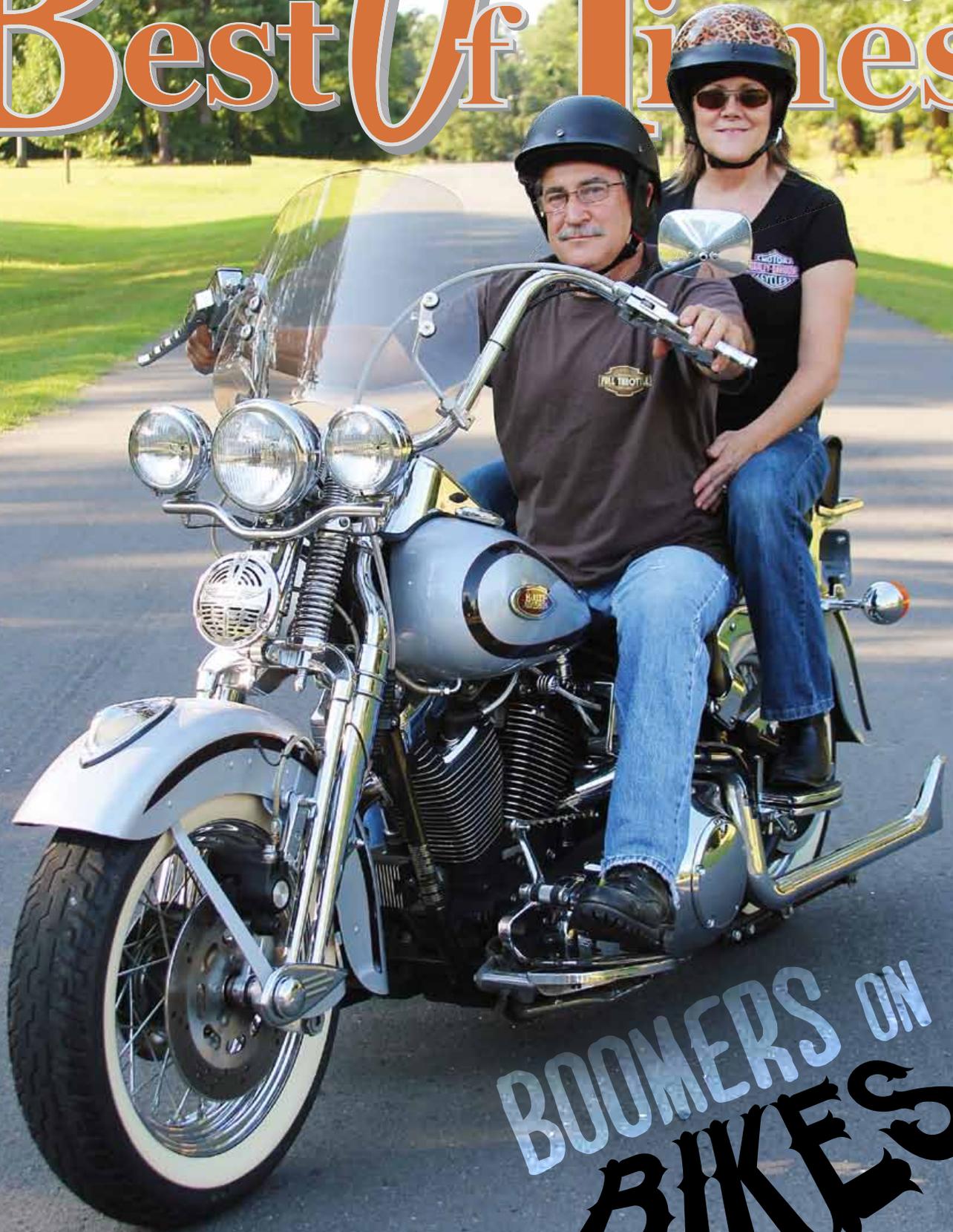


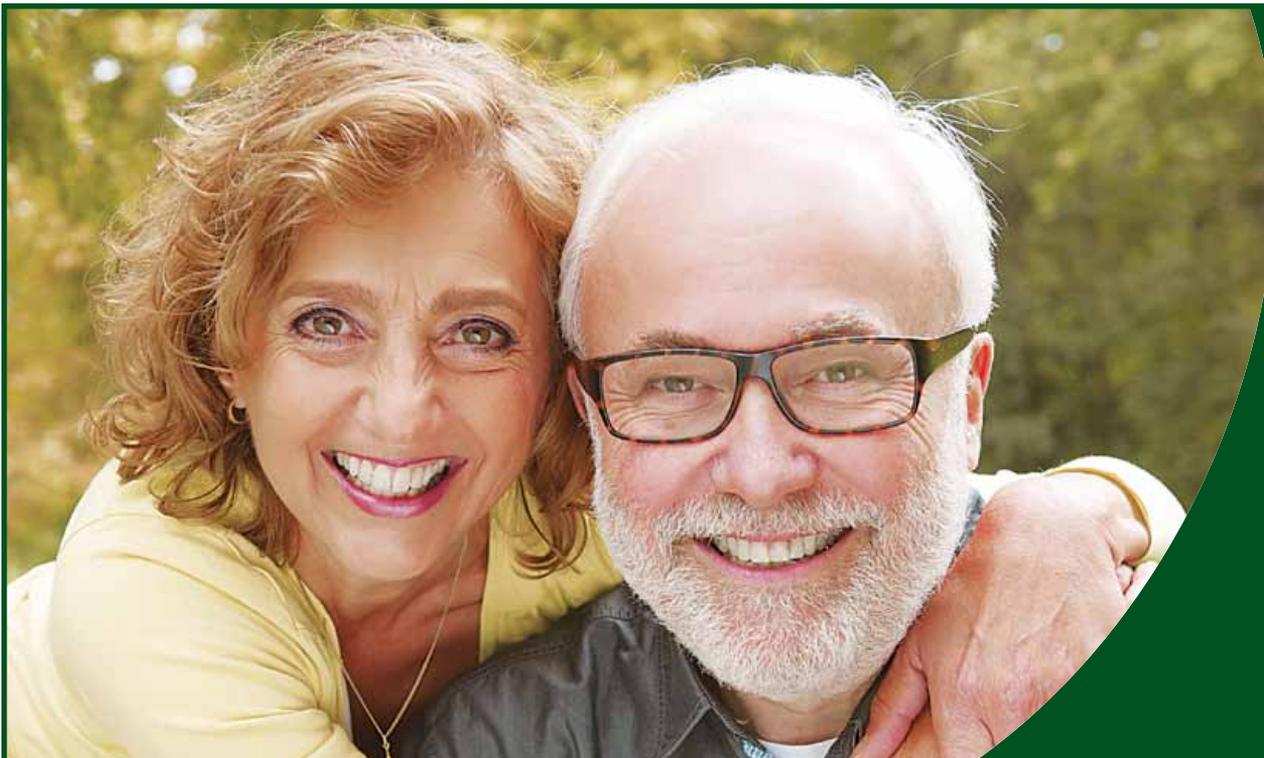
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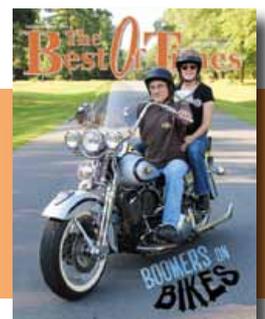
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ON THE COVER:

Mark and Theresa Rinaudo of Greenwood, LA regularly meet fellow biker friends to go cruising.
Photographer: Jessica Rinaudo





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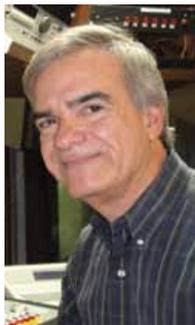
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Sept. 6

"Shreveport Symphony Orchestra's 2014-2015 season"

Guest: Lois Robinson and Michael Buttermann

Sept. 13

"Saving and enhancing lives through organ and tissue donation"

Guest: Sheron Raymond, Community Educator with Louisiana Organ Procurement Agency

Sept. 20

"Human genome sequencing could revolutionize cancer treatment"

Guests: Dr. Rodney Schackelford, Molecular pathologist and Assistant Professor of Pathology at LSUHSC

Sept. 27

"The latest in the diagnosis and treatment of Alzheimer's Disease"

Guest: Dr. Monica Parker, Assistant Professor of Medicine at Emory University in Atlanta, Georgia

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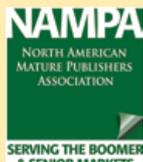
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Yevgeny Yontov, Piano

NOVEMBER 22, 2014, 7:30 PM

Works by SZYMANOWSKI, BEETHOVEN & MOZART

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Gary Mauer & Elizabeth Southard

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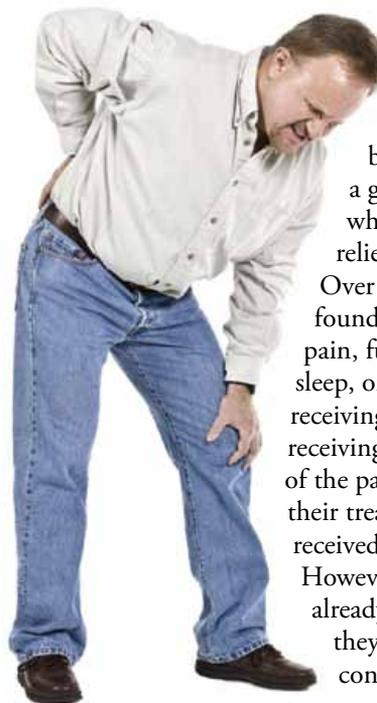


**DIABETIC
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Stat! Medical News & Info

Acetaminophen No Better Than Placebo for Back Pain



A recent study published in *The Lancet* found that acetaminophen may not be helpful in treating lower back pain. Researchers studied a group of 1,643 people to see whether taking acetaminophen relieved their back pain symptoms. Over three months, the researchers found no significant differences in pain, functioning, recovery time, sleep, or quality of life between those receiving acetaminophen and those receiving placebo. About 75 percent of the participants were satisfied with their treatment course, whether they received acetaminophen or placebos. However, researchers state if someone already taking acetaminophen feels they are getting a benefit, then continue.

"A new study from UC San Francisco is the first to show that while the impact of life's stressors accumulate overtime and accelerate cellular aging, these negative effects may be reduced by maintaining a healthy diet, exercising and sleeping well. The paper was published in "Molecular Psychiatry".

Monitoring Pulse After Stroke May Prevent a Second Stroke

New research from Erlangen University suggests that regularly monitoring your pulse after a stroke or the pulse of a loved one who has experienced a stroke may be a simple and effective first step in detecting irregular heartbeat, a major cause of having a second stroke. The study is published in *Neurology*®.





Low Vitamin D Levels May Boost Alzheimer's Risk

Older adults with too little vitamin D in their blood may have twice the risk of developing Alzheimer's disease and dementia as seniors with sufficient levels of the "sunshine vitamin," a new study published in *Neurology*[®] finds. The research based on more than 1,600 adults over age 65 who were tracked for six years found the risk for Alzheimer's and other forms of dementia increased with the severity of vitamin D deficiency. The study found that people with low levels of vitamin D had a 53-percent increased risk of developing dementia and those who were severely deficient had a 125-percent increased risk compared to participants with normal levels of vitamin D. The study looked at blood levels of vitamin D, which includes vitamin D from food, supplements and sun exposure. Dietary vitamin D is found in fatty fish such as salmon, tuna or mackerel and milk, eggs and cheese. The results remained the same after researchers adjusted for other factors that could affect risk of dementia, such as education, smoking and alcohol consumption.

