caddo Parish through their Subsidized Spay Neuter Incentive Program, "SSNIP" (pronounced "snip").

In an effort to help control the pet overpopulation problem, Robinson's Rescue will offer financial assistance to low-income pet owners who could not otherwise afford to have their dogs and cats spayed or neutered. SSNIP services will be based on income.

Caddo residents receiving government assistance will qualify for 100% subsidy receiving service at no charge through SSNIP. The program will pay for a maximum of four pets per household in a calendar year and will include rabies vaccinations.

Residents must schedule an appointment and provide proof of income and residency to qualify for the program. Robinson's Rescue may decline surgery due to health reasons. Feral cats will be ear tipped.

For additional information or to schedule an appointment, call Robinson's Rescue at (318) 861-0101.

Free Tax Preparation and Electronic Filing

Goodwill Industries of North Louisiana has been selected as a VITA (Volunteer Income Tax Assistance Program) site offering free tax preparation and e-filing to low-income residents and other qualifying individuals/families until Monday, April 18, 2011. The program is sponsored in this area by the United Way of Northwest Louisiana. Qualifying is generally a total household income of \$49,000 and below.

Tax preparation is offered *by appointment only* at two locations in Shreveport:

- Goodwill Industries of North Louisiana, 800 West 70th Street, Shreveport. Monday -Thursday 9:00 a.m. – 4:00 p.m., Friday 9:00 a.m. – 11:00 a.m. Call 318-869-2575 for an appointment.
- Goodwill Industries of North Louisiana, 8100 Jump Run (off Bert Kouns

in front of Tinseltown), Shreveport. Monday – Friday 8:00 a.m. – 6:00 p.m. 2nd & 4th Saturday 10:00 a.m. – 1:00 p.m. Call 318-629-0510 to make an appointment.

Clients should plan to arrive 15 minutes prior to their scheduled appointment to fill out the appropriate paperwork and should bring with them:

- Proof of identify (such as a driver's license or other picture ID)
- Social Security cards (or ITIN letters) for you and all persons on your return
- Tax information such as Forms W-2, 1099, 1098
- Proof of account for direct deposit of



refund (voided check, account card)

- If possible also bring a copy of last year's return.

Remember, if filing Married, Filing Jointly, your spouse must be present at the appointment.

For additional information, call Juanita Pouncy at 629-0505.

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In 2011, The Snell Family Is Celebrating Our
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1. Visit our "Snell Centennial" Facebook page.
By becoming a member of our Facebook page you'll be updated on all of the upcoming happenings for the Snell Centennial.
2. Share your old photos and personal stories about Snell.
Look around for photos of you being fitted at our facility or wearing a Snell prosthetic or orthotic device. As long as it was taken in the past 100 years, we'd love to get a copy of it to use in our Centennial materials. And if you have any personal memories about our facility or our employees, we might be interested in recording your story for posterity's sake.
3. Share your old prosthetic or orthotic devices with us.
If you've saved your old prosthetic or orthotic device, we'd sure appreciate it if you'd let us borrow it. We'll be putting together a Centennial exhibit and taking photographs to use in future printed materials.
4. Spread the word.
Tell your family, your neighbors, your local newspaper, maybe even Willard Scott...make sure everyone knows that turning 100 is a big deal!
5. Add a leaf to our Centennial "Community Giving Tree".
Come by any of our four offices and vote for one of three deserving charity organizations by adding a leaf to our tree. The charity receiving the most leaves (votes) at the end of the quarter will receive a contribution from Snell's Orthotics and Prosthetics.
6. Attend one of our "Snell Centennial Open House" events.
Watch for announcements about our open house events coming up in 2011 and make plans to attend. You're a special part of our history and it wouldn't be the same without you!



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Get a Good Night's Sleep

Sleep is one of the most undervalued elements of our daily routines, but it is absolutely vital to good health. Lack of sleep increases your blood pressure, induces stress, increases your appetite and slows down your metabolism, dampens your mood and decreases your cognition. (Perelman Heart Institute)

Eating Less Healthy Fish May Contribute to Stroke

People living in the southeastern or "stroke belt" states eat more fried fish than people living in the rest of the country, which may contribute to the high rate of death from stroke in those states, according to a study published in the online issue of *Neurology*®.

Laughter Really is the Best Medicine

Go ahead - laugh out loud. Just 15 minutes of laughter is equivalent to about 30 minutes of aerobic exercise with respect to cardiovascular health. Laughter has also been linked to the healthy function of blood vessels, an increase of the brain hormones that improve mood, and reduction of pain and anxiety. (Perelman Heart Institute)



Vitamin D Might Help Cardiac Health

Vitamin D is known to help the body absorb calcium and is usually acquired through sunlight or fortified dairy products such as milk with vitamin D. A study from Intermountain Medical Center in Utah shows that vitamin D might help decrease the risk of certain cardiovascular diseases. The study followed a large group of people age 50 and older who did not have previous cardiovascular issues. The participants were placed in groups based on their level of vitamin D. After one year, those with very low levels of the vitamin were more likely to develop coronary artery disease or have a stroke. The study is important because vitamin D deficiency is easy treated. The *New York Times* also reports that another study showed that people who were further away from the equator had an increased risk of coronary heart disease and hypertension. These studies show that there might be a link between vitamin D and cardiac health, but further research is certainly needed. Always consult a physician about the proper dosage of Vitamin D as too much can be toxic.

Diet High in Fructose May Contribute to High Blood Pressure

People who eat a diet high in fructose, in the form of added sugar, are at increased risk of developing high blood pressure, or hypertension, according to a study appearing in the *Journal of the American Society Nephrology* (JASN). The results suggest that cutting back on foods and beverages containing a lot of fructose (sugar) might decrease one's risk of developing hypertension. Hypertension is the most common chronic condition in developed countries and a major risk factor for heart and kidney diseases.



Osteoporosis Drug Improves Healing After Rotator Cuff Surgery

Tears in the shoulder's rotator cuff, a common sports injury, are painful and restricting. Surgery to repair the damage is successful for pain management, but in many patients it does not result in full recovery of function due to poor healing. New research shows an approved therapy for osteoporosis, Forteo, may speed healing and improve patient outcomes. The preliminary study from Hospital for Special Surgery in New York was presented at the American Academy of Orthopaedic Surgeons (AAOS) meeting in New Orleans.

An Apple a Day Keeps the Doctor Away
Apples are packed with cancer preventing properties, thanks to the nutrient *quercetin*, which protects DNA in the body's cells from damage that could lead to the development of cancer. To get the most protection against cancer from apples – eat them with the skin on and not combined with sugar and fats, like in a pie.

Protect Yourself Against Cold Weather

Icy snow, wind and frigid temperatures are frequently in nature's plans for winter. The U.S. Centers for Disease Control and Prevention suggests: wear layers of light-weight clothing, including a scarf, hat, gloves and boots; prevent falls by covering icy spots with sand or cat litter; pay attention to the wind chill when dressing; travel with an emergency kit and a cell phone; and maintain your car, keep your gas tank full and stock the vehicle with emergency supplies.

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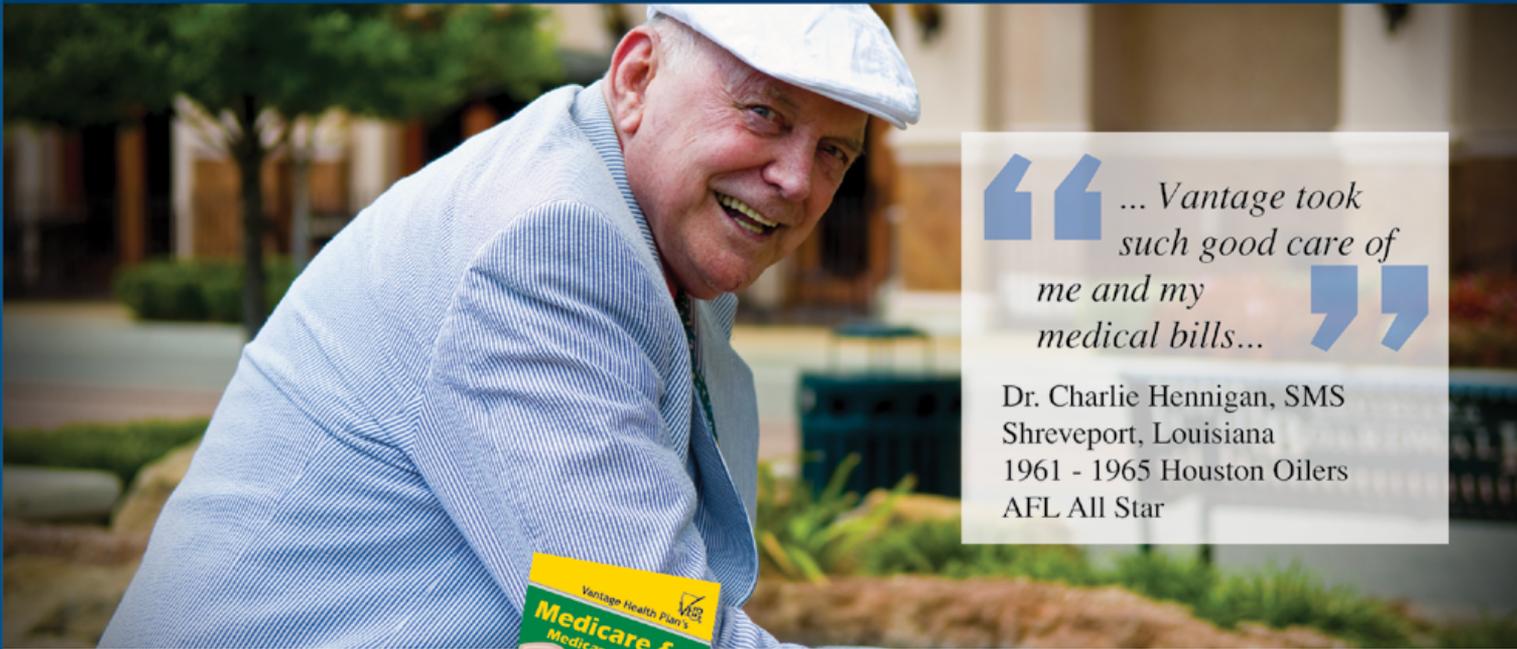
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All You Need Is...

Contrary to popular belief, Valentine's Day was not created by Hallmark or the Post Office to increase revenue.

Valentine's Day actually dates back to pre Christian Rome and the feast of Lupercalia when young women put their names into a basket and were paired up with the young men who picked their names out of the basket.

In ancient Rome, February 14th was a holiday to honor Juno, Queen of the Roman Gods and Goddesses. She was also the Goddess of women and marriage. The following day, February 15th, began the Feast of Lupercalia. In ancient Rome, the lives of young boys and girls were strictly separate except during Lupercalia. On the eve of the festival of Lupercalia the names of Roman girls were written on slips of paper and placed into jars. Each young man would draw a girl's name from the jar and would then be partners for the duration of the festival with the girl whom he chose. Sometimes the pairing of the children lasted an entire year, and often, they would fall in love and would later marry.

