

February 2015

The Best Times

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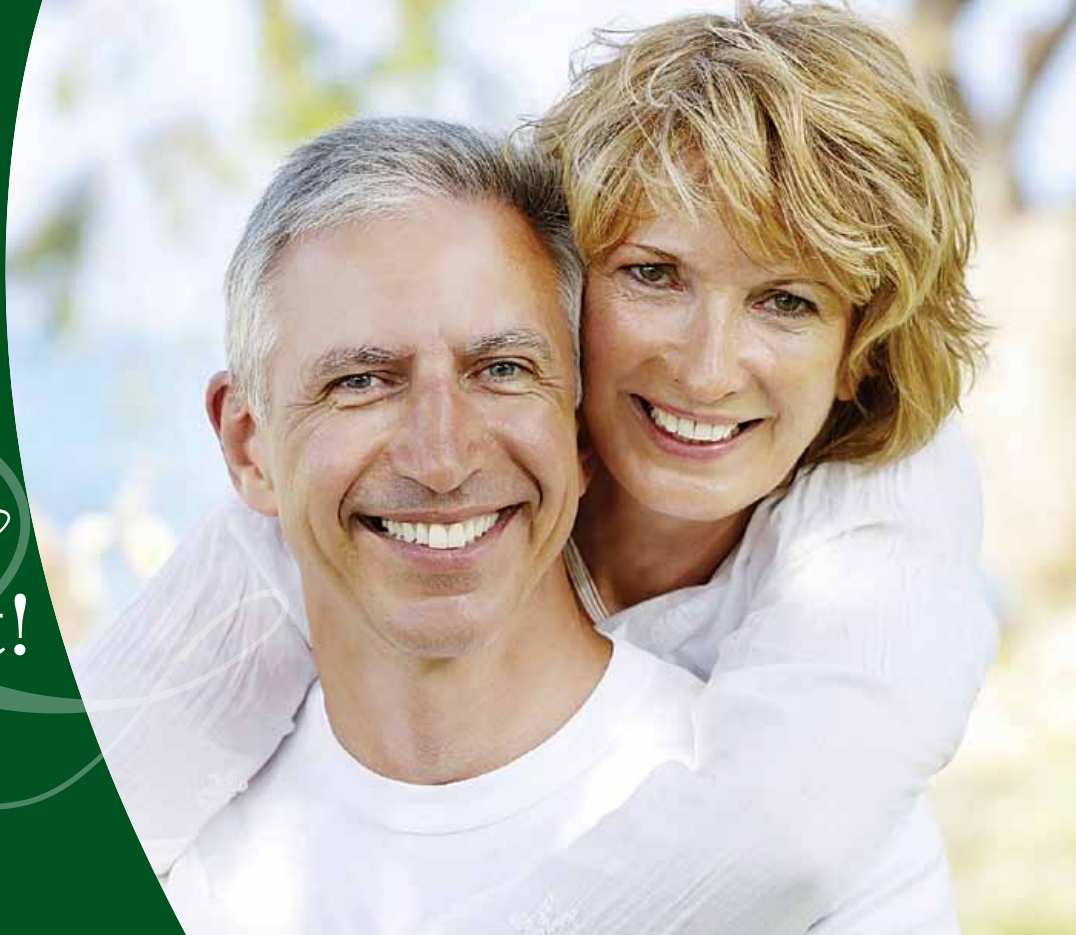
Voices of
Change

**12 WAR
BABIES**

Who Entertained
America



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February Contents



Briefs

- 6 Stat! Medical News



Columns

- 28 **Traveltizers**
San Antonio's Grand Fiesta
- 30 **White's Wines**
Three Wine Trends to Watch for in 2015
- 32 **The Bookworm Sez**
"Lives in Ruins"
- 34 **Tinseltown Talks**
Rich Little Still Impresses
- 36 **Recent DVD Releases**
"St. Vincent", "John Wick", and "The Theory of Everything"



Features

- 9 **Voices of Change: 12 War Babies Who Entertained America**
- 14 **E-Healthy!**
- 16 **A Legacy of Love**



In Every Issue

- 38 **What's Cooking?**
Modern Menus Meet Culinary Traditions
- 40 **Get Up & Go!**
- 42 **Our Famous Puzzle Pages**
- 45 **Parting Shots**



Advice

- 18 **Dear Pharmacist**
Natural Cures For What Ails You
- 20 **Laws of the Land**
The Case of the Flying Hotdog
- 22 **Counselor's Corner**
Resilience
- 24 **From the Bench**
Cold Weather Precautions
- 26 **Money Matters**
Resetting Your Life for Retirement

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Stat! Medical News & Info

Depression, Behavior Changes May Start in Alzheimer's Even Before Memory Changes



Studies have shown that an estimated 90 percent of people with Alzheimer's experience behavioral or psychological symptoms such as depression, anxiety and agitation, however a new study from Washington University School of Medicine in St. Louis, Mo. and published in an online issue of *Neurology*® suggests that these changes begin before people start having memory problems.

The study looked at 2,416 people age 50 and older who had no cognitive problems at their first visit to one of 34 Alzheimer's centers across the country. The participants were followed for up to seven years. 1,198 people stayed cognitively normal, with no memory or thinking problems, during the study. They were compared with 1,218 people who were followed for about the same length of time, but who developed dementia.

The people who developed dementia also developed behavior and mood symptoms such as apathy, appetite changes, irritability and depression sooner than the people who did not develop dementia. Those who developed dementia were more than twice as likely to develop depression sooner than those without dementia and more than 12 times more likely to develop delusions than those without dementia.

Tart Cherry Juice Accelerates Recovery After Intense Cycling

Cyclists who are preparing for race day may have a new sports drink to give them an edge in recovery: tart cherry juice. A new study published in *Applied Physiology, Nutrition, and Metabolism* found that Montmorency tart cherry juice helped accelerate recovery, maintain muscle function and reduce certain markers of exercise-induced inflammation among a group of cyclists participating in a simulated road race.





Nasal Spray Demonstrates Promise for Migraine Pain Relief

Researchers are developing a novel prochlorperazine nasal spray formulation as a potential new treatment for migraines. Venkata Yellepeddi, Ph.D., and colleagues from Roseman University of Health Sciences, developed a pro-

chlorperazine nasal spray that could prove useful. Comparative clinical studies have shown that prochlorperazine provides better pain relief than other anti-migraine drugs. Currently prochlorperazine is only available in tablet form. It is thought that a nasal spray version of prochlorperazine will not only be effective, but fast acting and have better patient compliance overall. Migraines are manifested by severe pain and headache, accompanied by nausea, vomiting, and sensitivity to both light and sound. According to the Migraine Research Foundation, migraine ranks in the top 20 of the world's most disabling medical diseases.

Study Suggests Increase in Falls Among Older Adults

Falling is the most frequent cause of injury among older adults and about a third of older adults fall each year. Researchers from the Family Medicine and Internal Medicine at the University of Michigan the VA Ann Arbor Healthcare System Geriatric Research, Education and Clinical Center (GRECC) analyzed data from over a twelve (12) year period among adults age 65 and over and found an 8 percent increase in falls – which translates to a relative increase of nearly 30 percent. The researchers expected an increase because older adults are getting older and there are more 80 and 90 year old adults than before, but they were very surprised to find that the increase in falls was not due to the changing demographics. They found a higher number of falls across all age groups - not just the oldest - and that was unexpected. Further research is needed to identify possible reasons behind the numbers, such as an increase in fall risk factors (e.g., cardiovascular and psychiatric medications that may have side effects like dizziness) or an increase in fall risk behavior. The findings appear in *JAMA Internal Medicine*.



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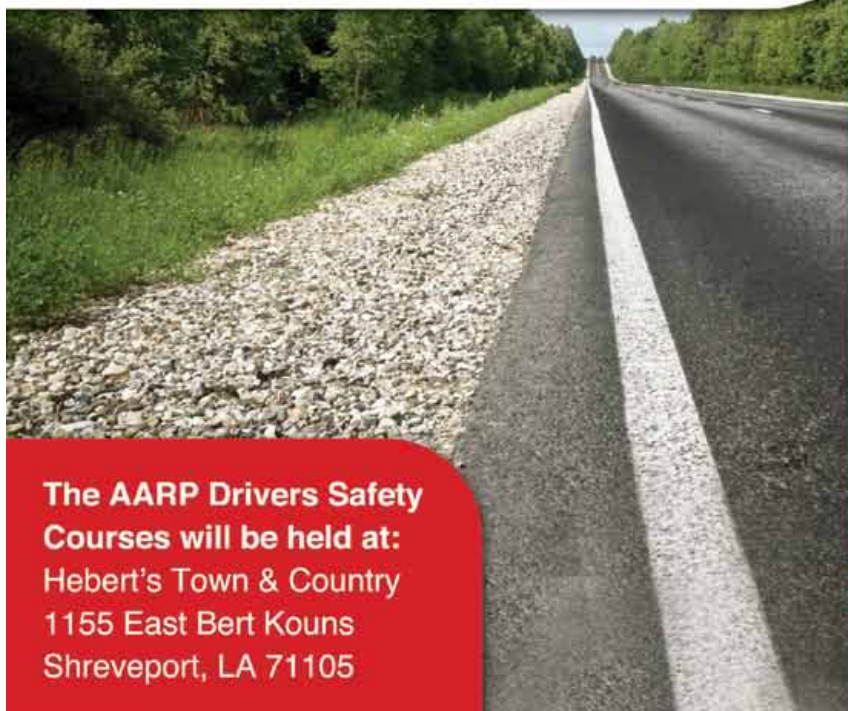
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Voices of Change

12 WAR BABIES

Who Entertained America

by Richard Pells

Born between 1939 and 1945, singer/songwriters, directors, and actors from the “war baby” generation are largely responsible for reshaping American music and film after World War II.

Do you find yourself stopping on *Taxi Driver* every time you run across it while channel flipping? Or shedding a tear each time you watch *The Godfather*? How about singing along to “Mrs. Robinson” when it’s on the radio or adding tunes by Bob Dylan, Joni Mitchell, or Joan Baez to new playlists you create?

If you answered “yes” to any of these questions, you owe a “thank you” to a group who have been entertaining Americans for decades: the war babies.

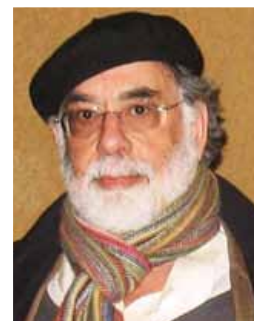
Born between 1939 and 1945, the war babies are often overshadowed by the two generations that bookend them: the “greatest generation” and the baby boomers. And while boomers often take a lot of the credit for reshaping American culture in the second half of the 20th century, the fact is that the war babies had by far the biggest impact on American postwar music and movies.

Prior to the 1960s and ’70s, popular music and filmmaking were generally designed to appeal to entire families and often reinforced the country’s core values and traditions. But as war babies began to compose, write, and perform, that changed.

