

October 2014

The Best Of Times

"Celebrating Age and Maturity"

INSIDE

5 Things You Never
Knew About
DRACULA

You Might be a
HYPOCHONDRIAC IF...

Up Close with the
UPPER CLASS



A LITTLE BIT OF

MAGIC



Home Alone at Age 65+?

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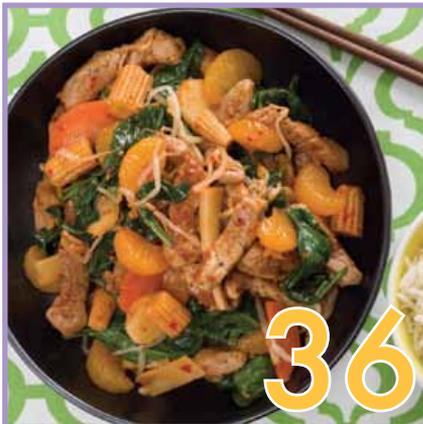
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A Little Bit of Magic

The Best of Times

and

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"Senior Day at the Louisiana State Fair"

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10:00 A.M. - 3:00 P.M.

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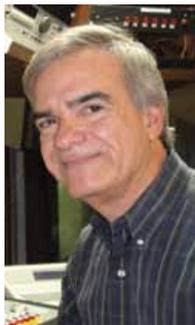
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Oct. 4 "The 66th season of the Shreveport Opera"
Guest: Amanda Gouthiere, Executive Director, and Steve Aiken, Artistic Director of the Shreveport Opera

Oct. 11 "Senior Living in an Assisted Living Facility"
Guest: Lorrie Nunley, Azalea Estates

Oct. 18 Senior Day at the Louisiana State Fair"
Guests: Chris Giordano, President of the Louisiana State Fair

Oct. 25 "Preventing and reporting Elder Fraud"
Guest: Official with the Louisiana Department of Justice, Office of Attorney General

Nov. 1 "How can an Electronic Health Records Help Me?"
Guest: Cindy Munn and Linda Morgan with Louisiana Health Care Quality Forum

Broadcasting every **Saturday** morning **9 to 10 a.m. on News Radio 710 KEEL**, a Townsquare Media radio station in Shreveport, LA.

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Publisher

Gary L. Calligas
Gary.Calligas@gmail.com

Editor

Tina Miaoulis Calligas
Editor.Calligas@gmail.com

Design

Jessica Rinaudo, Karen Peters

Account Executives

Patrick Kirsop
kirsop@sbcglobal.net

Debbie Sheets
DSheets7488@gmail.com

Mary Driscoll
Ad.TBT.Mary@gmail.com

Webmaster

Dr. Jason P. Calligas

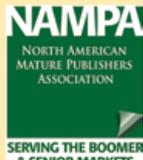
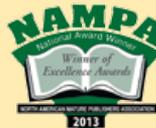
Writers

Mary Flanders

Contributors

Jason Alderman, Lee Aronson, Kim Bailey, Suzy Cohen, Mark Glass, Andrea Gross, Bob Moos, Terri Schlichenmeyer, Nick Thomas, David White

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Saturday, November 15, 2014

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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

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Thursday, April 23, 2015

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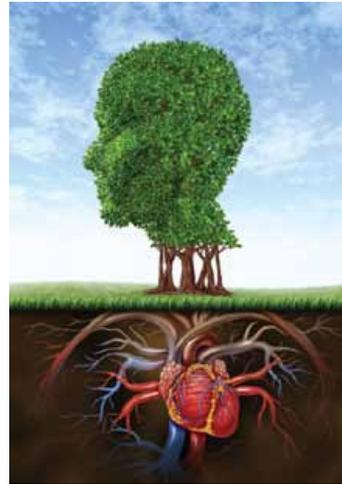
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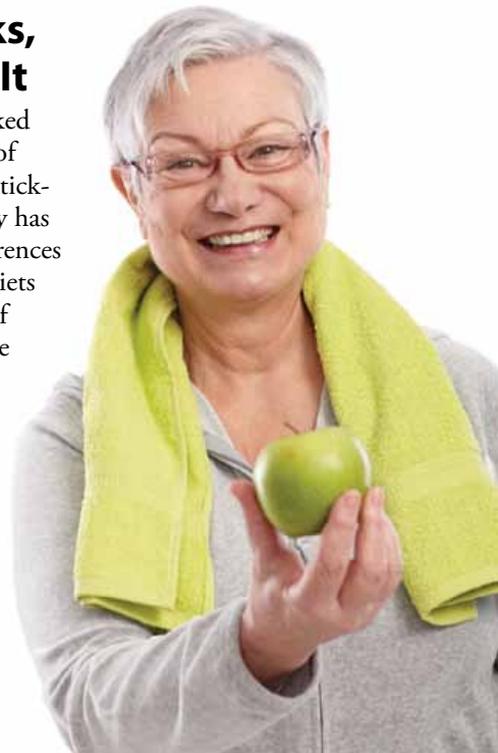
Train Your Heart To Protect Your Mind

Exercising to improve our cardiovascular strength may protect us from cognitive impairment as we age, according to a new study by researchers at the University of Montreal and its affiliated Institut universitaire de g eratrie de Montr al Research Centre. "Our body's arteries stiffen with age, and the ves-

sel hardening is believed to begin in the aorta, the main vessel coming out of the heart, before reaching the brain. Indeed, the hardening may contribute to cognitive changes that occur during a similar time frame," explained Claudine Gauthier, first author of the study. "We found that older adults whose aortas were in a better condition and who had greater aerobic fitness performed better on a cognitive test. We therefore think that the preservation of vessel elasticity may be one of the mechanisms that enables exercise to slow cognitive aging."

Any Diet Works, If You Stick to It

Branded or trademarked diets have similar levels of effectiveness; the key is sticking to it, a research study has found. Weight loss differences between these popular diets are minimal and likely of little importance to those wanting to lose weight, the researchers say. However, diets with behavioural support and exercise enhance the weight loss. (Published by *JAMA*, the Journal of the American Medical Association)



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Burnout Caused By More Than Just Job Stress

Impossible deadlines, demanding bosses, abusive colleagues, unpaid overtime: all factors that can lead to burnout. But when it comes to mental health in the workplace, the influence of home life must also be considered to get the full picture.

That's about to change thanks to new research from Concordia University and the

University of Montreal, which proves that having an understanding partner is just as important as having a supportive boss.

The study, published in the journal *Social Psychiatry and Psychiatric Epidemiology*, shows that a multitude of issues contribute to mental health problems in the workforce.

Turns out mental health in the workplace doesn't exist in a vacuum: it's deeply affected by the rest of a person's day-to-day life. And vice versa. The study shows that fewer mental health problems are experienced by those living with a partner, in households with young children, higher household incomes, less work-family conflicts, and greater access to the support of a social network outside the workplace.

Of course, factors in the workplace are still important. Fewer mental health problems were reported when employees are supported at work, when expectations of job recognition are met, and when people feel secure in their jobs. A higher level of skill use is also associated with lower levels of depression, pointing to the importance of designing tasks that motivate and challenge workers.

Can Sleep Loss Affect Your Brain Size?

Sleep difficulties may be linked to faster rates of decline in brain volume, according to a study published in an online issue of *Neurology*, the medical journal of the American Academy of Neurology. Sleep has been proposed to be "the brain's housekeeper", serving to repair and restore the brain. Researchers examined the link between sleep difficulties, such as having trouble falling asleep or staying asleep at night, and brain volume. All participants underwent two MRI brain scans, an average of 3.5 years apart, before completing a questionnaire about their sleep habits. The study found that sleep difficulties were linked with a more rapid decline in brain volume over the course of the study in widespread brain regions, including within frontal, temporal and parietal areas. The results were more pronounced in people over 60 years old.




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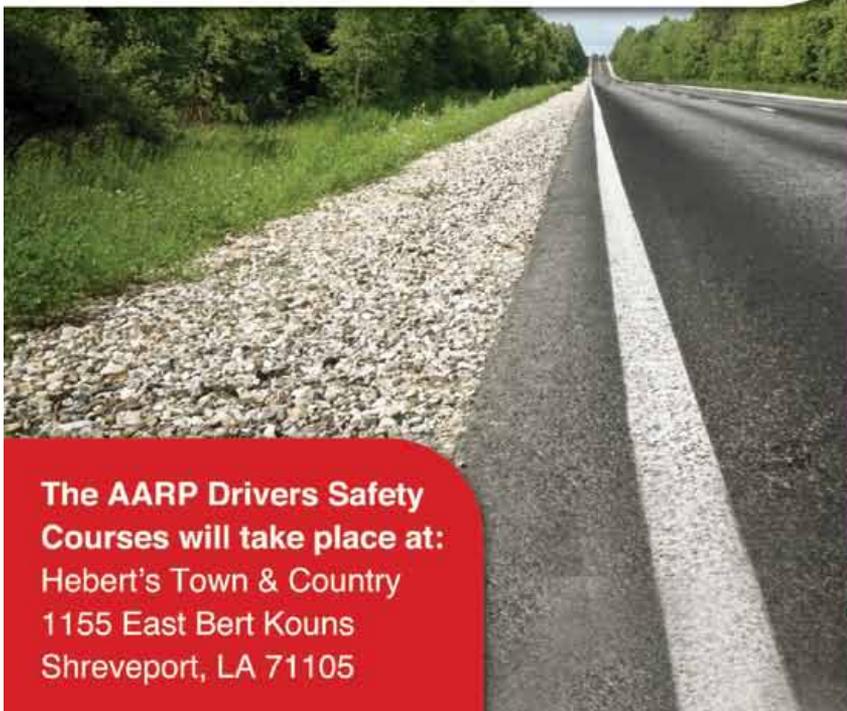
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Saturday, October 11, 2014
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(Registration begins at 8 am)

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

Saturday, December 13, 2014
8:30 am to 12:30 pm
(Registration begins at 8 am)

Call NOW for reservations to attend one of the above course dates. Seating is limited!
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A LITTLE BIT OF MAGIC

by Mary Flanders

Sometimes we take the extraordinary for granted. And sometimes, everyday things seem like magic.