No one knows exactly how Valentine's Day began. It is known that St. Valentine was a Roman who was martyred for refusing to give up Christianity. Legend has it he was a priest who married couples in secret in defiance of the Roman Emperor Claudius II's ban on engagements and marriages. St. Valentine was captured and sent before the Prefect of Rome, where he was sentenced to be beaten to death and his head cut off. He was martyred on February 14 in about 270 AD. That was the same day of the year the Romans held the "love lottery." Another bit of St. Valentine lore says that he left a farewell note for the jailer's daughter whom he had befriended and signed it "from your Valentine." His name began to be linked with love and marriage.

The leaders of the early Christian Church in Rome tried to eliminate the pagan element in the Lupercalia feasts by substituting the names of saints for those of young ladies. Since this

festival began at about the same time as the Christian St. Valentine was killed, the early Church fathers channeled St. Valentine into the Lupercalia festival and Valentine's Day began to evolve. By 496 Pope Gelasius marked February 14 to honor St. Valentine. February 14th became the date to exchange love messages and St. Valentine became the patron Saint of lovers. From then on the date was marked by sending poems and simple gifts such as flowers. In larger communities there was often a social gathering or a ball.

It wasn't until the 1700s that sending cards began to gain popularity. The oldest existing Valentine is one written by Charles, Duke of Orleans, to his wife. He wrote it to her while imprisoned in the Tower of London, after the battle of Agincourt.

In the United States, Miss Esther Howland is given credit for sending the first valentine cards. Commercial valentines were introduced in the 1800's



by Mary Flanders



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JEWELRY: THE ENGAGEMENT RING DONALD TRUMP GAVE TO MELANIA KNAUSS IS A 12 CARAT FLAWLESS EMERALD CUT DIAMOND SET IN PLATINUM FROM THE HOUSE OF GRAFF.

and now the date is very commercialized. Valentine’s Day is the second only to Christmas for the Post Office with the volume of cards delivered. Post offices in towns with names like Loveland, Colorado, do a large business around February 14. Remember when you exchanged valentines with your classmates in elementary school? They still do that, too.

For those lovers with a big budget on Valentine’s Day, the sky is the limit. There are gifts for that special someone that boggles the imagination.

According to the xtremechocolate.com, the most expensive chocolate treat in the world is the “La Madeline au Truffe.” It starts with a decadent 70% Valrhona dark chocolate, heavy cream, sugar, truffle oil and vanilla as the base for the rich ganache. A French Perigord truffle (a rare mushroom) is then surrounded by this decadent ganache; it is enrobed in Valrhona dark chocolate and then rolled in fine cocoa powder. It is presented lying on a bed of sugar pearls in a silver box tied with a ribbon. A bargain at \$250 a piece or \$2600 a pound. You can order yours from Knipschildt Chocolatier of Norwalk Connecticut.

A little closer to home, Noka Chocolates of Dallas, specializes in the very best and rarest single sources of chocolate from Africa, South America and Trinidad. Single estate chocolate

is like a single malt scotch. Using only single estate chocolate enables the connoisseur to taste the “terroir” or true essence of origin. It’s similar to wine or single malt scotch in that a bottle of California Merlot will taste different than a French merlot, due to the different climate, soil, or a scotch from Islay will be different than a speyside. For slightly under \$500 you can give your valentine the “Sky Collection” of 242 pieces of single estate dark chocolates and truffles.

If your love is on a diet, you might choose to impress her in a different way. Clive Christian offers the world’s most expensive perfume. “Imperial Majesty,” a limited edition collector’s piece is 500 ml of the world’s most expensive perfume, presented in a hand crafted Baccarat crystal bottle with a 5 carat brilliant cut diamond adornment. It is delivered by Rolls Royce personal security. All this can be hers for \$215,000.

If she’s allergic to perfume, or if this is the day you’ve chosen to pop the question, you truly have no limits. The engagement ring Donald Trump gave to Melania Knauss is a 12 carat flawless emerald cut diamond set in platinum the House of Graff. It is reportedly worth \$2 million dollars and quite possibly the world’s most expensive engagement ring.

If you want to give her the moon and stars look into the night sky at BPM 37093 in the Centaurus Constellation.

It is a crystallized white dwarf star, nicknamed “Lucy” after the Beatles song, “Lucy in the Sky with Diamonds” is, according to scientists, composed of carbon, which makes it the biggest diamond in the entire universe. It weighs 10 billion trillion trillion carats.

Okay, so you’re looking for something a little more down to earth. How about flowers? Want to impress her? White flowers of any kind cost more than colors because they bruise more easily. The top 10 most expensive flowers, usually available, are Casablanca Lilies, Gardenias, Hydrangeas, Lily of the Valley, Lisianthus, Orchids, Peonies, Roses, Stephanotis, and Tulips. For the most expensive flower ever grown, Chinese Scientists working on agricultural research in 2005 produced a new and unique species of orchid that sold for the equivalent of \$200,000.

If the romance of the written word appeals, the novels of Kathleen Woodiwiss, will set a passionate pulse a flutter for this most romantic of days. With her novels like *The Flame and the Flower*, *The Elusive Flame*, and *Shanna*, she wrote the first historical fiction romance novels and began the genre almost single handedly. If you’ve ever secretly enjoyed a “bodice ripper”, you’ll be interested to know that Kathleen Woodiwiss, the “Queen of Romance Novels” was born in

Alexandria, Louisiana in 1939.

If you're not ready to write a novel for your love, you can still give a truly romantic gift – one that will touch the heart and soul of that special person. For under \$50 you can have a personalized romance novel written for you and about you. There are several sites on line where you fill out a questionnaire. The novel will then be personalized for you. They're available in paper back or hard cover. For an additional fee you can even send in photos and the cover artwork will feature your photos. Give that to your fan of romance novels and you'll let loose the fires of passion to leap and roar as her eyes flicker with..... Anyway, she'll love it.

Valentines Day is not just an American holiday. On February 14th sweethearts in France, Turkey, Denmark, Norway and Sweden give each other chocolates, flowers, cards and enjoy romantic dinners, very much as we do in the United States.

One of the strangest Valentine's Day celebrations is in Thailand, where the mass Underwater Wedding Ceremony

is held every year in Trang province on Kradan Island. Throughout the rest of Thailand Valentines Day is mostly celebrated by the country's teenagers. February 14th is said to be the busiest day of the year for Thailand "short time" hotels, which cater specifically to lovers.

Valentines Day is a recent introduction to Finland and has only been popular for

“One of the strangest Valentine's Day celebrations is in Thailand, where the mass Underwater Wedding Ceremony is held every year in Trang province on Kradan Island.”

the past 20 years or so. The Finnish word for Valentines Day translates to "Friend's Day" and the holiday is more geared towards celebrating friendships than love interests. Even so, it is a popular day for Finns to get engaged and married.

Brazilians celebrate their own version of Valentines Day, but not in February. In Brazil the holiday is called "Dia dos

Namorados" which means boyfriends/ girlfriends day and is celebrated on the 12th of June. Even though the timing is different the celebration is much the same with lovers and spouses giving each other gifts, candies, flowers and cards.

While Valentines Day is not a cultural holiday in Japan, it has become quite popular. Typically it is the women who give gifts, mostly chocolates or flowers, to the men on February 14th. In the spirit of all things being equal, a separate holiday has emerged called White Day. White Day is celebrated a month later on March 14th. That's the day the men are supposed to give gifts back to those who gave them Valentines Day gifts. Initially the gift was supposed to be white chocolate, but more common gifts are now lingerie or jewelry.

Down Under they take Valentines Day very seriously. In Australia it's very popular. Tradition says it began with the miners who struck it rich and spent great amounts to get unique and expensive gifts for their lovers; and the practice continues to this day. Australia has a large population of young people so it's not

FLOWERS: THE TOP 10 MOST EXPENSIVE FLOWERS, USUALLY AVAILABLE, ARE CASABLANCA LILIES, GARDENIAS, HYDRANGEAS, LILY OF THE VALLEY, LISIANTHUS, ORCHIDS, PEONIES, ROSES, STEPHANOTIS, AND TULIPS.



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surprising Valentines Day is one of the highlights of the Australian social calendar.

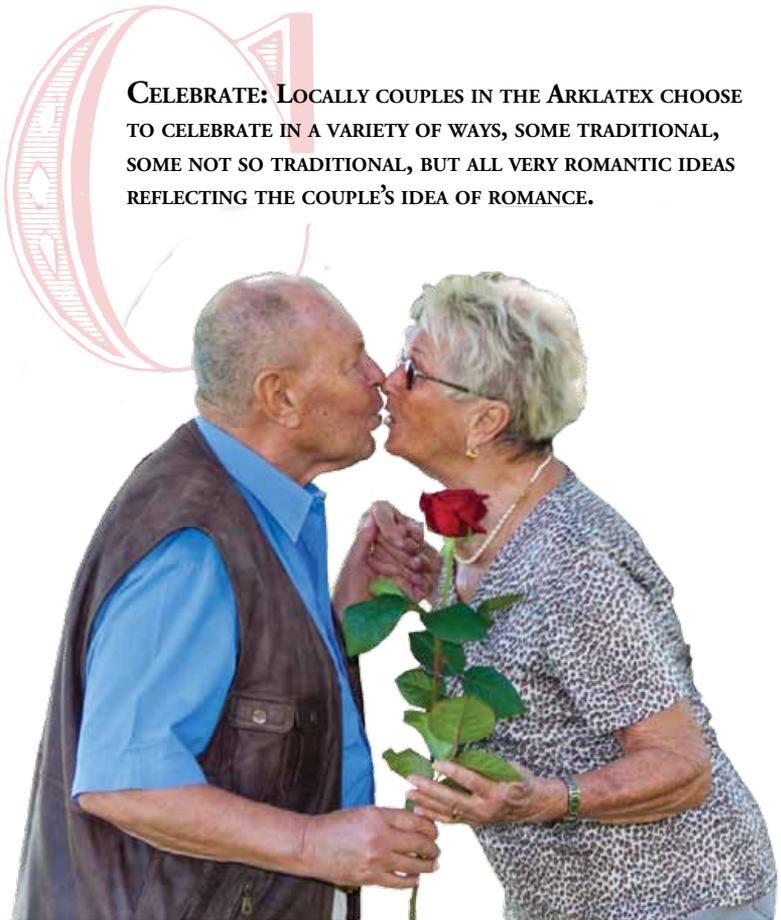
Locally couples in the Arklatex choose to celebrate in a variety of ways, some traditional, some not so traditional, but all very romantic ideas reflecting the couple's idea of romance.

Phil Reiland Jr says he and his wife, Nancy Wells, choose to celebrate Valentines Day in a low key way by choosing to stay home, cook a romantic meal together and share a nice bottle of wine. Newlyweds of 34 years, Ruby and Michael Blackwell celebrate every year with a gift and card exchange. Ruby says, "Michael is very good at picking out gifts for me." The biggest Valentine surprise he ever gave her, she says, was a large amethyst ring. Michael says she always gives him a card and chocolates. He says he's enjoyed Valentine's Day since his elementary school days when every one exchanged cards. Sometimes they go out to dinner, sometimes Ruby plans a stay at home dinner. "The restaurants are crowded that night," Ruby says, "and it's hard to have a quiet romantic meal."

