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contents

11

briefs

8 *Stat! Medical News*

advice

- 18 *Dear Pharmacist*
LDL Cholesterol Isn't Entirely Bad
- 20 *Laws of the Land*
Free Cell Phone: Scam or True?
- 22 *From the Bench*
Domestic Abuse Battery Affects All Ages
- 26 *Money Matters*
Avoid Rude Rental Car Surprises
- 28 *Moving Free with Mirabai*
Scary Obesity Study

features

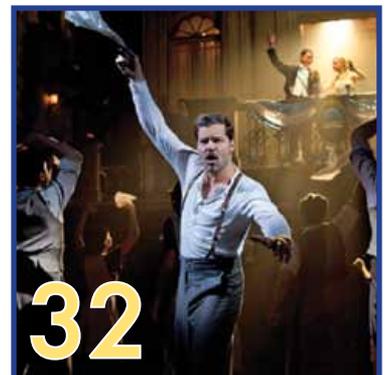
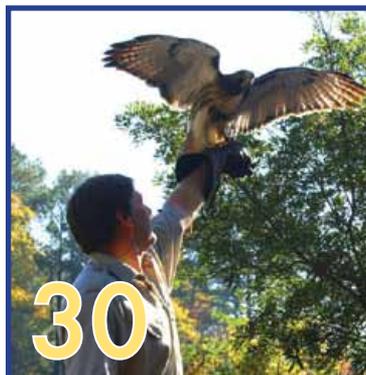
- 11 *Don't Be a Victim*
by Kelly Phelan Powell
- 14 *Exercise for the Ages*
by Jeff Schnauer

columns

- 30 *Traveltizers*
A Garden with a Dual Mission
- 32 *Broadway: A Personal Perspective*
Evita; Newsies; Nice Work If You Can Get It;
One Man, Two Guvnors
- 34 *Where Are They Now?*
John Davidson
- 36 *Recent DVD Releases*
A Dangerous Method; Extremely Loud & Incredibly
Close; Mission Impossible - Ghost Protocol