Hands-Only CPR Saves Lives

Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs - is a leading cause of death. When a person has a cardiac arrest, survival depends on immediately getting CPR from someone nearby.

Edward Stapleton, Associate Professor and Director of Pre-hospital Education, Stony Brook University School of Medicine, is urging everyone to learn CPR. "Hands-Only CPR has just two easy steps - If you see a teen or adult suddenly collapse, first, call 9-1-1; and then push hard and fast in the center of the chest," says Stapleton.

During Hands-Only CPR, there is no mouth-to-mouth breathing. You use your two hands to push hard and fast in a rhythmic motion in the center of the victim's chest. "It's helpful to keep pushing to the beat of the disco song "Stayin' Alive," says Stapleton. "People feel more confident and are more likely to remember the correct rate when trained to the beat of a familiar song."



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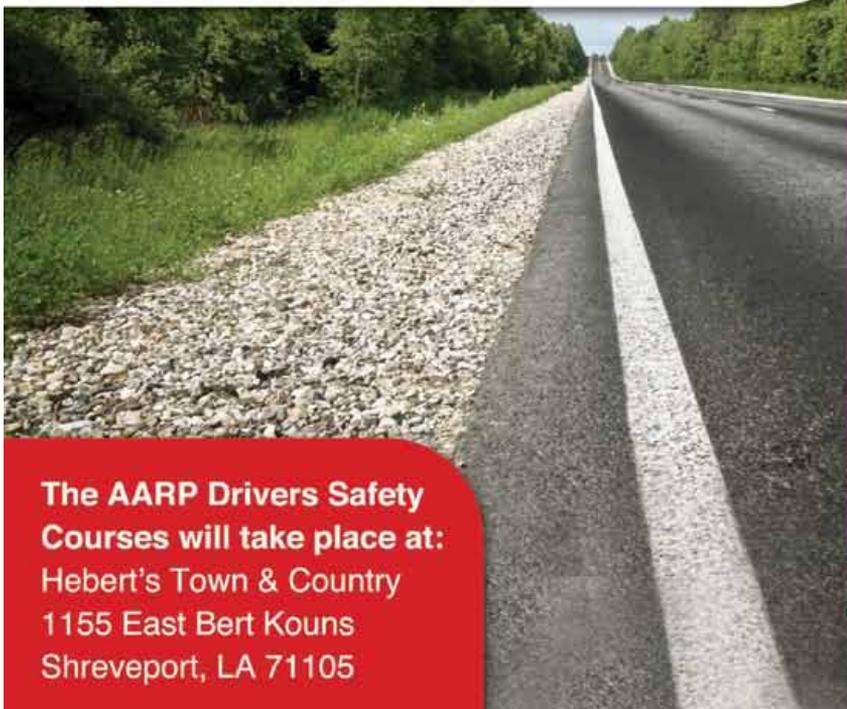
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8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, October 11, 2014
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, November 8, 2014
8:30 am to 12:30 pm
(Registration begins at 8 am)

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Mark Rinaudo of Greenwood, LA drives his Harley Davidson Heritage Softail Springer.
(Photo by Jessica Rinaudo)

BABY BOOMERS ARE A GROWING POPULATION AMONG MOTORCYCLE ENTHUSIASTS

BOOMERS ON BIKES

by Tara Bullock
with Jessica Rinaudo

Some people opt for traveling on two wheels instead of four, choosing a motorcycle over a car. They zoom down I-20, taking in stretches of pines. They travel out west, driving through deserts and passing tumbleweeds. They travel along the coast, smelling the sea air from the black pavement.

"It's just different. You smell things. You feel things. You're not caged in. You drive by a hayfield, and you smell the hay," said Steve Crow. Crow is a retired Army 1st Sergeant, now working at Red River Chevrolet.

Baby Boomers are a growing population among motorcycle enthusiasts. The average age of a Harley-Davidson buyer is 45 and his or her average salary is \$78,000 a year. With bikes costing about as much as a car (\$17,000 for a Standard Road King Classic), savings or an established income can be important for those interested in buying a motorcycle -- something many members of younger generations do not have. According to babyboomersbloom.com, approximately 25 to 30 percent of bikers are Boomers or older.

Crow said that some motorcycle enthusiasts refer to cars as cages, explaining that motorcycles allow a sense of

openness while cars can cause a sense of confinement.

"You don't have obstructions when you're on a motorcycle; it's like you're part of the area," Crow said. Crow has been riding motorcycles for most of his life; the only times he didn't own one was while living on certain bases. In addition to recreational riding, he serves as part of the Northwest Louisiana Patriot Guard Riders.

The Patriot Guard Riders (PGR) is a nonprofit, volunteer-based organization made up of a group of volunteers dedicated to honoring the nation's military, first responders and veterans. When a family loses a soldier, first responder, or veteran, they can invite the riders to attend funeral services.

Though Crow was not deployed during the Vietnam War, he remembers the way America's soldiers were treated when they arrived. He said soldiers were not welcomed home with respect, as they had fought in an unpopular war.

"As long as there is one Patriot Guard Rider left, that will never happen to an American soldier," Crow said. He said he enjoys being able to support the families, seeing them comforted by the support of PGR during their grief.

Volunteers do not have to ride motorcycles to join PGR. Some volunteers ride in cars to the funerals, showing support in their own way. For more information on Northwest Louisiana Patriot Guard Riders, visit their Facebook page.

The American Legion Riders is another service-based, nationwide motorcycle group. The organization is made up of members of the American Legion, American Legion Auxiliary, or Sons of the American Legion. The organization perform charitable work, raising money for hospitals, schools, veterans homes and wounded service members. The American Legion Riders also participate in the annual, nationwide event, Legion Legacy Run. They even raise money for the Legacy Scholarship Fund, a scholarship designed to offer scholarships to children of American military personnel killed since Sept. 11, 2001. The Shreveport area chapter of the American Legion Riders is Lowe-McFarlane, Louisiana Post 14. For more information, visit their website: lowemcfarlanepost14.org.

Crow also enjoys taking long road trips on his motorcycle. He plans to travel to Montana later this year. Whenever he travels, he wears his PGR vest to spread their message. He said that fellow travelers always ask about his vest.

“That’s one of my favorite parts about being a Patriot Guard Rider. I enjoy educating other people on what we do,” he said.

Todd Greer also enjoys embarking on motorcycle journeys, taking his Harley Davidson Streetline near and far. Greer, who works in environmental emergency response in Shreveport, takes his bike out about twice a week. Along with his group, made up of two CPAs and a pharmacist in the 40-60 age range, he takes one long trip a year. They travel to places like Colorado, New Mexico, Utah, Wyoming, Montana and

South Dakota, taking trips as long as 4,500 miles.

“The curves of the road form as you ride. You get to see more,” Greer said. Though a motorcycle journey takes longer than a flight, Greer says the sensory experience of traveling by motorcycle is worth it. Next year, the group plans to travel to Tennessee, visiting sites like the Smoky Mountains and the Biltmore Mansion.

Greer said one of the most difficult tasks about taking a long motorcycle trip is keeping all gear together. It’s also key to maintain the bike, routinely checking tires and pressure. He noted that many times on the road, he’ll find himself in the middle of nowhere. Though Harley dealerships can sometimes be a phone call away, it can be difficult to find help quickly on the road.

Even short, local rides provide a wealth of relaxation and can be great avenues for making friends. Mark and Theresa Rinaudo of Greenwood, LA have a group of fellow biker friends they meet up with to go cruising regularly.

“We really enjoy riding because you meet a lot of nice people,” said Mark. “That’s what it’s all about, you know, meeting people. The camaraderie of having something in common. It’s so much more enjoyable when you have somebody to ride with.”

“We all meet up at the Flying J in Greenwood with a group and ride to Jefferson, or somewhere like that,” added Theresa. “We mostly like to cruise on country roads and see the scenery.”

“It’s nice to get out on a mild day, get your thoughts together and get away from every day life,” said Mark.

Greer has ridden motorcycles since he was 14 years old, saying the process is natural for him. For first time riders, he recommends motorcycle classes. LSU Shreveport Continuing Education, for example, offers basic motorcycle classes.

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CURVES
OF THE ROAD
FORM AS YOU
RIDE,”



According to their website, the course is \$209. For more information, call 318-798-4177 or email continuinged@lsus.edu.

“It just helps you. It gives you good technique. I learned technique that I didn’t really know,” he said. He also recommends riding many bikes, test driving a variety.

“Take it home and keep it for the weekend. It’s important to make the right decision with a bike, especially since they’re as much as a car now.”

Worried about balancing on two wheels? Bombardier Recreational Products developed the Can-Am Spyder Roadster in 2007, a three-wheeled vehicle similar to a snowmobile. The roadster has ABS, stability control and traction control, designed to give the rider easy road handing.

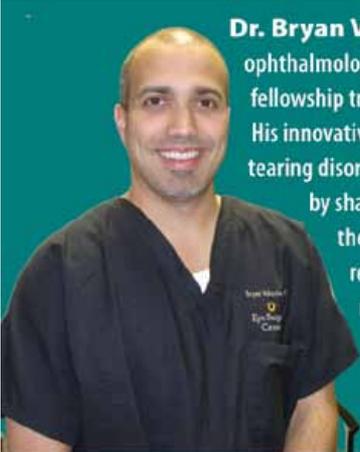


Shreveporter Shirley Kelley with her brother Joe Apple on a long distance ride to Pennsylvania.

No matter your bike choice, Crow and Greer recommend being safe and aware of one another on the road, always wearing a helmet and obeying traffic laws. Most of all, though, both riders express the importance of embracing the freedom of the bike.

“It’s kind of like back in the cowboy days. You’re by yourself and you’ve got to take care of yourself,” Greer said.