Dinner out, Dinner in, funny card or sentimental one, candy, flowers, perfume, jewelry, however you choose to celebrate, Valentine's Day is the one day of the year to truly focus in on that certain someone and say "I love you."

Perhaps Robert Browning said it best when it comes to this most romantic of days – "Grow old along with me! The best is yet to be..." ♥

CELEBRATE: LOCALLY COUPLES IN THE ARKLATEX CHOOSE TO CELEBRATE IN A VARIETY OF WAYS, SOME TRADITIONAL, SOME NOT SO TRADITIONAL, BUT ALL VERY ROMANTIC IDEAS REFLECTING THE COUPLE'S IDEA OF ROMANCE.



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What's New About Medicare in 2011

By Bob Moos

The New Year brings changes to Medicare, many of them a result of the new Affordable Care Act. Here's a brief rundown of what to expect in 2011:

Original Medicare will cover the full cost of an annual wellness visit with your doctor.

The yearly check-up will include routine measurements like your blood pressure, a review of your prescriptions and medical history, and a personal assessment of any risks to your physical and mental health.

Until now, you've been entitled to one "Welcome to Medicare" exam during the first year you sign up for Medicare's

Part B, which covers outpatient services. If you're enrolled in a private Medicare Advantage health plan, check with your insurer about whether it, too, will cover the wellness visit at no cost in 2011.

If you have a drug plan and reach the coverage gap, or "donut hole," you'll receive a discount on your prescriptions.

You'll get 50 percent off the price of brand-name drugs and 7 percent off generics.

And even though you'll pay less for a brand-name drug, you can count the prescription's full price toward the amount you're required to spend on drugs to qualify for catastrophic coverage.

That way, you'll enjoy lower out-of-pocket costs while in the "donut hole," but you'll still become eligible for Medicare's catastrophic coverage as quickly as you would with-



out the discount.

If you have Original Medicare, you'll pay nothing out of pocket for most preventive services.

Until this year, you've usually paid 20 percent of the Medicare-approved amount for lab tests and screenings after you met your annual deductible.

But starting in 2011, you won't have to worry about a deductible, co-payment or coinsurance for a broad range of preventive services.

Those include colonoscopies, mammograms, Pap tests and prostate cancer screenings.

If you're in a private Medicare Advantage plan, contact your insurer to find out whether it has also eliminated out-of-pocket costs for tests and screenings.

Medicare Advantage health plans are now required to have annual out-of-pocket maximums and other consumer protections.

In the event you need an expensive treatment, you'll be protected from exorbitant out-of-pocket costs.

For many Advantage plans, out-of-pocket expenses (excluding premiums and prescription costs) will be capped by



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law at \$6,700 in 2011. Some plans have voluntarily set lower maximums.

In addition, if you're in a private health plan, you can no longer be charged more for some services (like chemotherapy) than if you were in Original Medicare.

Your Medicare premiums may change.

Most people on Medicare will pay the same Part B premiums this year as they did in 2010 – either \$96.40 or \$110.50 per month.

But there are several exceptions.

If you enroll in Part B for the first time in 2011, or if your premiums aren't deducted from your Social Security check, you'll pay \$115.40 a month.

For higher-income beneficiaries (single people with annual taxable incomes over \$85,000 or married couples with incomes above \$170,000), Part B premiums will range from \$161.50 to \$369.10.

Plus, starting this year, beneficiaries in those income brackets will pay a monthly surcharge of \$12 to \$69.10 for their prescription drug coverage.

There are new times to switch your coverage.

Dissatisfied with your private Medicare Advantage health plan? A new annual " disenrollment " period allows you to switch to Original Medicare and a drug plan between Jan. 1 and Feb. 14.

That replaces a January-to-March enrollment period when you could switch between Original Medicare and the Medicare Advantage program or move from one private plan to another.

In 2011, you'll have more time to choose and join a private health or drug plan when the annual open enrollment period gets an earlier start than usual in the fall.

In past years, it's run from Nov. 15 until Dec. 31. This year, it will kick off on Oct. 15 and wrap up on Dec. 7. As always, your new coverage will take effect on Jan. 1.

As I said, this is only a quick look at Medicare's more noteworthy changes. The best way to understand what's new is to refer to your " Medicare and You 2011 " handbook, which you should have received by mail this fall.

If you still need one, call 1-800-MEDICARE and request a free copy, or visit www.medicare.gov and download it.

With the book in hand, you'll be able to make better informed decisions about your health in the New Year.

Bob Moos is the Southwest public affairs officer for the Centers for Medicare & Medicaid Services.

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Archie Bunker's Unwanted Nurse

An elderly fellow in Indiana, who I'll call Archie Bunker (not his real name; although I've changed the names, this column is based on a recent real life case), was admitted to a nursing home. And when he was admitted, he it made real clear to the nursing home staff (and everyone else who would listen) that he did not like "black people."

But as can be expected of a 189 bed nursing home, there were some people on the staff who were African-American. So the nursing home decided that it would be best if none of the African-American staff assisted Archie Bunker. Therefore, on the daily assignment sheets given to all the nursing home employees when they arrived at work, the nursing home printed out a notation that Archie Bunker "Prefers No Black CNAs." One of the CNAs, or certified nurse assistants, who I'll call Florence (again, not her real name), found this to be quite disturbing.

But when Florence, who was African-American, talked to her supervisor about the situation, she was told that the nursing home did in fact have a policy of "honoring the racial preferences of its residents in assigning health-care providers." And the nursing home further told Florence that she was "banned" from assisting Archie Bunker and that she was not to enter his

room or provide him with any care.

So one day Florence was walking down the hall, doing her job, and she finds Archie Bunker "on the ground, too weak to stand." For fear of being fired, Florence, rather than helping Archie Bunker, "had to search the building for a white" employee to assist Mr. Bunker.



Lee ARONSON

When Florence expressed her concern to her employer about this policy yet again, she was told that the nursing home "housed at least two other residents with a similar distaste for black" certified nurse assistants and that certain residents "were off limits" to Florence because she "was black." When Florence

explained that she found this policy to be offensive, the nursing home pointed out that the state of Indiana gave nursing home residents certain rights. For example, Indiana law says that "a resident has the right to choose a personal attending physician and other providers of services." And "a resident also has the right to be cared for in a manner that fully recognizes his or her individuality." And nursing home residents also have the right to "make choices about aspects of his or her life in the facility that are significant to the resident."

The nursing home explained that because Archie Bunker had these

rights, if he did not want to be assisted by an African-American certified nurse assistant, then the nursing home had no choice but to honor his wishes.

What do you think?

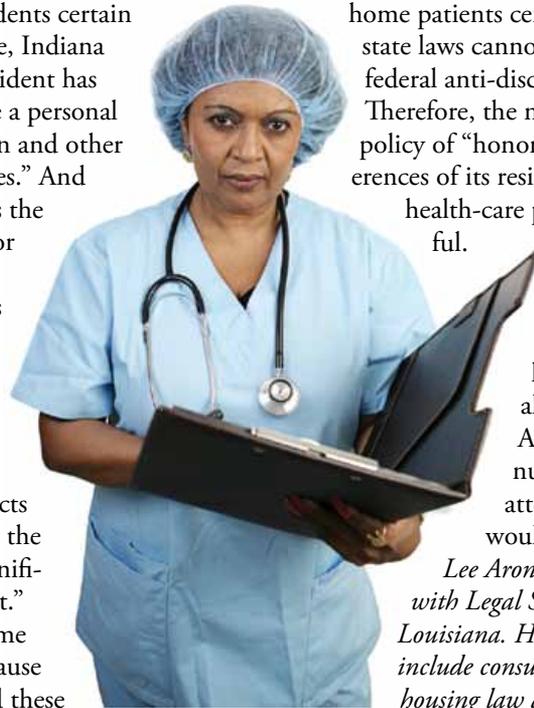
Well, here's what a federal appellate court had to say: federal law makes it unlawful for an employer to "discriminate against any individual with respect to his terms or conditions of employment because of such individual's race, color, religion, sex or national origin." And "it is now widely accepted that a company's desire to cater to the perceived racial preferences of its customers is not [an excuse] for treating employees differently based on race."

The federal appellate court went on to say that even if a state such as Indiana, or Louisiana, or any other state for that matter, has laws that give nursing home patients certain rights, these state laws cannot conflict with the federal anti-discrimination law.

Therefore, the nursing home's policy of "honoring the racial preferences of its residents in assigning health-care providers" is unlawful.

And if Archie Bunker decides to sue the nursing home for violating his state rights by allowing an African-American certified nurse assistant to attend to him, then he would lose his case.

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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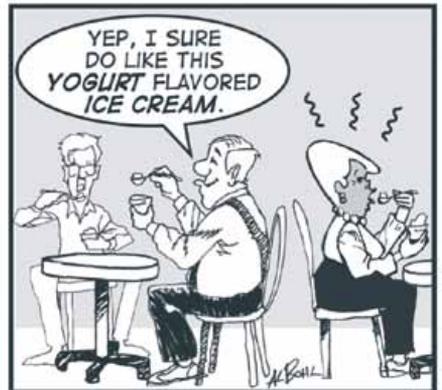
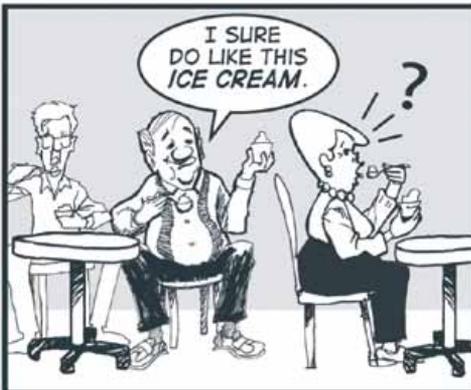
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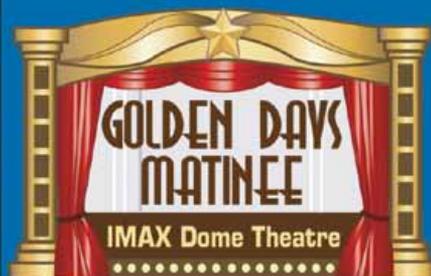


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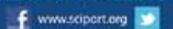
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Retirement Contribution Limits Largely Unchanged

You'll probably hate me for bringing this up, but it's time to begin planning for your 2011 taxes – or at least, about the tax implications of your retirement account contributions.

For the second year in a row, one widely used inflation measurement, the Department of Labor's Consumer Price Index for Urban Consumers (CPI-U), remained flat for the quarter ending September 30, 2010, compared to the same period a year earlier. That's important because the IRS uses this measurement to determine whether dozens of tax-related numbers will stay the



Jason ALDERMAN

same or increase from year to year.

Bottom line: In 2011, most contribution levels remain unchanged.