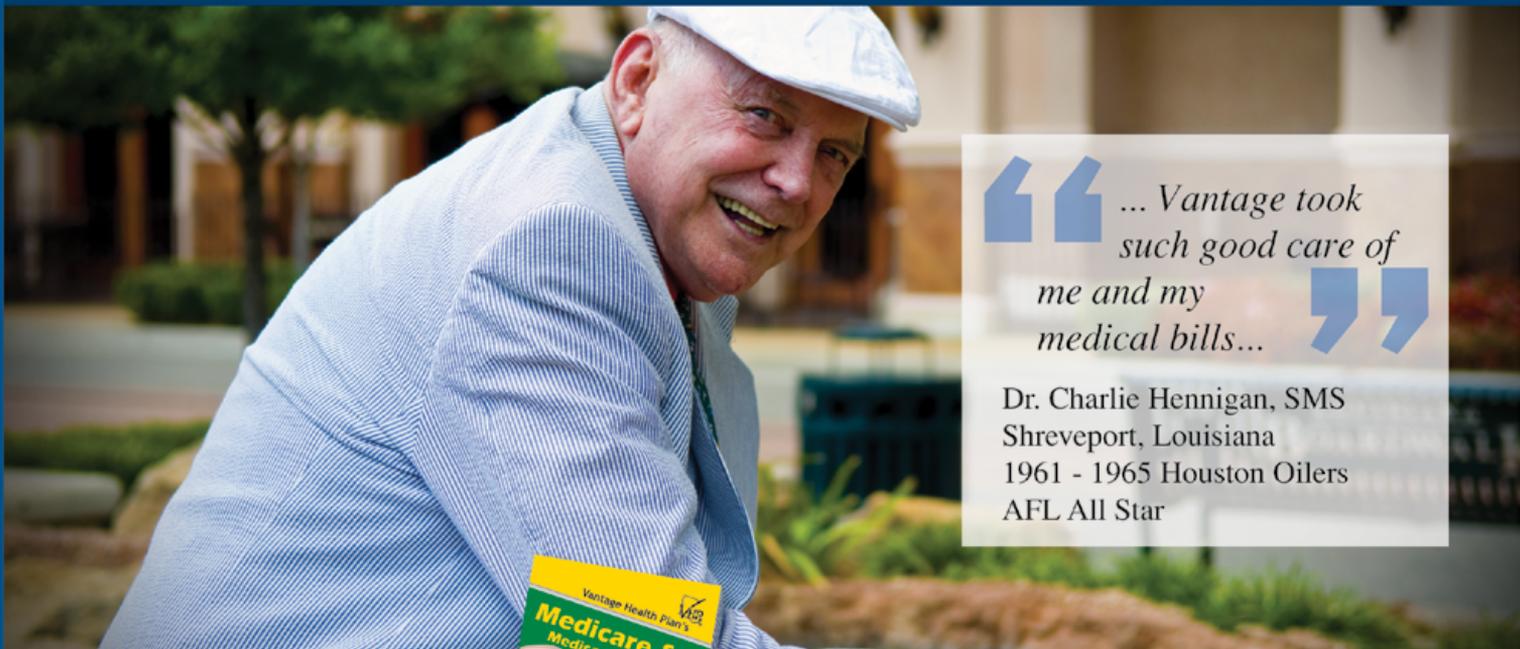
in every issue

- 38 *What's Cooking?*
The Thrill of the Grill
- 40 *Our Famous Puzzle Pages*
Crossword, Sudoku, Word Search & MORE!
- 42 *Get Up & Go!*
Things 2 Do and Places 2 Go
- 43 *Strange But True*
- 45 *Parting Shots*



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News reports are full of stories about murder, rape, robbery, and scams. The fear of crime affects us all. But we have the right to be safe and to live our lives without cowering in fear behind closed doors. The key is not to be paranoid, but to be diligent and to take steps to ensure our own, and our family's, personal safety. This month, Kelly Phelan Powell does an excellent job of providing safety tips and information that can minimize our vulnerability and should serve to empower us all.

Husband and publisher Gary Calligas is a trivia buff. Gary can regale friends for hours with bits and pieces of information on a wide range of topics. I often laughingly add that he is full of "useless information." But I'm only joking - most trivia is fascinating and entertaining. So why not add some to the magazine? I'm pleased to announce that we've added 2 trivia quizzes to our puzzle pages (see page 41) as well as a new column, "Strange but True" (page 43). Let us know how you did on the quizzes and what you think about these fun additions to the magazine.

This month we also welcome back Mark Glass with reviews of some of the latest DVD releases. Of course all of your other favorite columns are here as well.

Until next month, stay cool!

Tina

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Do you have a question for one of our guests? Call 320-1130 during the broadcast or email Gary.Calligas@gmail.com prior to the show.

JUNE 2

"Home Ownership Month"
Susan Lyons, with HUD

JUNE 9

"30th Anniversary of Friends of the Barnwell"
Charles Seyfried, Chairman and Marilyn Creswell, Executive Dir. with the Barnwell Garden and Art Center

JUNE 16

"Remember in Shreveport and Bossier When – The Exhibit"
Broadcasting **LIVE at 10 am** from LA State Exhibit Museum



JUNE 23

"The Columbus Affair"
Steve Berry, international author and historian

JUNE 30

"AARP Driver Safety Program"
Ray Branton, AARP Coordinator

Favorable Outcomes Reported for Robot Assisted Prostate Cancer Surgery

Outcomes from use of a robot to assist surgeons in removal of a cancerous prostate are at least as good, if not better, than the other two techniques used for a radical prostatectomy - open or laparoscopic surgery - according to a large meta analysis led by researchers at NewYork-Presbyterian/Weill Cornell. By analyzing 400 original research articles - all that have been published to date on the three methods - researchers concluded that robot-assisted radical prostatectomy (RARP) is more effective than a pure laparoscopic approach and comparable to an open surgical approach in completely removing cancer from the body. Positive surgical margins, a measure of oncological efficacy, were lower in patients receiving robotic radical prostatectomy as compared to those undergoing laparoscopic prostatectomy. The researchers also found that robot assisted surgery had fewer intraoperative and perioperative complication rates when compared to both laparoscopic and open approaches. The study was published online in *European Urology*.