Music became dissonant, more complex, and less melodious - both in sound and substance - and connected intimately with audiences’ private tensions and pain. Likewise, movies

became more personal and idiosyncratic, speaking to their audiences’ social concerns and private predicaments. While songs and films from this era certainly gave meaning to boomers’ lives and influenced their own development, those boomers were the recipients of a new creative movement, not its originators.

Here, I look at how elements of American life influenced twelve war baby entertainers as they were growing up in the 1940s and 1950s, and explain how those influences shaped their music and films and the country’s culture and politics during the past half-century:



Francis Ford Coppola



Martin Scorsese

FRANCIS FORD COPPOLA was born in Detroit in 1939. As a child, Francis contracted polio - the most dreaded disease of the first half of the 20th century. Confined to a bed, he created a puppet theater, a traditional form of Italian entertainment, one he reproduced in the early 20th century segment of *The Godfather: Part II*.

The experience of polio also taught Coppola how to flourish alone, entertaining himself - an example of the reliance on one's own personality, instincts, and emotional resources, a trait that characterized so many of the members of the war baby generation.

MARTIN SCORSESE was born in 1942 in Queens. As a boy, Scorsese (like Coppola) was ill; he had severe asthma and was unable to play sports or engage in other physically demanding activities. So Scorsese was isolated from other people, a lonesome introvert spending much of his childhood staring out the window of his house and later his apartment in Little Italy in Manhattan. As an escape from his cloistered surroundings, his father often took him to the movies, where Scorsese first discovered a passion for an art form that shaped the rest of his life.

In fact, Scorsese began as a young child to draw cartoons and then scenes from the movies he saw, almost as if he were creating story-boards for a film of his own. Like Coppola, Scorsese learned early on to depend on his own visual fantasies and imagination. Consequently, Scorsese could not decide early in his life whether he wanted to be a painter, a filmmaker, or a priest. But what he did do, as an adult, was capture in his movies the vibrancy and violence of the streets in Little Italy.

AL PACINO was born in 1940 in New York to Italian-American parents (like Coppola and Scorsese).

De Niro and Scorsese collaborated on many films that **influenced** and reflected the **experiences** of **war babies**: *Mean Streets*, *Taxi Driver*, *Raging Bull*, *The King of Comedy*, and *Goodfellas* all come to mind.

Pacino's parents divorced when he was two years old, and his mother moved to the South Bronx to live with her parents, who came from - if you can believe it - Corleone, Sicily.

ROBERT DE NIRO, whose background is both Italian and Irish, was born in New York in 1943 and grew up in Little Italy. De Niro's father was a painter and sculptor and his mother a painter and poet - and De Niro himself displayed an early talent for acting, playing the Cowardly Lion at age 10 in

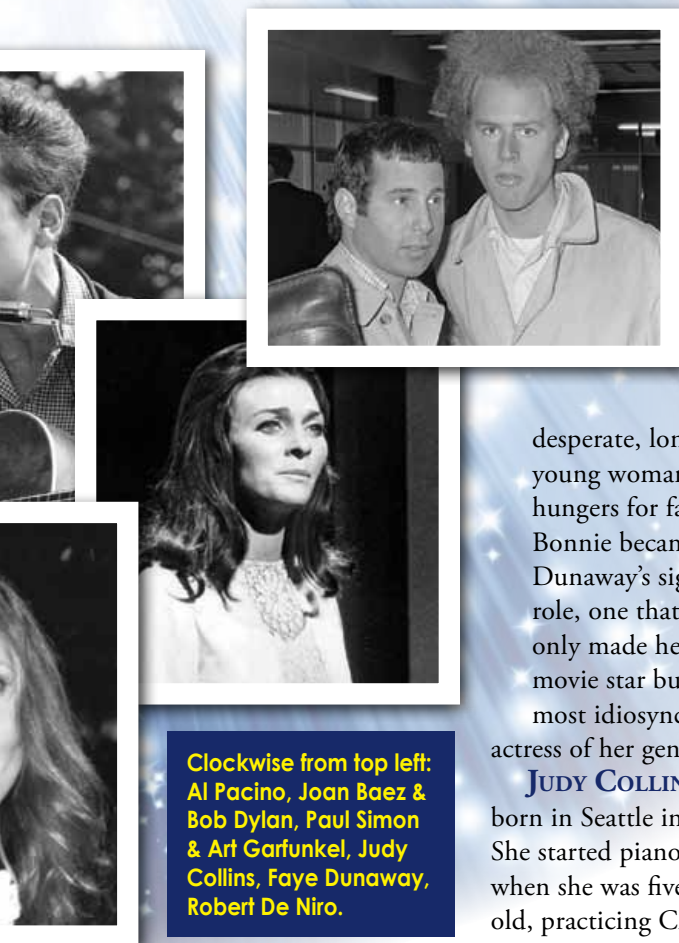


a grade school production of *The Wizard of Oz*.

As a young man, De Niro studied Method acting, which emphasized the need for an actor to draw on his or her own psychological resources, and on memories and past experiences. It's easy to see how De Niro's upbringing in Little Italy prepared him for his Oscar-winning role as Vito Corleone in Coppola's *The Godfather: Part II*. De Niro's identity as a New Yorker also enabled him to develop a close affinity with Martin Scorsese. De Niro and Scorsese collaborated on many films that influenced and reflected the experiences of war babies: *Mean Streets*, *Taxi Driver*, *Raging Bull*, *The King of Comedy*, and *Goodfellas* all come to mind.

FAYE DUNAWAY was born in 1941 in relatively impoverished conditions in Florida. She picked cotton as a child, all the while (at the urging of her mother) dreaming of a better life. From the beginning, she had a difficult, painful relationship with her father. He was a career soldier who served in the war and stayed in the army afterwards, while also having affairs with other women. The closest Dunaway came to her father during World War II was listening to battle reports on the radio.

All of these experiences inspired in Dunaway an early ambition to flee from her feelings of childhood alienation, to escape to the big city and become a star. So she decided at the age of five that she wanted to be an actress and began taking dancing and singing classes. It was precisely these incipient influences that prepared her for the movie role of a lifetime in 1967, as Bonnie Parker in *Bonnie and Clyde*, another



Clockwise from top left:
Al Pacino, Joan Baez &
Bob Dylan, Paul Simon
& Art Garfunkel, Judy
Collins, Faye Dunaway,
Robert De Niro.

desperate, lonely young woman who hungers for fame. Bonnie became Dunaway's signature role, one that not only made her a movie star but the most idiosyncratic actress of her generation.

JUDY COLLINS was born in Seattle in 1939. She started piano lessons when she was five years old, practicing Chopin and Debussy in the belief that she might someday

become a serious classical pianist. But she also sang along with music on the radio, in her church choir, and for anyone who would listen. She was a child envisioning what it might feel like to be a show business idol—a dream that was reinforced by her father, a musician who had his own radio program during the early years of the war and was later hired by NBC for a show broadcast from Hollywood. There he took Collins to meet or watch radio superstars like Bob Hope and Red Skelton.

Collins had another cultural influence in her milieu, though in this case the stimulus was literary rather than musical. Her godfather was named Holden. He met J.D. Salinger in the army during World War II, and Salinger eventually named his most famous creation, Holden Caulfield in *The Catcher in the Rye*, after Collins's godfather.

BOB DYLAN wasn't always Bob Dylan - he was born Robert Zimmerman in 1941 in Duluth, Minnesota. Like many war babies who became filmmakers or songwriters, Zimmerman came from a musical background; his father played violin. Zimmerman's father also had polio and was exempt from the war. Zimmerman's uncles, however, were soldiers who (like most veterans) were reluctant ever to discuss their often grisly experiences in the war.

Zimmerman himself, even as a child, was taciturn, remote, and secretive - qualities that would mark his persona as an adult. He devoted a good part of his youth to listening to

blues and country music on the radio. By the late 1950s, as he embarked on his own singing career, Zimmerman renamed himself Bob Dylan in honor of one of his favorite writers, Dylan Thomas.

JOAN BAEZ was born in 1941 on Staten Island to a Mexican father and Scottish mother. Baez soon moved with her parents to Menlo Park, California, where her father studied at Stanford for a master's degree in mathematics and taught military engineers during the war. But despite his background in math and physics, he was a pacifist and refused to work on the atomic bomb at Los Alamos. His pacifism influenced his daughter, who became a lifelong pacifist herself.

While growing up in California, Baez began experimenting with rhythm and blues on a ukulele. From childhood, she was also blessed with an exquisite singing voice - one she learned early to develop as a way of fitting in, as half-Mexican, with her white cohorts. Though Baez was born in the New York area, along with many other war babies who became prominent singers and songwriters, her exodus to California meant that she met none of them until she moved to Boston in 1958, where she began by the early 1960s to find fame. Notably, Baez met Bob Dylan, nurtured his early career, and was, episodically, his lover.

PAUL SIMON AND ART GARFUNKEL were both born in 1941 and grew up in Queens. Simon came from a family of professional musicians and loved to listen to his father perform in bands. He was especially attracted to rumbas and sambas. Simon would later expand on this fascination with exotic rhythms when he started experimenting with Latin American and African music in the 1970s. But Simon had another passion as well - this one for the New York Yankees. So it was not surprising that "where have you gone, Joe DiMaggio" would become Simon's most famous lyric in "Mrs. Robinson" in 1968.

When Simon was 11 years old, he became friends with a classmate, Art Garfunkel, who lived just three blocks away. Garfunkel's grandparents had migrated to America from Romania, so both he and Simon came from similar Jewish backgrounds and harbored similar musical ambitions, which Garfunkel's parents (like Simon's) encouraged. Once they discovered that they appreciated each other's voices in harmony, they started to perform as a teenage duo in the 1950s in school and before audiences, even making a recording - all this before they emerged in the 1960s as two of the most poetic singers of the war baby generation.

JONI MITCHELL was born Roberta Joan Anderson in Canada in 1943. Her father served in World War II in the Royal Canadian Air Force and was an amateur musician who played trumpet and worshipped the swing bands of the 1930s. At the same time, her mother instilled in Mitchell a sensitivity to poetic language, especially as exemplified in Shakespeare. Later, at the age of eight in 1951, Mitchell caught polio and began singing in the hospital.

Her response to the disease, as well as the musical and literary interests of her parents, were the origins of her career as

a sophisticated singer and composer who shaped American music as much as Dylan and Simon and Garfunkel.

CAROLE KING was born in New York in 1942, and the most valued piece of furniture in her home was a piano. King began making up songs on the piano when she was three years old and started her first piano lessons when she was four.

At the same time, King's mother took her as a young child to Broadway musicals and collected cast recordings of shows like *Oklahoma!* and *Carousel*, to which King eagerly and repeatedly listened. All of these childhood experiences were the catalyst for King's emergence as a major songwriter and performer in the 1960s and 1970s.

Of course, this is only a small sampling of war baby entertainers and artists who modernized music and film in America. Others include George Lucas, Jerry Garcia, and Lily Tomlin - not to mention foreign singer/songwriters, directors, and actors. For instance, all the Beatles as well as Mick Jagger and Keith Richards of the Rolling Stones were born between 1940 and 1943.