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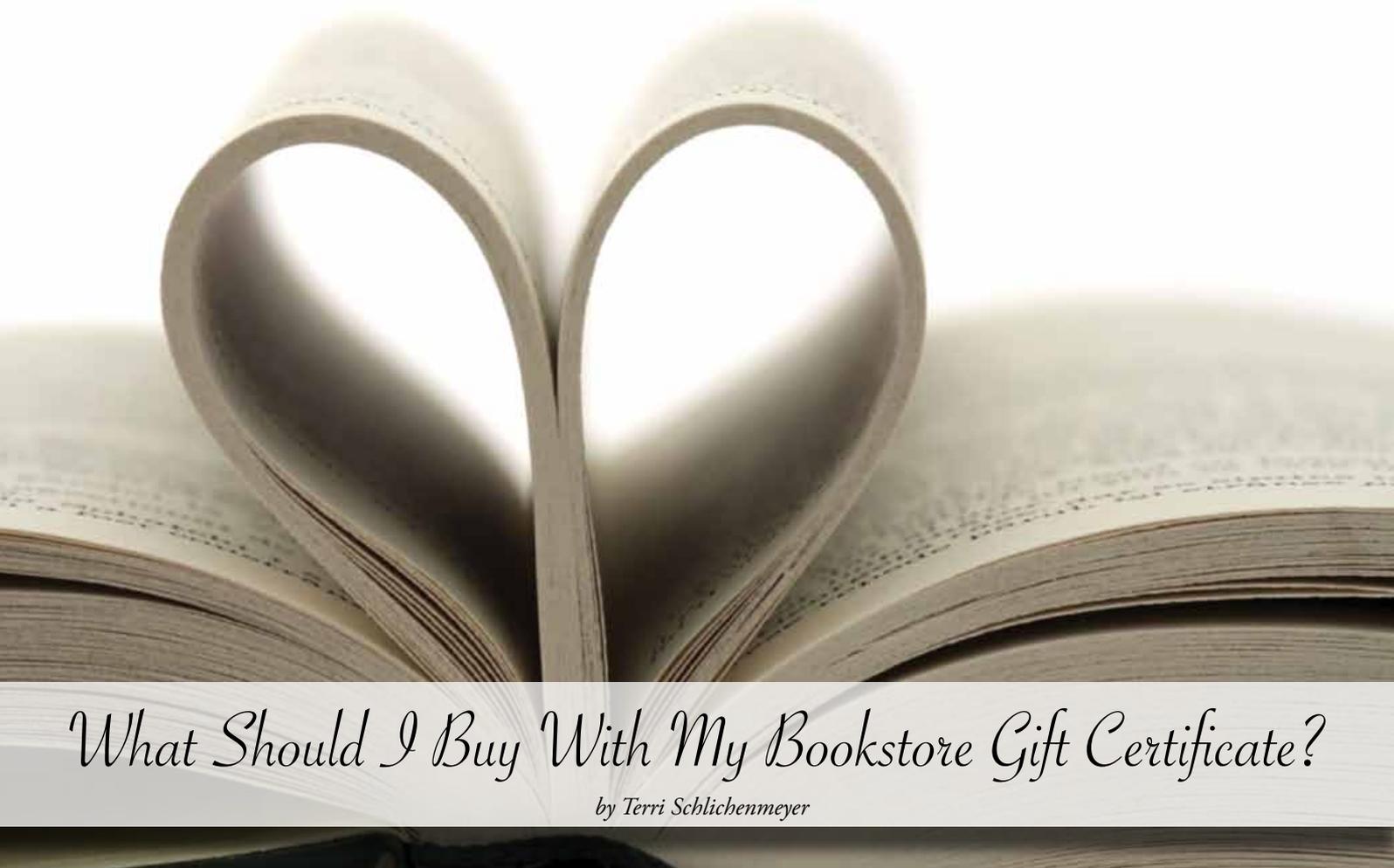
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What Should I Buy With My Bookstore Gift Certificate?

by Terri Schlichenmeyer

This time of year always does it to you: you start seeing places to clean. Any other time, there can be a whole warren of dust bunnies living with you, but that restless last part of summer...? Nope, gotta clean – which leads you to this year's big discovery: a Christmas bookstore gift certificate that you forgot but that you found.

So what to do with it? You could send it to me.

No, just kidding. Why not use it on any of these great reads:

Fiction

A forced suicide, a powerful family, and a long-buried secret are at the heart of “What We Lost in the Dark” by Jacquelyn Mitchard. When a young woman with a devastating disease loses her best friend, she knows who forced the girl into suicide. She knows, but what can she do? What can you do but read the latest novel from this beloved author? You might also like “Dirty Copper” by Jim Northrup. It's the story of a Native American Marine who returns to the Rez after a stint in Vietnam and becomes a lawman. Needless to say, that's not exactly what his fellow citizens want...

If a little fantasy is to your liking, then try “Killer Frost” by Jennifer Estep. This latest installment of the Mythos Academy features a little bit of romance, a little bit of humor, and a lot of darkness – which will please current fans and make new ones. Yes, you can read this book all by itself, but you'll be happier with at least one earlier one, to get you a bit more up to speed.

Mystery mavens might enjoy “Rivers to Blood” by Michael Lister. It's a noir-ish whodunit featuring a unique sleuth with an equally unique tie to crime. Here, he desperately tries to find

a maniacal escaped prisoner and a killer with a penchant for cruelty. This is the sixth book with this crime-solving character, so beware: it might propel you to find the other five in this series. And if you're still looking for your next whodunit, look for “Death Stalks Door County” by Patricia Skalka. It's a mystery set up North and it'll keep you guessing, whether you've traveled there or not.

Non-Fiction

Are you hooked on leaving your status? Can't get enough of the memes your friends are posting? Then you'll enjoy “Fake-book: A True Story. Based on Actual Lies” by Dave Cicirelli, a book about a Facebook experiment and what happens when a virtual life separates from the real one. And if that quirky book piques your interest, then you should also look for “A People's History of the Peculiar” by Nick Belardes. It's filled with quick-to-read entries about the weird, freaky, and unusual among us.

World War II buffs will surely want to read “Under the Eagle” by Samuel Holiday, Navajo Code Talker, and Robert S. McPherson. It's the story of Holiday's life, his childhood, his culture, and his service in the War. This decorated veteran's tale is one you won't want to miss...

Are you a Michael Perry fan yet? You will be after you've read “From the Top: Brief Transmissions from Tent Show Radio” by Michael Perry. This is a book filled with essays on this and that, a bit about something else, and comments that may make you nod your head in agreement.

If you dream of a different life and are constantly searching for a way to have it, “Ancient Treasures” by Brian Haughton

will help you dream. This fascinating book takes a look at riches found by treasure hunters, above ground, underwater, and under the sod. Take a look at this paperback and you'll never look at a plot of land the same again.

History fans won't want to miss "Tudor: The Family Story 1437-1603" by Leanda De Lisle. It's a thick book about Henry and Louis, Thomas Cromwell, Mrs. Henry I through VIII, Elisabeth the first, and her sister Mary. It's deliciously scandalous, wonderfully detailed, and irresistible, if you're a British history buff. Along the same lines, Downton Abbey fans will want "Servants: A Downstairs History of Britain from the Nineteenth Century to Modern Times" by Lucy Lethbridge.

If you're an animal lover – the wild kind or the wild-at-heart ones – you'll enjoy "Why Dogs Hump and Bees Get Depressed" by Marc Bekoff. This anthology of quick-to-read chapters takes a look at the emotional lives, friendships, and intelligence that animals possess, and what you can do to observe and preserve it. For skeptics and believers alike, this is an eye-opening, thought-provoking book. Another interesting book by an author you won't expect: "Myths of Love" by Dr. Ruth K. Westheimer and Jerome E. Singerman. It's a book about ancient mythology and what it has to do with love and romance today.

I was quite fascinated by "Folsom's 93: The Lives and Crimes of Folsom Prison's Executed Men" by April Moore. In this book, you'll read about despicable crimes, horrible murders, and the men who paid for their transgressions with the ultimate punishment. And even though most of these executions happened around 100 years ago, this book will still chill the true crime fan.

Health Related

If it looks like you're going to be a caretaker, then you may want to use your gift certificate to find "Happier Endings: A Meditation on Life and Death" by Erica Brown. It's a book about the end, how to lessen fears of it, and how to make life before it, grander.

Health care is another issue on the minds of a lot of people – and if you're one of them, then find "The American Health Care Paradox" by Elizabeth H. Bradley and Lauren A. Taylor. It's a book about why the cost of health care is going up but the outcome is, the authors profess, declining. There's outrage in this book, but there's hope, too, and that's something every adult needs to know.

Memoirs

If a memoir is more to your liking, try "This is the Story of a Happy Marriage" by Ann Patchett. This book – heartfelt and genuine – gives readers a peek inside the life of a beloved novel-

ist, her family, her thoughts, and her love.

I remember watching "The Great Santini" and then reading the book – or was it the other way around? Anyhow, you can guess how excited I was to see the true story that inspired it, "The Death of Santini" by Pat Conroy. It's the true story of Conroy's father, his mother, and the family dynamics that inspired Conroy's novels (and the movies). Bring tissues. You've been warned. For a lighter biography, look for "Romance is My Day Job" by Patience Bloom, a book about editing books about romance, and finding the real thing.

Popular belief says that farms are bucolic and peaceful but that's not always the case, as you'll see in "One Hundred and Four Horses" by Mandy Retzlaff. This is the story of a ranch, horses, and the war that separated them all from the land they loved. Horse-lovers won't be able to put this one down.

Readers who are interested in The Other Side will also be interested in reading "There's More to Life Than This" by Theresa Caputo, also known as The Long Island Medium. This book is part memoir, part anecdotal, part new-agey, and every bit as much fun as Caputo's show.

Your pugilist (or fan of the art) will love reading "Undisputed Truth" by Mike Tyson. This brick of a book is all about Tyson's life as he sees it, his career, and the men (and women) he's known. Excuse me for saying it, but this book packs a punch.

And now, the fine print: some books may have to be ordered from your local bookstore or library. Titles are subject to change. If you need more information, ask your very favorite bookseller and you'll get scads more information. Happy Reading!



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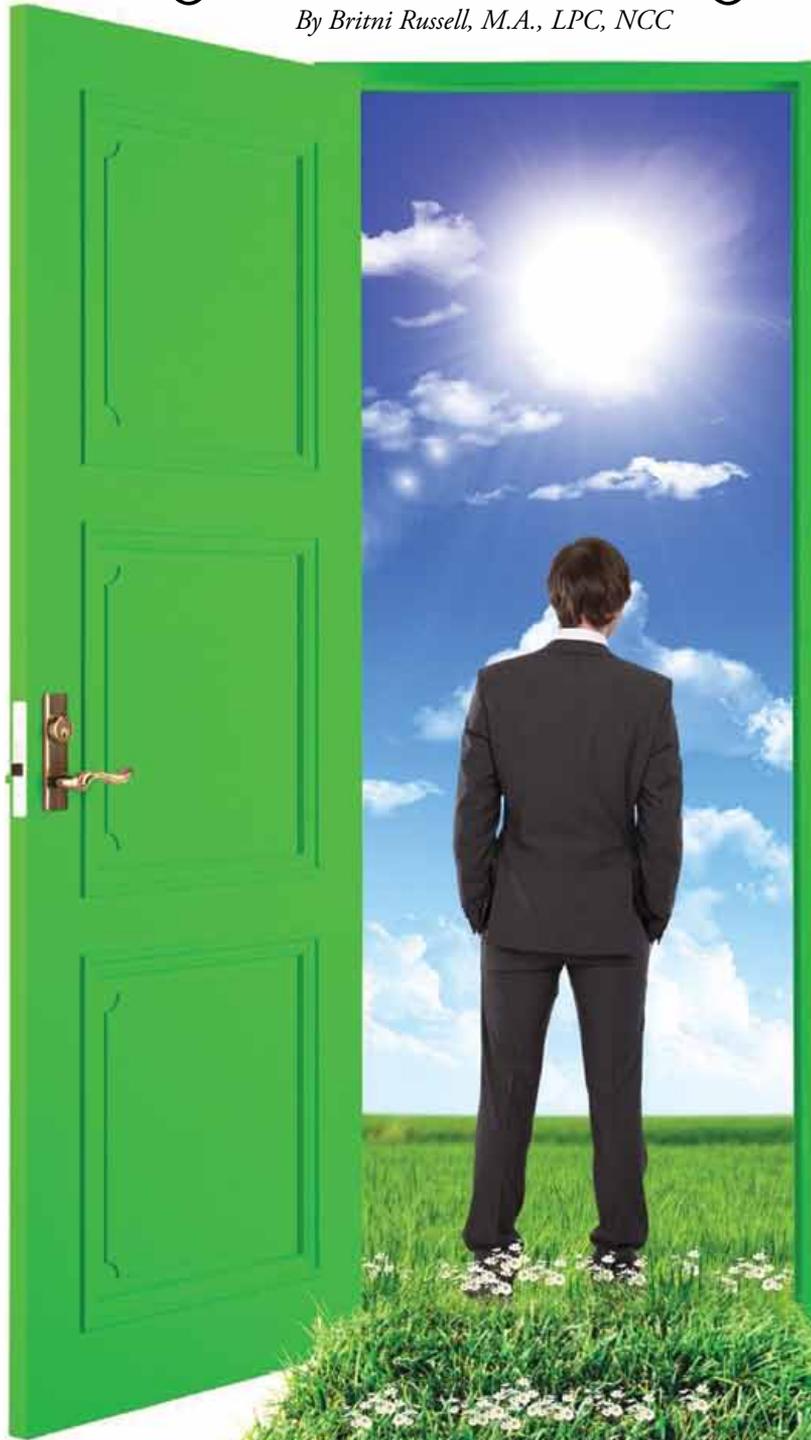
Tips on Making a Positive Change in Your Life