Here's an overview of common retirement savings plans:

Defined contribution

plans. The maximum annual contribution to 401(k), 403(b), 457(b) and federal Thrift Savings plans remains unchanged at \$16,500 (plus an additional \$5,500 if you're at least 50). Other factors to remember:

- Your plan may limit the percentage of pay you can contribute so, depending on your salary, your maximum contribution may actually be less.
- Company-matching contributions don't count toward your maximum contribution.
- With pretax contributions, your

account grows tax-free until withdrawn, at which point withdrawals are taxed at the rate then in effect.

- With after-tax contributions, you pay income tax on the money now, but your contributions and their earnings will not be taxed at retirement.

Individual Retirement Accounts (IRAs). The maximum annual contri-



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tribution to IRAs remains unchanged at \$5,000 (plus another \$1,000 if 50 or older). Contributions to a regular IRA are not impacted by your income, but if your modified adjusted gross income (AGI) exceeds certain limits, the maximum contribution to Roth IRAs gradually phases out:

- For singles/heads of households the phase-out range is \$107,000 to \$122,000 in AGI (up from \$105,000 to \$120,000 in 2010).

- For married couples filing jointly, it's \$169,000 to \$179,000 (up from \$167,000 to \$177,000).

A few rules on deducting IRA contributions on your tax return:

- If you're single, a head of household or married and neither spouse is covered by an employer-provided retirement plan, you can deduct the full IRA contribution, regardless of income.

- If you are covered by an employer plan and are single/head of household, the tax deduction phases out for AGI between \$56,000 and \$66,000 (unchanged from 2010); if married and filing jointly, it's \$90,000 to \$110,000 (up from \$89,000 to \$109,000 in 2010).

- If you're married and aren't covered by an employer plan but your spouse is, the IRA deduction is phased out if your combined AGI is between \$160,000 (s/b \$169,000) and \$179,000 (up from \$167,000 to \$177,000).

- For more details, read IRS Publication 590 at www.irs.gov.

A final note: As an incentive for low- and moderate-income workers to save for retirement through an IRA or company-sponsored plan, many are eligible for a savers credit of up to \$1,000 (\$2,000 if filing jointly). This credit lowers your tax bill, dollar for dollar, in addition to any

other tax deduction you already receive for your contribution.

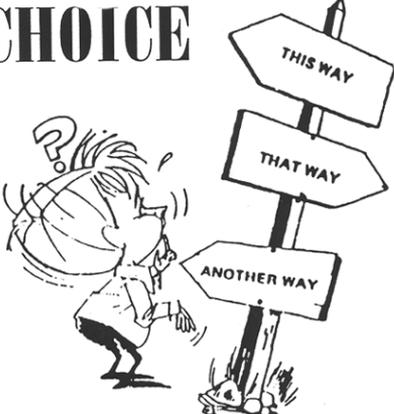
Qualifying income ceiling limits for the Retirement Savers' Tax Credit increased in 2011 to \$55,600 for joint filers, \$42,375 for heads of household, and \$28,250 for singles or married persons filing separately. Consult IRS Form 8880 for more information.

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

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Strange Traffic Tickets You Can Receive

I am always amazed when I have to do traffic court. I see traffic laws that are on the books and for which most people do not know that these laws exist. Most people are shocked when they are stopped by an officer for a traffic violation and written a ticket for violating one of these laws. In listening to some of my readers' comments at a recent group meeting, I thought I would highlight some of the laws that could cause an officer to write you a ticket.

The first traffic ticket which is commonly written is for littering. Most



Judge JEFF COX

people think of littering as throwing out trash like a coke can or hamburger wrapper. Littering can include small items like gum wrappers and cigarette butts. Officers have been especially vigilant about cigarette butts in recent months due to the extreme drought conditions we have suffered in North Louisiana. Due to several fires being started by lit cigarettes, the deputies have been watching for violators. Although it may seem like a small item, police officers will write tickets for these violations. The fine

and court costs can be high depending on what was tossed from the vehicle.

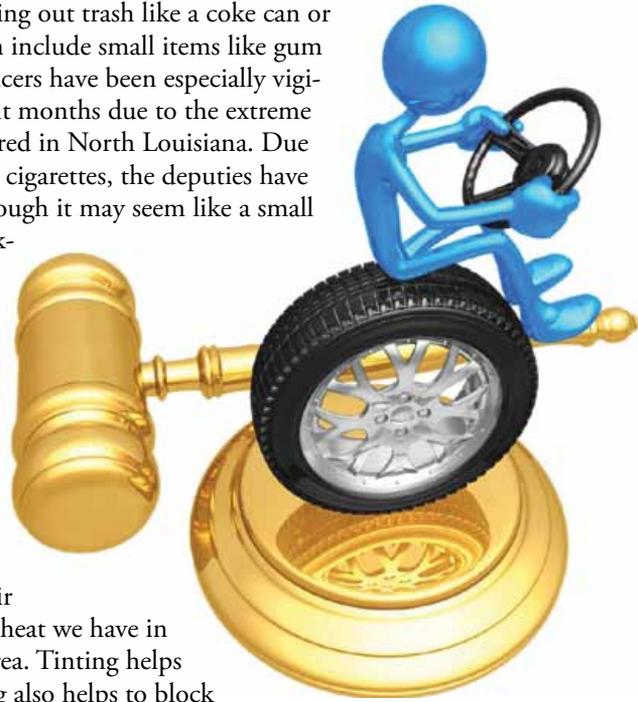
Another ticket which can be written by police officers is for tinted windows in vehicles. People like to tint the windows in their cars due to the extreme heat we have in

the summers in this part of the area. Tinting helps to keep the vehicle cooler. Tinting also helps to block the passengers and driver from view if the windows are too darkly tinted. Due to drug laws and for officer safety, laws have been passed that disallow windows to be tinted past a certain point. If the officer stops a vehicle and the windows are too dark, a ticket can be written. If you have questions about the amount of tinting your windows have, you can take the car to a dealer and have the tinting measured on a machine. If the windows are too tinted, then some of the tinting will have to be removed or you can be written a ticket. These tickets carry fines and court costs.

One of the tickets most people don't understand is driver obstruction tickets. Most of these tickets are written when a driver has something hanging from their rearview mirror. I have seen tickets written for air fresheners, sunglasses, graduation tassels, and other items that a person wishes to hang from the mirror. An officer can stop the driver and write a ticket for this violation due to the fact that it obstructs the driver's view or distracts their attention from the road. This ticket includes a fine plus a court cost.

Although these tickets seem strange, they have a purpose under the law. Each one of them has been designed with public safety in mind. Hopefully by writing this article, you will be aware that these laws are on the books.

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



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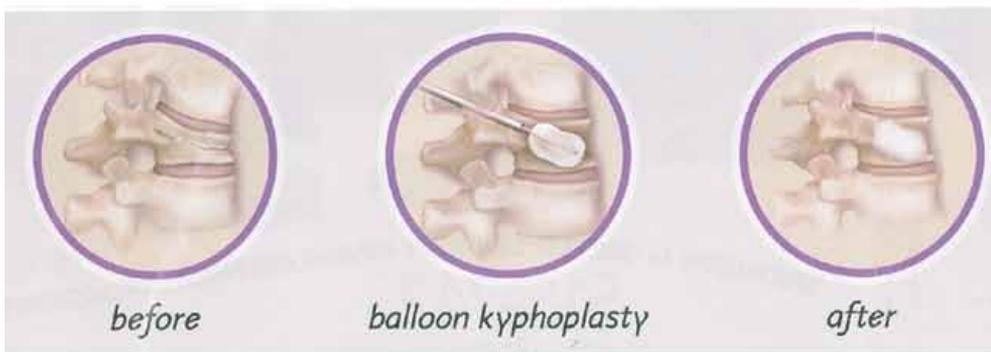
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Standing Tall: What Women Need to Know about Spinal Fractures

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

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

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

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

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

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

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

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

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

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

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

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

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

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





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Exercise Smart: Remember the Tortoise and the Hare!

It's February again. Have you started that exercise program that you promised yourself? If not, you're not alone. Only about 8% of Americans keep their New Year's resolutions, and starting an exercise program is a particularly tough one.

The very thought of knocking yourself out with exercise every day makes you cringe. Me too. It reminds me of the old story of the guy who beats his head against the wall. When his friend asks, "Why on earth are you doing that", the guy replies "Cause it feels so good when I stop". Crazy? Maybe. But that's what's going on with fitness today. We're

told we have to push our selves beyond all reason to get fit and then maintain with some austere, joyless regimen forever. Yea, can't wait.

Well that's just nonsense. Exercise should be something you look forward to instead of dread. You can get every bit as fit without the drudgery. I'm not saying that you should never do vigorous exercise. I'm saying don't do it until your body is ready to enjoy and benefit from it. It's not exercise Light; it's exercise SMART.



Mirabai HOLLAND

So here's the plan. The first step is get up and move. Start today and spend 5 minutes doing something really easy like putting some favorite music on and dancing around. Or take a 5-minute walk.

Try to do this at the same time every



day, the earlier the better.

Pick something fun, something you can look forward to doing again tomorrow.

Do 5 minutes a day until it gets too easy. Then add another 5 minutes.

The idea is to ease up to 30 minutes of moderate movement a day.

This may take weeks or months. It doesn't matter how long it takes.

Trying to go too fast is what makes people quit. Remember the

tortoise and the hare!

If you have already started apply this gradual method to any program you're on. It will help you stay on track.

Let me know how you're doing. If you have any questions or comments my email is at the bottom of this article.