Many years ago in an early computer science course, the instructor was patiently trying to explain how computers worked. A combination of 1's and 0's - everything was done by switches being on or off, he said. But exactly how all of that translated into amber glowing words on a black screen was a mystery to everyone. As the class struggled to grasp the concept, one puzzled person kept interrupting, asking "But how?" Finally the teacher, getting a little frustrated, paused, took a deep breath and said simply, "It's magic." The student stopped, his face lit up, "Oh, now I get it!" And class continued quietly. Everyone in the class agreed binary code was too complicated for a liberal arts major to understand, but "it's magic" made perfect sense.

The magic continues to this day here in Shreveport. Wizards and warlocks casting spells and charms in North Louisiana you think? A satellite campus of Hogwarts right here in Shreveport? Sorry to disappoint you, there are no rabbits being pulled from a hat, no jet airplanes disappearing, no broom riding or pointed hats here. There are no wand wielding wizards, but there is an ardent group of people making magic for audiences of all ages. They come from all walks of life, salesmen, technicians, highly educated men and women. They're regular people who enjoy entertaining with card tricks, making ordinary objects appear and disappear, people who relish challenging people to suspend their disbelief and enjoy hearing their audience gasp in amazement. They entertain at birthday parties, and corporate meetings and festivals.





THE J.B. BOBO RING IS NAMED AFTER A WORLD FAMOUS MAGICIAN WHO WAS BORN AND DIED IN TEXARKANA, TX. J.B. BOBO IS PICTURED HERE PERFORMING A MAGIC TRICK WITH HIS WIFE. (PHOTO COURTESY OF TEXARKANA GAZETTE)

These performers are all members of the J.B. Bobo Ring, the local chapter of the International Brotherhood of Magicians (IBM). They meet once a month to try out new tricks, to compare notes and to learn from each other. The J.B. Bobo Ring is named after a world famous magician who was born and died in Texarkana, Texas. The parent organization, The International Brotherhood of Magicians was founded in 1922 in Buffalo, New York and is the world's largest organization of magicians, with nearly 11,000 members in 88 countries.

According to the *Encyclopedia of Arkansas History and Culture*, J.B. Bobo was born in Texarkana in 1910, but his family moved to Canada when he was quite young. Early in life, he became interested in magic and taught himself many tricks. When he returned to Texarkana, he joined a troupe of performers where he met his wife. They traveled around the country for several years and learned about entertaining in schools, but returned once again to Texarkana to settle down and build their careers working in the public schools. J.B. Bobo is regarded as one of the world's finest coin magicians. His book "Modern Coin Magic: 116 Coin Sleights and 236 Coin Tricks" is considered the finest and most complete ever written on the subject.

Interest in magic is enjoying resurgence thanks to public exposure from entertainers like famous Las Vegas illusionists Penn and Teller. Their CW network program "Fool Me" challenges magicians to perform a trick so spectacular, the master magicians cannot decipher it. Other programs include the recent reality show "Wizards Wars" on the Syfy Channel and the History Channel's biography of Houdini.

Illusionist Adam Trent, who appeared at the Strand here in Shreveport earlier this year, is appearing on Broadway with six other magicians in "The Illusionists on Broadway: Witness the Impossible." This non-stop show has shattered box office records.

Many world famous entertainers began their careers as magicians. Johnny Carson was an amateur magician, starting out in high school talent shows in Nebraska, and carrying it thru to the Tonight show with his personification of the Great Karnack. Other well-known entertainers who had their start as magicians include comedian and actor Steve Martin and English star Stephen Fry.

Whether a Las Vegas headliner or a children's birthday party entertainer, every magician uses their own style to entertain audiences by staging seemingly impossible tricks or illusions. Although there are different kinds of magic – prestidigitation (sleight of hand), mentalism (mind reading or control of thoughts), tricks with props, close up magic, card tricks, levitation, and escapology - the common denominator is practice, practice, and more practice. Sometimes it takes years for a trick to be perfected.

Some of the more famous magicians specialize in big illusions – think Siegfried and Roy and their tigers, Criss Angel and his shocking street magic, or David Copperfield and his amazing vanishing illusions. Some of the most sublime magic is small, or close up, magic which is often performed at a table. Some of the most amazing feats, coin or card tricks, are characterized as sleight of hand or legerdemain which literally means "nimble digit". There is quite an interest in gospel magic, that is, Christian magicians who utilize tricks to illustrate stories and lessons from the Bible.

Current IBM Club President Michael Warlen specializes in table magic but he also incorporates live turtle doves and a rabbit into his act. He doesn't pull the rabbit out of his hat, but he does turn a dove into a rabbit. He has one dove specially trained to fly around the stage then land and sit quietly on his shoulder. He says working with animals requires a great deal of patience and an incredible amount of practice.

Immediate past president, Rosemary Short is better known as CeCe the Clown. She added magic tricks to her repertoire to liven her performances. In her non-performing life, Rosemary is a retired child psychologist. She has worked with at risk children and found that clowning and magic went hand-in-hand to entertain her youthful audiences. You might have seen her at Mudbug Madness and other local festivals.

Where would a magician be without out his assistant? Sarah Diebner was her late husband's partner for nearly 40 years.

She said that Herbert always wore a tuxedo and she always wore something glittery. Although he never sawed her in half, they did perform the swords in the basket trick, a trick that she says takes a lot of trust. And she laughs, “I knew where I was supposed to be.” More than an assistant, she was an entertainer, a singer providing a musical interlude in her husband’s show. Mr. Magic, as he was called, was one of the founding members of the club here in Shreveport and Sarah remains active in the club to honor his memory.

Although he never wears a tuxedo, Samuel Cross is one of the newer members of the club. Cross is a mentalist who also does card tricks. He joined the magic club last year and has gotten more serious at his avocation. When he found the club, he says, he saw the potential in performing and bringing magic to more people. Now he performs for coworkers and at corporate events. Word of mouth and other entertainers often result in more performances.

Cross says, “In the corporate world, magic allows me to break the ice with people in business situations while leaving an impression that stands out above most people.” When asked if he prefers the title “magician” or “illusionist”, he laughs and says, “Either works. I’ve been called worse!” His favorite audience is anyone who is willing to suspend disbelief and step back from the everyday world for just a little while.

Illusionist Cross shared a great deal of information and tips for a beginner. For anyone interested in learning more he suggested, “the best way to learn is with people. Joining the magic club has helped me tremendously, just by having a sounding board of other people to discuss techniques and various approaches to magic with.”

His advice to budding performers - “Connect with other performers, learn your craft, and have a passion for entertaining people”. He says, “Many of the magicians I’ve met have been nothing but helpful. It is a brotherhood of people that want to work on their craft and encourage others to get better as well.”

CONNECT WITH OTHER PERFORMERS, LEARN YOUR CRAFT, AND HAVE A PASSION FOR ENTERTAINING PEOPLE.

Once a year the club hosts a gala fund raiser for a charity of their choosing. Last year it was the Wounded Warriors program. This year’s charity program is in the planning stages as this story is written. President Michael says to please check on their facebook page.

Illusion is the art of tricking the brain – your brain can be misled, so challenge your perceptions and suspend your disbelief, remember that sense of wonderment, and remember how it felt the first time someone made a coin appear from nowhere

or that pitcher of milk turn into a dove. That’s what these magicians want to renew in you. As illusionist Cross says, “At the end of the day, the smile on your audience’s face will be the best magic anyone could perform.”

ROSEMARY SHORT, BETTER KNOWN AS CECE THE CLOWN, HAS MAGIC AS PART OF HER SHOW. SHE PERFORMS LOCALLY, ESPECIALLY AT FESTIVALS LIKE MUDBUG MADNESS.



5 THINGS YOU NEVER KNEW ABOUT

Dracula

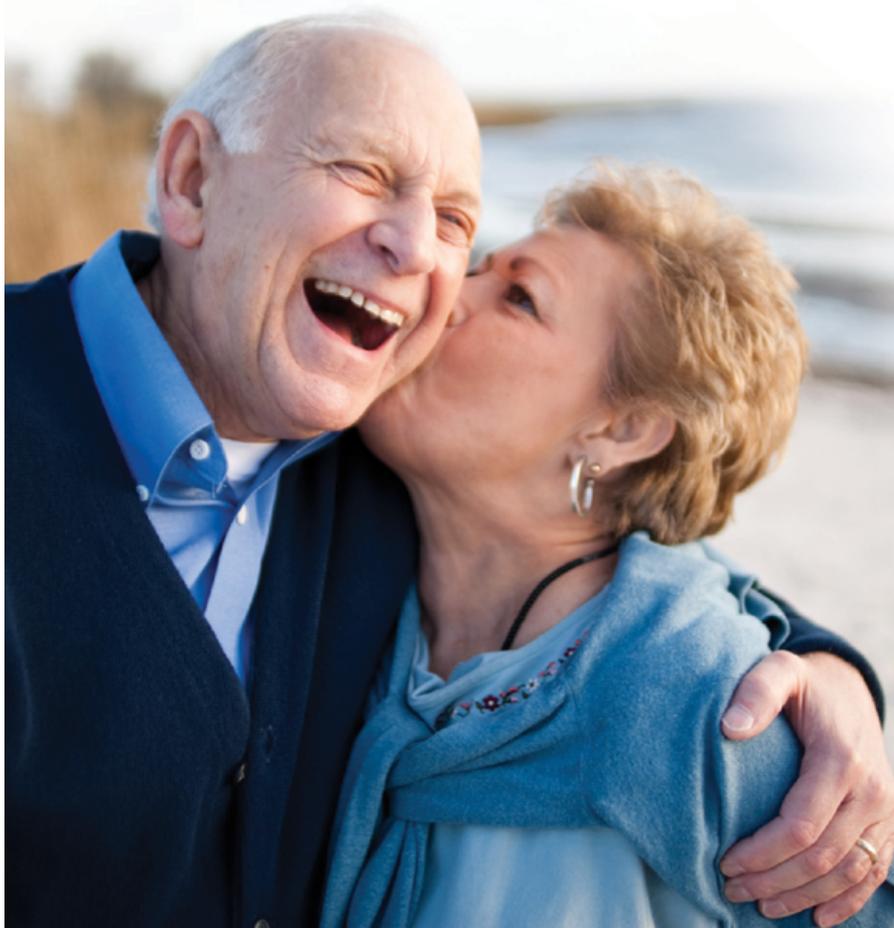
Few characters have captured our imagination more than Dracula. Since he was first introduced by Bram Stoker during the late 1800's, we can't get enough of the hemovore and, more than a hundred years later, dressing up as Dracula for Halloween still tops the most popular Halloween costume lists.