By Britni Russell, M.A., LPC, NCC

September is both self-awareness and self-improvement month, two topics that often go hand-in-hand.

The first step to making a change or self-improvement is self-awareness for how can we change if we are unaware that there is an area in our life in need of a positive adjustment?

A simple definition of self-awareness is to know yourself, but what does that really mean? Self-awareness means truly taking a look at yourself and asking some potentially tough questions such as “Do I know and like the person that I am?”, “What areas of myself and my life could use improvement?”, “Am I satisfied with my life?”, “Could things be better?” or “Is there something that I want to change?” – all good questions to ask yourself occasionally, but keep in mind that we are sometimes our own worst critic. Being aware of our own imperfections or a characteristic we may wish wasn't there can cause discomfort. Finding our flaws is simply no fun, but odds are we all have something that could use a little (or a lot) of work. We are human; therefore, we are imperfect.



So, can people really change? Can we really make improvements in our lives and ourselves overall? Change is often hard, but having witnessed many succeed in change, I am a big believer that it can be done.

In honor of self-awareness/self-improvement month, I encourage you to take time for self-reflection (asking yourself those tough questions.) Find a quiet place to do a little digging such as driving home from work (with the radio turned off) or during a relaxing soak in the tub. Asking these questions may not be easy. It is important to remember not to be too hard on yourself. Remember to not lose sight of the positive things about yourself and your life for which you are grateful. Remember that having some flaws or imperfections is normal and part of what makes you...well, you! Remember that you have the power to make changes where you see fit.

What is the next step to making a positive change? Make a commitment to doing it! Believe in yourself. Taking that first step may be difficult, but it is often very empowering. Here are a few tips on really making a positive change towards self-improvement:

- 1 Have someone or a support system hold you accountable.** Don't do it alone if you can help it. Tell a friend, family member, or counselor about your goal and let them

help when needed. Sometimes just saying your goal out loud can make it more real; meaning you will take it seriously and be more likely to take that initial step.

2 Write your goal down on paper.

Writing your goal down on paper is another way of making a mental commitment to it. Place it somewhere where you will be able to see it every day.

3 Write out a list of small steps to take that will get you to the end goal.

Having a well thought-out, detailed, and realistic plan will help you feel prepared and may alleviate any anxiety associated with what you should do first. As you succeed in making progress in small steps, you will begin to increasingly realize that the target goal is in sight and you will soon reach it.

4 Write down the reasons you want to make this improvement. How will this make your life better? Carry the list with you and look at it frequently as reminder or in moments of weakness.

5 Don't be too hard on yourself.

Leave room for mistakes. Change is not easy, and it may take a few (or many) attempts before getting it exactly right. That's ok! Learn from your mistakes along the way and don't give up on yourself or your goal. You can do it!

Britni Russell is a counselor with The Center for Families, a non-profit counseling agency dedicated to serving Northwest Louisiana.

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Take a Stand, Not a Seat

Current research says living a sedentary lifestyle is as dangerous as smoking, especially for older Americans, which is why experts are urging everyone to get up and go to help prevent serious illness and disease.

by Bev Bennett

Converting a couch into a cocoon as one curls up with a well-filled e-reader or a list of must-see television shows may be just what many are looking forward to after a long, hard day.

Embracing an easy chair may seem idyllic, especially for those with a physically demanding job.

However, the health consequences of too much sitting should make anyone stand up and take notice.

Being sedentary could put you at risk for a disability that makes the activities of daily living difficult in your senior years, according to a recent study from Northwestern University Feinberg School of Medicine, published in the *Journal of Physical Activity & Health*.

Just a short time of inactivity can affect muscles, according to Carol Ewing Garber, Ph.D., of the Department of Biobehavioral Sciences at Columbia University in New York.

Take it too easy and you also increase your potential for serious disease.

"If you don't break up sedentary periods you're more likely to develop heart disease or diabetes," says Garber.

Your body needs frequent movement to burn calories, maintain muscle, provide oxygen to cells and help prevent glucose and fat from building up.

Don't think you're off the hook if you get at least 150 minutes of moderate intensity aerobic activity a week, plus muscle strengthening at least twice a week, which are the recommendations for older adults.

The Northwestern study shows that bouts of exercise don't make up for long stretches of inactivity.

You should meet the exercise recommendations,

"Light intensity physical activity to break up sedentary behavior can reverse metabolic risk factors."

~ Jeremy Adam Steeves, Ph.D.,
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Every Moment of Every Life Matters

but it's equally important to keep moving, say health experts.

Although there's no prescription for how much you should move, the more activity you can do the better the health outcome, says Dorothy D. Dunlop, Ph.D., professor of medicine and preventive medicine at the Northwestern University Feinberg School of Medicine and lead author of the study.

Sitting is relatively new area of health research – separate from exercise – and one about which Dunlop and others are expressing concerns.

"It's wonderful that we get the 30-minute walk, but we have to pay attention to the whole day," says Marc Hamilton, Ph.D., professor in the Inactivity Physiology Laboratory at Pennington Biomedical Research Center in Baton Rouge, La.

Health experts are especially interested in getting seniors on their feet.

"My concern for the elderly is that they've chosen to be sedentary. They feel they've put in enough time working," Hamilton says.

Older adults on average spend almost two-thirds of their waking time being sedentary, according to the Northwestern Medicine study.

That's not optimal, but you don't have to embrace a strenuous regimen to improve your health.

Just standing instead of sitting while you're chatting on the phone may make a difference, according to Garber.

Becoming more mindful of the need to move helps.

Look for opportunities to replace some of your sitting time with light activity. Do it often enough and you'll make sustainable lifestyle changes, according to Dunlop.

Cues to a more active life are all around you.

The routine things you do every day like grocery shopping or taking out the garbage fit the definition of low-intensity physical activity.

Your body's energy demand to perform those chores is about twofold above what your body requires to perform its normal functions (resting metabolic rate), according to Hamilton's research.

Compare that with walking at a pace of close to a mile per hour, which takes about a 2.5-fold increase in energy demand, according to Hamilton's research. Dusting the furniture or picking up around the house is almost as effective.

"People might think that random movement wastes their time. They think they should go to the gym and exercise. LIPA takes care of some of that," says Hamilton.

What's more, if you ramp up your light activity you don't have to wait weeks or months for health benefits, according to Jeremy Adam Steeves, Ph.D., cancer prevention fellow at the National Cancer Institute in Bethesda, Md.

"An afternoon on the couch could put you at greater risk for disease, but it's simple to reverse if you start moving," Steeves says.

"Light intensity physical activity to break up sedentary behavior can reverse metabolic risk factors [your body's processes that increase your risk for diabetes and heart disease]," he says.

The opposite also is true.

"When you sit down and become inactive these responses quickly fade over time," Hamilton says.

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Uncover the Root Cause of Your Depression

Q Dear Pharmacist, I am saddened by the suicide of Robin Williams. I've dealt with depression on and off for years, and I was wondering if you have any natural suggestions for me to ask my doctor about? —L.C., FL.



Suzy COHEN, RPh

A When I hear a person say they've battled depression "on and off" for a long period of time, I ask the question why it is on and off? Something you are eating, doing, or taking is impacting you so much so, that your mood is affected. Hormone imbalances are frequently the problem, especially estrogen and testosterone. Thyroid hormone is my specialty, and if it drops too low, you get depressed. When it moves into a healthy range, you feel happy and content. When I say "normal range" I don't mean the normal reference range indicated on your lab test. My opinion is that the so-called normal range is based upon a sick and hypothyroid population. This may explain why you feel terrible but your levels are "normal." I don't go by labs, I go by clinical presentation.

I adored Robin Williams, he was brilliant, and behind his smiling eyes and hysterical jokes, he battled depression for years. You may feel the



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same way as you read this today, and I am glad you're still holding on. Depression is one of those conditions that people judge. Here are some reasons for depression that you might explore with the help of your physician:

Hypothyroidism and hypoadrenia - I've mentioned this one already, however, I want you to get a copy of my Thyroid Healthy book so you learn how to test properly. Testing and treatment is the key to your happiness. Also, do not take thyroid medicine until your adrenal glands are strong and healthy. You may need to be supported adaptogenic herbs, a healthy diet, relaxation and other stress reducers.

The Pill - Synthetic hormones for birth control or menopause reduce your body's levels of B vitamins and minerals to the point where you cannot manufacture happy brain chemicals. A reduction in key neurotransmitters such as norepinephrine, dopamine and serotonin causes depression. It could be on and off as you describe.

Statins and Binders - We know these drugs reduce CoQ10, but do you realize

they crash your ability to activate vitamin D? Ever heard of seasonal affective disorder or SAD? That is often related to low D levels so you might need D if you take cholesterol reducers.

Medications - Drugs mug life-sustaining nutrients. Ibuprofen steals folic acid, and diabetic drugs steal B12. Read my Drug Muggers book for more drug-induced nutrient depletions. If you take medications periodically, then you can't make neurotransmitters, then you deal with that "on and off" situation you describe.

Infections - Last on my list but huge news. Certain infections that we carry in our body can affect the brain. You can have bipolar, depression, insomnia and/or anxiety because of Bartonella, Lyme, syphilis, HIV, fungal infections (and their mycotoxins), herpes and many others. Clearing the infection improves mood better than any prescribed antidepressant.

This info is not intended to treat, cure, or diagnose your condition. Please visit www.SuzyCohen.com. ©2014 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.



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ARE YOU PREPARED?