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

Mirabai Holland M.F.A. legendary fitness pioneer, is one of the leading authorities in the Health & Fitness industry, and a public health activist who specializes in preventive and rehabilitative exercise for people. Her Moving Free® approach to exercise is designed to provide a movement experience so pleasant it doesn't feel like work. Visit www.easyexercisevideos.com. You can contact Mirabai at: askmirabai@movingfree.com



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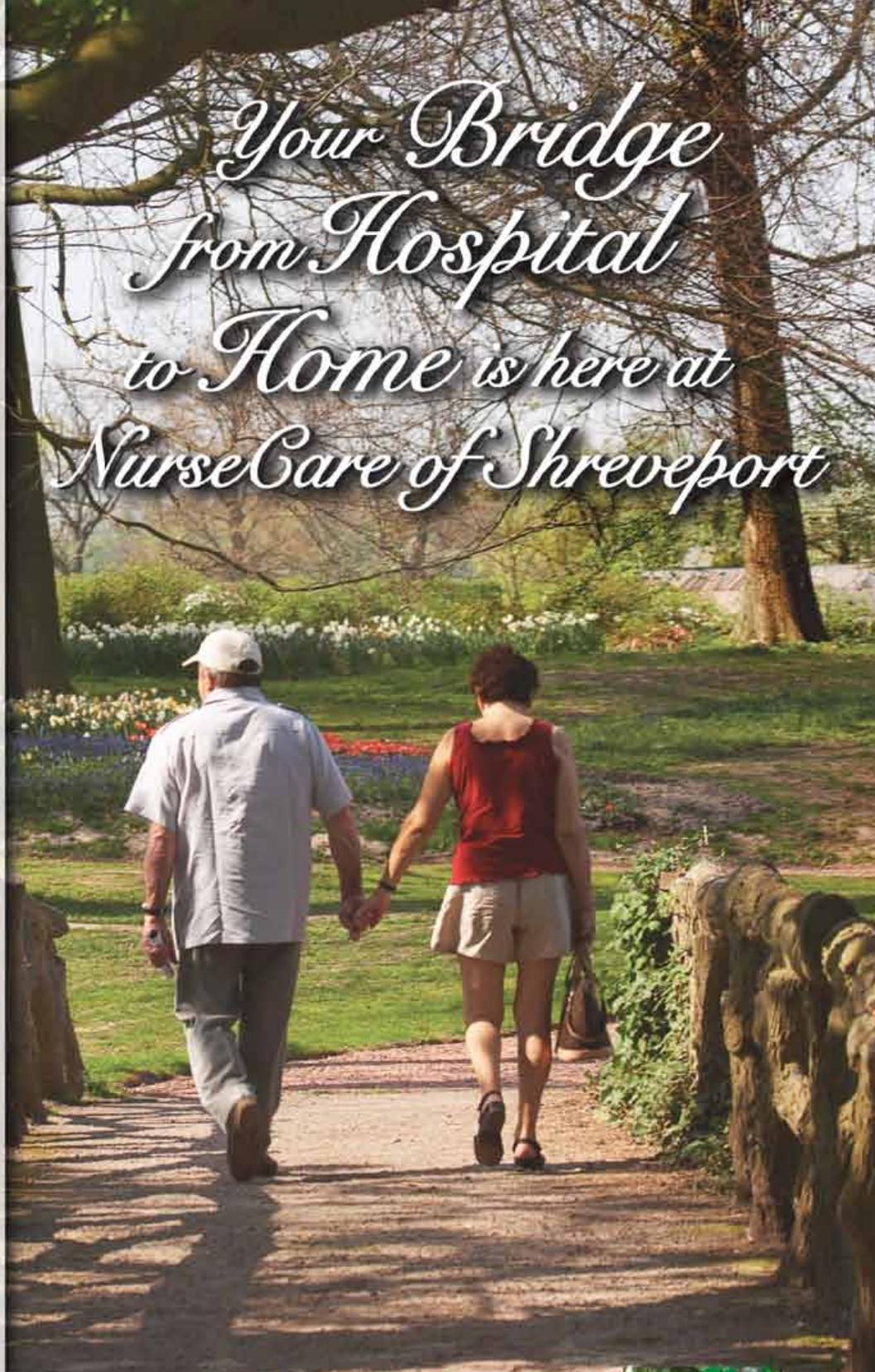
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*Vicki Ott,
Administrator*

Krewe of Centaur Celebrates Charter Members

by Kelly Phelan Powell

This year, Shreveport-Bossier's largest Mardi Gras krewe, the Krewe of Centaur, will celebrate its 20th anniversary, and they're honoring the charter members who made it all possible by naming them Grand Marshals of this year's parade on Saturday, February 26 at 4:30 p.m.

The Krewe of Centaur was organized in 1991, just two years after the Greater Shreveport Chamber of Commerce decided to establish a Mardi Gras celebration in North Louisiana in order to boost the local economy and tourism industry during a notoriously slow period of the year. Twelve charter members ran a newspaper ad in order to gauge the interest of the community, and in just one year, they had a membership of over 100 people. Now they're over 600 strong, and each year, they put on the largest – and many say the best – Mardi Gras parade in the area. Charter member Vernon Richie said, "I'm just awed and amazed that it has survived this long...it's an entirely voluntary organization. They work very hard to make the krewe a success."

Charter member Suzy Ryan and her husband, Larry, attended the Krewe of Centaur's very first meeting, though they were living in Chicago at the time. They decided that a Mardi Gras festival in North Louisiana was beneficial not only economically, but also socially, and they wanted to be a part of it. "It wasn't so much joining it as being instrumental in starting it," she explained. Throughout the last 20 years, she has held numerous key positions within the krewe, including serving on the board of directors and reigning as queen in 2004. She was float lieutenant for 18 years, and this year, she's the specialty unit director of the parade, which places all the bands and other "specialty units" in the parade. "Nothing can compare to the parade," she said.

Though almost all Krewe of Centaur members count the parade as their favorite krewe activity, the friendship and camaraderie among the members is what has kept people coming back for 20 years. "I feel as if I have 600 new friends," she said. Charter member Sue Babineaux agreed. "It's a very diverse group. I've made lifetime friends. It's almost like a family."

One unique aspect of the Krewe of Centaur is that the floats are an entirely hands-on project for the members. Other krewes hire artists (often from New Orleans) to build their floats, but Centaur works on theirs all year. "We are the only krewe that designs, builds and decorates our own floats. People who have artistic ability or can even just hold a paintbrush get involved. We do them from scratch," Ryan said. "I found out I had talents I never thought I had," said charter member Vernon Richie, who was the original secretary for the krewe and still serves as their attorney. Babineaux pointed out, "In building our own floats, we're up there a lot, so we make good friends. It creates more opportunities for bonding and friendship. We go out there every weekend and bring food."

Almost as much fun for the members as the floats and the parade is the Centaur Grand Bal, which takes place on February 12 at the Shreveport Convention Center. Ryan said, "It gets more spectacular every year." Babineaux, who's been both queen



Larry and Susan Ryan



Clarence Babineaux



Mark and Cherie Sealy

and a duchess, said, "I love the bal." The Krewe of Centaur's royalty schedules approximately 100 visits a year to schools, hospitals and nursing homes.

One of the Krewe of Centaur's two main goals is to help build a better community, so service is at the heart of their organization. They deliver toys to Providence House at Christmas and raise money for the March of Dimes and the Armstrong Foundation. Also, Babineaux said, "We've done a lot for the troops over the years. One year, the firemen from 9/11 were our grand marshals."

But all three of these charter members agree that the parade and its economic impact are what benefit the community the most. Shreveport-Bossier's Mardi Gras festivities, which last about two months, bring \$17 million in direct revenue to the sister cities. Ryan said, "Everybody is invited to this free event. It's a free gift to



Charter members of the Krewe of Centaur will be the Grand Marshals of this year's parade. They are (L to r) Top: Mark and Cherie Sealy, Penny Primm, Lillian and Vernon Richie; Bottom: Cathy Toups, Eric Sella, Clarence Babineaux, Larry and Suzy Ryan. Charter members not pictured: Sue Babineaux, Charles and Lounelle Black, Linda Crafton, Harvey Dillahunty, Nancy Ellington, Darlene and Randy Fair, Randy James, Marty Johnson, Donnie Keith, Brenda Robideaux, Barbara Schwartz, Bob Schwartz, and Suzanne Yount.

the Ark-La-Tex from the krewe. Rich and poor, young and old alike can come and enjoy an evening of free entertainment. We attract 400,000 people to parade, and it's growing every year." Richie agreed. "That's what Mardi Gras really is, a gift we're giving back to the community."

The Krewe of Centaur has no limitations on its membership, so it's open to anyone who wishes to join. Ryan encourages anyone who's interested to get in touch with them and consider becoming a part of this beloved tradition. "Our arms and hearts and doors are open to you," she said. To learn more about krewe membership, visit www.kreweofcentaur.org or attend a monthly meeting, held on the third Monday of the month, at 6:30 p.m. at the den on North Market at Aero Drive in Shreveport.



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Snow and the Pot Bellied Stove

As I placed the log into the black cast iron stove, I watched the orange sparks rise up from the burning embers within its belly in grandma's parlor.

I often stood at its front hopeful that it would make me feel warmer. It usually did at least on the one side until I turned and let the other warm.

Of course, I was usually one in a line of young cousins who had just come in from playing in the snow wishing to take their turn at the fire.

Snows could be beautiful as a child as you looked out the frosted pane as it gently drifted up against the cracks in the side of the house.

I remember my first snowman like it was yesterday, rolling those balls into a



Randall FRANKS

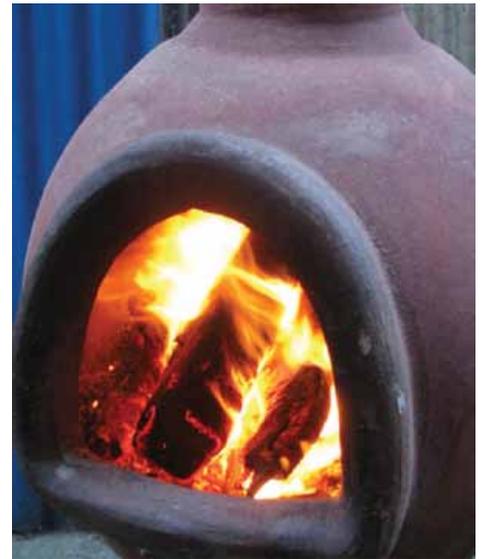
nearly perfect sphere and stacking them on top of each other until it resembled Burl Ives's character in "Rudolph the Red Nosed Reindeer."

No matter how hard I tried though, I never got mine to sing, dance or tell any stories, but it was fun trying.

Going out in the snow wasn't an easy task though from our home because it always involved being covered in full winter wear. For my mother that meant a blue shiny coat that made you resemble the Michelin man, and layers upon layers below that. First, some white-waffled long johns, then your regular clothes – shirt and pants, then a pull-over sweater

that if seen by any hungry wolf would send it running for its life; finally that puffy blue coat. But that wasn't everything; you still needed the itchy sweater pullover hat and the hand-knitted scarf from our neighbor. The coats hood came up over that of course.

So usually when you walked outside, you resembled the girl in Willy Wonka that ate the blueberry candy. If you fell



down you would roll until you hit something to stop you.

This approach to dressing was always a drawback should you get in a snowball battle because you couldn't see anything that wasn't directly in front of you.

Despite the drawbacks of the dressing experience, when you did get the chance for a snowball victory, it was all worth it. Besides, in that outfit, no matter how hard they threw, you barely felt it unless

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they hit you in the face.

The adventure would end when I heard my mother or grandmother calling my name from the porch. I knew then that it was time to head in and I stopped by and picked up some wood off the pile as I came in.

Before I could stick it in the stove, I would have to get out of those now wet clothes.

Once deflated, I would pick up the wood by the door, and into the parlor I went picking up the glove we used on the hot door handle and stuck the wood inside watching the glow of the warmth as I warmed my hands in front of the open door.

Around me were my mom and dad seated on the couch, my grandmother in her rocker, two of my aunts resting on kitchen chairs near the stove, and a couple of cousins playing board games on the floor. The laughter rose as gently in that room as the snow fell outside, sometimes seeming to cover over the howling winds that passed us. I always hated to see the evening end and it was time for laughter to turn to sleep as we traded the stove for a stack of handmade quilts keeping us warm on an old iron bed as we watched our breath rise as the snow fell outside our window pane.