Chip Wagar, author of "The Carpathian Assignment", shares the top five myths about Dracula.

- 1. Dracula had to sleep in the dirt of his burial place** to regain his strength and powers. Many modern depictions of vampires, such as those in the Anne Rice series or Twilight, omit this very important detail. Their vampires sleep in beautiful coffins in luxurious mansions, but this was not so in the old days. This explains why Dracula was driven out of England in the original novel and had to return to seek refuge at his castle in Transylvania. Had he been able to sleep in any old coffin, the story would have been quite different.
- 2. Dracula was not able to disappear or become transparent.** His occult ability was to make himself so tiny as to be able to seem to disappear. His tiny form was able to slip underneath a door or hide from sight if he wanted.
- 3. Dracula was a sorcerer as well as a vampire.** Dracula's legendary powers as a sorcerer enabled him to control the weather, subordinate wild animals to his will, transform himself into a mist or fog and many things that people today think are synonymous with vampires. Vampire myth in the 17th – 18th centuries depicted these creatures as rather repulsive and weak. Dracula, by contrast, was mesmerizing and powerful, steeped in sorcery by Lucifer himself.
- 4. A vampire panic in Prussia and Austria reached a peak around the year 1755.** Popular hysteria prompted frequent digging up graves, cutting off the heads of alleged vampires to the point that the Empress Maria Theresa sent her physician to investigate in 1768. When he reported that it was all based on superstition, the Empress issued an edict forbidding her subjects from digging up graves or engaging in the practice of beheading or staking the hearts of the dead.
- 5. Dracula was killed by an American.** Many people forget that the slaying of Dracula in the last pages of the book occurred on the lonely road leading to his castle while he was being transported by his bodyguards. The group of vampire hunters led by Jonathan Harker overtakes the Count's entourage. One of their number is Quincy Morris, an American, who stabs Count Dracula in the heart with his Bowie knife and causes him to crumble into dust before Quincy himself dies of wounds from the struggle.



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Don't Take Any Chances: Get Your Flu Shot This Fall

by Bob Moos

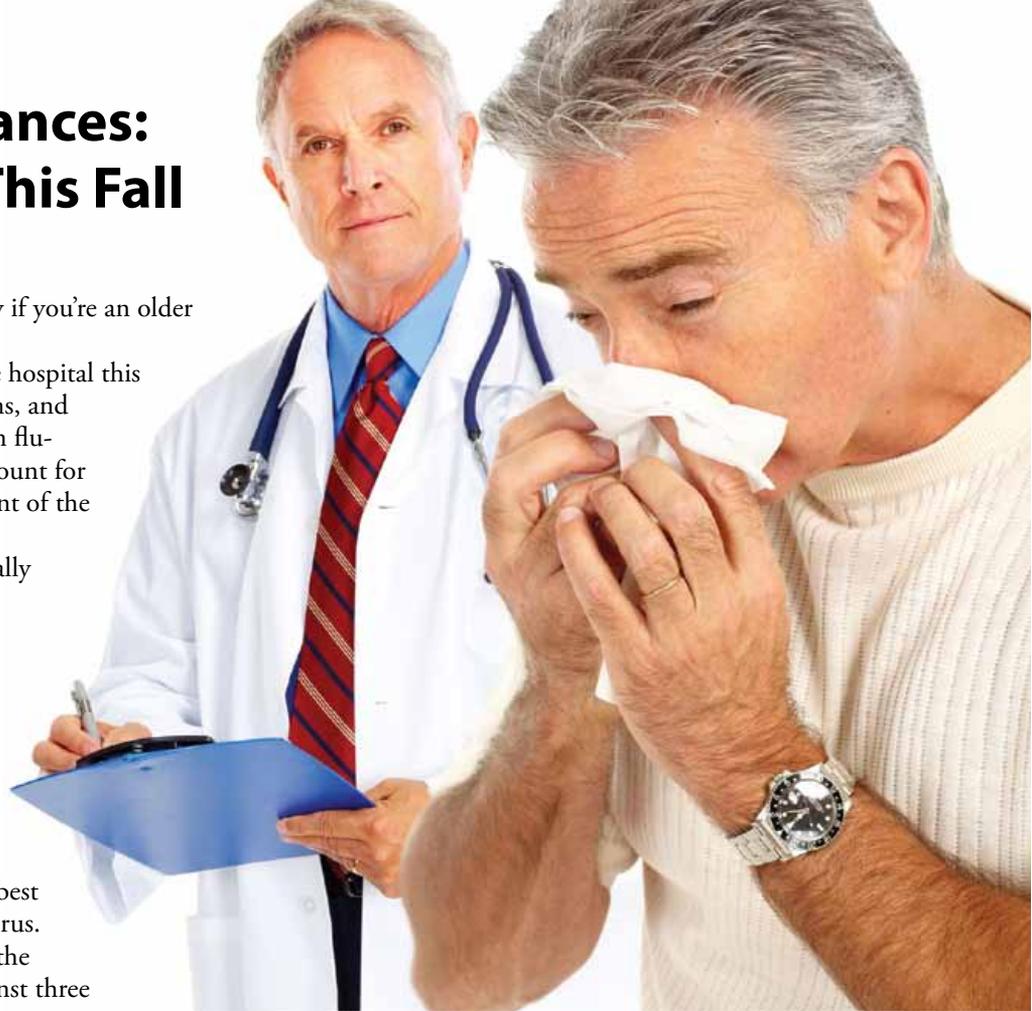
The flu is nothing to sneeze at, especially if you're an older adult.

About 226,000 Americans will land in the hospital this year as a result of the flu and its complications, and anywhere from 3,000 to 49,000 will die from flu-related illnesses. Adults 65 and older will account for 60 percent of the hospital stays and 90 percent of the deaths.

As people age, their immune system typically weakens and their ability to ward off diseases declines. That puts older adults at increased risk of the flu. Moreover, the virus can cause complications for those already struggling with chronic health problems.

As flu season approaches this fall, you'll want to wash your hands and stay away from sick people to reduce the spread of germs. But as useful as those preventive steps are, an annual vaccination remains the best way to help protect yourself against the flu virus.

You have several flu shot options. Besides the traditional flu vaccine that helps protect against three





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strains of the virus, there's now a "quadrivalent" vaccine that helps protect against four strains.

You can also choose a higher-dose vaccine specifically designed for older adults. By improving the production of antibodies in older patients, the higher dose can provide a stronger immune response and, hopefully, better protection against infection when you're exposed to the flu virus.

Talk to your doctor about which flu shot option is right for you.

Now is a good time to get your vaccination. The vaccine will protect you within two weeks. The flu season typically begins in October, peaks in January or February and runs through May.

If you're enrolled in Medicare Part B, your flu shot won't cost you anything, as long as your doctor, health clinic or pharmacy agrees not to charge you more than Medicare pays. There's no deductible or co-payment. The same is true for the higher-dose vaccine option.

If you were vaccinated last year, you'll still need another shot this year, since your immunity to flu viruses wanes after a year. Also, the types of viruses usually change from season to season, so a new vaccine is made each year to fight that season's most likely strains.

Despite the higher risk that flu and its complications pose to older adults, the vaccination rate within this age group remains much lower than it should be. Only 65 percent of adults 65 and older are vaccinated each year, far short of the public health goal of 90 percent for this group.

Why? Some older adults don't understand that the flu can be serious and life-threatening, so they don't think a flu shot is worth their time and effort. Others resist annual vaccination because they believe it's risky, even though decades of experience have shown flu shots to be safe and effective.

If you're concerned about a serious allergic reaction or some other medical condition that may make the flu vaccine unsafe for you, you should consult your doctor before a vaccination. Otherwise, it's important to remember that you can't get the flu from the flu shot.

Side effects are rare. Most people notice nothing after their vaccination. A few may have sore muscles or a slight fever. But those side effects usually last just a day or two.

No matter how healthy or youthful you may feel, don't wait to be vaccinated. When you get your shot, you'll protect not only yourself but also those around you. By avoiding the flu, you'll avoid giving it to family and friends.

Bob Moos is the Southwest public affairs officer for the U.S. Center for Medicare & Medicaid Services



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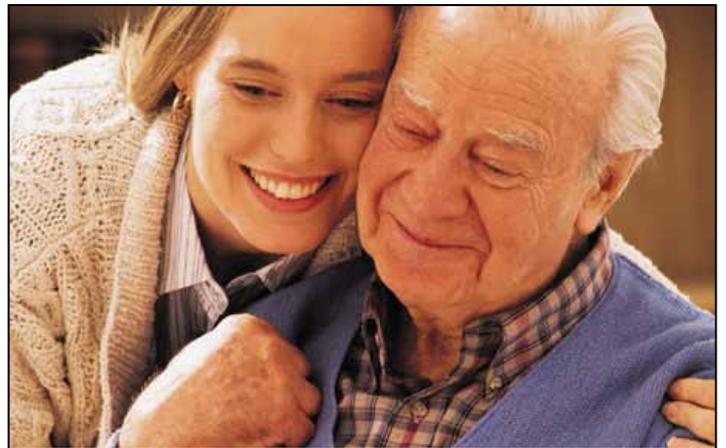
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- Excessive fears, anxieties or suspiciousness

Taming the Wolf: Understanding Lupus

by Kim Bailey

Lupus is a common disease that everyone has heard of, but few people know exactly what it is. Lupus is an auto immune disease that gets its name from the Latin word for "wolf". When a disease is named for a wild animal, the name can be a little misleading! You might expect it to be vicious in nature, but it doesn't have to be. In a healthy individual, the immune response attacks disease-causing invaders such as viruses and bacteria. By attacking the invader, the body fights off imbalance and restores the person back to health. In a person with Lupus, it is thought that genetics, hormones, and environment, combine to create a perfect storm in which the immune system is kicked into overdrive and attacks the body itself as a wolf does its prey. Therefore, not only does the invader remain untouched, but the body grows weak and tired from fighting itself and has minimal defenses left.

I didn't know even these basics when I was first diagnosed in 1995. Since that time, I have successfully learned how to manage and "respect" the illness. As with any illness, you'll hear the standard self-care tips to eat healthy, exercise, and reduce stress! While these suggestions are certainly helpful, I've gathered a few lessons that have helped me the most and would like to share them with those of you who are diagnosed or those who know someone with Lupus.