The point is, members of this unique generation (which

Carole King



has been unfairly overshadowed by the boomers) were born, grew up, and became adults during the most stressful and transformative years of the 20th century - and their responses to the crises they faced were ingenious. Using their own pasts, experiences, and private struggles, they crafted a cultural revolution from which we're still reaping the benefits today.

Richard Pells is the author of War Babies: The Generation That Changed America. He received his B.A. from Rutgers University in 1963 and his Ph.D. in history from Harvard in 1969, where he taught for three years. Subsequently, he was awarded fellowships from the Rockefeller Foundation, the Woodrow Wilson International Center for Scholars, and the Guggenheim Foundation, as well as

six Fulbright chairs and lectureships for teaching abroad, particularly in Europe and Asia. Currently, he is Professor of History Emeritus at The University of Texas at Austin. Pells is primarily interested in 20th century American culture—movies, radio, television, art, music, literature, and the theater, all of which are reflected in his five books. Through his work, readers are treated to a history of American cultural life from the 1930s to the present. War Babies is a prime example of the concerns and issues that have shaped Pells's career. To learn more, please visit www.richardpells.com.

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-Terri Miller and family

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E-Healthy!



By Bev Bennett

Good riddance, paper charts! Electronic health records allow patients to get the best personalized care

If you need a bit of prodding from your physician to make positive changes, the nudge may be as close as your computer, provided you have electronic medical records and an online personal health record.

Using your medical record, your doctor can make personalized recommendations for exercise, vaccinations or medications.

These are effective, whether the advice is given in person, electronically or by mail, according to the results of several recent studies.

Getting a health message can be very powerful coming from a physician's office, according to Dr. Grant M. Greenberg, assistant professor and associate chair for information management and quality in the Department of Family Medicine at the University of Michigan.

In a study of a new program, Exercise as a Vital Sign, overweight adult patients were asked how many days a week and how many minutes per session they exercised during routine outpatient visits at four Kaiser Permanente centers in Northern California (Other centers had yet to track exercise.).

The responses were entered in the patients' electronic records,

next to the vital signs.

Asking the question had a positive effect, according to Dr. Richard W. Grant, research scientist with the Kaiser Permanente Division of Research.

"People lost a little more weight when asked," says Dr. Grant, lead author the study.

Those patients did slightly better at weight loss and blood glucose control (if they had diabetes) than comparable patients who hadn't provided the information.

The addition of the exercise component in patients' health records also can remind physicians to discuss physical activity with their patients, according to Dr. Grant.

Raising awareness also is effective when it comes to vaccinations or medications.

Although adults age 60 or older are more likely to get shingles and experience severe pain and blistering skin, the vaccination rates are extremely low (less than 5 percent among Medicare enrollees from the period of 2007 to 2009, according to a study in PLOS Medicine).

A team led by Stuart Beatty at the College of Pharmacy at The

Ohio State University conducted a study on improving those numbers.

The researchers used electronic medical records to identify more than 2,500 patients over age 60 who didn't have a documented shingles vaccination (A few had been vaccinated but that wasn't included in their records.). The patients were divided into groups.

Some patients received information about shingles through an email linked to their online personal health record; others got a mailed postcard and still others received no special alert.

The pharmacists then reviewed the electronic medical records of those who received information to identify eligible vaccine candidates and sent them vaccination prescriptions along with a list of pharmacies they could visit.

Patients who actively used their health records and received emails were most likely to sign up. Receiving written information by postcard also led to more vaccinations.

People who pay attention to their records may already be concerned with their health and more likely to become vaccinated, according to Dr. Neerai Tayal of the Ohio State Wexner Medical Center, general internist on the research team.

The collaboration between clinical pharmacies and physicians using electronic health records has been successful in other campaigns as well, according to Dr. Tayal.

"We've done that with people with osteoporosis. We identified patients who were not being treated but should be and we also identified people who had been treated long enough," he says.

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How to Use Electronic Health Records

If you signed up to access your electronic personal health records through your health care provider you have a lot of information about your health status.

However, even if you know your triglyceride or blood glucose numbers you can't manage your health on your own, according to Dr. Grant M. Greenberg.

"You may see what's going on but not how to apply it," says Dr. Greenberg.

Instead, you can use the information to have a conversation, electronically or in person, with your physician.

For example, if your records show that your LDL cholesterol is higher than in the past you can ask your physician whether you should be concerned.

By having your personal health information you're more likely to take care of your health, Dr. Greenberg says.



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A LEGACY of

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by Bonita Bandaries

During February the nation remembers its heritage with love. The national holiday of Presidents' Day commemorates our first president, George Washington and the 16th president, Abraham Lincoln whose birthdays are on the 12th and 22nd. Throughout the month celebrations acknowledge the contributions of African Americans to this heritage. Preserving our memories unites us in love and gives us hope for the future.

Along with many other countries on February 14th, Valentine's Day, Americans celebrate a day to tell other special people in their lives they care. Traditionally sentiments are expressed with cards, songs, and flowers but there seems to be no end to ideas or gifts to say, "I love you," to romantic partners, spouses, children, parents, or friends. There will be dinners and parties and all sorts of activities for people of all ages. Not to be forgotten are those in nursing homes, hospitals, and the military serving away from home. Youth groups and social organizations take this opportunity to create a special day for those who are not with loved ones at home. Sharing love knows no bounds.

If you haven't already done so, Valentine's Day is a great opportunity to begin a legacy of love, a way of knowing about your family roots. Too often the elderly relatives leave us without our knowing much about their lives. Do you know about their love story? How did your

parents meet? How long did they date? Where was the wedding? Who attended? Listening to an elderly person reminisce is a good way of their connecting but also creates a memory for you. Ask them about their lives and their important events.

It wasn't until I was caring for Mother in her last years did I ask her how she met my dad. Their courtship began in church which was surprising because I never knew my father as a church-goer. In the early 1940's few people had cars in her rural community so she and the family walked several miles to church. Boys would stand outside peering into the open windows before going inside to sit beside the girls. As she reminisced, I gained new insight into her past and those times of listening were a wonderful respite from the routine tasks of caregiving.

Recording the life and experiences of the elderly takes time so begin now developing the art of listening to their stories and filing them in your memory bank to record in some manner. The method does not have to be complex; a notebook is a good tool. This Valentine's Day give a gift of time to an elderly friend or relative who may be craving someone to listen to them. This thoughtful present can be given any time. Memories are precious keepsakes! *Shreveport resident Bonita Bandaries is the author of "A Promise Kept" and "Una Promesa Cumplida".*



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Natural Cures For What Ails You

by Suzy Cohen, R.Ph.

Mother Nature has provided us with a beautiful medicine cabinet. In it, we find foods, herbal extracts and vitamins or minerals that reduce pain and promote health. Consider any of the following items in my list for what ails you. Of course, make sure your physician approves of you eating or taking something new. So what ails you?

High Blood Pressure

Celery is delicious to dip in hummus, but it's a great way to reduce your crave for salt. That lowers blood pressure. Also, the celery seeds contain compounds like apigenin and isoquercetin, which cause your blood vessels to expand, and that lowers blood pressure. Celery is a mild, natural diuretic. It decreases the uric acid your body makes so it could help with gout too.



Memory Loss
More classically used for depression and fatigue, Panax ginseng is great for memory and focus concerns. Approved abroad, ginseng is used standardly as a tonic for declining concentration. It protects a portion of the brain known as the hippocampus from the effects of high 'stress' hormones like cortisol. For that reason it helps with physical stamina and endurance.

Menstrual Pain and Bloating

Fennel which smells like licorice is the herb to consider here. It helps relax your gastrointestinal tract and reduce bloating and gas, even in kids. Fennel was shown in studies to help reduce menstrual problems such as cramps too. You can buy commercially prepared extracts, or just take the seeds and boil about a half-teaspoon of crushed seeds and steep in hot water for 20 minutes; strain, sweeten and sip a cup. Of particular importance, avoiding sugar and intestinal fungal growth will help with this too, since yeast can cause major digestive bloating.

Hot Flashes

Red clover is a plant that contains high

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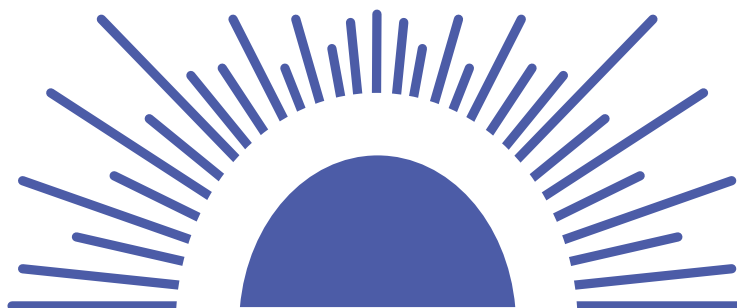
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amounts of phytoestrogens (plant based estrogens also called isoflavones). Supplements and extracts of red clover may reduce the intensity and frequency of hot flashes. Natural vitamin E is helpful too.

Hemorrhoids or Colon Problems

Ask your practitioner about "oat straw" because one of the most studied benefits of this is its ability to fight colon cancer. If you are constipated, oat straw can help regulate digestion and loosen hard stool. You'll need probiotics for this too. Oat straw contains all kinds of vitamins and compounds including silica which is needed to create healthy veins, arteries as well as nails, skin and hair.

Migraines

Staying hydrated will reduce your frequency of migraines, including ocular migraines. Studies have repeatedly shown that high-quality magnesium supplements (like "chelated" forms) can reduce frequency and severity of migraines. Riboflavin can be beneficial too. Reducing high histamine foods will be enormously helpful.

Migraine sufferers seem to just live with their pain, but I must caution you, if your head pain changes suddenly or intensifies in a way that is severe or abnormal, always seek medical attention.

This information is not intended to treat, cure, or diagnose your condition. Always consult your personal physician for all medical matters. Please visit www.SuzyCohen.com. ©2015 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.





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The Case of the Flying Hotdog


by Lee Aronson

I'm not a baseball fan, nor do I particularly like hotdogs, but I've been watching a court case out of Missouri that involves a baseball game and a flying hotdog.


Fred (not his real name), was a big fan of baseball and had attended about 200 Kansas City Royals baseball games. So he knew that during breaks in the game (of which there are many), the team's mascot throws hotdogs into the stand. Everyone knows that. It's a long time tradition.


On one particularly rainy day, Fred went to a game and the stadium was practically empty. So after the game started, he left the seat he paid for and moved to an empty seat much closer to the field. During one of the breaks in the game, the team mascot started throwing hotdogs into the stand. Fred saw what was going on, but he wasn't paying much attention. Can you guess what happened





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next? One of the hotdogs hit Fred in the eye.

Now I've never been hit in the eye with a hotdog and I don't know anyone who has (yet), but apparently a hotdog can cause a lot of damage to an eye. Fred, it turned out, needed surgery. Expensive surgery. So he sued the baseball team.