conventional fillings, the new composite is a revolutionary weapon to control harmful bacteria, which co-exist in the natural colony of microorganisms in the mouth. After a dentist drills out a decayed tooth, the cavity still contains residual bacteria. It is not possible for a dentist to remove all the damaged tissue, so it's important to neutralize the harmful effects of the bacteria, which is just what the new nanocomposites are able to do. The researchers also have built antibacterial agents into primer used to prepare a drilled-out cavity and into adhesives that make a filling stick to the tissue of the tooth. Fillings made from new nanocomposite should last longer than the typical five to 10 years, though the scientists have not thoroughly tested longevity. The new products have been laboratory tested using biofilms from saliva of volunteers. The team is planning to next test its products in animal teeth and in human volunteers.

New Dental Fillings Kill Bacteria & Re-Mineralize the Tooth

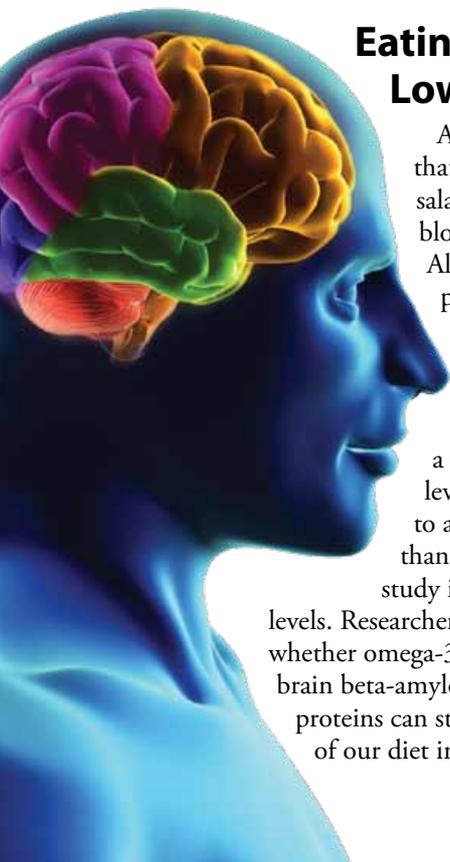
Scientists using nanotechnology at the University of Maryland School of Dentistry have created the first cavity-filling composite that kills harmful bacteria and regenerates tooth structure lost to bacterial decay. According to researchers, rather than just limiting decay with

Computer Use and Exercise Combo May Reduce the Odds of Having Memory Loss

You think your computer has a lot of memory...if you keep using your computer you may, too. Combining mentally stimulating activities, such as using a computer, with moderate exercise decreases your odds of having memory loss more than computer use or exercise alone, a Mayo Clinic study shows. Previous studies have shown that exercising your body and your mind will help your memory but the new study reports a synergistic interaction between computer activities and moderate exercise in "protecting" the brain function in people better than 70 years old.

Eating Fish, Chicken, Nuts May Lower Risk of Alzheimer's Disease

A new study suggests that regularly eating foods that contain omega-3 fatty acids, such as fish, chicken, salad dressing and nuts, may be associated with lower blood levels of beta-amyloid. One of the hallmarks of Alzheimer's disease is the accumulation of beta-amyloid plaques between nerve cells in the brain. For the study, people older than age 65, free of dementia, provided information about their diet for an average of 1.2 years before their blood was tested for beta-amyloid. The study found that the more omega-3 fatty acids a person took in, the lower their blood beta-amyloid levels. Consuming one gram of omega-3 per day (equal to approximately half a fillet of salmon per week) more than the average omega-3 consumed by people in the study is associated with 20 - 30% lower blood beta-amyloid levels. Researchers noted, "Determining through further research whether omega-3 fatty acids or other nutrients relate to spinal fluid or brain beta-amyloid levels or levels of other Alzheimer's disease related proteins can strengthen our confidence on beneficial effects of parts of our diet in preventing dementia." (*Neurology*)