1 INITIAL SYMPTOMS ARE TYPICALLY VAGUE and therefore difficult for

physicians to identify quickly. It can take over a year to narrow down the diagnosis as no single test is purely diagnostic for this disease. A patient may experience complaints such as low grade temperature, muscle aches, joint pain, rash, fatigue, headache, dizziness, and "feeling out of it." It's obvious that these complaints could point to many different problems which is why Lupus is known as "the great imitator disease" to physicians and therefore not easy to pinpoint. Be persistent.

2 STUDY LUPUS and know it inside and out. Knowledge is empowering, especially with an illness. Learn what it can do to you and what challenges it can cause. Know that lack of sleep causes fatigue, and fatigue causes increased sensitivity to pain. Make it your job to rest! But more importantly learn what it **CAN'T** do to you! It can make you weak, dizzy, ill, fatigued, and in pain. But it can **NOT** destroy your dreams, hopes, faith, creativity, and friendships. It can also give you renewed appreciation of the days you feel "good."

3 YOU DON'T LOOK SICK! This point is crucial to grasp!!! Your friends and family will see the same person that they've always known and loved. What they can **NOT** see is the illness, pain, and bone weary tiredness. They hear that you are in pain and can't move. They know that you say you have zero energy. They get that you have "brain fog" and may not make total sense. But they look at you and they see a "normal" healthy looking person.



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It is especially hard for people to understand the illness they cannot see. There are no crutches or body casts, no bruises or deep raspy coughs. Quite simply, from the outside you don't appear sick. And that's a blessing too!

4 ESTABLISH A STRONG SUPPORT SYSTEM.

Memorize these words: "Yes, I'd love some help." You might have cringed just to read that phrase but please use it often. Your support may come from your family, friends, colleagues, and church. If they are not available, then I encourage you to create your own network. Join a local Lupus support group or even one online. Look for a group that is encouraging, positive, and focused on sharing coping skills and tips. The first two I joined were well-intentioned people, but the tone of the group was discouraging and depressing. I could get that on my own!!! I continued my search until I found a wonderful group of people who wanted to share treatments, tips, jokes, encouragement, and most of all hope and support...all of which are healing!

5 SAVOR THE GOOD DAYS AND CELEBRATE THE BAD ONES.

Prepare for the days you won't feel like getting out of bed and turn them into something special. Have a stack of books or DVDs nearby. Watch funny YouTube videos, Ted Talks, anything of humor or interest. Use your crayons! Collect Pinterest quotes of inspiration and strength. Pet a dog or cat. Repeat. Place a box of your favorite sweets nearby! Keep a supply of notebooks or cards within reach. Send a card "out of the blue" to cheer up someone else's day. You'll be amazed how such a small thing can change their day and yours.

As with all aspects of life, we may not choose what comes our way, but we can always choose our response to it. At home I have a small wolf figurine that I see occasionally. I selected one with a sweet face, as they really are beautiful animals. I have him up on a shelf now...just out of reach. I prefer to keep him there...where I keep him contained, within sight, and seemingly docile and well tamed.

Kim Bailey, LPC, LMFT is a counselor and Executive Director Emeritus with The Center for Families. The 125 year old non-profit agency provides counseling on a sliding fee scale to anyone seeking assistance.



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Will Your Kids Inherit Your Debt?

by Jason Alderman

Many people finally get around to writing a will in order to safeguard their assets for their heirs. But what if you've got the opposite problem: Your nest egg was decimated by the recession, bad investments or simply living longer than expected and now you've got a mountain of bills you can't pay off.

Will your kids inherit your debts after you die?

The short answer is, not in most cases. But there are situations where someone could be legally responsible for paying off your bills after death. Plus, aggressive creditors have been known to coerce heirs into paying off debts for which they're not responsible, just to be left alone.

If you're afraid that your financial legacy will be a heap of unpaid bills, here's what you need to know and prepare for:

In general, children aren't responsible for paying off their parents' unsecured debts – things like credit cards, personal loans and medical bills, which aren't collateralized by physical property. If there's not enough

money in the estate to pay off those bills, creditors will have to write them off.

There are several exceptions, however:

- If your child, spouse or other acquaintance is a cosigner on a credit card or loan (e.g., mortgage, car, personal loan), they share equal responsibility for paying it off. This is why you should always think twice before cosigning anyone's loan.

- If someone is a joint account holder – that is, their income and credit history were used to help obtain the loan or credit card – they're generally responsible to pay off the balance.

- Widows and widowers are responsible for their deceased spouse's debts if they live in a community property state.

Note that authorized users on your credit cards aren't liable for repayment since they didn't originally apply for the credit. Chances are they were simply "piggybacking" on your credit record to help build their own. However, to protect authorized users from being bothered by creditors after your death, you may want to remove them from your accounts.

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If you have outstanding secured debts upon death, such as a mortgage or car loan, your estate must pay them off or the creditor can seize the underlying asset. For example, if you were planning to leave your house to your kids, they'll need to either pay off or continue making payments on any outstanding mortgage, property taxes and insurance, or risk foreclosure.

Depending on your state's laws, there are a few types of assets, like life insurance proceeds and retirement benefits, which you can pass along to beneficiaries that generally won't be subject to probate or taxation and thus may be safe from creditors.

Just be aware that if you name your estate as beneficiary for an insurance policy or retirement account, creditors can come after the money to pay off your debts. Thus, it's usually wise to name specific individuals as beneficiaries – and back-up beneficiaries, in case they die first. Also, if your beneficiary is a cosigner on any of your debts, creditors can pursue him or her for any balances owed.

Check with a probate attorney or legal clinic familiar with your state's inheritance and tax laws. Free or low-cost legal assistance is often available for lower-income people.

BOTTOM LINE: If you expect to leave unpaid debts after you die, alert your family now, so that together you can plan a course of action. You don't want to blindside your loved ones in the midst of their grief.

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



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You Need Probiotics Year Round

by Suzy Cohen

Probiotics because your immune system is in your GI tract. Probiotics also improve energy and metabolism by activating thyroid hormone. This makes you feel energetic and helps you lose weight. Your microbiome includes beneficial bacteria that extract vitamins and minerals from your food, thus ‘feeding’ your cells. A person can eat and eat, and it won’t support you nutritionally at a cellular level unless the nutrients are extracted from your meals. This is why overweight people are actually malnourished at the cellular level.

Probiotics improve allergies by retraining your immune cells to tell the difference between harmful and non-harmful things you are exposed to. This is particularly helpful to asthmatics. Probiotics improve autoimmune conditions, by helping your system differentiate between “self” and “non-self” particles so that your immune cells (born in your intestines) don’t over-react to your thyroid gland, or your myelin for example.

Probiotics relieve constipation and

that reduces headaches because if you eliminate waste properly then toxins don’t build up in your body. My rule is, if toxins build up in your blood, they back up in your head. These toxins are “migraines,” they go off in your body like a grenade causing migraines. Probiot-

ics get rid of some migraines.

Probiotics help rid you of excess neurotransmitters. If you are stressed, nervous, sad, overwhelmed or you cry easily, I suggest taking probiotics. They influence hundreds of genes in your body including the genes that help you fight infection which is a terrific perk this time of year. I suggest taking them while you’re on the antibiotic (don’t make the mistake of waiting). After you swallow your antibiotic pills, it eventually exits your gut and enters your bloodstream and that’s the time to take your probiotic supplement. Wait about 2 hours after your medicine, then take your probiotic. High-quality products are sometimes fermented to combine different strains.

Here are some of the most popular strains found in supplements:

Bifidobacterium breve - Prevents diarrhea and supports natural antibody production.

Bifidobacterium infantis - Fights E. Coli and protects against inflammation of the colon and stomach.

Bifidobacterium longum - Protects you from the negative effects of nitrates in food, ease lactose intolerance, diarrhea and food allergies.

Enterococcus faecalis or TH-10 - Very potent against some deadly organisms, this strain also removes toxins in the colon, digests proteins



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(proteolytic) and helps allergies.

Lactobacillus acidophilus - Neutralizes yeast, campylobacter and some flu strains, while helping to lower cholesterol levels. You often see this in yogurt, though I am not convinced it's alive for long in yogurt.

Lactobacillus bulgaricus - May help digestive problems and acid reflux.

Lactobacillus plantarum - Protects against some gram-negative bacteria and produces natural antibodies. Often found in sauerkraut and pickles.

Streptococcus thermophilus - Possesses strong antioxidant activity due to "superoxide dismutase," an enzyme known to have anti-tumor activity.

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Can My Bank Lie to Me?

by Lee Aronson

Back in 1992, Weezy (not her real name), opened up a bank account. When she opened the account, she told the bank that when she died, she wanted her caretaker, Florence (also not her real name), to get all of the money left in the account. The bank told Weezy that they could do that and helped her fill out the paperwork to set up something called a payable on death account.

The bank explained that a payable on death account is a special type of bank account that will automatically give your money to whoever you designate upon your death. No will or probate process is required. And while you are alive, the money in the account is yours alone and only you have access to it. Which is exactly what Weezy wanted. But after Weezy died, it's not what Florence got.

That's because when Weezy died in 1997, Louisiana law said that people could only set up payable on death accounts for their spouse, children, grandchildren, parents or siblings. Because Weezy and Florence weren't related at all, when Weezy died, the bank refused to give the money in the account to Florence. So she sued.

She explained to the Judge exactly what



Weezy had done, exactly what Weezy had wanted, and exactly what the bank had told Weezy. The bank admitted that it had made a mistake when Mr. Bentley (not his real name), the new account representative, told Weezy that she could open a payable on death account for Florence even though the two women were not related.

But the bank also pointed out to the Judge that under Louisiana law, "no financial institution, its officers, or employees shall...have a fiduciary obligation or responsibility to its customers." And the law goes on to say that "the ordinary relationship between a bank and its customer is that of a debtor-creditor relationship

with the bank having no independent duty of care." In other words, the bank was arguing that they weren't Weezy's attorney or her financial advisor; and it wasn't their job to give Weezy advice on how to achieve her goal of getting money to Florence upon her death.

If you were the Judge, what would you do? In this case, the Judge said that although a bank usually doesn't have any legal duty to its customers, there is an exception: if a bank decides to advise a customer on a matter within its particular area of expertise, then the bank needs to provide correct information.

So if Weezy had gone to the bank and explained what she wanted and Mr.