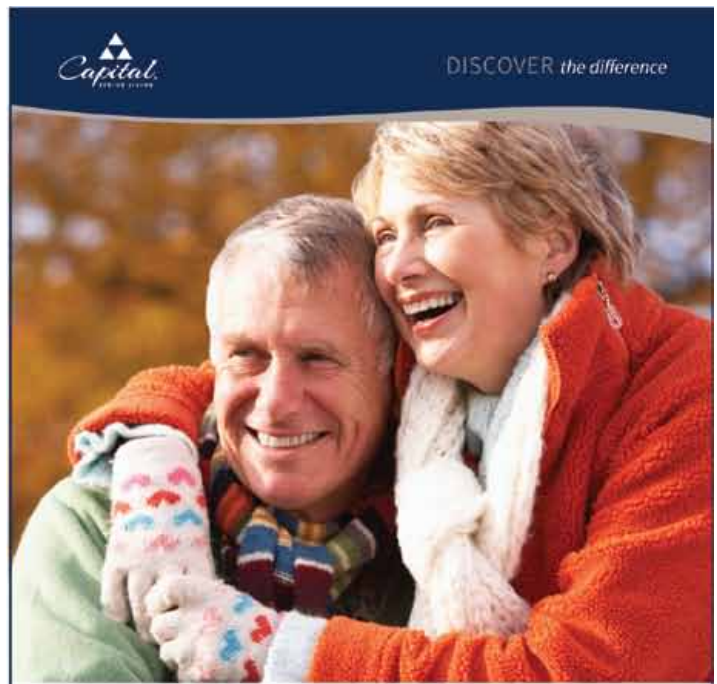
Now it's not unusual for sports teams to get sued. There are entire law books written about the subject. And when it comes to baseball, there are lots of cases about fans being hit by a foul ball or even a broken bat that flies into the stands and injures a fan, but the baseball teams win almost all of those cases. That's because some things, like bungee jumping, are inherently risky. Even if everything about a bungee jump is done exactly right, the cord is brand new, the spot for the jump is safe, you can still get hurt, and everyone knows that. People know about these risks and they decide to bungee jump anyway. So if they get hurt, they probably won't win a lawsuit. And going to a baseball game is kind of the same: even if a baseball team provides "a reasonable number of screened seats, there remains a hazard that spectators in unscreened seats may be struck and injured by balls which are fouled or otherwise driven into the stands. This risk is a necessary and inherent part of the game and...is a risk which is assumed by the spectators."

So the Royals told the Judge that they shouldn't have to pay for Fred's surgery because at baseball games, things go into the stands. Everyone knows it and it is a risk that the fans accept when they come to the game. Fred admitted that baseballs get hit into the stands at baseball games. He understood that's part of the game that can't be avoided. And he wasn't surprised when the Judge pointed out to him that there is a legal principal known as the Baseball Rule: as long as some seats directly behind home plate are protected, the team will not be responsible to spectators outside that area who are injured by a ball or bat while watching a baseball game.

But Fred argued that the Baseball Rule only applies to risks that are "necessary and inherent parts of the game." A baseball flying into the stands is a "necessary and inherent part of the game." And if a bat breaks and goes into the stands, that's also a "necessary and inherent part of the game." But Fred thought that while a mascot throwing hotdogs into the stand might be fun and it might be expected by the fans, it isn't "a necessary and inherent part of the game."

The case went all the way up to the Missouri Supreme Court which decided that "it is not possible for baseball players to play the game without occasionally sending balls or bats (or parts of bats) into the stands, sometimes at unsafe speeds." But "millions of fans have watched the Royals (and its forebears in professional baseball) play the National Pastime for the better part of a century before Sluggerrr [the team mascot] began tossing hotdogs, and millions more people watch professional baseball every year in stadiums all across this country without the benefit of such antics." In other words, flying hotdogs aren't a "necessary and inherent part" of baseball and Fred's lawsuit was allowed to proceed.

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



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RESILIENCE

by Katie Ho

Overcoming adversity and persevering through difficult times are not qualities reserved for only a special few. A positive attitude, optimism and the ability to manage the emotions life may bring are traits that define resilience - a strength that can be found within all of us. In the simplest of terms, resilience is the ability to bounce back from difficult situations and adapt in a way that allows individuals to rebuild their lives. One of the most important elements worth noting is that this quality not exclusive to a select few; the skills needed to be resilient can be developed and nurtured in anyone at any age.

Resiliency has value in both mental and physical health. Enduring traumatic events, the loss of a loved one, or any other critical life event can be significant sources of stress. Even obstacles surrounding financial difficulties and relationship troubles call for the need of resilience. A key component in this characteristic is the

ability to balance emotions - recognizing their onset and expressing them appropriately. In this effort, stress is effectively managed by combating the symptoms of depression or anxiety.

According to the Arizona Center on Aging, resilience, or "resilience thinking," allows older adults to face adversity and continue to maintain a sense of purpose to thrive and grow. Maintaining overall health and capabilities are the main functions of being resilient, which are part of the three hallmarks: recovery, sustained purpose and growth. In recovery, resilience is often fostered during a difficult or traumatic time, as some individuals come out stronger than before following a stressful life event. Having the strength to move forward, sustaining a meaningful purpose, can be promoted by staying involved in social activities and community causes. Resilient thinking frames the idea that failures or losses can lead to personal growth. As with recovery, becoming stron-

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ger through hardships allows for new skills of resiliency.

There are a number of ways in which one may foster and promote resilient qualities, but to begin it can be constructive to grasp an understanding of one's current inventory. It might be helpful to ask yourself some questions about how you typically handle change in your life; what kind of lessons have you learned from difficult challenges or what does being healthy mean to you? Having a positive outlook and genuine optimism prove to be invaluable in recovering from stress or trauma. To foster one's own resilience it can be useful to engage in new activities or volunteer, create new friendships, develop a stress management program, and get adequate physical exercise.

The American Psychological Association (APA) offers a number of ways to build resilience including making connections - creating positive relationships with friends and family, accepting that change is a part of living, having realistic goals and reaching for them, nurturing a positive self-image and keeping things in perspective while maintaining a hopeful outlook. While some of these skills may come easier to some than to others, it's important to seek and ask for help when needed. In order to empower the resilience within, help can be found in support groups, books or articles, online resources or mental health professionals.

Self-efficacy is an additional characteristic that promotes positive well-being and resilience. The Arizona Center on Aging describes this trait as being flexible, adaptable and being able to handle one's own problems. This kind of coping skill is what leads to many of the positive physiological and psychological effects on body and mind that are associated with resilience.

Nurturing and developing resiliency is a personal journey. What works for one may not work for another, and as with the ebbs and flows of life we must all find what rhythm suits us best. An important fact to remember is that being resilient is not just inherent; it can be created and fostered and often-times only becomes stronger with adversity and hardship. After taking an inventory of positive coping skills, nurture the ones that exist and work to build the ones needed in order to have a fulfilled and purpose-driven life.

Katie Ho is a Graduate Student Intern at The Center for Families, a nonprofit counseling center dedicated to serving Northwest Louisiana since 1889. Counseling is provided on a sliding fee scale.



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from the BENCH

COLD WEATHER PRECAUTIONS

by Judge Jeff Cox

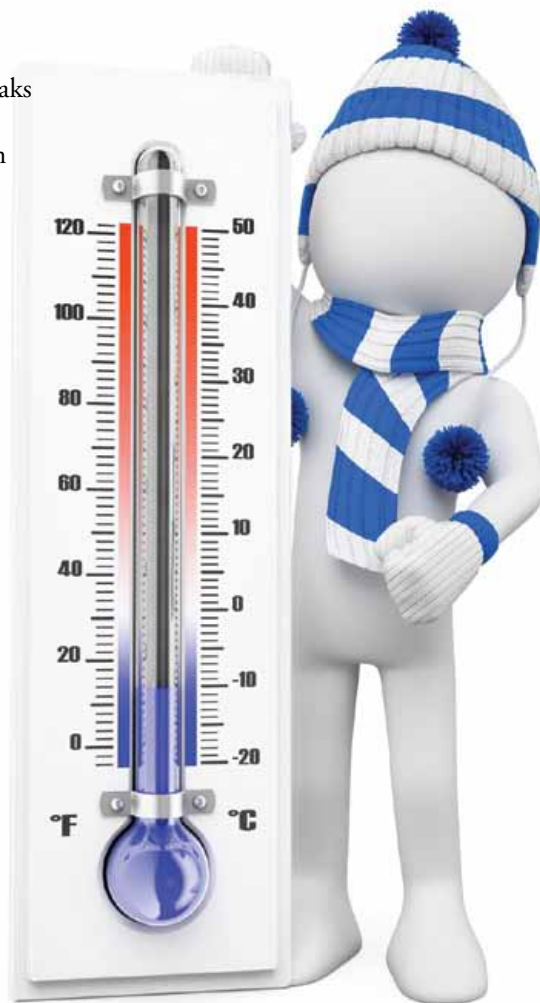
As I am about to write this article, I have been informed that our local area will be facing extremely cold temperatures with the possibility of sleet and snow. I was talking to my mom about what precautions she needed to take and what we needed to do to make sure she was prepared for the frigid weather expected to hit our area. Many of us in the South do not know how to handle slick, icy roads and we are not used to extended periods of below normal temperatures. Some of the things I thought of for mom might be helpful to you the reader.

First and foremost is to make sure that your heaters are in working order. Make sure they have been serviced and checked by a reliable company. Make sure the

company checks for any cracks or breaks in the exchange system as you do not want carbon monoxide building up in your home as this can potentially cause death. Also, refrain from using space heaters if you can do so as this can cause potential fires in the home.

If you use a fireplace for warmth, you need to make the sure the chimney has been cleaned by a responsible company. Chimneys are notorious for buildup of ash and soot which can cause chimney fires to erupt inside the chimney. Most companies recommend that the chimney be cleaned yearly, but in no case should the chimney be neglected for more than two years. When the chimney is being cleaned, the person cleaning the chimney can also check for cracks or damage which may cause the fireplace to be dangerous to use.

In extremely cold weather, your outside pipes should be drained and wrapped. This should include outside sprinkler lines and faucets. If you cannot drain the faucets, you



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need to make sure the faucets are wrapped in foam insulation to keep them from freezing and cracking. Your local hardware store will assist you in what you need to accomplish this purpose. Additionally, it is a good idea in extremely cold weather to keep a faucet dripping inside the home to keep the water flowing.

Make sure your vehicle is in working order at this time. Batteries and antifreeze need to be checked on vehicles. Batteries and radiators are pushed to the extreme when temperatures drop below freezing and may cause your vehicle to not start or to quit operating. A good auto mechanic can usually check these items for you.

If the weather calls for sleet and snow, listen to the news and see if any weather warnings have been issued. If the news advises staying off the road, then do not drive unless it's an emergency. Black, icy roads are no place to be as most vehicles cannot get traction on these roads. Be especially careful regarding bridges and overpasses as they will ice first. Your safety and others safety may depend on you staying at home.

Finally, check on your neighbors, especially if they are elderly. They may have a difficult time getting groceries or being outside during extremely low temperatures. Make sure they are doing well and have what they need to survive the extreme temperatures. Maybe we can all look at this as opportunity to do a good deed for our neighbors.