Randall Franks is an award-winning musician, singer and actor. He is best known for his role as "Officer Randy Goode" on TV's "In the Heat of the Night" now on WGN America. His latest CD release, "An Appalachian Musical Revival," is by www.shareamericafoundation.org. He is a member of the Atlanta Country Music Hall of Fame. He is a syndicated columnist for <http://randallfranks.com/> and can be reached at rfrankscatoosa@gmail.com.

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“December 8, 1980: The Day John Lennon Died” by Keith Elliot Greenberg

©2010, Backbeat Books, \$24.99, 233 pages

What did you do with your yesterday? If you can remember, you'd probably hit the high parts: places you went, chores you finished, TV you watched. But who did you talk with yesterday? What songs did you hear, what flavors did you savor, what was in the mail?

Every day, you go about your life without considering the minutiae of it. In the poignant new book “December 8, 1980: The Day John Lennon Died” by Keith Elliot Greenberg, you'll read about small minutes that led up to a big event that most Baby Boomers remember all too well.

On December 8, 1980, Barbara Strei-

sand, Kenny Rogers, and Stevie Wonder topped the Billboard LP charts. Queen, Olivia Newton John, and Diana Ross had all released singles that were reminiscent of '70s music. And John Lennon enjoyed the huge success of his latest album.

Four American nuns were discovered murdered in El Salvador a few days prior to December 8, 1980. Ronald Reagan was preparing for the Presidency, having just been elected a month before. Led Zeppelin had officially disbanded, but John and Yoko Ono were posing for their friend and neighbor, photographer Annie Leibovitz, for a Rolling Stone cover. There was a radio interview scheduled for later that day, and since Lennon and Ono knew the interviewer, they were looking forward to the session.

On the streets below, fans gathered, waiting for a glimpse of Lennon. John Lennon had embraced New York as his home, and he enjoyed freely walking the neighborhood with five-year-old son, Sean. Understanding that most fans only wanted an autograph or acknowledgment, Lennon had even befriended a few.

One of those fans, Mark David Chapman, had come with a copy of Lennon's new album, but an autograph wasn't

all he wanted. A Beatles fanatic in his childhood, Chapman had become angry at Lennon, and had decided that killing him would guarantee a sort of immortality. He imagined people uttering his name alongside those of John, Paul, George, and Ringo.

December 8, 1980 wasn't the first time Chapman had gone to New York to try to kill Lennon. But that was

the day he did.

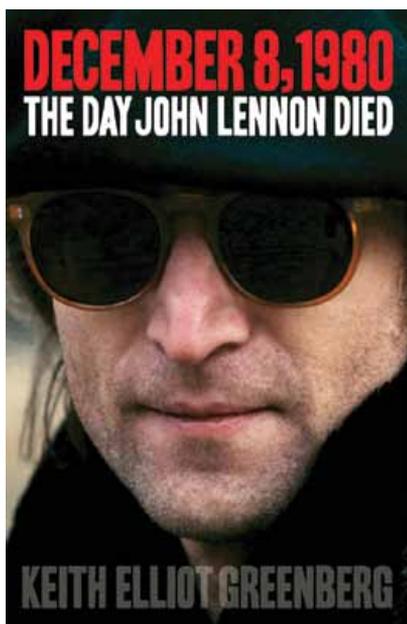
As you're reading “December 8, 1980: The Day John Lennon Died”, you can't help but notice the malevolence that oozes between the history that author Keith Elliot Greenberg presents and the almost minute-by-minute, life-and-imminent-death dance that seemed fated to happen. It's a nail-biter.

Although you know what happened thirty years ago, many little-known incidentals are disclosed here and some may come as surprises. I particularly liked the way Greenberg weaves small stories and tiny actions in with the biography of a performer who finally found joy with his life and his work, and a man determined to listen to the voices he heard.

For Beatles fans, this is a wistful look back thirty years, plus. For anyone who wasn't around during the Fab Four's heyday, this book explains a lot. For everyone who loves music, “December 8, 1980: The Day John Lennon Died” is a book to start today.

The Bookworm is Terri Schlichenmeyer. Terri has been reading since she was 3 years old and she never goes anywhere without a book. She lives on a hill in Wisconsin with two dogs and 12,000 books.

Terri SCHLICHENMEYER



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

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



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Visitors choose a soldier comrade and listen to his journal entries as they tour the “Duty Called Me Here” exhibit in The National Museum of the Civil War Soldier. (Photo courtesy of Pamplin Historical Park.)

The National Museum of the Civil War Soldier at Pamplin Historical Park has been called “the crown jewel of Civil War history destinations.” (Photo courtesy of Irv Green.)



COMMEMORATING THE CIVIL WAR

Story by Andrea Gross; photos by Irv Green

I’M COMMUNING

with 13-year-old Delavan S. Miller, a drummer boy in the Union Army of the Potomac, circa 1862. As I stop in front of a diorama depicting a typical military camp, Delavan confides that he had considered “falling out” of line. After all, he says, “There was no use of us going up to get shot at when we had nothing to shoot back with.”

Across the room, my husband is listening to 21-year-old Eli Pinson Landers, who fought for the South. “I have saw the wounded hauled off in old four-horse wagons, just thrown in like hogs – some with their legs off, some with their arms off [sic],” Eli says.



Costumed interpreters demonstrate cannon-firing on the grounds of Pamplin Historical Park. (Photo courtesy of Irv Green.)

Delavan and Eli were real people, and my husband and I are using personal digital players to listen to their actual words, as recorded in letters and journals and spoken by actors. It’s a spooky experience to hear these voices from the past. The two boy-men fought for different causes, yet their thoughts were remarkably similar. And this — the similarities of those on both sides of the war — is the overriding lesson of the National Museum of the Civil War Soldier at Pamplin Historical Park in Petersburg, Virginia.

This year begins the Civil War Sesquicentennial. “Sesquicentennial” is a tongue-twister we’d all better learn to pronounce as states gear up to commemorate the 150th anniversary of the Civil War. The war, which lasted from 1861 to 1865, raged through 28 states, from Maine to New Mexico, and Civil War tours, re-enactments and exhibitions will be plentiful through 2015.

But it is in Virginia — the northernmost state of the Confederacy — where visitors can best understand a war that in many cases literally pit brother against brother. The state’s people were so divided that it lost nearly 1/3 of its land when folks in the western counties opted to form a separate entity, West Virginia, rather than join the

Confederacy.

Sixty percent of the Civil War’s battles were fought in Virginia, and visitors could spend days touring battlefields, but we’re not interested in the strategic maneuverings of generals. We want to learn about the people — both the ordinary folks and their leaders — who were caught up in the bloodiest war in American history.

Pamplin is the best place to learn about the three million Americans who became soldiers. They were northerners, southerners, blacks, whites, farmers, bankers, long time Americans, newly arrived immigrants.

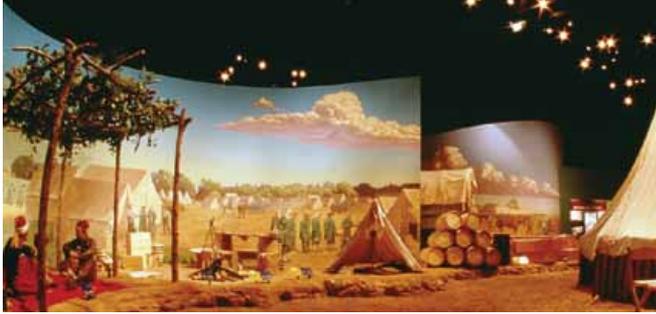
As we enter the museum, we go to the exhibit entitled “Duty Called Me Here,” where we’re each invited to select one of thirteen soldiers to be our “comrade.” I chose Delavan, who’s the youngest, and don my headphones to hear him describe his wartime experiences. Suddenly I hear a gasp from another visitor. Her “comrade” was describing a battle when a loud shot interrupted his words. “He was killed,” she says quietly.

Pamplin contains three other museums, four antebellum homes and miles of trails that lead to reconstructed soldier tents. Costumed interpreters fire cannons, load muskets and cook meals with plants harvested from the gardens of plantation homes.

It's no wonder that Pulitzer Prize-winning historian James McPherson calls Pamplin "the crown jewel of Civil War history destinations."

Richmond, 25 miles north, is the current capital of the Virginia and the former capital of the Confederacy. Here, in an eleven-room gray stucco mansion deemed the White House of the Confederacy, Confederate President Jefferson Davis lived and governed. We see the desk with neatly arranged papers, the east portico where his five-year-old son fell from the porch and died, the parlor that Abraham Lincoln visited on April 4, 1865, one day after Davis and his family had evacuated. Lincoln sat in Davis' chair, thus staking his claim as president of all the states of America.

Finally, we visit St. Paul's Episcopal Church, the worship place of both Davis and his greatest general, Robert E. Lee. Davis was attending church when he re-

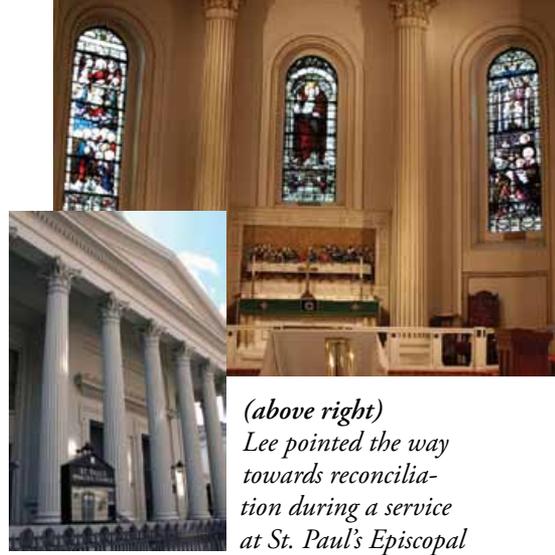


"The Duty Called Me Here" exhibit includes a life-size diorama of a typical military camp. (Photo courtesy of Pamplin Historical Park.)

ceived Lee's message that Richmond, and thus the Confederacy, was about to fall to Union troops.

Davis never returned to Richmond, but Lee continued to worship at St. Paul's. Several months later he was attending services when a black man approached the communion table. Although the war was officially over, the parishioners were both shocked and offended. This was a new world, one for which they were unprepared.

Lee ignored both the consternation of the congregation and the actions of the black man. He simply rose, walked to the altar rail and knelt for communion, as if the black



(above right) Lee pointed the way towards reconciliation during a service at St. Paul's Episcopal Church. (Photo courtesy of Irv Green.)

(above left) Robert E. Lee and Jefferson Davis attended services at St. Paul's Episcopal Church. (Photo courtesy of Irv Green.)

man's presence were the most natural thing in the world.

By using the Sesquicentennial to introduce visitors to stories like these, Virginia aims to commemorate the war that so changed America.

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FAMILY FEATURES

Tea has been enjoyed as a beverage for thousands of years. But more recently, tea has worked its way into the kitchen as a favorite ingredient of chefs, bakers and even mixologists. Teas have a wide variety of flavor notes that complement many foods and give them a unique twist.