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Bentley, the banker, handed her a form to fill out and gave her no help, then the bank probably would have been OK from a legal point of view. But Mr. Bentley did more than that. He instructed Weezy “on the disbursal of account funds after her death and agreed to distribute them to [Florence.]” And by assuming this responsibility, the bank “owed a duty of reasonable care in advising how to achieve the intended result.” Which is a long way of saying that Florence won her case and got her money.

After the Judge ruled in this case in 2000, the Louisiana payable on death accounts law was changed. Now you can set up a payable on death account for anyone, not just a spouse, your children, grandchildren, parents or siblings. So for some people, a payable on death account, if done properly, can be a great thing.

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



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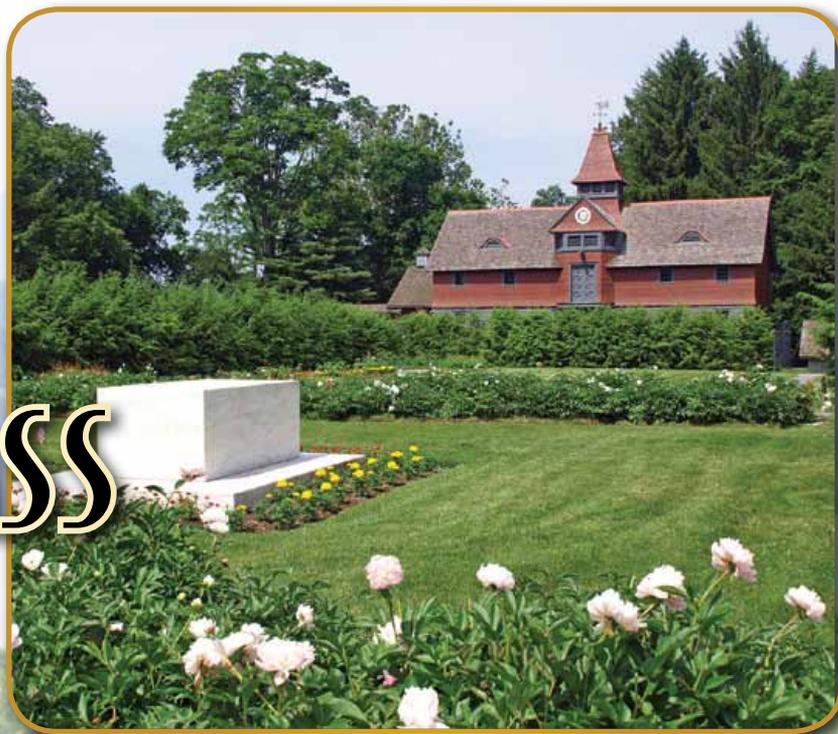
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Up Close with the UPPER CLASS

by Andrea Gross • photos by Irv Green



There's no doubt about it. If I lived in the days before air-conditioning and had oodles of cash to spare, I too would escape the sweltering summers of New York City by building a mega-mansion in the Hudson River Valley. I would have it designed by one of the top architects in the country, decorated with the finest art and antiques and surrounded by formal gardens equal to or better than those in Europe.

Then, as the weather heated up and the winter social season wound down, my family and I would leave our Manhattan home, take a steamship - or possibly a railroad - to the east bank of the Hudson, and move into our fifty, or sixty or seventy-room manor house. Once we were comfortably ensconced, we'd picnic and party until the weather cooled and it was time to move back to the city.

During the late nineteenth and early twentieth centuries this seasonal migration was de rigeur for financially successful and socially prominent New Yorkers. The men, who were mostly self-made entrepreneurs or the scions of self-made entrepreneurs, wanted to live as though they had, in both the literal and figurative sense, been to the manor born.

Many of their opulent estates are now open to the public and are located within the Hudson River Valley National Heritage Area, a 150-mile swath of land that runs from Troy (just north of Albany) to New York City. My husband and I anchor ourselves in the Mid-Hudson region of Dutchess County, which contains the summer homes of the most interesting, or at least the most well-known, of the super-elites.

Our first stop: the Vanderbilt Mansion, owned by Frederick Vanderbilt, grandson of railroad baron Cornelius "Commodore" Vanderbilt. As we tour the mansion, the guide tells us that at Grandpa's death in 1877, he was worth \$105

million, which if converted into today's dollars would make him almost four times as rich as Bill Gates. When I hear this, I'm surprised that the house, although filled with carved ceilings, marble columns, heavy drapes and delicate tapestries, has only 54 rooms.

"This is the smallest of the Vanderbilts' 40-plus homes," explains the guide. "His relatives called it 'Uncle Freddie's cottage on the Hudson.'"

The Vanderbilt Mansion gives a whole new meaning to the word cottage.

The nearby homes of Franklin and Eleanor Roosevelt are more modest when taken individually, but the property, which comprises The Franklin D. Roosevelt National Historic Site at Hyde Park, contains three separate homes. Springwood, where FDR spent many of his pre-presidential years, is a mere 20,000 square feet, and the antiques and art are mixed with family mementos. Of course, the stuffed birds collected by the child of the family might be less interesting had that child not grown up to be president of the United States!

After FDR's father died,



< Franklin and Eleanor Roosevelt are buried in a garden on the Hyde Park property.

the home and surrounding land passed to Sara, Franklin's mother. From that time on she not only controlled the family money, to a large extent she controlled her only son.

For example, before allowing him to build a small retreat on a heavily wooded part of the property, she made him promise that he would never spend the night in that house. She worried that if he needed medical attention, an ambulance might find it difficult to navigate the forest roads in the dark.

Franklin, who at that time was probably the most important man in the world, protested but eventually agreed to his mother's demands, and Top Cottage, which is a cottage in the traditional rather than Vanderbiltian sense of the word, was built in 1938. Our 32nd president, says our guide, may have had his way with world leaders, but not with his own mother!

The only part of the estate that wasn't under Sara's direct control was Val-Kill, the Dutch Colonial home of Eleanor. Eleanor wanted cozy and comfortable, and that is exactly what she got. The knotty pine walls are covered with photos of family and friends, the overstuffed chairs are mismatched, and the dishes on the table look exactly like those used by many middle-class housewives in the mid-twentieth century - including my own mother-in-law.

We tour two other estates: Wilderstein, the home of Margaret "Daisy" Suckley, who was a distant cousin and "close friend" of Franklin Roosevelt - "How close," says the guide, "is not known." - and Locust Grove, the home of Samuel Morse, a man who is best remembered as the inventor of the telegraph and the code that bears his name.

We'll have to visit the other mansions on our next visit. As we've learned, the Hudson Valley is the place to be in the summer. The mega-rich of yesteryear have told us so.

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Virginia Rising

by David White

I don't understand why the D.C. public doesn't realize its Sonoma and Napa is just a day's drive. It's an easy, straight shot out of the city, and there are incredible wines," exclaimed Sebastian Zutant, the co-owner of The Red Hen, a popular restaurant in the nation's capital known for its serious yet quirky wine list.

"Zutant has been managing beverage programs at some of Washington, D.C.'s top restaurants for more than a decade. And in recent years, he has become a big proponent of Virginia wines.

Many critics share Zutant's newfound respect for the state. After a recent visit to the Old Dominion, celebrated British wine authority Jancis Robinson suggested that Rutger de Vink of RdV Vineyards has "a good chance of putting the state on the world wine map."

De Vink's name is almost always mentioned alongside Jim Law of Linden Vineyards and Luca Paschina of Barboursville Vineyards, two key figures

in Virginia's wine industry. Bottles from these producers would convert just about anyone who doubts the state's potential.

But many consumers continue to give short shrift to Virginia, even if they're in driving distance of its best wineries. Indeed, when Zutant shows off wines from producers like RdV, Linden, and Barboursville, he'll often hide the labels.

"At my restaurant, I try to change perspectives," he explained. "It's never about bringing over a bottle of wine from Virginia; it's always about hearing what

my customers like. Then I'll open a bottle from Virginia, have them taste it, and explain where it's from. That's the only way I can do it."

In mid-May, I visited Linden with Zutant to chat with de Vink, Law, and Paschina about the future of Virginia wine. While the industry has experienced remarkable growth -- over the past decade, the number of wineries has increased from 78 to over 250 -- the three winemakers admitted there's still great skepticism in the marketplace. But they're optimistic.

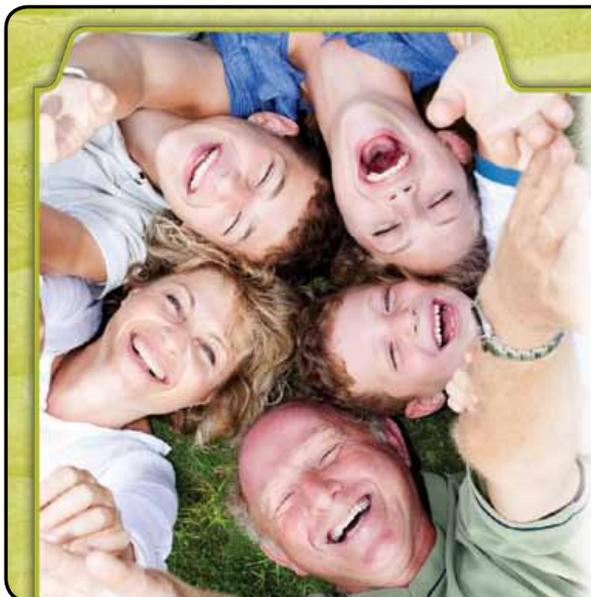
"I'm not in a hurry," replied Paschina, when Zutant expressed his frustration. "We'll get there. Every year, the knowledge of Virginia wine increases. It's up to us as producers to create an experience for people."

De Vink agreed. One experience he's fond of is a brown-bag tasting, where he'll pit his wines against similar blends from better-known regions.

"We're making world-class wines that compete with the top wines around the world," De Vink said. "If you don't think so, let's put them in brown bags. Unless someone like Robert

Parker says -- '95 points!' -- everyone will be suspicious of Virginia. That's hard. But it's getting better."

Zutant isn't the only restaurateur starting to pay at-



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tention to Virginia. On marketing trips across the country, Paschina has found a growing thirst for his wines.

"We have to identify spots with intelligent wine buyers -- ones that aren't prejudiced or lazy," he explained.