Make Sure Your Family Has a Disaster Plan

By Jason Alderman

June 1 marked the beginning of hurricane season. Meanwhile, across much of the Western U.S., major droughts have greatly increased the danger for summer wildfires. And don't forget last winter's record-breaking winter storms – or the ongoing potential for earthquakes, tornados, floods and other natural disasters.

Such catastrophic events are inevitable, largely unpreventable and often strike without warning. Even though we can't always predict natural disasters, we can anticipate their likely aftermaths, including property loss, power or water service disruption and scarcity of food and supplies.

Sit down with your family and develop a disaster plan. By planning ahead and knowing what you might need under dire circumstances, you can save yourselves a lot of time, money and grief.

FEMA, the Federal Emergency

Management Agency (www.fema.gov), offers great suggestions for developing a family emergency plan, building an emergency supply kit, and learning what to do before, during and after emergencies (everything from home fires to terrorist attacks). They even provide an emergency plan for family pets.

Here are some emergency-planning ideas you may not have considered:

- Pick meeting spots both in and outside your neighborhood where your family can gather after an emergency.
- Choose one person (possibly out-of-town) everyone can contact for updates.
- Identify and stock essential items you'll need to survive for at least three days in case help is unavailable. Include ample water (at least a gallon per person, per day), non-perishable food, and medications. Don't forget water, food and supplies for pets.
- Stock an emergency kit with bat-

teries, flashlight, a battery-powered or hand-cranked radio, water-purification tablets, clothes, blankets, can opener, tools, toilet paper, moist towelettes, garbage bags, solar cellphone charger, etc.

- Make sure your kids know how to escape the house in case of fire.
- If a family member receives life-sustaining treatments (e.g., dialysis), identify alternate treatment locations in case yours becomes incapacitated.
- Take a picture of yourself with your pets in case you should become separated.
- Safely store emergency cash in case ATMs aren't working.

Should disaster strike, you'll need access to financial and legal records. Take these steps now to ensure easier access when the time comes:

- Create a log of all account numbers, emergency numbers, contact information and passwords for your bank and credit card accounts, loans, insurance policies,

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utilities and other important accounts.

- Update it regularly and save hard-copies in secure, offsite locations such as a safety deposit box or with a trusted friend living in another area.

- You can also email the list to yourself in an encrypted, password-protected file, save it on a CD or USB drive, or use a cloud-based storage service that will let you access it from any Internet connection.

- Make PDF copies of tax returns, insurance policies and legal documents and save offsite, as above, in case your files or computer are damaged. Also make digital copies of invaluable family photos, documents and memorabilia that money can't replace.

If you ever need to file an insurance claim or claim a tax deduction for lost, stolen or damaged property, it'll be much easier if you have an inventory of everything you own – photos or videos are even better. Try the Insurance Information Institute's free, secure home inventory software application (www.iii.org).

Also, investigate what is and isn't covered by your insurance policies for natural disasters. You may need additional coverage for damage associated with hurricanes, tornados, earthquakes and other weather conditions.

Bottom line: Having a family emergency plan in place could lessen the blow should disaster strike.

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



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Gwen's Law

by Judge Jeff Cox

I know that many of you have heard this law mentioned on television and in newspaper articles in the last couple of months. This law is named after Gwen Cox who was tragically murdered in Desoto Parish by her ex-husband. After her death, the legislature passed a bill to better protect domestic abuse victims where there had been previous domestic violence in the home. Domestic violence could include both physical and/or sexual abuse.

Gwen's Law only applies when the domestic abuse is considered to be a felony. This means that the person accused of abuse has a prior domestic abuse conviction on their record. The abuser can also fall under the statute if the domestic abuse is with strangulation or is a felony battery like second degree battery which causes loss of

consciousness or disfigurement.

Gwen's Law tightens bail restrictions for domestic violence offenders. The law provides a contradictory bail hearing shall be held prior to setting bail for a person in custody who is charged with a felony

offense against the defendant's family or household member or against the offender's dating partner. The law further provides that the hearing must be held within five days, exclusive of weekends and holidays. It further provides, the court shall, at the hearing and with the consent of the prosecuting attorney, perform an ex parte examination of the evidence against the accused.

The court is required to take into consideration the defendant's criminal record, any potential threat or danger the defendant poses to the victim, the family of the victim, or to any member of the public, especially children. The court will also give consideration to risk factors including substance abuse, gun ownership, any records of violence, employment status, prior threats with a dangerous weapon, threats to kill, forced sex, choking, control of daily activities, threats of suicide, threats to harm children, and any other relevant factors.

If the court determines by clear and convincing evidence that a defendant might flee, or that the defendant poses a





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When your Grandkids Go to College

by Lee Aronson

Frank and Doris' granddaughter, Allie, was one smart cookie. So smart that she had gotten into an Ivy League college with a partial scholarship. An Ivy League education is expensive and even with her partial scholarship, Allie needed student loans. Because she was young and didn't have a credit history, she needed a co-signor in order to get those student loans. Frank and Doris were so proud of their granddaughter, they co-signed without a second thought and they didn't regret it.

Allie graduated with honors and got a great job. Although she owed a ton of money on her student loans, she made her payments on time. But then her grandfather died. When he died, something very surprising happened: Allie got a letter saying she had to pay off her student loan in full within the next 30 days. Allie didn't understand: she had never missed a payment and under the terms of the loan, she had 10 more years to pay it off.

But what Allie didn't know was that buried in all of the

loan paperwork was a clause that said upon the death of any of the co-signors, the entire balance became due. So when her grandfather died, the loan automatically became due. Allie isn't alone. According to the Consumer Financial Protection Bureau, approximately 90% of private student loans were co-signed in 2011 and most of those loans have clauses that say the loan will go into automatic default and make the loan payable in full if any co-signor dies or declares bankruptcy.

"This is something that is deep in the fine print, so it is certainly a surprise to many," said Rohit Chopra, the agency's student loan ombudsman. "Parents and grandparents want to help their children or grandchildren pay for school, and the last thing they want is for them to be made worse off because of their own financial distress or death." But because that automatic default is quickly reported to the credit bureaus, it can seriously hurt the former student's credit profile, which can make it harder to buy a home, start a small business or get a new job.

Allie, who didn't know what to do, went to see a bankruptcy attorney but it can be very difficult to get rid of student debt in a bankruptcy. (Generally, student loans can't be discharged in bankruptcy unless there is an "undue hardship," something that is not easy to prove.)

Allie would have been able to avoid all this trouble if she had only taken out federal student loans. Federal student loans rarely




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require a co-signer and even when they do, there is no auto-default penalty if a co-signor dies. But federal student loans limit how much they will lend to a student; if that's not enough to pay the student's tuition, too bad. That's why many students turn to private loans. Although these private student loans tend to have higher interest rates and fewer protections than federal loans, students can borrow more than they could from federal student loans.

So what's to be done? Here are some ideas: first, rather than putting Allie's loan into default automatically when her grandfather died, the lender could have looked at Allie's payment history and her current credit score. Because she had made all of her payments on time, had a good job and a good credit score, the lender could have continued to let her make her payments as agreed. Or perhaps the lender could have given Allie some time to find a new co-signor before making the loan payable in full. Or perhaps the lender could have given Allie some time to refinance her loan. The Consumer Financial Protection Bureau says that these are all "alternatives worthy of further evaluation that may not only benefit consumers but also lenders and servicers." And there's a reason that the Bureau is studying this issue: they received more than 2,300 private student loan complaints and more than 1,300 debt collection complaints related to student loan debt in just 6 months alone.

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



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BREATHLESS IN DENVER

STORY BY ANDREA GROSS; PHOTOS BY IRV GREEN



Mountains are visible from most points in Denver, but the actual city is flat.

I WAS TOLD THAT DENVER WOULD TAKE MY BREATH AWAY. FIRST THERE'S THE SURPRISE. **DENVER IS FLAT.** Most visitors envision exiting the airport and finding themselves surrounded by snow-capped peaks. Nope. Denver is the gateway to the Rockies; it's not in the Rockies. You'll have to drive a half hour or more before you'll need your hiking boots.

Then, there's the altitude. The thirteenth step of the state capitol, the gold-domed centerpiece of downtown Denver, is exactly one mile above sea level. This is a height that leaves most folks giddy from the clear, mountain air, but a few become woozy from lack of oxygen. Hint: take a deep breath, guzzle water and eat carbs, which require less oxygen for digestion.

Finally, there's the delight. Though you'll undoubtedly want to see the mountain heights, there's charm aplenty down in the flats — a topnotch art museum, zoo, botanic garden, theater district... The list goes on.

But there are also some lesser-known attractions that you can't find everywhere else. Here, a rundown of breathtaking experiences in the city proper.

FITNESS MECCA — Denverites take the outdoors seriously, probably because with more than 300 days of sunshine per year, it's a seriously beautiful city. To act local, take a morning bike ride on some of the 850-miles of paved trails that criss-cross and encircle the city.

No bike? No problem. Denver's B-cycle program is the first large-scale bike-sharing plan in the country. Eight dollars buys a day's access to one of the city's 800-plus red bikes, which are available at more than 80 stations throughout the city.

20TH CENTURY DESIGN POP — The Kirkland Museum of Fine and Decorative Art is home to some of the best Arts & Crafts, Bauhaus, Art Deco, Modern and Pop art in the country. Among the more than 3,500 objects are chairs by Frank Lloyd Wright and Charles Rennie Mackintosh; hundreds of pieces of

20th-century ceramics, tableware, glassware and metal ware; and even an iconic Electrolux vacuum cleaner.

Much of the art is displayed in galleries that resemble a homey living room. The result is an exceptionally unusual, informative and classy museum.

MODERN TALK — Imagine listening to two experts discuss such disparate topics as "Machiavelli & Fresh Meat Sausage" or "Minimalism & Giant Wombats." This is what happens during the Museum of Contemporary Art's series titled "Re-Mixed Taste: Tag Team Lectures on Unrelated Topics." Each guru has 20 minutes to make his point, after which the audience jumps in to ask questions in an attempt to force the seemingly unrelated to relate. Bizarre? Occasionally. Fascinating? Always.

STAR STATUS — Denver is one of only twelve U.S. metro areas that's represented by teams of all four major professional sports leagues. It's a rare week when there's not a game in play.



Denver has three major league stadiums: Coors Field for baseball, Sports Authority Field at Mile High for football and Pepsi Center for basketball and hockey.

But unlike the other eleven cities, Denver boasts something extra. They have rarefied mountain air that makes balls soar further, pucks glide faster, and beer — for which the city is also famous — taste better.

WILD AT HEART — So, you want to see some bison, the celebrated symbol of the Wild West? The Rocky Mountain Arsenal National Wildlife Refuge is just minutes off the interstate that joins Denver International Airport and the downtown area.

At more than 15,000 acres, the refuge is one of the largest urban open spaces in the country and home to more than 330 species of birds and animals. Here you can see not only bison and deer but also red-tailed hawk and bald eagle.

But the refuge has been used for more than animals. During and after World War II the land was the site of one of the country's largest chemical weapons manufacturing facilities. That story, as well as the one about the extensive cleanup that followed, is told in a somber, not-to-be-missed exhibit in the refuge's visitor center.