TOP 10

Everyday SUPERFOODS

1. Sweet potatoes
2. Eggs
3. Nuts
4. Kiwis
5. Low-fat yogurt
6. Quinoa
7. Beans
8. Broccoli
9. Berries
10. Salmon (and other oily fish)

*Source: WebMD.com



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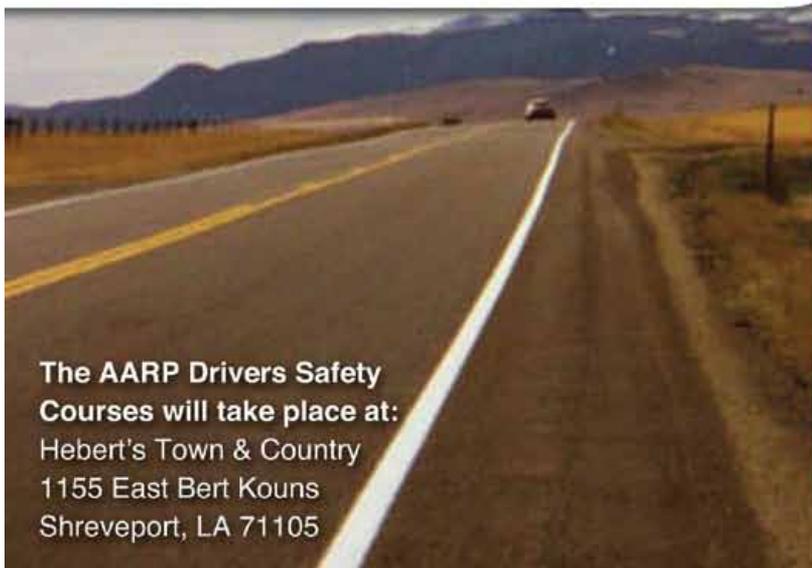
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Don't Be a VICTIM

When to Call for Help

by Kelly Phelan Powell

CCrime is as old as the world itself, and the risk of becoming a victim is simply a part of living in human society. But recent decades have seen an unnerving upswing in the amount of crime in suburban neighborhoods, places of business and even schools – areas that were once considered “safe.” Whereas people could at one time keep themselves safe by simply locking their doors and not going out late, avoiding crime has, in the 21st Century, become a much more complex endeavor, and sadly, people over 50 are now the most likely victims of certain types of crime. The good news is that law enforcement and other community agencies are aggressively fighting back against these statistics, and they’re more than willing to share all they’ve learned in order to help you stay safe.

Many mistakenly think self defense is all about brute strength. And while a little physical prowess never hurt anybody, staying safe is chiefly a mental exercise. “Your mind is your most powerful method of self-defense,” said Cpl. Diana Sanchez, an instructor at the Shreveport Police Academy and a 15-year veteran of the force. She, along with every other self-defense expert, emphasizes that being aware of your surroundings is, by far, the most important thing you can do to protect yourself. “Make a conscious effort to raise your head, look around and notice what’s going on,” she said.

All humans are creatures of habit, but the older a person is, the more entrenched he or she becomes in a daily

“BEING AWARE OF YOUR SURROUNDINGS is, by far, the most important thing you can do to protect yourself.”



“CHANGE UP YOUR NORMAL ROUTINE. Run errands on a different day. If you normally park in the carport or garage, park on the street instead.”

routine. While that may make for a more organized existence, it also increases one's chances for becoming a crime victim. Sanchez said criminals often stalk a potential target or stake out a location for days before making a move. What they're looking for is predictability. Avoid displaying a clear-cut pattern of behavior, and you can avoid them altogether as they move on to easier prey. “Change up your normal routine. Run errands on a different day. If you normally park in the carport or garage, park on the street instead,” she suggested.