Here are some tips for enjoying tea as a drink and a recipe ingredient:

- To brew the perfect cup of tea, pour 8 fluid ounces of fresh water, just off of a boil, over 1 filterbag. For green and white teas, steep for 3 minutes. For black teas and herbal infusions, steep for 5 minutes.
- To add a touch of exotic flavor without adding oil or sodium, try substituting freshly brewed tea for water in your favorite recipes.
- Use dry or brewed tea as a rub or marinade for meats, fish or poultry.



Cooking to a TEA



The Passionate Sunset (Serves 1)

- 2 bags Passion tea
- 2 ounces silver tequila
- ¼ ounce lemon juice
- ¼ ounce lime juice
- 1 ounce simple syrup
- ½ ounce mandarin puree
- ½ ounce passion fruit puree

Make a pot of Passion tea; let it sit for 3 minutes. Strain tea into a pint glass full of ice. Let chill and strain tea into an empty pint glass, set aside.

Fill a pint glass full of ice; add all of the remaining ingredients. Shake the pint glass. Pour, with ice, into a 10-ounce wine glass. Garnish with an orange slice.

For an alcohol-free version, omit tequila and substitute club soda after shaking.

Recipe courtesy of Lucy Brennan, owner of mint/820 and author of "Hip Sips"

Tea-Smoked Salmon with Honey and Lavender Glaze

(Serves 2)

- 2 bags Chai tea
- 1 bag Wild Sweet Orange tea
- 2 Tbs. dry rice
- 2 Tbs. light brown sugar
- ¼ cup honey
- 1 Tbs. dried culinary lavender
- 8 ounces sockeye salmon
- 1 tsp. olive oil

Heat grill to medium-high.

While grill heats, prepare smoking packet by placing contents of tea bags, rice and brown sugar onto a sheet of aluminum foil. Sprinkle tea with a few drops of water (less than ¼ teaspoon - just enough so that it's barely damp). Loosely fold foil around ingredients to form a flat packet. Place packet directly on coals/burner of heated grill (under the grate). Close the lid and wait 10 minutes for packet to begin to create smoke.

Pat salmon dry and brush with olive oil. Add to grill, skin-side up, away from direct heat - if grill has an upper rack, that's the perfect place for it. Close lid and let cook for 5 minutes. Flip and let cook for another 3 to 5 minutes, or until it's cooked to your liking.

Meanwhile, add honey and lavender to small saucepan set over low heat. Heat through until honey melts and becomes very thin. Cook, stirring occasionally, for 5 minutes. Brush glaze over salmon just prior to serving.

Zucchini & Summer Squash Gratin (Serves 4)

- 2 bags Earl Grey tea
- 1½ Tbs. olive oil, divided
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 1 Tbs. fresh thyme
- 1 zucchini, cut into 1/4-inch rounds
- 1 summer squash, cut into ¼-inch rounds
- 2 Roma (plum) tomatoes, sliced
- 1 Tbs. herbs de Provence
- ½ cup grated Parmesan cheese
- ¼ cup panko bread crumbs

Preheat oven to 375°F.

Bring ½ cup water to a boil. Remove from heat and add tea bags. Let steep for 5 minutes. Squeeze bags to release any liquid that has accumulated inside of them, then discard.

While tea is steeping, heat 1 tablespoon olive oil in a medium skillet set over medium heat. Add onion and garlic and cook, stirring occasionally, for 5 minutes or until golden brown and soft. Add tea to onions and bring to a simmer. Cook until liquid has evaporated - about 5 minutes. Stir in thyme. Spread onions in bottom of a medium casserole dish.

Begin to layer squash and tomato in the pan, letting them overlap slightly (one row zucchini, one row summer squash, and one row tomato). Sprinkle with a little bit of the herbs de Provence and about 1/3 of the cheese.

Make a second layer of vegetables, using the same technique as the first layer but mixing up the order of the rows so that you don't have two layers of the same vegetable stacked right on top of each other. Add more herbs and cheese. Make one final vegetable layer.

Top with the rest of the herbs de Provence and cheese. Sprinkle a thin layer of panko bread crumbs over top and drizzle with remaining ½ tablespoon olive oil.

Bake for 60 minutes. Let rest for 10 minutes before serving.

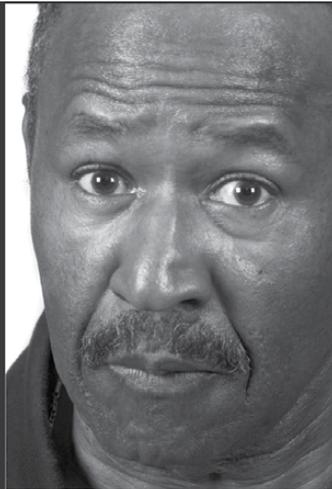
Recipes courtesy of Lauren Keating, www.Healthy-Delicious.com

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February 18, 2011

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Bridge Lessons - The Shreveport Bridge Association is offering 4 free weeks of lessons to introduce you to this fabulous pastime. The lessons are for beginners and people returning to bridge after some years, or social players who want to learn modern bridge. Easybridge will be held on Monday evenings at 6:30 pm, beginning on January 31 at 7625 E Kings Hwy. To register or for more info, call Bonita Hays at 865-1224.

CLUB MEETINGS

Rivercities Garden Club - 2:00 p.m., Sunday, February 6. Barnwell Art Center, 601 Clyde Fant Parkway, Shreveport. The speaker is Master Gardner, Janet Creech, who will present a program on the "Great Gardens of America". Admission is FREE. For more information call 318-797-6807.

The GENCOM Genealogy/Computer Group - Sunday, February 27 at 2:00 p.m. at the Hamilton Branch of the Shreve

Memorial Library, 2111 Bert Kouns Industrial Loop, Shreveport. Betty Roberson will present "Finding my lost sisters - overcoming the ultimate genealogy brick wall". She will present the amazing and heartwarming story of the search for her sisters that she had not seen for over fifty years. The meeting is FREE and open to the public. For information call 318-773-7406 or email jimjones09@comcast.net."

CONCERT



TEATRO in Concert - Presented by River City Repertory Theatre, Shreveport/Bossier's only professional theatre company as a fundraiser for the theatre company. February 12th at Riverview Theater, 600 Clyde Fant Parkway in downtown Shreveport. Curtain time is 7:30 p.m. TEATRO is comprised of four young men who have starred on Broadway and the West End in London in many of the major roles in musical theatre. TEATRO has been called "the theatre world's first super singing group." The concert covers a unique collection of timeless classics from musicals. Tickets for the concert are \$50.00 with a limited amount of Rear Balcony seats for \$20.00. A portion of each ticket is tax deductible. Tickets are currently on sale and reservations may be made by calling the River City Rep box office at 318-868-5888 between the hours of 11 a.m. to 6 p.m. Monday through Saturday.

DRIVER SAFETY

AARP Driver Safety Program - A four hour classroom refresher course for drivers age 50+ which may qualify participants for an automobile insurance premium reduction or discount. 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.

- February 15 - 12:00 Noon - 4:00

p.m. Bienville Council on Aging, Saline Branch, Saline. Contact: Gertie Baker 318-263-8936; Instructor: Dave Jampole

- February 25 - 8:30 a.m. - 12:30 p.m. Eastwood Baptist Church, 2810 Highway 80 East, Haughton. Contact: Jamie Bell 318-949-9433; Instructor: James Smith
- February 26 - First United Methodist Church, 903 Broadway, Minden. Contact: Linda Shepherd 318-377-1438; Instructor: Martha Hogan

EXHIBITS

"Consider This" - Portrait and group paintings, mixed media and found objects sculpture by Pat Sewell. LA State Exhibit Museum, 3015 Greenwood Rd, Shreveport. Monday - Friday 9:00 a.m. - 4:00 p.m. FREE admission

MARDI GRAS

Krewe of Barkus & Meoux Pet Parade - Sunday, February 27 at Riverview Park on the Shreveport waterfront. A chance for pets to participate in Mardi Gras. Activities begin at 1:30 p.m.; parade at 3 p.m. Pre-register pets at the Krewe's website at www.animalkrewe.org for a discount or register day of event at 2 p.m. Prizes for the best dressed.

Krewe of Centaur Parade - Saturday, February 26 at 4:00 p.m. Parade features floats, bands and four million beads, doubloons, and cups tossed to visitors. It begins at the corner of Lake Street and Clyde Fant Parkway, proceeds south to Shreveport-Barksdale Hwy. west to East Kings Highway, then to Preston Street. The float loading party will be held on February 25 at 7:00 p.m. at the Krewe of Centaur den on the corner of Aero Drive and North Market in Shreveport. Get a close-up look at all the floats the night before the parade. Food and beverages will be served.



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Silver Screenings - "The Apartment" starring Jack Lemmon, Shirley MacLaine, and Fred MacMurray. Tuesday February 15 at 10:30 a.m. Robinson Film Center, 617 Texas Street in downtown Shreveport. \$5.75 for the film. \$14 for the film and lunch. Call (318) 459-4122 to RSVP.

PARTY

Townsquare Media and Scott Tillery's Shreveport Manufactured Housing Polyester Party - Friday, Feb. 11, 2011 at Sams Town Casino Ballroom, 315 Clyde Fant Parkway, Shreveport. Take a trip back to the '70's! Shreveport's biggest party of the year. Featuring the Molly Ringwalds. Dig through your closet to

find those bell bottoms, flowered shirts and platform shoes for a chance to win \$250 in the costume contest. Tickets are \$30 per person and can be purchased at Townsquare Media, 6341 West Port Ave, Shreveport. (318) 688-1130.

SPEAKER

Leadership Conference - First United Methodist Church of Shreveport will host a leadership conference "How to Lead in Challenging Times" presented by Laurie Beth Jones, an internationally recognized best-selling author, speaker, coach, and trainer on Friday, February 18 from 9:00 am to 3:30 pm at 500 Common Street in downtown Shreveport. The Conference will discuss what the three characteristics every leader must have; how to make way through the wilderness; how to excite, ground, transform, and release your team members, and what the twelve leadership secrets for ascending the heights. Lunch will be included as part of the conference registration between 12 noon to 1 pm. Free parking and transportation will be provided to and from the parking lots during registration and closing of the conference. Registration is \$65 per person or \$75 per person at the door. For more information and registration, please call (318) 424-7771. To register by mail, please submit your name and address along with payment to: First United Methodist Church, P. O. Box 1567, Shreveport, LA 71165.

Saturday Speaker Series: A Toy Story

- **Society Reflected in a Doll's Eyes** - Sat. Feb. 19 @ 2 p.m. The R.W. Norton Art Gallery, 4747 Creswell Ave., Shreveport. The study of dolls is truly the study of mankind. Few artifacts reflect our history as accurately as those of dolls. From food to fashion, dolls and their accessories provide a fascinating window to the past and provide a record for the future. Join us as Anita Berg, Director of Region 7 for the United Federation of Doll Clubs discusses how dolls showcase our society. Children are welcomed to bring their dolls to listen to the program. A Madame Alexander doll, donated by the United Federation of Doll Clubs, will be offered as a door prize.