PINNACLE CLIMB — As the largest city for nearly 800 miles in every direction, Denver has major malls as well as trendy boutiques. But the most unique place to drop your dollars is at Recreational Equipment, Inc., better known as REI.

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Beaujolais: The Greatest Secret in Wine

By David White



One hundred years ago, the Wine Society, a wine club in London, offered its members a Beaujolais from the appellation of Moulin à Vent for \$29 per case. It offered cases of Burgundy from the appellations of Beaune and Pommard for around \$36 each.

Today, a case of wine from Domaine Diochon, a top producer in Moulin à Vent, costs around \$250. And it's one of the most expensive wines in the region. In Burgundy, however, most Pommard and Beaune on offer from the Wine Society go for well over \$1,000 per case.

So whereas consumers seeking compelling reds from Burgundy instead of Beaujolais once paid a premium of about 25 percent, today's consumers can expect to pay a premium of 400 percent -- or more.

Burgundy is quite different from Beaujolais, of course. But serious wines from both regions effortlessly combine vibrant acidity with depth and complexity. And wines from both regions can age for decades.

That's why today's price differential doesn't make any sense. Had those 1914 prices tracked inflation, that case of Moulin à Vent would retail for \$690. Without any question, the top wines of Beaujolais represent the greatest value in the wine world.

Consider the wines of Domaine Diochon.

Since its launch in 1935, the winery has rejected the temptation to churn out industrialized, oak-soaked wines designed for mass appeal. The focus, instead, is on authenticity.

Bernard Diochon, who succeeded his father in 1967 and only recently handed off the winemaking responsibilities, insists on traditional methods and a light touch -- he wants the character of his vineyard, where many plantings are over 100 years old, to come through.

As Diochon's importer, Kermit Lynch, has written, "[the wine] is juicy delicious yet there is a majesty to it. It is full-blown and full-bodied, yet it has a lush, supple, swallowable texture. No hard edges. No astringency. No heat . . . it's hard to imagine a world without wine like this."

Diochon isn't the only producer in Beaujolais who belongs in any conversation about the pantheon of great wines.

From the village of Morgon, Jean Foillard, Marcel Lapierre, Jean-Paul Thévenet, and Guy Breton deserve similar praise. Known as the "gang of four" -- a moniker given to them by Kermit Lynch -- these producers have held onto Beaujolais' ancient practices of viticulture and vinification and today make rustic, mineral-driven wines with sappy

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In Fleurie, fifth-generation winegrower Cédric Chignard is safeguarding his family's minimalist approach and producing distinctive, delicious wines.

The list goes on. Across Beaujolais, an increasing number of producers are enhancing the reputation of the region by keeping yields low, rigorously sorting their grapes, avoiding manipulation in the cellar, and making real wine. Producers like Daniel Bouland, Jean-Paul Brun, Louis-Claude Desvignes, Jean-Louis Dutraive, and Julien Sunier are also worth seeking out.

Purchasing wines of equal quality and consequence from any other region would quickly drain most bank accounts. Top wines from Beaujolais, however, can easily be found for under \$25 per bottle.

If you're scratching your head, then you're probably thinking of Beaujolais Nouveau, the easy drinking, fruity wine that floods ashore every November. Once just a local beverage to celebrate Beau-

jolais' new harvest, Georges Duboeuf introduced the wine to the U.S. marketplace three decades ago and it became incredibly popular. Quality plummeted and Beaujolais gained a reputation for mass-produced, gimmicky plonk, hurting the reputation of everyone in the region.

In 1914, when the Wine Society put Moulin à Vent on offer, oenophiles everywhere knew that Beaujolais could produce some of the world's most complex, aromatic, and lively wines. The region still produces gorgeous wines in the

world, but they're mostly ignored. It's no wonder why Michael Madrigale, one of the nation's top sommeliers, recently told Eric Asimov of the New York Times that Beaujolais is "the greatest secret in wine."

He's right. So before word gets out, stock up.

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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Nehemiah Persoff Retired from Screen to Canvas

by Nick Thomas



Persoff in an episode of *Gilligan's Island*.



Persoff played Streisand's father in *Yentl*.



Persoff with wife Thia on August 4 at The Cambria Center for the Arts. (Photo provided by Ian McLauchlan; used with permission.)

Since retiring from acting over a decade ago, versatile character actor Nehemiah Persoff has become a successful artist painting from his seaside home in Cambria, Calif. (see www.nehemiahpersoffpaintings.com).

The Cambria Center for the Arts hosted a birthday celebration on August 4 for Persoff, who turned 95 a few days earlier. This included screening a selection of his films, and the artist even auctioned some of his works, donating the proceeds to the Center.

But in 1989 Persoff experienced a TIA – transient ischemic attack – which is similar to a small stroke and often considered to be a “warning stroke.”

“The doctors told me to slow down,” said Persoff from his home. However, he heeded the medical advice and believes that painting contributed to his recovery.

“It certainly helped avoid another incident,” he said. “I would recommend to all seniors that they try painting. They will be surprised by their ability, and the peace and calm that concentrating on the painting provides.”

Persoff’s screen career spanned six decades, beginning in the late 1940s, and he became one of Hollywood’s most prolific character actors.

Raised in Jerusalem, his natural talent for dialects was quickly exploited when Persoff moved to Hollywood after a decade of stage and early TV work in New York. Often cast in the role of ethnic villains, he crafted a career playing slick gangsters, ruthless outlaws, and menacing military leaders.

“I did play many villains, but also diplomats, doctors and scientists,” recalled Persoff. “So I don’t think I was typecast. I enjoyed playing any character that was well written.”

In his second film, “On the Waterfront” in 1954, Persoff appears on screen for just a few seconds as the tense cab driver (photo above) in the famous ‘I could have been a contender’ scene with Marlon Brando and Rod Steiger. Director Elia Kazan offered him \$75 for the role.

“There were Brando and Steiger in the back section of a sawed off car,” said Persoff. “I sat on a milk box with Brando and Steiger behind me. When it was

time for my close-up, Kazan whispered in my ear to imagine that 'the guy behind you killed your mother.' When I saw the film I was surprised to see how effective the close-up turned out."

He went on to work with other greats including Karloff, Cagney, and Bogart on his final film in 1956, "The Harder They Fall."

"He was already very sick and his eyes teared a great deal," recalled Persoff of Bogart. "But he had moments when he was very sharp. He wasn't the sort of guy you wanted to tangle with. I heard him give one wise guy a tongue lashing that was devastating – you didn't get smart with Bogie!"

With over 400 film and TV roles to his credit, Persoff admits he has forgotten details about some. But he does recall an episode of "Gunsmoke" with James Arness in which the six and a half foot lawman refused to yield vertical ground to the 5' 7" Persoff.

"I was supposed to be a gunman who challenged Marshal Dillon," he explained. "I suggested to the director that perhaps I might be more of a threat if I wore lifts in

my shows to make me taller. So the wardrobe people gave me high heels to make me about six feet. When I walked on the set and the showdown came, I looked over at Arness and he was suddenly seven feet tall. He had heard I was getting shoes to make myself taller, so he got a pair too and was still a foot taller than me!"

Today, Persoff enjoys retirement and paints several hours a day while basking in the West Coast sunset, rather than the Hollywood spotlight. But he gives credit to his first career for helping his second.

"When I got a role, I set my sights on being able to get under the skin of the character," he said. "At first it would seem like a formidable task, but somehow I always got the job done. It's the same with painting. When you sit in front of a blank canvass, there is a feeling of 'I can't do it' for many painters. But because of my acting experience, I always felt that I could do it, and I did."

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 400 magazines and newspapers.



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Mark GLASS

Recent DVD Releases



Captain America: The Winter Soldier ★★★★★½

(PG-13) Chris Evans returns as one of Marvel Comics' early heroes - a WW II soldier imbued with great powers via scientific tinkering - to fend off yet another threat to the world we live in, including the superhero and pals agency S.H.I.E.L.D., which one can also follow on prime-time TV. But the movie gives us Scarlett Johansson, Samuel

L. Jackson and even Robert - freakin' - Redford!!! Game, set and match to the big screen branch of the biz for that coup.

The story details only matter to hard-core genre fans, beside whom I confess to being a mere dilettante. For the rest of us, the story is pretty cogent, and more intricate than most such vehicles. The characters and their dire straits are sufficiently engrossing for all tastes. The epic scope of the slam-bang action sequences should satisfy both the adrenalin junkies and CG techies in the house, even with a running time over two hours. It accomplishes the rare feat for sequels of turning out better than the first.

Stay through the closing credits for a couple of scenes that add to the fun, and presage the next inevitable chapter in the franchise that's definitely on a fine roll.

Draft Day ★★★★★

(PG-13) Gridiron fans who obsess over their fantasy leagues, and live or die with their favorite teams' picks in the annual re-stocking pageant from the collegiate ranks should be pretty satisfied with this depiction of a Cleveland Browns general manager (Kevin Costner) struggling through one very long day, deciding what to do with the #1 overall pick he's just acquired, in the face of an almost comical array of pressures and problems. Those begin with an owner (Frank Langella), new coach (Denis Leary) and fan base demanding he knock one out of the park - presumably by taking a quarterback who is the consensus choice for anchoring any franchise's future. At the other end, he's just learned that his girlfriend (Jennifer Garner), who is also the team's money maven, is pregnant.



The day's events spin out of control, both professionally and personally, building to the evening's nationally-televised spectacle of teams announcing their choices. The QB is supposedly golden, but Kevin has vague misgivings, and other scenarios rattling around in his noggin. Although some of the distractions and

hysterics around him border on the absurd, when crunch time comes, all the mayhem is justified by a terrific climactic sequence. Sports movies invariably build to the big game. This one does the same, even with all the “players” in suits, and no pigskins being tossed or carried. Most aficionados tend to compare the yearly draft field to a chessboard. This movie shows us the underlying high-stakes poker game, as well.

Words and Pictures ★★☆☆½

(PG-13) Just as a Superman needs a Lex Luthor to motivate his peak performance, this intelligent dramedy shows how dissipated English teacher Clive Owen needs the arrival of a dispirited art instructor (Juliette Binoche) to revive his former talents for writing and inspiring his teenaged charges at a private academy for privileged progeny. The yin and yang of their seemingly silly debate over the superior firepower of words vs. pictures similarly kindles renewed creative energy for Binoche’s character.



The latter is mostly struggling to overcome debilitating rheumatoid arthritis that has stalled her promising career as a painter. Owen’s muse went silent years before, leaving him boozy, surly and barely able to show up for his classes. He’s on the verge of being canned when the wit and charm of Binoche’s banter start reminding him of the joy he used to feel from his work and subject. The sparks that fly are more intellectual than sexual, yet effective in bringing out each other’s best, and infecting their classes with the desire to excel.

Both stars seem constitutionally incapable of either landing in a bad movie, or allowing a potential dud to wind up as one. Their performances are, as ever, top of the line. The script features some witty and insightful dialog, but drags in one significant respect. Owen’s slide to the bottom is too long and irritating, costing a chunk of the empathy viewers need to keep rooting for his character’s redemption.

Even so, there’s an undeniably refreshing quality about a tale based on a clash between attractive peers that doesn’t depend on their youth or the will-they/won’t-they part of the plot for its success. Grown-ups welcome.