Sgt. Lifford Jackson of the Caddo Parish Sheriff's Office, confirms. “These guys look for the weaker person, then they prey on them. They look for people who are walking with their head down, not paying attention to what they're doing,” he said. As the officer in charge of community programs, his job is to educate the public and help people avoid becoming the victims of crimes. In order to do that, he spends a great deal of time extracting information from inmates currently housed at Caddo Correctional Center (CCC). You might think it would be difficult to persuade career criminals to give up their trade secrets, but you would be sorely mistaken. “They love bragging about what they do,” Jackson said. “Most of these guys just want me to take their pictures so they can send it home to their loved ones. If I take a picture of them, they'll spill their guts to me.”

Criminals spend a lot of time thinking about how to commit crimes. “You've got to give these guys credit. They do their homework,” Jackson said. So the way to beat them at their own game is to spend time thinking and learning about how to

protect yourself. Many of the safety methods are obvious, but there's one that people struggle with more than any other – admitting to themselves that they are vulnerable. “Denial is a river in Egypt,” he said flatly. “A lot of people think it can't happen to them. Be aware of your surroundings and know that you can be a victim.”

A lot of senior adults live by themselves, and isolation is a major risk factor for becoming a crime victim. “Tell someone where you're going,” Jackson said. Letting someone know your whereabouts and when to expect you home is just as important if you're going to the grocery store as it is if you're leaving the country. Better yet, go with someone else. Sanchez suggested that for those who live alone, asking a family member, friend, neighbor or someone from your church to check in on you periodically is an excellent practice no matter your age.

“The world we live in is dangerous,” Sanchez said. “Be a little bit skeptical and err on the side of caution.” Out of a spirit of neighborliness, civic-mindedness or simply out of boredom, seniors sometimes abandon their natural sense of caution or ignore their instincts. Both Sanchez and Jackson said that people over 50 are more likely to be the victims of financial abuse like con games, pigeon drops, telemarketing fraud and the now-infamous Nigerian check scams. What's worse, those who find themselves swindled are sometimes reluctant to alert law enforcement because they're embarrassed that they fell for a con. “Don't be embarrassed,” Sanchez urged. “Call us and let us help so that no one else becomes a

victim. Don't let your pride keep you from getting help."

The USAA Educational Foundation has excellent information about elder fraud and abuse, along with several other health and safety topics, at www.usaaedfoundation.org (this information is also available through the Shreveport Police Department). The important things to remember are to resist high-pressure tactics and consult family members, friends or a financial professional before sharing personal information, especially your credit card, bank account or Social Security numbers. If you suspect you've been a victim of fraud, write down every detail you can remember about the event and contact law enforcement immediately.

Those of older generations are too often reluctant to contact the police about anything at all, not wanting to "put them out," "cause trouble" or "keep them from their jobs." Answering citizens' calls is their number-one job, Sanchez said. "If you're thinking about calling us, you need to call us. Let us decide if it's a police matter or not. And if you're unsure, you don't necessarily have to call 911. We have a nonemergency number," she said. The nonemergency number for the Shreveport Police Department (SPD) is (318) 673-BLUE (2583), and the one for the Caddo Parish Sheriff's Office (CPSO) is (318) 675-2170.

Panhandlers are a potential source of crime in urban settings, and downtown Shreveport is no exception. Well-meaning individuals who pull out their wallets to offer a dollar or two wind up assaulted and robbed. "If you want to help someone, there are other ways to contribute than opening yourself up to someone who's a stranger to you," said Sanchez, who, prior to her position at the police academy, used to be a part of Shreveport Police Department's mounted and bike patrol downtown. If you feel you must help people on the street, then there's no such thing as being too cautious. "Do it a little bit differently," she said. "You have to think, 'This could turn into a bad situation.'"