"It's easy to buy famous wines, put them on the list, and jack up the prices," Paschina continued. "Those are the restaurants I don't want to be in. Barboursville is at a fantastic restaurant in Brooklyn -- and I've had people come visit the winery after tasting the wine there. Some of our best buyers, historically, have come after hearing about us from restaurants in New York, Washington, Richmond, and Charlotte."

Jim Law has also seen a huge uptick in restaurant interest. "The differences I've seen are phenomenal, especially in the last five years," he said.

Thanks to the D.C. region's large population, many Virginia wineries can afford to ignore quality and instead focus on weddings and weekend tourists. So it takes a moral interest in quality to produce world-class wine. This commitment ties De Vink, Law, and Paschina and a handful of other vintners together.

For several years now, De Vink has been called "a top wine-grower in Virginia." But at one recent event, he was introduced as "one of the best winegrowers in the country." So long as descriptions like that keep coming, Zutant should soon be able to stop hiding wine labels.

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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Dawn Wells Shares *Mary Ann's Lessons for Life*

by Nick Thomas

What should have been “a 3-hour tour” turned into a 50 year journey for Dawn Wells, who played castaway Mary Ann in the zany sitcom “Gilligan’s Island” that debuted on CBS in September, 1964.

“I’m still talking and writing about the show and it continues to gain new fans,” said Dawn, from her home in Los Angeles. “If you’re a 10 year old kid watching the show today, there’s not much to date it – a desert island is a desert island!”

To celebrate the show’s 50th anniversary, Dawn draws on her life’s experiences in a recently released book “What Would Mary Ann Do?: A Guide to Life,” co-written with Steve Stinson.

“I wrote the book partly in response to fans over the years,” says Dawn. “It’s amazing that so many people still appreciate Mary Ann’s sense of values.”

While there are a few “Gilligan’s Island” stories in the book, the focus is on down-to-earth advice from Mary Ann – and Dawn’s –perspective.

“It was a fun, silly show that made you laugh and didn’t preach to the audience,” she says. “But there was an awful lot in the character of Mary Ann that kids could learn from today: she was fair, she pitched in to help, she had standards, she wasn’t worried about a \$500 purse, and she would be your best friend

you could trust. I think the world is a little confused on values these days.”

Although the book’s advice is frequently directed towards girls and younger women, Dawn says one chapter “Hey! Who’s That Old Gal in the Mirror” is aimed at a more mature crowd.

“Sometimes I look at myself in the mirror and think ‘really, I’m that age?’” said Dawn, who turns 76 in October.

“I don’t know where the years went, but I’m not obsessed with it,” she admitted. “As you get older, I think it’s important to keep a positive attitude about life. I know I have a million things I still want to accomplish! You just have to surround yourself with things that interest you. Even though there may be activities you can no longer enjoy, there are probably many that you can.”

Back on the island, there were plenty of weekly adventures to interest the seven castaways during the three seasons the show aired. Dawn says she got along with all her fellow actors – even Tina Louise (Ginger), despite the rumors over the years that the two feuded – and was particularly close to Natalie Schaffer who played the wealthy socialite Mrs. Lovey Howell.

“The character you saw her play was pretty much who she was in real life,” recalled Dawn. “She really was a grande dame, very independent, with a great sense of humor.”

Dawn says Schafer handled her aging well and responded accordingly.

"She had large ankles, so she almost always wore pants rather than dresses. In fact, she wore pants before they were 'in' for women. Her hands also showed signs of aging, so she usually wore gloves on the show. And her clothes were always colorful because that made her face look bright and cheery. So she was very conscious of her age, but I thought she handled it very smartly."

Beyond "Gilligan's Island," Dawn has appeared in over 150 TV shows and films, and starred in more than sixty theatrical productions which continue to attract her. But acting, she says, was never her plan.

"I wanted to be a pediatric surgeon!" she said. "I went to Stephen's College in Missouri but had problems with my knees since I was a little girl. So aside from archery and canoeing, I couldn't do much PE. I took a theater course and my professor said I was so good that I should major in it."

After transferring to the University of Washington in Seattle as a theater major, Dawn was asked to enter the Miss America contest, and in 1959 run for Miss Nevada – her home state.

"I thought it would be fun to get up in front of an audience and do a dramatic scene for the contest, but never thought I would win because I was so tiny and short," she explained. "But I won! After graduating, I told myself I would give acting a chance for one year and if it was not successful, would go back to medicine."

She never returned to med school!

Nick Thomas teaches at Auburn University at Montgomery, Ala., with features, columns, and interviews in over 400 magazines and newspapers.



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willing to give up her career.

Part of the problem, says Heymann, is that there were “two Norma Jeanes” – a little girl who craved love, and a mercurial and complicated woman who’d do anything for the limelight – even if it meant sleeping around.

Another part of the problem was that Joe was hot-headed and controlling. He grew to detest publicity, and resented that his star had fizzled while hers was rising. Marilyn was more famous than he, and it rankled Joltin’ Joe aplenty.

She called him “Pa,” and warmly embraced the son he mostly ignored. He advised her in the career he hated. They fought, reconciled, fought more, and wed in early 1954.

It was a marriage that wouldn’t last the year.

Let’s start here: I liked “Joe and Marilyn.” I really, really liked it because, while rabid fans of either DiMaggio or Monroe won’t find much new here, I did and I

liked the way it was presented.

The late author C. David Heymann was, in telling this long, scandalous saga, balanced and informative without being sensational. Readers become privy to private issues, as well as behind-closed-doors activities that led to even more issues, yet we come to see the deep devotion that lingered for the lifetimes of DiMaggio and Monroe, even though they clearly couldn’t ever live together.

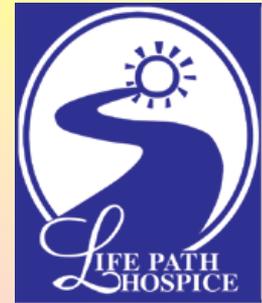
That makes this an excellently-heart-breaking love story, a juicy gossip piece, a slice of culture, and sports – all rolled into one. And if you’re a fan of those, of DiMaggio, Monroe, or Hollywood of yore, then “Joe and Marilyn” is a book you really can’t be without. *Terri Schlichenmeyer has been a professional book reviewer for over a decade.*

...an excellently-heartbreaking love story, a juicy gossip piece, a slice of culture, and sports – all rolled into one.

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YOU MIGHT BE A HYPOCHONDRIAC IF...

by Nick Thomas

The older I get, the more anxious I become about personal illness. When I was in my twenties, I never gave much thought to every odd ache or pain - it was mostly just "a muscular thing." But today when I experience a sudden twinge, I'm sure its major organ failure.

So, if I may channel Jeff Foxworthy along these lines, you too might be a hypochondriac if

- You're afraid to go fishing in case you catch something.
- Every birthday, you treat yourself to a spa, massage, and MRI.
- You continually pester your pharmacist to email you when the FDA approves a home colonoscopy kit.
- On vacations, you check into the hospital before the hotel.
- Your favorite reference web site is Sickipedia.
- You plan on attending Hypochondriac Anonymous meetings, but always phone in sick.
- You dread going to the supermarket in case a cashier asks, "Ready to check out?"
- When offered TicTacs, you explain that you can only take two every four hours, after meals, with a glass of water.
- You have more doctors than friends.
- You swear you heard the doctor whisper to the nurse "we'll know more after the autopsy."
- Your cell phone plugs into a stethoscope.
- For recreation, you touch up your X-rays with Photoshop.
- Drug dealers regularly visit your home, but they're from Pfizer, Merck, or Johnson & Johnson.
- Your favorite bedtime story to read to the kids is "Goldilocks and the Three Bayers."
- You wear a medical gown to bed.

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- Each Valentine's Day you send a card to your cardiologist.

- Your family has to eat meals off a physician's examination table in your dining room.

- And, you might just be a hypochondriac, if you ask to be buried with a first aid kit.

Thomas' features and columns have appeared in more than 400 magazines and newspapers. He can be reached at his blog: <http://getnickt.blogspot.com>.

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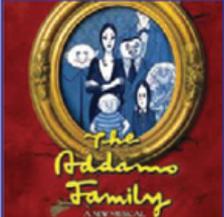


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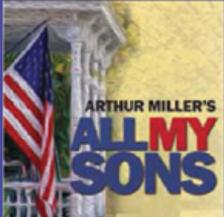
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Mark GLASS

Recent DVD Releases



Mr. Peabody & Sherman ★★

(PG) Oh, the curse of nostalgia and high hopes. When this cartoon canine genius and his "pet boy" blessed TV screens from 1959-61 as a regular feature in the Rocky and Bullwinkle series, it was a revelation, at least for this impressionable youth. The irreverent humor and groaner puns were unprecedented in such ostensible kiddie fare. One segment inverted beloved fairy tales; this one made history fun and silly, as Peabody and Sherman time-traveled in their Wayback Machine to assure the correct outcomes in bizarrely amusing circumstances. Jay Ward's creations were the South Park of that era.

Unfortunately, several attempts to stretch these short, simple gems into movies have not gone well. 1992's live-action incarnation of villains Boris Badenov and Natasha Fatale was a complete flop; same for Brendan Fraser's gig as amazingly earnest, yet equally inept, Canadian Mountie Dudley Do-Right seven years later. Even worse was Robert DeNiro's campy turn as Fearless Leader in The Adventures of Rocky & Bullwinkle a year after that. This one's less of a bummer than those, but still short of what franchise fans pine for.

This film stretches the episodic concept by fleshing out backstories for Mr. Peabody's body of creative work and his legal relationship to Sherman, and putting them into a contemporary urban setting. Sherman goes to school, gets into trouble as a misfit with his peers, leading to a chaotically up-tempo adventure. The script delivers too few laughs to honor its roots, or meet the demands of a feature-length film. The visuals are, of course, vastly superior (with a 3-D option). Regular readers may note similarities to my review of last year's remake of "The Secret Life of Walter Mitty", which surely fared better among those who hadn't read Thurber's short story or seen the Danny Kaye movie. If this isn't just another mediocre animated feature, piggy-backing on earlier glories, then I may be reaching the flower of my curmudgeonhood.

X-Men: Days of Future Past ★★☆☆

(PG-13) If you're a fan of the X-Men comics, movies, etc., chronicling the sagas of assorted misunderstood superheroes and the bad-dies within their gifted ranks, this one will probably satisfy many of your visceral cravings, even if the exposition grows tedious, and the time-travel plot is, well, another time-travel plot.