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



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Resetting Your Life for Retirement

by Jason Alderman

The phrase "downsizing for retirement" is popular with Baby Boomers, the youngest of whom turned 50 last year.

It sparks a conversation about transition, which may include buying fewer new things, selling, gifting or donating possessions that are no longer needed and relocating to smaller quarters to create a more comfortable and affordable retirement.

If you've diligently saved and planned for retirement, most experts say you should do this "final approach" three to five

years before your planned retirement date. If your retirement finances aren't as stable, it's smarter to start the transition as early as possible while time is on your side.

The Demand Institute, a nonprofit think tank founded by business research giants Nielsen and The Conference Board, reported last October (www.demandinstitute.org) that if the 2008 crash and its effect on employment, investments and hous-

ing prices had not happened, the typical Boomer household would have a net worth roughly 2.5 times what it is today.

This all the more reason for many Americans to review and possibly "reset" their retirement clocks. Here are some suggestions to help you figure out where you are on the pre-retirement spectrum and some changes you might consider:

Get a retirement checkup. Spend some time with a financial, tax and/or estate advisor to evaluate your current strategies and set – or reset – a reasonable retirement savings goal and date. Consult friends and family for reliable experts first and for other qualified professionals and check online with your state CPA society, the Association for Financial Counseling Planning and Education or the Certified Financial Planner Board of Standards.

See if moving makes sense. Great retirement destinations offer more than great weather, inexpensive housing and an affordable tax environment. Consider whether you want to



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be near family, a thriving arts community or superior health facilities. Where do you start? You've probably seen popular lists of retirement communities in leading magazines, and they supply good food for thought. National agencies like the Council for Community and Economic Research (www.c2er.org) produces an annual cost of living index for over 300 U.S. urban areas.

Get realistic property valuations. Even in a rising economy and recovering housing market, many homeowners need a reality check about real estate prices. The same likely goes for other valuables like antiques, jewelry and art. For real estate, get a broker valuation and do online backup checks with property transfer listings over the last year or two in your area. As for valuables, check appropriate markets (from professional dealers to eBay) to sell, gift or donate those items and get tax and/or estate advice before all transactions.

Clarify your tax picture. If you make a huge profit on your home, you may owe taxes on the sale. Current IRS rules allow most couples to exclude up to \$500,000 in home sale gains from their taxable income and singles to exclude up to \$250,000. Check with your tax advisor and consult IRS Publication 523 (www.irs.gov/uac/Publication-523,-Selling-Your-Home-1), "Selling Your Home." Also, keep local property taxes and city and state taxes in mind if you're considering an out-of-state move.

Decide what you plan to do post-retirement. Retirees may have at least 20 to 30 years of lifespan to fill post-retirement. If you're hoping to keep working, start a business or transition permanently into travel or leisure activities, these future goals have to align with your current retirement plan.

Bottom line: Everyone should set a "final approach" for retirement. That means reviewing your investments, lifestyle goals and the possibility of a post-retirement career so you can adjust your money behavior to match.

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



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San Antonio's Grand Fiesta

Eleven Days of Parties Amid Three Centuries of History

by Andrea Gross; photos by Irv Green

It's seven o'clock in the morning, and the San Antonio River Walk is almost empty. This is a stark contrast to last night when an estimated 200,000 folks crowded the area, cheering and waving as 40 boats — each festooned in hot, bright colors and glittering lights — cruised down the meandering waterway that bisects the city's downtown area.



People sat along the walkways that border the river, stood three deep on the arched bridges that span it, and applauded from the balconies of the luxury hotels that line it. After all, this was the Texas Cavaliers' River Parade, one of the premier events of Fiesta® San Antonio, the city's annual spring extravaganza.

But now, as my husband and I board an open-air boat for a 45-minute narrated breakfast cruise, there are only three boats on the river — two breakfast boats and one containing workers who are cleaning up the debris from the parade. We enjoy the relative quiet as our guide gives us an overview of the city's history and Fiesta activities.

"Fiesta is a major part of San Antonio," she says, as the boat passes La Villita, the site of Night in Old San Antonio (NIOA), one of the myriad events that take place during the eleven-day party. There's a pooch parade, a jazz band festival and a "fun run" for costumed mini-marathoners. There's food, a coronation and Friday's Battle of Flowers Parade. This event is so popular that the city literally shuts down for the day so that locals as well as visitors can watch as floats, bands and smiling children make their way through the city center. Finally, on Saturday night, there's the Fiesta Flambeau Parade, reputedly the largest illuminated night parade in the world, replete with a jewel-bedecked queen and stately king, who reign over the festivities.

We're not privy to the private parties where we could see the royal gowns up close, so we go to the Witte Museum for their annual exhibit that showcases past coronation gowns. I ask the curator how much an "average" gown costs. "Let's just say they cost as much as a high-end luxury car," she says.

In between attending Fiesta events, we explore San Antonio, beginning with its most famous attraction, the Alamo.



The Alamo began as a mission in 1700, but it's most often remembered as a fortress, the place where Texas settlers chose certain death rather than surrendering to the overwhelming forces of Mexican General Antonio López de Santa Anna. A little over a month later, on April 21, 1836, other settlers, inspired by their compatriots' bravery, defeated the Mexican army at the Battle of San Jacinto, thus paving the way for the establishment of the Republic of Texas and its eventual annexation to the United States.

Today the Alamo is a museum, housing exhibits that are related to its days of glory. On the first Saturday of every month costumed actors roam the grounds, depicting life during the early days of Texas.

In addition to the Alamo, the Spaniards constructed four other missions, all of which still operate as functioning parishes and hold regular Sunday masses in both English and Spanish. The largest and most well known is Mission San José, which has been restored to its eighteenth century splendor and houses an excellent visitor center.

Two years ago the simplest way to reach these missions was by automobile, but now, due to a multi-year revitalization project, they're also easily accessible by foot or bicycle. Mission Reach, an eight-mile southern extension of the San Antonio River Walk, winds through a semi-wilderness area filled with hiking and biking trails as well as portals to each of the missions that make up San Antonio National Historic Park.

A three-mile northern expansion of the River Walk, aptly named Museum Reach, leads through urban areas to a newly restored area filled with trendy shops and restaurants as well as the San Antonio Museum of Art and the Witte Museum.



Of course, in order to explore these areas, we have to fortify ourselves. We choose three restaurants that promise food that's both traditional and tasty. We're not disappointed. Guenther House, built in 1859 by the founder of Pioneer Flour Mills is as notable for its museum of millhouse memorabilia as its buttermilk biscuits. At Viola's Ventanas we hear tales of the owner's mother, whose homestyle cooking is featured in the restaurant; and at El Machito, which reputedly has the biggest grill in Texas, we happily gorge on a mixed platter of grilled cholesterol.

Chef Johnny Hernandez urges us to try one of his drinks, which are as Texas-sized as his grill. Why not? We lift our glasses and toast San Antonio, a city that knows how to party as it preserves its past and embraces its future.

Note: This year the Fiesta will be April 16-26.

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Three Wine Trends to Watch for in 2015

by David White

2014 will likely go down as the year that powerful wine critics lost their grip on the marketplace.

Last year, many retailers stopped using points to sell wines. Instead of "shelf talkers" advertising reviews from publications like Wine Spectator, shops offered handwritten notes praising certain wines. Many restaurants, too, removed points from their menus in 2014. Instead, they decided to educate their servers about wine - and hire fun sommeliers to chat with guests. Thanks to popular mobile apps like Delectable, wine consumers moved away from critics like Robert Parker and toward fellow enthusiasts with similar palates.

This year, look out for three big trends.

Champagne will find a spot at the dinner table. Oenophiles have always talked about top Champagne with the same reverence they reserve for the finest wines of Bordeaux and Burgundy. But for most of the past 50 years, everyday Americans poo-pooed Champagne. The good stuff was too expensive and rarely seemed worth it. And the imitations served at weddings -- think Cook's and cheap Prosecco - was, well, gross.

Today, however, consumers are falling in love with Champagne. Shipments to the United States have been climbing steadily since 2009.

One reason? Grower Champagne. For years, large producers who purchase grapes from across Champagne and aim to deliver a consistent product each year dominated the American market. Grower Champagne, by contrast, is made by the farmers who grow the grapes. Thanks to a few key importers and America's growing obsession with knowing the source of our food, grower Champagne has been taking off. So big Champagne producers like Moët & Chandon, Veuve Clicquot, and Taittinger have upped their games.

As more Champagne comes ashore, Americans are finally realizing that no other wine is as versatile. So this year, watch for retailers and sommeliers to start promoting Champagne as an affordable luxury that elevates even the simplest of dishes.

Consumers will embrace "universal" wine glasses. In 1958, Riedel, an Austrian glassware manufacturer, released the world's first varietal-specific wine glass. By 2014, the company had convinced many consumers that virtually every wine grape -- from Chardonnay and Pinot Noir to Riesling and Malbec -- deserved its own glass. And then, the company released a glass for Coca-Cola. Soda

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could no longer be enjoyed straight out of a bottle or - the horror! -- a can. Instead, consumers were expected to shell out \$20 for a glass to enjoy America's most iconic beverage.

Unsurprisingly, wine enthusiasts are starting to rebel. Restaurants are simplifying their stemware and offering patrons one type of glass for every type of wine. Oenophiles, too, are clearing out their cupboards and moving toward one-for-all glasses. Zalto, another Austrian glass-maker, has accelerated this trend. While the company makes a handful of varietal-specific wine glasses, its universal glass has won the most acclaim.

This year, expect consumers and industry leaders alike to fawn over Gabriel-Glas. The company produces just one glass, and it has quickly become my favorite.

Industrial wine producers will hijack the word "natural." Over the past decade, many wine enthusiasts -- this one included -- have become passionate ambassadors for natural wine. These consumers seek producers who eschew fertilizers, herbicides, insecticides, and fungicides in their vineyards and refuse to utilize sugar, acid, tannins, or other additives -- like oak chips, sawdust, or grape concentrates -- in their wineries. As natural wine proponent Alice Feiring once explained, "[these are] wines made with the goal of nothing added and nothing taken away."

Natural wine enthusiasts are best known for promoting unusual grapes from unusual regions, like Ribolla Gialla from Friuli in Italy and Trousseau from the Jura in France. But they've found plenty of wines to love from more traditional regions. And more and more sommeliers and retailers are jumping on the natural wine bandwagon, promoting small producers who bottle with minimal intervention.

Legally, however, the word "natural" is meaningless. So this year, look for many of the globe's largest producers to start slapping the word on industrial plonk.

These are just three trends to watch for in 2015. Regardless of what happens, make sure to drink well!