Besides panhandlers, Jackson said purse-snatchers and pickpockets are a real problem almost everywhere. He laughed and said he knows it will never happen, but he wishes women would just stop carrying purses altogether. "It's better if women don't even carry purses. It's sad to say, but sometimes the purses are worth more than what you have in them. If I steal your \$400 or \$500 purse, I can sell it for at least \$200 at a pawn shop or to someone on the street," he explained. He said men should carry their wallets in their front pockets or, preferably, put

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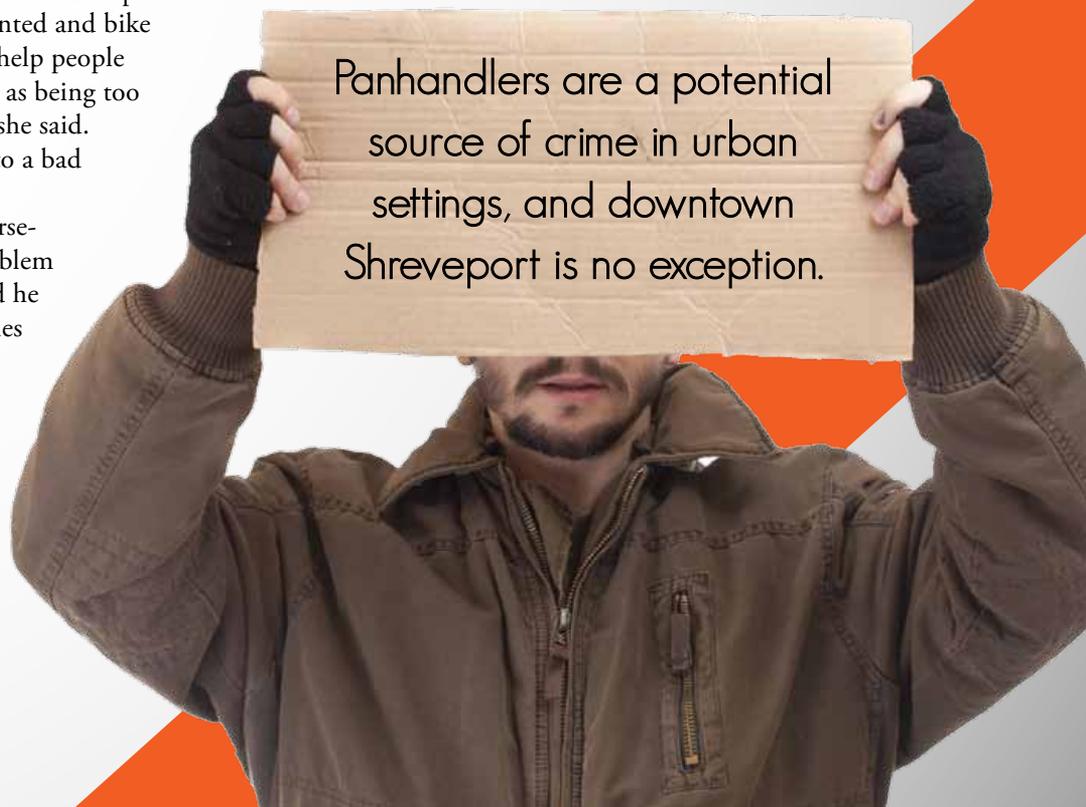
their cash in a money belt, especially when traveling. In any case, photograph the contents of your wallet and/or purse, and keep the photos someplace safe so that if you are robbed, you can identify precisely what you lost. The best practice, he said, is to never carry anything you can't afford to lose.

The most effective item a person can carry with him or her, Jackson said, is a File of Life. This community program of the CPSO is a file that emergency-response personnel of his or her current prescriptions and medical history. It's free of charge to senior citizens in Caddo Parish. For more information about the File of Life and how it works, contact Deputy Edith Pinkston at (318) 681-0875 or epinkston@caddosheriff.org.

Likewise, the SPD has Community Oriented Policing programs, ranging from National Night Out to the Citizens' Police Academy, that are designed to help citizens stay safe and informed. Obtain information about these programs or any other public safety topic by contacting Sgt. Bill Goodin, public information officer, at (318) 673-6932.