That inherently means logical problems will abound, for those who care about the left-brain component of such tales.

Trying for a 3-D screen is a good idea. Several of the action sequences are first-rate, especially one early scene featuring Quicksilver (St. Louis native Evan Peters) in slo-mo that so masterfully mixes mirth and mayhem, I kept hoping he'd show up for the later proceedings. Without him, the film seemed every bit as long as its 130-minute running time. Hugh Jackman's Wolverine is the one

sent back 50 years from a dark, dystopian future to prevent Mystique (Jennifer Lawrence, who succeeded Rebecca Romijn as the lethal blue babe) from killing a scientist (Peter Dinklage) whose legacy would have eventually led to the demise of all our iconic mutants, and a slew of humans with connections to them. A couple

of historic figures and references add brief bits of amusement, but not enough.

The movie will certainly make a bundle, and spawn more sequels, with one already slated for 2016. But this script concept raises an annoying question - the extent to which succeeding in this mission would nullify all the other X-Men adventures in the handful of films we've already seen. If so, shouldn't they refund the cost of those tickets?

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



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Hearty Chickpea Vegetable Soup

(Servings: 6)

- | | |
|--|---|
| 1 tablespoon olive oil | 4 cups cubed butternut squash, about 1 medium squash |
| 1 medium onion, chopped | 1 (15.5-ounce) can garbanzo beans, drained and rinsed |
| 1 large garlic clove, minced | 1 (14.5-ounce) can sliced carrots, drained |
| 2 teaspoons ground cumin | 3 cups escarole or kale, coarsely chopped |
| 2 (14.75-ounce) cans low sodium vegetable or chicken broth | |
| 1 cup water | |
| ¼ teaspoon salt | |

In 4-quart saucepan over medium-high heat, in hot oil, cook onion and garlic until just softened, stirring frequently. Stir in cumin; cook 1 minute.

Add canned broth, water, salt and butternut squash. Over high heat, heat to boiling. Reduce heat to low; cover and simmer 20 minutes until squash is tender.

Add garbanzo beans, carrots and escarole. Continue to simmer about 5 minutes until vegetables are tender.

A WELL-STOCKED PANTRY

FAMILY FEATURES

When it comes to mealtime, a well-stocked pantry can be the difference between culinary success and a dinner dud. Too often we contemplate what to make for dinner, only to realize that we don't have the right ingredients on hand or the food in the fridge has spoiled. But with a pantry full of canned foods, a delicious and easy, homemade meal is just minutes away. For more recipes and nutritional information, visit www.CansGetYouCooking.com.

Neopolitan Tuna Fettuccine (Servings: 2)

- | | |
|-----------------------------------|---|
| 8 ounces fettuccine pasta | 1 (5-ounce) can tuna, packed in oil, drained |
| 1 tablespoon olive oil | 1 (2.2-ounce) can sliced ripe olives, drained |
| 1 small onion, diced | Salt and ground black pepper to taste |
| 2 garlic cloves, minced | |
| 1 (14.5-ounce) can diced tomatoes | |
| 2 teaspoons capers | |

Cook fettuccine as label directs. Reserve 1 cup cooking liquid; drain.

Meanwhile, in 10-inch skillet over medium heat, in hot oil, cook onion and garlic, about 5 minutes until just softened. Add diced tomatoes and capers; simmer 5 minutes. Add tuna, olives, salt and pepper to taste.

Toss fettuccine with tuna mixture to mix well. Serve immediately. If necessary, add reserved cooking liquid.

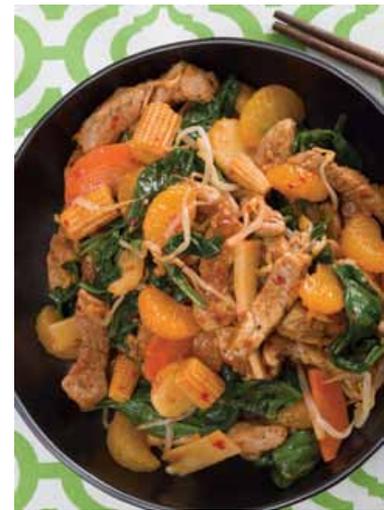


Orange Pork Stir Fry (Servings: 4)

- | |
|---|
| 1 pound pork tenderloin |
| 1 tablespoon cornstarch |
| ¼ teaspoon salt and ground black pepper |
| 1 tablespoon peanut oil |
| 1 tablespoon minced fresh ginger |
| 3 cups baby spinach leaves |
| 1 (15-ounce) can mandarin oranges in light syrup, drained |
| 1 (15-ounce) can stir-fry vegetables, drained |
| 3 tablespoons sweet Asian chili sauce |
| 2 tablespoons low sodium soy sauce |
| 2 teaspoons sesame oil |
| 2 scallions, thinly sliced |

Cut pork tenderloin into ½-inch-thick rounds, then into ½-inch-wide strips. Place pork tenderloin strips in medium bowl; add cornstarch, salt and pepper; toss to mix well.

In 12-inch skillet over medium-



high heat, heat peanut oil; add ginger. Cook 30 seconds; add pork strips. Stir-fry until pork is lightly browned, about 5 minutes. Add spinach; cook 2 minutes, stirring constantly until just wilted. Add mandarin oranges, stir-fry vegetables, chili sauce, soy sauce; cook over medium heat until mixture is coated and thickens slightly.

Stir in sesame oil and sprinkle with scallions. Serve with rice.

Morning Glory Carrot Muffins

(Servings: 12)

Muffins:

- 1½ cups all-purpose flour
- 1½ cups granulated sugar
- 1½ teaspoons ground cinnamon
- 1½ teaspoons baking soda
- ½ teaspoon salt
- 1 (14.5-ounce) can carrots, drained
- 1 (8-ounce) can crushed pineapple in 100% juice, drained
- ¾ cup vegetable oil
- 2 large eggs, lightly beaten
- 2 teaspoons vanilla extract
- 1 cup shredded sweetened dried coconut
- ¾ cup pecans, chopped



Frosting:

- 1 (4-oz.) package reduced fat cream cheese, softened
- 3 tablespoons butter, softened
- 1½ cups confectioners' sugar

To prepare muffins, preheat oven to 350°F. Grease 12-cup muffin tin. In large bowl, combine flour, sugar, cinnamon, baking soda and salt. In large bowl, mash carrots until smooth; add crushed pineapple, oil, eggs and vanilla until well blended. Add to dry ingredients until just mixed; fold in coconut and pecans.

Spoon mixture into prepared muffin tins, almost to top. Bake 30 minutes or until tester inserted in center comes out clean. Cool for 10 minutes. Remove muffins from pans. Cool completely.

To prepare frosting, in mixing bowl, combine cream cheese and butter until well blended. Add confectioners' sugar; beat until smooth.

Top carrot muffins with frosting.

Falafel Burgers (Servings: 4)

- 2 tablespoons olive oil, divided
- 1 small red onion, finely chopped
- 1 large garlic clove, minced
- 1 (16-ounce) can garbanzo beans, drained and rinsed
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ cup dry bread crumbs
- 1 (7.75-ounce) can spinach, well drained
- 4 hamburger buns
- Sliced tomato
- Sliced red onion
- Tzatziki sauce

In 12-inch skillet over medium heat, in 1 tablespoon hot olive oil, cook red onion and garlic about 5 minutes until tender-crisp. Remove vegetables to bowl of food processor.

To food processor, add one-fourth of garbanzo beans, lemon juice and salt; pulse with spinach mixture until smooth paste. Add remaining garbanzo beans, bread crumbs and spinach; pulse until coarsely chopped.

Shape mixture into four 4-inch patties. If desired, refrigerate until ready to cook. In 12-inch skillet over medium heat, in remaining tablespoon hot olive oil, cook falafel patties until golden and crisp, turning once.

Serve on buns and top with tomato, onion and Tzatziki sauce, as desired.



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CONCERT

Movie Masterpieces III - Shreveport Symphony. Saturday, October 18 at 7:30 p.m. at RiverView Theater. Featuring the premiere of MOONBOT Studios' new animated short film, *The Cask of Amontillado*, plus more exciting music from the world of film. Tickets: \$19 - \$62. Call 318-227-TUNE (8863).

DRIVER SAFETY

AARP Driver Safety Program - A 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.

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- Oct 9: 8:30 a.m. – 12:30 p.m. Stanley Community Center, 13595 Highway 84, Logansport. Contact: Dwena Henry, 318-697-4768.
- Oct. 11: 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.
- Oct. 16: 8:30 a.m. – 12:30 p.m. First United Methodist Church, Head of Texas Street, Shreveport. Contact: Rev. Carl Rhoads, 424-7771, ext. 102.
- Oct. 16: 8:30 – 12:30 p.m. The Waterford at Shreveport, 2222 E. Bert Kouns Industrial Loop, Shreveport. Contact: Kristin Schneider 318-524-3300.
- Oct 22: 12:00 Noon - 4:00 p.m. Bossier Council on Aging, 706 Bearkat Drive, Bossier City. Contact: Kathy Thomas 318-741-8302.

EVENTS

Race for the Cure - November 1 at Shreve City. 7 a.m. Welcome ceremonies & Pink Parade. 8 a.m. 1 mile Fun Walk/Run. 8:30 a.m. 5K Walk/run. 10 a.m. closing ceremonies. Pre-party Saturday Oct. 25, 5 - 9 p.m. Komen Office Parking Lot, 2015 Fairfield Avenue, Shreveport. Lots of great food and entertainment by Windstorm! Adult \$10, Children \$5. For race or registration information call

318.220.7050 or email info@komennwla.org or visit www.komennwla.org.

Senior Day at the State Fair of Louisiana - Thursday, October 23, 10 am to 3 pm. Hirsch Coliseum at the Louisiana State Fair Grounds, 3701 Hudson Avenue in Shreveport. **FREE** Admission with donation of canned goods or non-perishable items to the Food Bank of Northwest Louisiana at the entry to event. **FREE** parking and **FREE** admission to the State Fair Midway. Fun and Entertainment. **FREE** health care screenings and information. Flu and Pneumonia Shots (Medicare card is required to be presented for no charge to Medicare beneficiaries. For all others, payment is required.) Exhibits. Contests, Giveaways, and many door prizes. Visit www.TheBestOfTimesNews.com.