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



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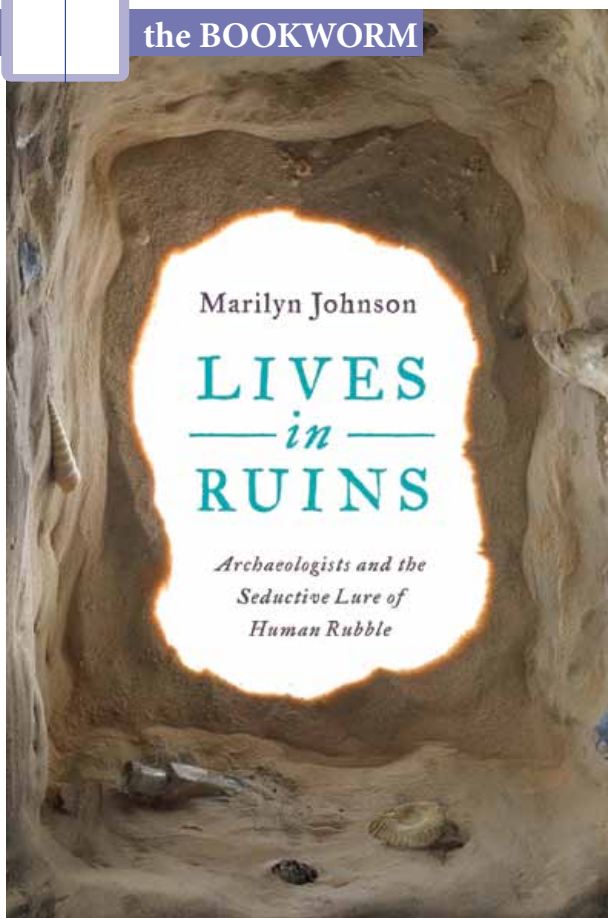
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“Lives in Ruins: Archaeologists and the Seductive Lure of Human Rubble”

by Marilyn Johnson

©2014, Harper, \$25.99, 275 pages

reviewed by Terri Schlichenmeyer

Your back yard was filled with treasure. When you were a kid, you were sure of it – and while it mightn't have been Pirate booty, there were certainly other riches there. Fossils beneath the grass, remnants from long-ago warriors, glass bottles, even coins awaited discovery.

Alas, all you ever found were chicken bones but when you read “Lives in Ruins” by Marilyn Johnson, you’ll remember how digging for them was so much fun.

Like many children, Marilyn Johnson grew up looking for fossils in her parents’ garden. The possibility of what she might find underground excited her then so, a few years ago, she decided to “collect” archaeologists and the knowledge they have.

When most people think of archaeology, they think of Indiana Jones or dinosaurs. Both are incorrect, says Johnson; Indy was a curator. Dino diggers are paleontologists, while archaeologists look for “people and the things that they leave behind...” To become the latter, you’ll need an extensive apprenticeship for which you’ll pay. Then you’ll “work hard under primitive conditions,” in an industry with notoriously low wages.

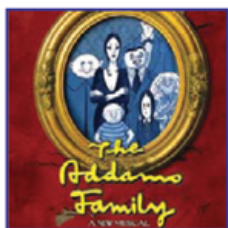
Johnson’s education would be a little different, though.

She started in the National Museum of Ireland, where human

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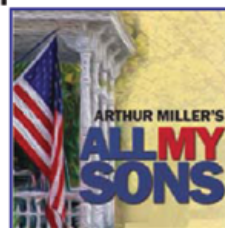
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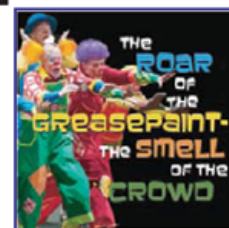
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remains from the country's peat bogs lie, awaiting study. They were "riveting," she says, but she was surprised to learn that bog bodies do not require "a lot of excavations..."

From there, she worked on St. Eustatius, a Caribbean island where the surroundings were "toxic" and projects were plentiful, but not as eagerly excavated as they once were. She spent time with a New York archaeologist who makes Stone-Age tools in order to fully understand how they work. She learned how ancient science is teaming up with craft breweries to create beverages from residue found in thousand-year-old pots. She fell in love with "pig dragons," saw why the "future of archaeology lies underwater," and discovered how women fought for a spot in the trenches. She visited "the most important archaeological site in the United States" and learned how archaeology played a part, post-9/11. And she writes about how amateurs are the thorn in – and possibly the future of – archaeology today.

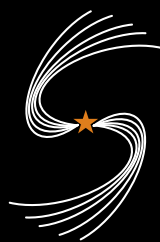
Is one man's trash another man's treasure?

Could be – and bones, too, as author Marilyn Johnson indicates, but she also shows that archaeology isn't Indiana-Jones-romantic, either; in fact, it's backbreaking, sometimes thankless work that many countries and businesses don't perceive as important. Time and again, Johnson writes about projects scuttled, archaeologists discouraged, and history lost because bones and detritus were lost due to lack of money or corporate pressure.

And yet, despite that which surely will make historians gasp, there's a certain kid-like fascination locked in this book. Johnson's enthusiasm for her subject is infectious and she shares what she learned in the field. Her curiosity lays ours to rest, and I loved it.

Read this book, and you'll never look at dirt quite the same. You'll never step outside without wondering what you're stepping on. Read it, because "Lives in Ruins" is a book you can really dig.

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



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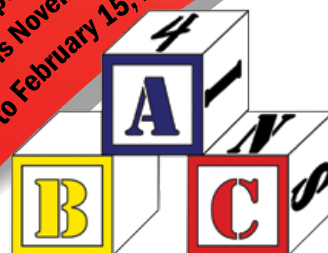
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Rich Little Still Impresses

At 76, veteran comedian and impressionist Rich Little is still zigzagging the country doing one-man shows.

Impressions have been Little's stock and trade since his school days in Ottawa, Canada.

"I would answer teachers' questions in their own voices," said Little, from his home in Las Vegas. "Pretty soon, they stopped asking me questions!"

That was over 60 years ago. Today, crowds still flock to see the man who claims a repertoire of over 200 voices.

Unlike ordinary comedians, Little says impressionists have double-duty on stage.

"You've got to do a convincing impression and also tell jokes in that character," he explained. "It's really all about concentration when you do impressions and becoming the person. Sometimes when I really get into Johnny Carson, I'll come off stage and find myself writing out an alimony check!"

While Little's performances focus mostly on deceased actors, celebrities, and politicians such as John Wayne, Jimmy Stewart, George Burns, and Ronald Reagan, he also tackles more contemporary personalities.

"You have to keep it topical," he said. "I don't know what the future holds for me, but if Hillary becomes president, I may be in big trouble!"

Although Little does some female impressions, such as Dr. Ruth, Carol Channing, and Jean Stapleton, he says Mrs. Clinton is tough to mimic. "She needs to develop a lisp or a rasp or twitch to make her a little more distinctive."

While he does a convincing Jack Nicholson, Arnold Schwarzenegger, Willie Nelson, George Bush and Bill Clinton, impersonating today's younger stars is challenging due to their lack of distinguishing voices and body language.

"So many of the stars of the silver-screen era had distinctive voices, walks, hand gestures, and facial mannerisms," noted

Little. "But how do you do Brad Pitt, Johnny Depp, or Leonardo DiCaprio? Their voices just aren't that distinctive. Even Robert Redford is near impossible to do."

In addition to his vocal talents, Little also draws sketches of celebrities.

"I've dabbled in art all my life, charcoal portraits mostly," he said. "I've done hundreds of sketches over the years. I guess I have these people in my head and I can put that down on paper as well as voice. I've also done people other than the ones I imitate, like Meryl Streep and Tom Cruise. I did a pretty good portrait of Tom, but it wasn't easy because he kept bouncing up and down on the sofa!"

Despite the strain impressionists place on their vocal chords, Little says his voice has held up well over the years. He has never taken voice lessons or studied the science of speech, relying on natural talent and hard work. "I just listen over and over again to a new voice and practice until I get it right."

And no, his voice is not insured.

"I once contacted Lloyds of London, but they wanted something like \$50,000 a year to insure my voice," said Little.

So has Rich ever been tempted to use his talents to mimic a celebrity for personal gain? Well, sort of, he says.

"Years ago when I was starting out, I ordered room service as Cary Grant – and found he got much faster service than Rich Little usually did. When the food arrived and they asked for Mr. Grant, I just took the food and said he was in the shower."

Of course, not all his impressions commanded the same respect.

"I once ordered a cheeseburger as Richard Nixon," he recalled. "I'm still waiting for it."

Little's web site: www.richlittle.com

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written for over 500 magazines and newspapers.

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Recent DVD Releases

by **Mark Glass**,
*an officer & director of the
 St. Louis Film Critics Association.*

St. Vincent ★★★★★

(PG-13) Bill Murray shines as a curmudgeon with a gooey center in this sentimental comedy that gets surprisingly good mileage from a familiar premise. A single mom (Melissa McCarthy) with an undersized son moves into the house next to Bill's run-down abode. He seems to hate everyone - himself included - but winds up baby-sitting for the lad while mom works many late nights to support them. Bill boozes excessively, gambles poorly and spends considerable time with a pregnant hooker (delightfully played against type by Naomi Watts). There are also some more admirable aspects of his history and nature lurking beneath the hard shell he's so masterfully crafted.



The inevitable ups and downs of such set-ups play out as they must, but the cast and some sharp dialog from writer/director Ted Melfi (especially impressive, since this is his feature debut wearing either of those hats) make the heart and humor sides work quite nicely. Even the sillier developments seem tolerable just because the actors do so well individually and collectively. It's particularly gratifying to see McCarthy in such a relatively low-key role after so many over-the-top gigs in broad comedies like *The Heat*, *Identity Thief* and the *Hangover* series. Her character is arguably the sanest, calmest one in the bunch, giving her fans a fine change of pace. But it's Murray's superb mix of sarcasm and softness that holds it all hold together. This may be the natural progression of his persona, from the overgrown man-child of *Stripes* and two *Ghostbusters* outings, to his odd competition with a shrewd teenager in *Rushmore*, to the lost soul of *Broken Flowers*, to this surly old guy who yells at the neighbors while wishing he knew how to be friends with them. The net result is an audience that will laugh enough along the way before misting up at the end. Game, set and match.

John Wick ★★★★★

(R) Keanu Reeves stars in a rather standard-issue revenge flick, stylistically bearing more resemblance to shoot-em-up video games than to cinematic crime fare. He plays a go-to hit man for Russian mobsters who was allowed to retire from the biz for true love about five years earlier. But just after his wife dies, the son of his former boss



unwittingly messes with the wrong guy, and at the worst possible time. Thus begins the ensuing bloodbath.

Reeves' eponymous character is described as being so cold-blooded and efficient at his former craft that he's not the Boogeyman - he's the one you send to kill the Boogeyman. It's a natural vehicle for Reeves, since few displays of emotion, or even lines of dialog, are required. Willem Da-friend-or-foe (you'll understand when you see it), Ian McShane, John Leguizamo and Bridget Moynihan appear in roles that are surprisingly small for such a non-prestigious piece of escapism. Directors David Leitch and Chad Stahelski, both having plenty of experience in flicks trading far more heavily on brawn than brains, deliver all the adrenalin rushes one might hope to find in an efficient package. Leave your cerebral functions in the car; this one's all visceral. In fact, I probably shouldn't have used the term "eponymous"; it's thematically overqualified.