Mark Glass is an officer & director of the St. Louis Film Critics Assn.

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After School Peanut Butter Apple Pie

Recipe contributed by winner Alisa L., Midwest region

- | | |
|------------------------------------|---------------------|
| Prepared pie crust | Crumble: |
| Chopped peanuts (optional) | ¾ cup rolled oats |
| Filling: | ¼ cup butter |
| 7 apples, peeled, cored and sliced | ¼ cup peanut butter |
| 2/3 cup sugar | ⅓ cup brown sugar |
| 3 tablespoons flour | ½ cup flour |
| 1 teaspoon lemon juice | |

Place crust in 9-inch pie pan and crimp edges. Use dried beans to weigh down bottom. Bake for 10–15 minutes, or until crust is lightly browned.

Mix all filling ingredients together and put in crust. Using hands, mix crumble ingredients until in pea-sized pieces. Top apples with crumble. Don't worry if sky high, apples will cook down and pie will be perfectly proportioned.

Bake at 350°F for 40–50 minutes. Keep edges covered with foil until last 15 minutes. Garnish with chopped peanuts.

Carolina Dreaming Appetizer Meatballs

Recipe contributed by winner Janice E., Southeast region

- | | |
|--------------------------------------------|-------------------------------------------------------|
| ½ cup peanut butter | 1¼ pounds ground turkey |
| ¼ cup fig preserves | 4 green onions, finely chopped (including green tops) |
| 2 tablespoons Worcestershire sauce | ¼ cup chopped fresh parsley |
| 2 tablespoons fresh lemon juice | 1 large egg |
| 1 tablespoon minced or grated fresh ginger | 1 teaspoon salt |
| ½ teaspoon freshly ground black pepper | Diced green onion tops or chopped parsley (optional) |
| ¼ teaspoon ground red pepper | |

Preheat oven to 425°F. Whisk together peanut butter, preserves, Worcestershire sauce and lemon juice until well blended. Add ginger, black and red pepper, mixing well. Reserve.

Place approximately half peanut butter mixture into mixing bowl (reserve remainder for later). Add turkey, green onions, parsley, egg and salt to mixing bowl and mix lightly but thoroughly.

Roll mixture into 1-inch balls and place 1 inch apart on lightly greased, rimmed baking sheet.

Place into oven and bake for 15 minutes. Remove pan from oven and brush tops of meatballs with remaining peanut butter mixture.

Return pan to oven and bake for about 5–8 minutes more, or until nicely browned.

Remove from oven. Arrange on serving plate and sprinkle with diced green onion tops or parsley, if desired. Use decorative toothpicks to serve.

Easy PB & J Breakfast Tarts

Recipe contributed by winner
Susan M., West region

Servings: 8 tarts

- 2 cups all-purpose flour, plus more for rolling
- ½ cup whole wheat pastry flour
- 6 tablespoons sugar
- 1 teaspoon sea salt
- 2/3 cup shortening
- 6 tablespoons peanut butter plus 4 heaping teaspoons for filling (½ teaspoon per tart)
- ½ cup cold water
- 5 tablespoons jam (strawberry works well)

Preheat oven to 350°F. In medium bowl mix together flours, sugar and sea salt.

Using pastry cutter, cut-in shortening and peanut butter, until mixture resembles small peas. Drizzle mixture with cold water until mixture is moist and holds together. Roll out on floured surface to at least 1/16th of an inch thickness.

Using index (recipe) card for template, cut into sixteen 3-by-5-inch shapes. Re-rolling works fine. In middle of eight shapes, smear ½ heaping teaspoon peanut butter and heaping teaspoon of jam on top. Be careful not to go to edges. Using fingers, wet edges with water and place another piece of pastry on top. Press all sides well, and using fork press all edges to secure. Using fork, gently poke tops in four places so steam can escape.

Place inch apart on parchment lined baking sheet. Bake for 13–14 minutes until starting to brown around edges. Cool on rack.

Whisk together drizzle of choice in small bowl. Drizzle over cooled tarts.



Drizzle option 1:

- ½ cup powdered sugar
- 1 tablespoon jam
- 1 tablespoon milk

Drizzle option 2:

- ½ cup powdered sugar
- ¼ teaspoon strawberry extract, optional
- 1 tablespoon milk



Nutty Jalapeno-Chicken Stuffed Peppers

Recipe contributed by winner
Lori M., Southwest region

Servings: 12 peppers

- 12 large jalapeno peppers, split open (not all the way through) and seeded
- ½ cup peanut butter
- 1 cup shredded cooked chicken
- 1 3-ounce package cooked bacon pieces
- ½ cup shredded cheddar cheese
- ¼ cup mayonnaise
- 1 cup crushed cornflakes

Preheat oven to 350°F. Place peppers in medium bowl and cover with boiling water 2 minutes. Drain and pat dry.

In medium bowl, mix together peanut butter, chicken, bacon and cheese. Fill each jalapeno with mixture. Smear each pepper with a little mayonnaise and roll in cornflakes in shallow dish to cover.

Place jalapeno on non-stick baking sheet. Bake in preheated oven until golden, about 15–20 minutes.

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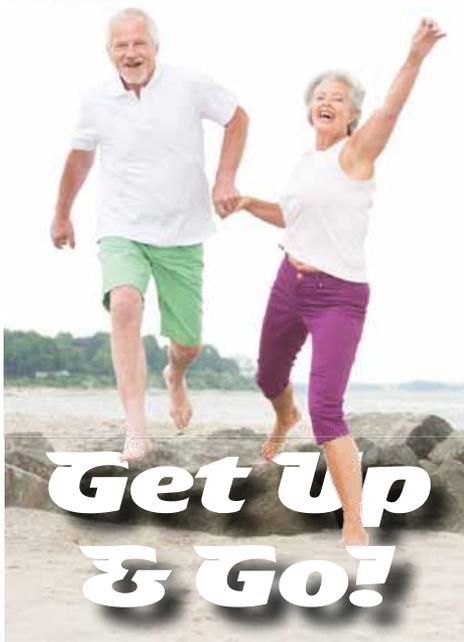
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EVENTS

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POINT
MULTIPLIERS

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

- Friday Sept. 19: 10 a.m. Introduction to laptops, tablets and smart phones
- Thursday Sept. 25: 10 a.m. "Marline Yu's Purple Swamp" by Nita Cole
- Friday Sept. 26: 10 a.m. Email & texting.

SEMINARS

Fitting Your Finances: Piecing Together Medicare Parts, Insurance Plans, Medicaid Coverage, and Estate Planning Options - Thurs., September 23. 10 a.m. - 1 p.m. Shreve Memorial Library, Cedar Grove/Line Avenue Branch. Presented by Lineage Law firm. **FREE** but seating is limited. Make reservations by calling 318-219-7874 or email elliburkeinsurance.net.

Legal Documents That You Just Shouldn't Go Without: Powers of Attorney, Wills, and Living Wills - What are these documents, and what are the consequences if you don't have them? Presented by elder law attorney Kyle A. Moore. September 30 at 3:30 p.m. at Horizon Bay, a Brookdale Community, 2540 Beene Blvd., Bossier City. **FREE** but reservations are required. RSVP to 318-222-2100, ask for Kasey or Linda.

THEATRE

Foxfire - September 19, 20, 26, 27 at 7:30 p.m.; September 21, 28 at 3 p.m. Presented at the Emmett Hook Center at First United Methodist Church, 550 Common Street at Milam in downtown Shreveport. Comedy drama about an Appalachian widow who lives on her farm with the ghost of her husband. Her tranquility is threatened by a real estate developer and by concern over her son, Dillard who has come home with two children. Tickets: \$16 adults, \$14 seniors,

\$12 for children. For tickets: Box office at 318-429-6885 or online at www.emmetthookcenter.org.

The Addams Family: A New Musical - Presented by Shreveport Little Theatre, 812 Margaret Place, Shreveport. September 18, 19, 20, 25, 26, and 27 at 8 p.m. September 21 and 28 at 2 p.m. Wednesday Addams has grown up and fallen in love with a sweet, smart normal boy from a respectable family. Now, Gomez must keep this secret from his beloved wife, Morticia. Call (318) 424-4439.

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Restless Heart

Saturday, August 16, 2014

Black Jacket Symphony Presents Fleetwood Mac's Rumours

Saturday, September 13, 2014

The Oak Ridge Boys

Friday, September 19, 2014

Smokey Joe's Café—Featuring The Coasters

Friday, October 10, 2014

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

THE STRAND THEATRE
(318) 226-8555

www.thestrandtheatre.com

King Crossword

Puzzle answers on page 41

ACROSS

- 1 PC peripheral
- 6 Shrimp recipe
- 12 Tranquil
- 13 Establish by decree
- 14 Anti-elderly bias
- 15 Disguised, in a way
- 16 New Mexico resort
- 17 Tournament format
- 19 DDE's WWII command
- 20 Rooney of "The Girl With the Dragon Tattoo"
- 22 Frat party prop
- 24 Lamb's dam
- 27 Showbiz egotist
- 29 Frat-party garb
- 32 Place for doctors-to-be
- 35 Poker variety
- 36 Oodles
- 37 Buck's mate
- 38 Coquettish
- 40 Blood line?
- 42 Grazing land
- 44 Somewhere out there

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

- 46 Works with really old
- 50 Raiments telephone
- 52 Amount consumed 8 Commercials
- 54 Big name in tableware 9 Indemnify
- 55 Small sofa 10 Painter
- 56 Cruel one 11 - -
- 57 - up (excited) 12 Took a meeting
- 18 Ballet legend Anna
- 21 Mil. staffer
- 23 Biblical verb ending
- 24 Type measures
- 25 Drench
- 26 Learned
- 28 It shares a key with 8
- 30 Stickum
- 31 Hearty brew
- 33 Altar affirmative
- 34 Vegas-based TV series
- 39 Gridiron stats
- 41 Eccentric
- 42 Asian nation
- 43 Sicilian spouter
- 45 Accomplishment
- 47 Fill till full
- 48 - out (supplemented)
- 49 Witness
- 51 Square root of IX
- 53 Born

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MAGIC MAZE ● RAPTORS

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

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

- | | | | |
|------------|--------------|-------------|---------|
| Bald eagle | Curved beaks | Hawk | Osprey |
| Buzzard | Falcon | Hunters | Talons |
| Carnivore | Golden eagle | Keen vision | Vulture |
| Condor | Harrier | Kite | |

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Sudoku

by Linda Thistle

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

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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Strange BUT TRUE

by Samantha Weaver

© A newspaper reporter once asked General Charles de Gaulle, leader of the Free French Forces during World War II and later president of the French Fifth Republic, if he was happy. De Gaulle replied, "What do you take me for, an idiot?"

© If you're like a million other Americans, you admit to drinking Coke for breakfast.

© The next time you're planning a trip to Indiana, keep in mind that in that state it is illegal to talk behind a person's back or engage in "spiteful gossiping."