MEETING

The GENCOM Genealogical Society Monthly meeting on Sunday, October 26 from 2:00 to 4:00 p.m. at the Broadmoor Branch Library, 1212 Captain Shreve Drive, Shreveport. Celebrating Family History Month. **FREE** and open to the public. For more info (318) 773-7406 or email jgjoness09@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**.

- Thurs Oct. 2: 10 a.m. "When It's a

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

Heart Attack and not Indigestion” by Jody Gentry

- Fri Oct. 3: 10 a.m. Social Media Basics
- Thurs Oct. 9: 10 a.m. “Balance Matters” by Dr. Paula Click Fenter of LSU Allied Health. Pre-registration required. 676-7900.
- Fri Oct. 10: 10 a.m. Social Media Basics
- Thurs. Oct. 16: 10 a.m. “Demystifying Memory Loss: What Is and Is Not Dementia” by Dr. Christine Wright of LSU Allied Health
- Fri. Oct. 17: 10 a.m. Introduction to Laptops, tablets and smart phones
- Thurs Oct. 23: Closed for Senior Day at the Louisiana State Fair
- Fri. Oct. 24: 10 a.m. Introduction to popular ‘apps’
- Thurs Oct. 30: 10 a.m. “Medicare Part D” by Irene Jackson of the Caddo Council on Aging/Aging and Disability Resource Center
- Fri Oct. 31: 10 a.m. Introduction to popular ‘apps’

THEATRE

A Year with Frog and Toad (the musical) - presented by BPCC Cavalier Players. October 16, 17, 18, 23, 24, 25 at 7:30 pm; October 19 and 26 at 2:00 pm. Arnold Lobel’s treasured characters hop from page to stage in a story of friendship and adventure. Early-Bird Season Memberships are \$40 (through October 15). Each membership includes two tickets to each of the four mainstage shows. Individual tickets are \$15. 318-678-6021 or theatre@bpcc.edu.

Smokey Joe’s Café featuring the Coasters - Friday, October 10 at 8:00 p.m. at the Strand Theatre, 619 Louisiana Avenue, Shreveport. Smokey Joe’s Café featuring the Coasters is a musical revue showcasing 39 pop standards, including rock and roll and rhythm and blues songs written by songwriters Jerry Leiber and Mike Stoller. For tickets call 318-226-8555 or email strand@thstrandtheatre.com.



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7:30 PM

RiverView Theater, 600 Clyde Fant Pkwy



Back by popular demand, this program will feature the premieres of two animated short films by **MOONBOT STUDIOS** with live orchestra, *The Cask of Amontillado* and *Silent*, plus more exciting music from the world of film, including *Star Wars*, *Breakfast at Tiffany's*, *Superman*, and more!

Tickets start at \$20; Students \$12!

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318.227.TUNE (8863)



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King Crossword

Puzzle answers on page 42

ACROSS

- 1 Physicist Niels
- 5 Dine
- 8 Enervates
- 12 Sheltered
- 13 Tray contents
- 14 Small combo
- 15 Authentic
- 16 Ultramodernist
- 17 On in years
- 18 Senility
- 20 Beige
- 22 Supernatural
- 26 Tumbler
- 29 Party bowlful
- 30 Swelled head
- 31 Mature
- 32 Half dozen
- 33 Uppity one
- 34 Mischievous kid
- 35 Expert
- 36 Expenditure
- 37 Drop cloths?
- 40 Choir member
- 41 Oliver Twist, e.g.
- 45 Use scissors
- 47 Legislation
- 49 Continental coin
- 50 Luxurious
- 51 Hearty brew

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		

- 8 Beatle one
- 9 Quarrel
- 10 Chart format
- 11 Turf
- 19 Petrol
- 21 Filch
- 23 Farewell
- 24 Enthusiastic, plus
- 25 Timber wolf
- 26 Clench
- 27 South American capital
- 28 Assess
- 32 Learned one
- 33 Colonel
- 8 Beatle one
- 35 Performance
- 36 "— the ramparts ..."
- 38 Greek leader
- 39 Hauled behind
- 42 Island entertainment
- 43 War god
- 44 Secluded area
- 45 Hydrotherapy venue
- 46 Neither mate
- 48 "The Greatest"

DOWN

- 1 Shakespear, for one
- 2 Bread spread
- 3 Warmth
- 4 Get sick again
- 5 More logical
- 6 Handle
- 7 Suns' spot?

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MAGIC MAZE ● INTERJECTIONS

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

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

- | | | | |
|----------|-----------|----------|--------|
| Dear Me | Golly | My word | Whew |
| Ditto | Holy cow | Oh boy | Whoa |
| Egads | Holy moly | Shucks | Yippee |
| Gee whiz | Jeeppers | Whatever | |

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Sudoku

by Linda Thistle

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

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 40-41)

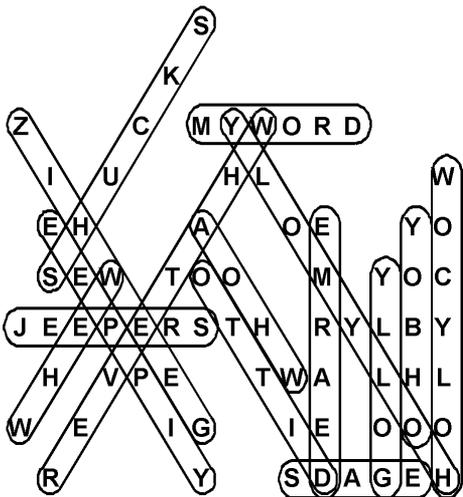
King Crossword

Answers

Solution time: 25 mins.

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

INTERJECTIONS



SUDUKO

Answer

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

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's Medicare HMO tells me that she cannot utilize the home health agency for my mom that she used before as they are not part of their network. I am not familiar with the choices of home health agencies the HMO said that I can choose from, so I want to use the home health that we have used before. What are my further options and I can I appeal their mandate to use a certain agency?

You can choose any home health agency serving your community. Each agency has contracts with specific and most likely many private insurances, managed Medicare plans (HGP), and some even accept Medicaid plans. Original Medicare is the most accepted insurance for home health agencies. If the agency is not in network with your current plan you may still choose to use the home health agency you prefer. If you are not in network, you will most likely have to pay more or even all of the cost yourself. You can also appeal the decision of the HMO to the Division of Administrative Law Health and Hospitals Section at 225-342-5800. They will lead you though your appeal. Appeals take time and paperwork so be prepared.



Don Harper
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318-681-7200
See our ad on page 27.

I broke a bone last year. Do I have osteoporosis?

In certain high risk groups the risk of a serious fracture can double after a first fracture. Those who experience an osteoporotic hip fracture have a 24% increased risk of dying within one year following the fracture. This is not only a disease of aging white women. Osteoporosis occurs in all racial groups and men have a 1:8 chance of having an osteoporotic fracture. Although there is no specific cure, you can: Get enough Vitamin D and Calcium. Get regular exercise (weight bearing and low impact). Do balance exercises to avoid falls (Tai chi decrease falls in older individuals) and if you have a broken bone talk to your doctor about a bone density test.



John J. Ferrell, M.D.
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Shreveport, LA 71105
(318) 424-3400

Is Osteoarthritis (OA) hereditary?

OA does have a genetic predisposition. Common forms of OA of the hands has a familial component. Obesity is a modifiable risk factor for bilateral (both) knee OA and weight loss will reduce the risk of OA in the knee. Obesity, surprisingly, does not show an increased risk of hip OA, but does show increased risk of hand OA. Whether adipose tissue releases OA-causing growth factors or hormones is not known at present, but what is known is that weight loss does have an identifiable improvement in OA of the knee.



Chris Shelby, MD
Pierremont Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
www.ShelbyEye.com
See our ad on page 31.



Jeremy and Karla Haas with Lillian and Byron Richie

October

PARTING SHOTS

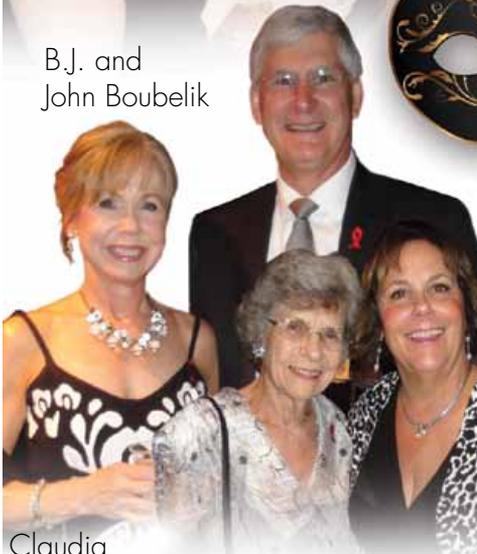
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B.J. and John Boubelik

Stars of the Silver Screen • BLACK AND WHITE BALL

Stars of the Silver Screen: Black and White Ball benefiting the Philadelphia Center was held on August 23 in the Horseshoe Casino and Resort's Riverdome.



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Susan and Gil Rew

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Our family was challenged with finding solutions to the many problems we were facing while handling affairs for our mother. Through the recommendations of a friend, we found our way to Kyle Moore and Vickie Rech. We cannot express sufficiently our deep appreciation for the incredible job they did and are doing for our mother. The many complexities of her financial situation are being handled professionally, in a timely manner and with compassion for our family. We consider them friends as well as legal advisors and highly recommend them!

-Darlene Franks Pace & Carolyn Franks Browning

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



James Burton hits the stage.



James Burton is presented an proclamation from the James Burton Educational Foundation.



Members of the Elvis Fan Club from Norway traveled to Shreveport for the festival.

The 2014

James Burton International Guitar Festival

was held in Shreveport on August 22 – 24.



Robert Furlong (left) with Trudy and Bo Floyd



Kenneth Olsen with the Norway Elvis Fan club presented James Burton with a commemorative framed poster.

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The 28th Annual Centenary Book Bazaar was held on September 5 & 6 in the Gold Dome.



Louis and Mary Casio



Bill and Connie Nalewaik

George Penfill

TBT Publisher Gary Calligas spoke to the *The Young at Heart* group from St. Elizabeth Ann Seton Catholic Church on August 25.



Daniel Assuline, Betty and Joseph Bianca, and Merhl Lee Smith



Ray and Marie Vallillo with Raymond and Joan Roy



Iris and John Poche with Anthony and Minnie Trombetta

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