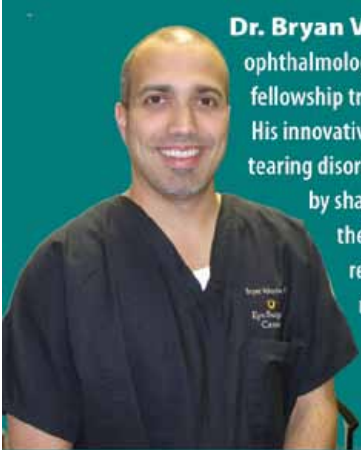
The Theory of Everything ★★★★★☆

(PG-13) After successfully avoiding most math and science courses throughout the discretionary years of my education, I'm not the most likely candidate for grasping the academic content of this fine biopic of megamind Stephen Hawking, covering the years from his graduate studies at Cambridge just before the onset of ALS (Lou Gehrig's Disease that eventually left him almost completely paralyzed and speechless to the present. His personality and journey are presented in a surprisingly engaging and accessible package, thanks mainly to the brilliant screenplay based on *My Life with Stephen*, by his wife, Jane, who he met at school shortly before the symptoms began. Eddie Redmayne and Felicity Jones deliver award-worthy performances as the couple. Hawking's dire 1963 prognosis of a two-year life expectancy has been wrong for 50 years, and counting.

What may surprise many who only know Hawking as the wheelchair-bound genius who can only speak electronically is the wit and charm that beat the tar out of standard physics-geek stereotyping. His scholastic purity and zeal are established by the fact that worldwide acclaim for his breakthrough calculations on black holes didn't keep him from debunking that work as soon as he peeled back the next layer of understanding the nature of existence. We see the purity of his process contrasted with intellectual doubters and religious leaders who saw science as a potential either/or with their concept of God.

Even while appreciating how the math and science were easier to follow than in the latest hot space epic, *Interstellar*, the personal level of Stephen and Jane's lives is even more compelling. Don't let the brainiac subject deter those who appreciate fine tales well told. If you were moved by *The King's Speech*, you're likely to appreciate this one. It may also prove to be a good warm up for Benedict Cumberbatch's imminent turn as math diety (and WW II unsung hero) Alan Turing in *The Imitation Game*. You never know how much of this will be on the final.






Dr. Bryan Vekovius is a board certified ophthalmologist, who is one of the only specialists fellowship trained in treating tearing disorders. His innovative approach to treat dry eye and tearing disorders has improved the lives of many by sharpening their vision and improving their quality of life. He is also a recognized expert in cosmetic and reconstructive surgery of the eye, orbit bones, and eyelids. He has pioneered modern eye techniques to focus on the health of the eye as well as on cosmetic appearance.

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- ½ cup extra virgin olive oil
- ½ cup balsamic vinegar
- 2 cloves garlic, finely chopped
- 2 teaspoons mixed dried herbs, such as thyme, rosemary, oregano or marjoram
- Salt and freshly ground black pepper
- 2 pork tenderloins (10–12 ounces each)
- 2 red, yellow or green bell peppers, cored and cut into 1½-inch pieces
- 2 medium yellow onions, cut into ¾-inch wedges
- 1 small eggplant, cut into 1-inch pieces
- Extra virgin olive oil, for drizzling

To prepare marinade, combine olive oil, balsamic vinegar, garlic and herbs in bowl. Whisk until blended; add salt and pepper to taste.

Place 2 pork tenderloins in large sealable plastic bag. Pour in half marinade and refrigerate for 1 hour or overnight, turning bag occasionally.

Preheat oven to 400°F.

Pour remaining marinade over peppers, onions and eggplant and toss. Arrange vegetables in large oiled roasting pan. Roast in preheated oven 15 minutes.

In meantime, heat large non-stick skillet over medium-high heat. Remove pork from marinade. Add to skillet and brown on all sides.

Transfer pork to pan of roasted vegetables. Return to oven for 20–25 minutes or until pork registers 155°F on meat thermometer. Slice pork and serve with roasted vegetables. Drizzle olive oil over finished dish.



Cranberry Walnut Pound Cake

Servings: 12–16

- 1 cup all-purpose flour
- 1 cup whole wheat pastry flour or 2 cups all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- 1 teaspoon salt
- ¼ teaspoon cinnamon
- 4 large eggs
- 1⅓ cups granulated sugar
- ½ cup extra light tasting olive oil
- 1 teaspoon vanilla extract
- ½ cup low-fat sour cream
- ½ cup finely chopped walnuts
- ¾ cup fresh cranberries, finely chopped

Preheat oven to 350°F. Generously coat Bundt pan with olive oil.

In small bowl, combine flours, baking powder, baking soda, salt and cinnamon.

In large bowl, beat eggs with handheld mixer until light and slightly increased in volume. Add sugar slowly while continuing to beat. Mixture will become light and fluffy. Add olive oil and vanilla extract and beat another 2 minutes.

Alternately add dry ingredients and sour cream to batter, beating between additions. Gently fold in chopped nuts and cranberries.

Transfer batter to prepared pan.

Bake at 350°F for 60–65 minutes or until toothpick inserted into center comes out clean.

Cool in pan on wire rack for 10 minutes. Then invert pan onto rack to remove and cool completely.

Broccoli Gratin with Crunchy Herb Topping

Servings: 4

- 1 bunch broccoli, cut into florets
- Sea or kosher salt, to taste
- ¼ cup extra light tasting olive oil
- 1 small onion, chopped
- 2 tablespoons all-purpose flour
- 1 ½ cups low-fat milk
- ⅓ cup grated parmesan cheese
- 1 tablespoon flat-leaf parsley, chopped
- Freshly ground black pepper, to taste
- 3 tablespoons extra virgin olive oil
- 1 clove garlic, finely chopped
- 1 tablespoon fresh thyme leaves, finely chopped
- 6 tablespoons breadcrumbs

Bring large pot of water to rapid boil. Add broccoli and salt to taste. Blanch for 3 minutes. Drain and refresh under cold water and drain again. Pat dry with paper towels and transfer to bowl.

Preheat oven to 400°F. Oil small gratin pan.

For sauce, heat extra light tasting olive oil in medium saucepan over medium heat. Add onion and cook until tender. Add flour and stir until foamy. Pour in milk and cook, stirring continuously until mixture comes to boil and thickens. Stir in Parmesan cheese and parsley and cook until cheese is melted. Season with salt and pepper, to taste. Coat broccoli evenly with sauce. Transfer broccoli to gratin pan.

For topping, heat extra virgin olive oil in nonstick skillet. Add garlic and thyme and cook until garlic is golden. Add breadcrumbs and toss until lightly browned. Sprinkle topping over baking dish and bake for 20 minutes until hot and bubbly. Serve immediately.



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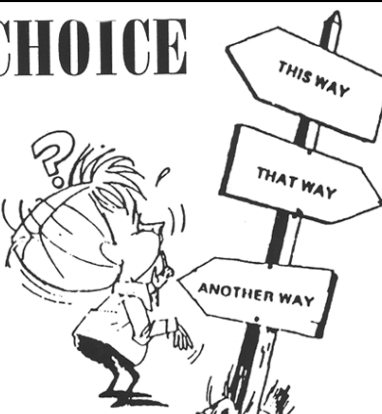
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CONCERTS

Spring is in the Air! - Shreveport Symphony. Saturday, February 28 at 7:30 p.m. @ RiverView Theatre in downtown Shreveport. Music, nature, and dancers will be in the air for this unique performance that includes the Frequent Flyers® Aerial Dance company performing to the music of Aaron Copland's *Appalachian Spring*. Tickets: \$17 - \$58. Call the box office at 318-227-TUNE (8863). www.shreveportsymphony.com

DRIVER SAFETY

AARP Smart Driver Program - 4 hour classroom refresher course which may qualify participants age 55+ for a 3 year car insurance reduction or discount. Seating is limited. Participants must **preregister**. \$15 for AARP members (AARP card required); \$20 for non-AARP members. Correct change or checks payable to AARP.

• Feb. 6: 8:30 a.m. - 12:30 p.m.
Caddo Parish Sheriff's Office, 1121

Forum Drive, Shreveport. Contact Claire Crawford 318-681-0869.

• Feb. 14: 8:30 a.m. - 12:30 p.m.
Hebert's Town and Country, 1155 E. Bert Kouns Ind. Loop, Shreveport. Hosts: Hebert's and *The Best of Times*. Contact: 318-221-9000

EVENTS

Book Signing of "The Caleb Years" - by local author David Ingerson on Saturday, Feb. 28 from 2:00 to 4:00 p.m. at Barnes and Noble, 6646 Youree Drive in Shreveport. This book has been endorsed by *New York Times* best selling authors Eugene Peterson; Mark Batterson, and Joel Belz.

WAM (Wine Art Music) - Presented by the Bossier Arts Council and Boomtown Casino at Boomtown Casino's 1800 Prime Restaurant in Bossier City. Thurs. Feb. 5 at 5:30 p.m. Featuring wine and food pairings, music courtesy of Twang Darkly, and visual art by local artist Julie Crews. \$20. www.bossierarts.org.

Lake Street and ending on East Kings Highway at Preston. Featuring decorative floats, bands, cups, and throws. **FREE.**

Krewe of Gemini Float Loading Party - Fri, Feb 13 beginning at 6:00 p.m. Krewe of Gemini Mardi Gras Museum, 2101 East Texas St., Bossier City. See the floats and meet Krewe royalty. **FREE** admission. Drinks and food are available for purchase. Get a sneak peak at the floats and throws. Music, food and drink vendors.

Krewe of Gemini Grand Parade - Saturday February 14 beginning at 4:30 p.m. in downtown Shreveport on Clyde Fant Parkway at Lake Street and ending on East Kings Highway at Preston. Featuring floats, beads, costumes, music and more! **FREE.**

KREWE ACTIVITIES

Krewe of Centaur Float Loading Party - Fri., Feb. 6 beginning at 6:00 p.m. Krewe den, 351 Aero Dr, Shreveport. See the floats and meet Krewe royalty. **FREE** admission. Drinks and food are available for purchase.

Krewe of Centaur Parade - "Movies, Music and Mayhem". Saturday February 7 beginning at 4:30 p.m. in downtown Shreveport on Clyde Fant Parkway at

MEETINGS

Ark-La-Tex Genealogical Association, Inc. monthly meeting - 1:00 p.m., Sat., February 14 at Randle T. Moore Center, 3101 Fairfield Ave., Shreveport. Featur-

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ing: Ray Stevenson, Antique Restorer and Collector. Topic: Preserving African American History. Admission is **FREE**. For more information call 318-746-1851.