© It's been claimed that prodigy William James Sidis had the highest IQ ever recorded (though any record of the test has been lost). At the age of 18 months, he was reading "The New York Times"; by the time he was 8, he had taught himself Latin, Greek, French, Russian, German, Hebrew, Turkish and Armenian and had invented his own language he called Vendergood. At the age of 11 he became the youngest person to enroll in Harvard University, and when he was 12 he lectured the Harvard Mathematical Club on four-dimensional bodies. He graduated cum laude at 16.

© In 1889, a magazine called The Literary Digest made the following prediction: "The ordinary 'horseless carriage' is at present a luxury for the wealthy, and although its price will probably fall in the future, it will never, of course, come into as common use as the bicycle."

© Before Charlton Heston became a famous actor, he earned cash by serving as an artists' model -- and posed in the nude.

© During World War I, the opposing armies called a truce to celebrate Christmas 1914. During the truce, a group of German soldiers and a group of British soldiers met in the no-man's land between the opposing trenches to play a soccer match.

© The nation of France was still executing people with the guillotine until 1977.

© In 1973, The Who began a major U.S. tour with a show in San Francisco. As the show was starting, though, drummer Keith Moon collapsed. He was revived, but then collapsed once more. At that point, in an unprecedented move, Pete Townsend asked for volunteers from the audience. Scott Halprin, a 19-year-old aspiring drummer, jumped at the chance. He played three numbers with the band, and lead singer Roger Daltry later told Rolling Stone magazine, "That drummer was really good."

Thought for the Day: "When choosing between two evils, I always like to try the one I've never tried before." -- Mae West

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www.TheBestOfTimesNEWS.com

(Puzzles on pages 38 - 39)

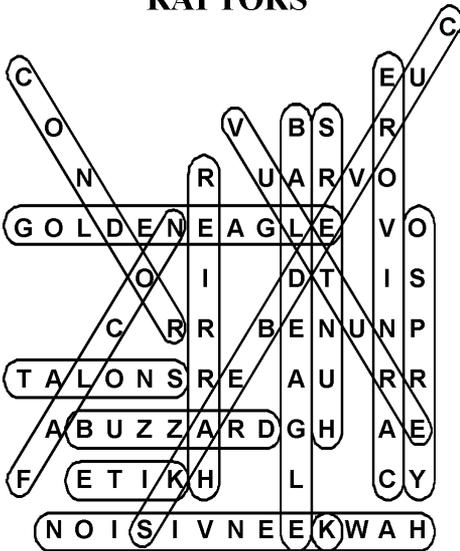
— **King Crossword** —

Answers

Solution time: 24 mins.

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

RAPTORS



— **SUDUKO** —

Answer

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

ANSWERS FROM THE EXPERTS

In considering a nursing home for future placement of a family member, I am told that I should review the home's most recent state survey. Where can I obtain one?

Survey results are posted online at www.medicare.gov/NHCompare. You may search the site by city, zip code, or the name of the particular homes. It will give you a comparison of each home to the state and national averages of issues cited. If you do not have Internet access, you may ask the nursing home staff to see the survey since homes are required to display a copy of their most recent survey in a public area.



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

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

Yes, Medicare pays 100% for hospice services for Alzheimer's disease and any diagnosis where patients are determined to have a life expectancy of less than six months. Most newly diagnosed Alzheimer's patients won't qualify for hospice care. Medicare also pays 100% of home health services. CHRISTUS Behavioral Home Health will assess your mother under the direction of our staff psychiatrist. We treat symptoms of Alzheimer's disease like memory loss, wandering, and personality changes. Social workers, counselors, and chaplains assist your family. When your mother qualifies for hospice care, our team will help with this change.



Don Harper
CHRISTUS HomeCare & Hospice
1700 Buckner Sq., #200
Shreveport, LA 71101
318-681-7200
See our ad on page 13.

My grandchild complains of shoulder, neck and back pain when in school. Could this be due to his heavy backpack?

Yes. Backpacks are designed to distribute weight to larger muscle groups that can handle the load. Backpacks should have 2 padded wide shoulder straps, a padded back, and a waist strap (for heavier loads). Also backpacks should light and not add to the load. Rolling backpacks are an alternative, although stairs are a problem. Your grandchild should use both shoulder straps, tighten straps so the pack is 2 inches above the waist and closest to the body, not pack more than 20% of the child's body weight in the backpack, and pack only what he needs. Pack heavier items close to the back and unpack unnecessary items in the locker.



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

My father has glaucoma and is blind in one eye. When should I be checked, even though I see fine?

A family history of glaucoma is a very strong risk factor for the disease. Other risk factors include advancing age, African-American race, and nearsightedness. If you have a first or second degree relative with glaucoma, you should be evaluated as soon as possible. Glaucoma is a painless progressive disease which, left untreated, causes irreversible blindness. If you have a family member with glaucoma or have other risk factors, schedule a screening at 212-3937.



Chris Shelby, MD
Pierremont Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
www.ShelbyEye.com
See our ad on page 18.

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 Email to editor.calligas@gmail.com

SEPTEMBER PARTING SHOTS

Members of the **Shreveport Bridge Association** celebrated a number of birthdays throughout the month of August.



Former World Champion Nell Cahn (holding cake) with (l to r) Judy Steinfeld, Dot Nuttall, and Sandra Breithaupt



(l to r) Carol Festervan, birthday girl Sandra Breithaupt, Nell Cahn, and Judy Steinfeld



Bonita Hays

Pam Kenyon



Chianti Restaurant hosted a European Wine Tasting on Tuesday, August 5.



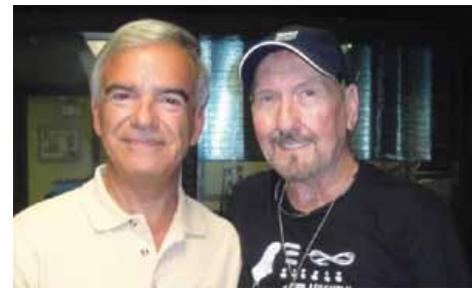
Josh Bartholomew and Dena Martin



(l to r) Linda Cox, Melanie Womack, and Beverly Darlington

Legendary guitarist **James Burton** was the guest on The Best of Times Radio Hour on August 16.

Gary Calligas with James Burton



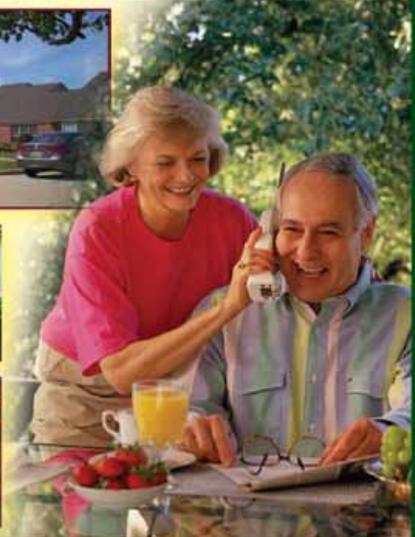
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SEPTEMBER PARTING SHOTS (continued)

Production has begun on the Shreveport Regional Arts Council's biannual fundraiser Christmas in the Sky (CIS). Volunteers assist the designers and production team with creating the sets for the award-winning event.

Floyd Sterling and Joe Valentine



Volunteers from the Krewe of Centaur: (Back row) Bill Stell, Doug McWaters, Julia Collins, George Kalmbach **(Front row)** Charles Citrano, Sue Prudhomme, Mary Robertson, Pat Stell, Marion O'Rear, Cosi Brocato



Joyce Feagin with son Ty

The Shreveport Little Theatre held its 13th annual Bravo! Awards on July 21 at Shreveport Little Theatre. Winner of Best Production of the 92nd season went to "To Kill a Mockingbird".



Cast of "To Kill a Mockingbird"

AC Duct Cleaners

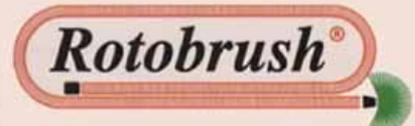
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SEPTEMBER PARTING SHOTS (continued)

New Horizons Independent Living Center's "Roundup" Fundraiser was held on August 9 at East Ridge Country Club.



Country recording star Trini Triggs and Kelly Murphy



Brian and Patti Anderson

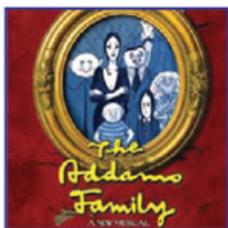


Clint Snell and Sandra Hicks



Joy Lennon, Gale Dean, and Mitch Iddins

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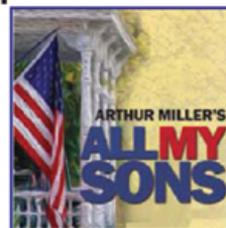
September 18-28, 2014



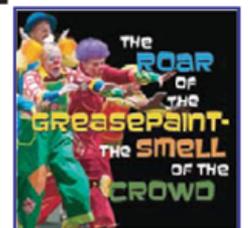
November 6-16, 2014



January 8 -18, 2015



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SEPTEMBER PARTING SHOTS (continued)

Ms. Jo Eddins was feted with a surprise 90th birthday luncheon. As Chief Information & Assistance Specialist, Ms. Jo has been 'the voice' of Caddo Council On Aging for 17 years.



Mayor Cedric B. Glover declared July 2nd as Jo Eddins Day in honor of her tireless service to the elderly of Caddo Parish.



(L to R) Kim Reeves, Ms. Jo Eddins, Roxann Ward, Paula Ward



CCOA Executive Director Mary Alice Rountree with Ms. Jo

Great Raft Brewing is a Shreveport based craft brewery that offers beer tastings and tours.

Left: Carol & Carl Barr with Gary Brownlee (standing)



Right: Randy and Stephania Braselton



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SEPTEMBER PARTING SHOTS (continued)

Country music legends Restless

Heart performed on Saturday, August 16 at the Strand Theatre.

Roy and Terri Bailey



Holli Hennessy, Rosemary Short, and Ann Fumarolo.



The Bossier Arts Council, Boomtown Casino's 1800 Prime Steakhouse, and Republic National Beverage presented WAM (Wine, Art, & Music) on August 7.

Boomtown Casino's Executive Chef Monday Thomas with Tom Wallace



Cathy Jennings Myers was the featured artist



Angela Costakis, Galen Light, and Robin Jones



Karol Fontaine and Julie Miller



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I cannot even begin to thank you enough for how you took such great care of my parents' affairs and helped us through the tall weeds of wrapping up all of the end of life business concerns.... I was able to focus on what was going on with family without worry because I knew all of the legal things were handled well. I particularly appreciated your compassionate interactions with us. You never made us feel inferior for asking so many questions or even the same questions over and over. It is astounding how cloudy the mind becomes during these times. Thinking clearly was quite a chore. I can tell you that we have highly recommended your office to many others. Hiring your firm was one of the best decisions we made during the past several years. I have tears in my eyes recalling so many of the events of this passage of time and I can assure you we navigated it much more gracefully with your help. Thank you again for everything. Quite sincerely thanking God for you.

-Terri Miller and family

JOIN US FOR OUR NEXT FREE SEMINAR!

"Legal documents that you just shouldn't go without:
powers of attorney, wills, and living wills.

What are these documents,
and what are the consequences if you don't have them?"

TUESDAY, SEPTEMBER 30, 2014 AT 3:30 P.M.

Horizon Bay, a Brookdale Community
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