TOUR

First Saturday Tour: Guys and Dolls
- Saturday Feb. 5 @ 2 p.m. The R.W. Norton Art Gallery, 4747 Creswell Ave., Shreveport. A tour of the delicate antique doll collection as well as the uber-macho firearm collection. Occasional romantic interludes and readings will be interspersed throughout the tour, so bring your sweetie.

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ACROSS

- 1 Like electric basses
- 6 Chorister's cover
- 10 One of the Wayans brothers
- 15 Story morals, e.g.
- 19 Rouen room
- 20 Airline since 1948
- 21 Chevy model
- 22 Another, in çvila
- 23 "Free spirit" means ...
- 27 Without delay
- 28 Outback runner
- 29 Have something
- 30 Sarge's boss
- 31 "Enjoys long conversations" means ...
- 39 Spohr's Opus 31 and others
- 40 Flying Clouds, e.g.
- 41 Came to the rescue
- 42 Fractions of a joule
- 43 They don't skip 48-Downs
- 44 "Otello" composer
- 46 They may be dirt: Abbr.
- 49 "Likes home cooking" means ...
- 55 Solfeggio syllables
- 58 Syr. and Eg., once
- 59 "Wassup," formally
- 60 Big name in vacuums
- 61 Word of exhortation
- 62 E-mail button
- 64 Call's partner
- 66 Writable storage media, briefly
- 67 "Adventurous" means ...
- 74 Daughter of Phoebe
- 75 Seaside cottage asset
- 76 Describe in detail
- 77 Canon camera named for a

- goddess
- 78 Alley "oops"
- 80 Common people
- 83 Rented
- 84 Must-take coll. course
- 85 "Enjoys the beach" means ...
- 91 Slapstick prop
- 92 Cuts, say
- 93 Big cut
- 94 Terrier of film
- 98 Ring for breakfast
- 100 Brewery oven
- 101 Sans contractual buyers
- 103 "Likes to cuddle" means ...
- 108 Pesto or aioli
- 109 Ending for ranch
- 110 British ref.
- 111 Compass dir.
- 112 "Takes long walks" means ...
- 120 Env. stuffer
- 121 "History of the World: ___": Brooks film
- 122 "La ___ Breve": de Falla opera
- 123 Tropical palm
- 124 Handy abbr.
- 125 Liqueur herb
- 126 Struck (out)
- 127 Small songbirds

DOWN

- 1 Just plain silly
- 2 Stink
- 3 Digging up some dirt
- 4 2002 British Open champ
- 5 Windup toy device
- 6 Excite
- 7 Opry adjective
- 8 Piano or roll follower
- 9 Bridge guru Culbertson
- 10 Impassive
- 11 "Aqu' se ___ español"
- 12 Some sushi tuna
- 13 Distressed state
- 14 Ariz. neighbor
- 15 Doughnut-shaped

HOW TO READ THE PERSONAL ADS

By Mel Rosen; Edited by Rich Norris and Joyce Nichols Lewis

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1/30/11

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| 18 "Smooth Operator" singer | 46 "Looking for Mr. Goodbar" author | 72 Cedar Rapids college | 100 ___ about |
| 24 Paramedics, briefly | 47 One may be an item | 73 Litigator's letters | 101 Till bills |
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| | 68 Ore source | 98 "Key Largo" | 118 Poetic praise |
| | 69 Bug like a pup | | 119 Málaga Mrs. |
| | 70 Doesn't hold | | |

SUDOKU - Fill in the blank squares in the grid, making sure that every row, column, and 3 x 3 box includes all digits 1 through 9.



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E P E R F U M E V O L
P T T A U K N C J T E
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Candy
Card
Celebrate
Chocolate
Cupid

Date
Flowers
Honey
Hug
Jewelry
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Love
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Shreveport, LA 71108
(318) 686-4334

Hill Crest Memorial
601 Hwy. 80 East
Haughton, LA 71037
(318) 949-9415

Psychiatric Care

Brentwood Hospital
(318) 678-7500
psychiatricsolutionsbrentwood.com

Red River Behavioral Center
(318) 549-2033

Radio Stations

AM 1130 KWKH
Townsquare Media Radio
Station
(318) 688-1130
www.kwkhonline.com

Senior Living Options

Azalea Estates Assisted Living
(318) 797-2408
www.azaleaestates.com

Horizon Bay Assisted Living
(318) 747-2114
www.horizonbay.com

Kingsley Place of Shreveport
(318) 524-2100
www.emeritus.com

NurseCare of Shreveport
(318) 221-1983
www.nursecareofshreveport.com

Southwood Gardens
Apartments
(318) 682-4022

Southwood Square Apartments
(318) 671-1888

Summerfield Estates
(318) 688-9525
www.holidaytouch.com

Spas/Skin Care/Hair Care

Sam Stroope, Hairstylist
(318) 868-8708

Telephone Book

User-Friendly Phone Book
(318) 865-1280
www.shreveport247.com

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February 12th – 14th

“Harmony from the Heart”

Package Includes:
Live Barbershop Quartet singing a Love Song (or two)
Long-stemmed Red Rose & Personalized Valentine Card
New Digital Options: Phone, E-Card, or DVD by Mail!

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Starting at only \$55!





The Krewe of Elders Grand Bal XIII

was held on Friday, January 14th at the American Legion Hall in Shreveport. This year's theme was "Lucky 13" celebrating the 13 years since the founding of the Krewe in 1998. The evening featured music by Louisiana Crossroads Band, dancing, a delicious cocktail buffet, a performance by the Krewe of Elders Lucky XIII dancers, and the wildly popular tableau introducing the Krewe's royalty: Captain Gail Cascio, Co-Captain Jay Prudhomme, King George Kalmabach, Queen Celia Frazier, Duchess and Duke of Longevity Jimmi and George Brazzel, Duchess and Duke of Wisdom Julia Collins and Terry Warner.

🕒 Krewe of Elders 2011 Royalty

🕒 (L to R) Mary and Charles Citrano with Wanda Bennett



🕒 Krewe of Elders King George Kalmabach with Pat Stell

Jo Anne Jones with Queen of Les Femmes Mystique Hedy Hebert 🕒



🕒 Les and Mardie Brosset

🕒 (L to R) Ray Urban, Claire Henry, Ed Jackson and Pat Satervrg



🕒 (L to R) Mary Ann Rankin with sister Cathy Sekerke



🕒 Captain of the Krewe of Les Femmes Mystique Theresa Kveder with husband Anthony



Sophie Duke with her daughter 🕒 Centaur Duchess of Frolic Tina Tomasek



🕒 Terri and Joe Duhon



🕒 Queen and King Centaur XX Antoinette Gardner and Joe Duhon



🕒 Duchess and Duke of Mystery of the Krewe of Artemis Jeri and Chuck Lancaster

Safe and secure among friends.



Welcome Home!

BOTH of our *beautiful* apartment communities offer on-site coin operated laundry, emergency call systems, ample parking, and are **pet-friendly!**

With over a **quarter** of a century of providing quality, affordable housing for low-to-moderate income seniors, we combine compassion with professionalism in our **ministry** of housing and services to older adults.

Southwood Gardens

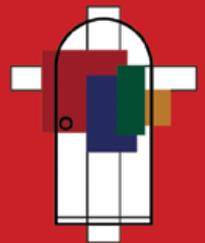
is an affordable community for seniors age 55+ or disabled. One- and Two-bedroom floor plans. Single story, NO stairs. Washer/dryer hookups.

3550 Cedar Creek Drive
Shreveport, LA 71118
Telephone:
318-682-4022
FAX: 318-682-4017
TDD: 800-925-8689

Southwood Square

offers affordable living for seniors age 62+. One-bedroom floor plans. Controlled access building. Elevator

9085 Dean Road
Shreveport, LA 71118
Telephone:
318-671-1888
FAX: 318-671-1885
TDD: 800-925-8689



For Information or a tour, please call: **Linda Milazzo** for Southwood Gardens at 318-682-4022 or **Roberta Martin** for Southwood Square at 318-671-1888



FEBRUARY PARTING SHOTS



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

James Burton Studio Opening

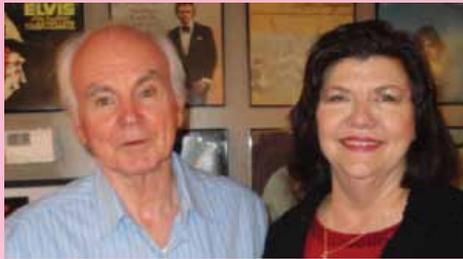
The James Burton Studio opened its doors on January 8th in downtown Shreveport. The facility bears the name of the legendary guitarist who played alongside the likes of Elvis Presley and John Denver. The state-of-the-art facility allows anyone to record their own music.

👉 (L to R) **Rob Perkin, James Burton, and Shreveport Mayor Cedric Glover**



👉 (L to R) **Louise and James Burton, Dianne Harmon, and Richard Cook**

👉 **Jack and Pat Dyess**



Food Bank Donation

Food Bank of Northwest Louisiana Executive Director **Martha Marak** (center) accepts a \$5,000 check and 960 pounds of canned goods and food items donated by **Horseshoe Casino and Hotel** and **Harrah's Louisiana Downs**.

January Silver Screenings.

A full house enjoyed movie, lunch, and prizes at the Robinson Film Center's January Silver Screenings.

👉 (L to R) **Rhodes Stipp, Theresa Parker** with her door prize, and **Jane Phipps**

👉 (L to R) **Ann Burnley and Patsy Lowe**

👉 (L to R) **Beverly Bowers, Rachel Spurlock, and Joann McLean**



Candace Rain, Charlyn Cleere and Loretta Addison help kick off The Giving Tree Green Ribbon Read to Succeed Program.

Justinian Royalty Dinner

Royalty Dinner for Justinian King XVII Greg Barro and Queen XVII Rose Weems on Jan 6th at the Shreveport Club.



👉 **Mikey Barro and King Greg Barro**

👉 (L to R) **Duchess Brenda Haines, Queen Rose Weems and Barbara Schimpf**



👉 (L to R) **Sparkle Marshall, Cliff Thomas and Creola Reese** at the 1st Annual Share, Volunteer and Care Program.

DO YOU HAVE A PLAN?

Joe and Kyle will work with you to develop a plan for your family's specific needs. We perform a full spectrum of services, considering all options to develop an effective, flexible, and protective plan.

- **Specialized estate planning** – Make the best use of wills, trusts, powers of attorney, and LLCs to protect you and your family. Also, implement strategies to protect you from unscrupulous persons or even yourself as your competence declines.
- **Long-term care planning** – Explore all options and develop a plan to qualify you for Medicaid and/or VA Aid and Attendance benefits (for qualifying veterans and their spouses), while protecting assets to supplement your care above the basic level provided by governmental programs. Develop a life care plan with our client care coordinator, Vickie Rech, to coordinate your long term care.
- **Special needs planning** – Protect inheritances or settlements received by persons with disabilities that would otherwise simply replace government benefits.
- **Successions** – Assist heirs with transfer of assets from the estate of the decedent. Litigate contested claims.

**Call today to schedule
an appointment.**

318-222-2100

(\$300 for initial consultation fee)


Joseph R. Gilsoul
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