GENCOM Genealogical Society - Sun., Feb. 22 from 2:00 to 4:00 p.m. at the Broadmoor Branch Library, 1212 Captain Shreve Drive, Shreveport. Ernie Roberson, Caddo Parish Registrar of Voters, Author, and Shreveport Area Historian will present "Interesting Facts About Shreveport at the Turn of the Century and Early 1900's", including exciting details and stories about the beginning of the State Fair, some stories about the early politics of Shreveport, and information about Shreveport postcards, of which he is an avid collector. Everyone is welcome and the meeting is **FREE** and open to the public. For more information call (318) 773-7406 or email jgjones09@gmail.com.

RANDALL T. MOORE SENIOR CENTER

Senior Center Fun - Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Caddo Council on Aging. Every Thursday and Friday. Coffee and cookies at 9:30 a.m. Program/speaker every Thursday at 10 a.m. Fridays Senior Tech Talk at 10 a.m., 1on1 Tech at 11 a.m. **FREE**.

- Thursday Feb. 5: 10:00 a.m. "Music by the Super Senior Singers"
- Friday Feb. 6: 10:00 a.m. Tech Talk for Seniors. Social Media Basics including: Facebook, Twitter and more
- Thursday Feb. 12: 10:00 "Loving our Seniors: Keeping your Heart Healthy" by Shea Fredrick of Lifepath Hospice
- Friday Feb. 13: 10:00 a.m. Senior Tech Talk. Introduction to Laptops,

tablets and smart phones

- Thursday Feb. 19: 10:00 a.m. "Living Your Heart" by Amanda Allen
- Friday Feb. 20: 10:00 a.m. Senior Tech Talk. Introduction to Laptops, tablets and smart phones
- Thursday Feb. 26: 10:00 a.m. "History of Bossier City" by Clif Cardin Bossier Parish Historian
- Friday Feb. 27: 10:00 a.m. Senior Tech Talk Introduction to Laptops, tablets and smart phones

SEMINAR

Asset Protection Planning for Your Long Term Care - Tuesday, February 24 at 3:00 pm at Montclair Park Assisted Living, 9100 East Kings Highway, Shreveport. Presented by attorney Kyle Moore and Client Care Coordinator Vickie Rech. Learn how to protect your family from devastating nursing home costs by qualifying for Medicaid; how Veterans Aid and Attendance pension benefits are available while you live at home, in a senior residential facility, or in a nursing home; and how to protect yourself from financial predators. **FREE** but reservations are required. RSVP to 318-222-2100, ask for Kyle's group.

THEATRE

All my Sons - February 26, 27, 28, March 5, 6, and 7 at 8 pm. March 1 and 8 at 2:00 pm. The Shreveport Little Theatre, 812 Margaret Place, Shreveport. *All My Sons* by Arthur Miller is the sad Post-World War II story about the Kellers, a seemingly "All American" family, but the father has concealed a great sin which resulted in the death of twenty-one American pilots during the war. Tickets

are \$18 - \$20. Call 318-424-4439 or boxoffice@shreveportlittletheatre.com.

Guys and Dolls - Thursday, February 5 at 8:00 p.m. at The Strand Theatre, 619 Louisiana Ave., Shreveport. Considered by many to be the perfect musical comedy, this romantic romp introduces us to a cast of vivid characters. The original and its many revivals have won too many Tony Awards to name. Ticket prices: \$68.50, \$55.50, \$35.50. Call (318) 226-8555. www.thestrandtheatre.com

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1964 — The Tribute (Beatles)

Saturday, November 15, 2014

Darlene Love Christmas Show

Friday, December 5, 2014

Charles Dickens' A Christmas Carol

Saturday, December 6, 2014

Guys and Dolls

Thursday, February 5, 2015

Seven Brides for Seven Brothers

Friday, March 13, 2015

Million Dollar Quartet

Thursday, April 23, 2015

Broadway by Jeri (Jeri Sager)

Saturday, May 16, 2015

Mamma Mia!

Thursday, June 18, 2015

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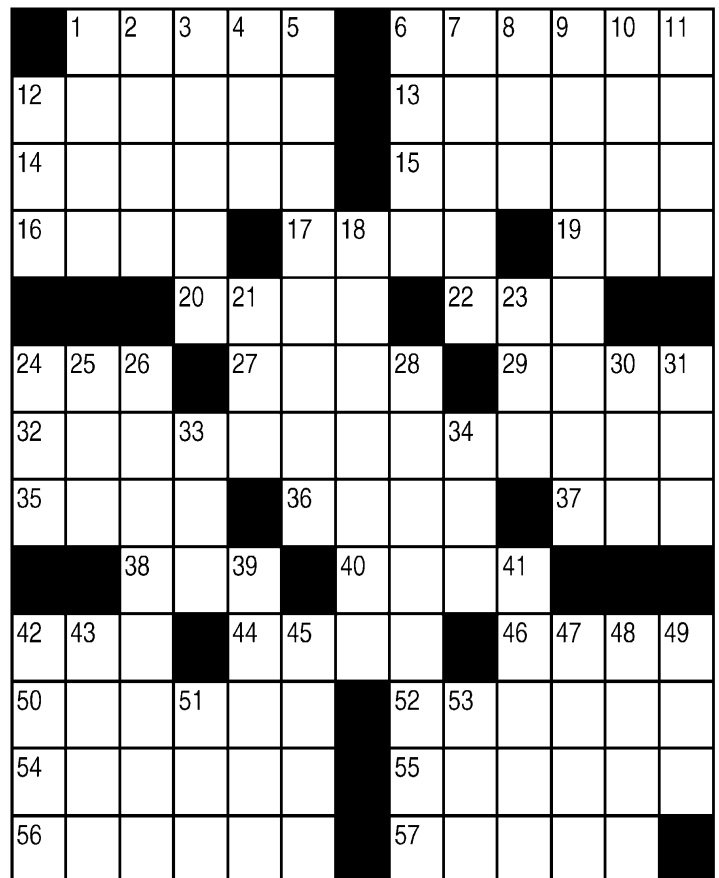
www.thestrandtheatre.com

King Crossword

Puzzle answers on
page 44

ACROSS

- 1 Intelligent
6 Haunt
12 Kid's injury
13 Quick look
14 Donkey,
often
15 Vacationer's
car, possi-
bly
16 Eliot-based
musical
17 Haber-
dasher's
rackful
19 "—
Believer"
20 Porno-
graphy
22 Perched
24 Pair with
an air
27 Lobs' paths
29 "Galloping
dominoes"
32 In people?
35 "Ice Loves
—"
36 Eat
37 Bribe
38 Yoko of
music
40 In the offing
42 Core of a PC
44 Autograph
46 In the thick
of
50 Smack, so
to speak
52 Basic drive



- 54 Gave out
55 Up
56 Verse
57 Actress
Naomi
10 Con game
11 Actress Ward
12 Telly option
18 Pruritic
21 Buddy
23 Do sum
work?
24 Medico
25 Faraway
transport?
26 "Certainly"
28 Marc
Mezvinsky,
to Bill and
Hillary
30 — -Magnon
31 Sixth sense
33 Charged bit
34 Journey
segment
39 Wicker
willow
41 Custom
42 Dale's pal
43 Mexican
money
45 Race place
47 Atomizer
output
48 Date of
destiny
49 Dress in
51 Chic no
more
53 Playwright
Levin

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

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

Agent	Combination	Hush-hush	Recipe
Cipher	Confidant	Mystery	Spy
Clandestine	Covert	Password	Undercover
Code	Formula	Private	

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Sudoku

by Linda Thistle

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

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

Difficulty: ★

★ Moderate ★★ Challenging
 ★★★ HOO BOY!

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(Puzzles on pages 42-43)

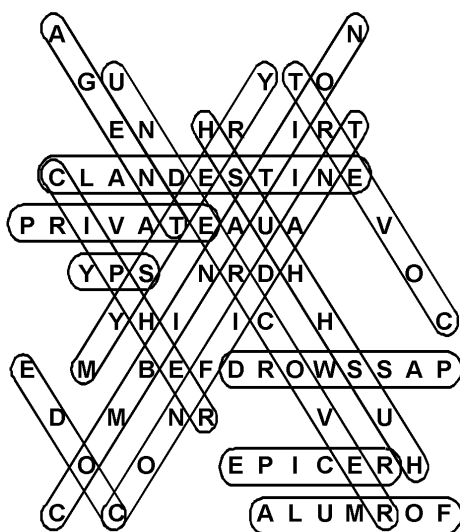
King Crossword

Answers

Solution time: 24 mins.

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

CAN YOU KEEP A SECRET?



SUDOKU

Answer

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

ANSWERS FROM THE EXPERTS

My father is taking many prescription medications and is about to be admitted to a nursing home for rehab care from hip surgery. How will he get prescriptions refilled and will Medicare cover them?

The hospital's discharging physician will write orders for medications. Generally, the nursing home's primary pharmacy will dispense the meds and they will be delivered to the center the same day. As to cost, if your father admits under Medicare Part A, the medications are paid for by the nursing center. If he admits as private pay, either your father or his prescription drug plan will be billed for the costs. If he is eligible for Medicaid and has been awarded benefits, the pharmacy will bill Medicaid for reimbursement.



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

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It depends. Rotator cuff tears are a common source of shoulder pain, which increases in incidence with advancing age. A person can have a rotator cuff tear without experiencing pain. (The incidence varies from a reported 5% to 40%.) 40% of tears will enlarge, and of these, 80% will be symptomatic. 20% of patients remain symptom free for a 5 year period. There is no evidence that delaying surgery to attempt a non-operative treatment protocol adversely affects results. If you have significant weakness and/or a large tear, surgery may be advisable sooner. MRI's are valuable tests to determine tear anatomy and degree.



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February Parting Shots

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to editor.calligas@gmail.com



Carlos and Maria Colon at Shreveport Little Theatre



Tina
and
Gary Calligas
welcome new
granddaughter Claire.



Alan Little
celebrates his
birthday with
wife Sheryl at
Vintage Restaurant
in the ElDorado.

The Northwest Louisiana Master Gardeners recently announced this year's recipients of NWLAMG community grants to organizations and municipalities that support beautification and horticultural education within the community. (l to r) Major Carla Binnix and LeKesha Mosley with The Salvation Army, Garrett Johnson and LaToya White with The Philadelphia Center, Renate Michael and Becky Miller with University Elementary School, and Cheila Malone and Shree' Young with The Town of Stonewall.



NurseCare of Shreveport held their
annual Christmas party on December 14.



(l to r) Ronald Cantrell, Larry Maxwell,
Velegg Maxwell, and Gary Hubbard



NurseCare Administrator Vicki Ott visits with
97-year old Pyra Calligas and Virginia
Smith (background).



Janette Boone (left) and Rosie Burks enjoy the
live music.

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FEBRUARY PARTING SHOTS (continued)

Over 60 community members put on white lab coats and attended Mini Med School at LSU Health Shreveport during the month of January to get a taste of medical school. Taught by medical school leaders and faculty, attendees learned about important health topics and the latest developments in medical fields.

Linda Sell with the first night's presenter, Dr. Terri Davis



Robert and Debbie Grand with Debbie's parents Mary and Marshall Martin



Vernon and Marilyn Varnell

Byron and Bobbie Trust



Mr. & Mrs. Claus drop by Mark Crawford's annual Christmas party



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