Jackson, the 2009 National Officer of the Year, periodically teaches women's self defense courses for groups of five to 20. He can hold these sessions at Sheriff's Safety Town on Jewella in Shreveport, CCC or any location (as long as there is adequate space) of your choosing. To set up a class, call Sgt. Jackson at (318) 681-0872.

Clearly, protecting yourself has more to do with mentality than physicality. By utilizing the resources not only within your community but also within your own mind, you can stay safe, healthy, happy and independent for a long time to come.





EXERCISE FOR THE AGES

Ready to get moving again?
Engaging in age-appropriate exercise presents a clear path to success

By Jeff Schmaufer

By the time you reach 80 years old, Colin Milner says about half of us will not be able to walk a quarter of a mile.

“As you get older, you need to train for the quarter mile,” says Milner, CEO of the International Council on Active Aging, Vancouver, B.C. “Research shows that those who were able to accomplish the quarter mile walk by the time they were 80 had six years less of disability. That’s a big deal.”

So should everyone be training for a quarter mile today? Not necessarily. In fact, the National Institute on Aging does not have any specific recommendations by age group for exercises because age isn’t necessarily the deciding factor in how much or how long someone can or should exercise.

“You could be 50 and function like a 70 year old or 50 and function like a 30 year old,” says Wayne Westcott, PhD, fitness



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research director at Quincy College, Mass., who has co-authored several books, including “Strength Training Past 50” (Human Kinetics, 2007).

“The fitness program should be based on ability or chronic condition rather than age,” says Karl Knopf, Ed. D, of Foothill College in Los Altos Hills, whose books include “Stretching For 50+ : A Customized Program for Increasing Flexibility, Avoiding Injury and Enjoying an Active Lifestyle” (Ulysses Press, 2005).

Still, there are common, shared physiological changes that occur as we age – such as lack of flexibility and muscle loss. Certain types of exercise, experts say, may be beneficial to enjoying a better lifestyle as we age. Here is a glance at these changes and some exercises that may help. As always, consult a doctor and/or fitness professional before beginning an exercise program.

50s “It’s probably the most difficult decade,” Westcott says. “It’s a huge change in terms of muscle loss and bone loss and estrogen and testosterone. Men

The 50s are probably the most difficult decade. It's a huge change in terms of muscle loss and bone loss and estrogen and testosterone. Men and women will lose about a pound of muscle a year.

~ Dr. Wayne Westcott, fitness research director at Quincy College

and women will lose about a pound of muscle a year. They most need strength training or resistance exercise to not lose muscle mass. The American College of Sports Medicine (www.acsm.org) recommends 8 to 10 exercises that work most of major muscle groups, including leg press, chest press, pull down, shoulder press, a low back extension and an ab curl. They should use a weight that they could do eight times minimally. Once they get to 12 they raise their weight. Do it two to three days a week.”

For people in their 50s and 60s, “the focus should be on health issues such as how can exercise make them healthier to reduce the incidence of diabetes, high blood pressure, heart disease, etc.,” Knopf says.

60s Loss of flexibility increases in our 60s, Westcott says. Our backs may start tightening up or it becomes harder to turn our head while we back up our car. Women begin having more shoulder problems. “Add a more significant portion of time to staying limber, especially in hamstrings and shoulders,” Westcott says. After you have warmed up a little bit, perhaps on a stationary bike or walk, try a series of static stretches. “Move into a stretch position and hold that position for 15 to 20 seconds. Then move into a further stretch for 15 to 20 seconds. Try a figure 4 or a letter T stretch. About a minute and a half per stretch. Five to seven minutes total.”

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70s “Ambulation becomes an important issue, such as walking down stairs, getting out of cars,” Westcott says. “In addition to a weight bearing exercise and stretching, I would suggest some kind of a walking program. Get on a treadmill or take a walk. Be able to walk on hills. Minimally 20 minutes – maximum 40 minutes.” A word of warning: “If they go too long, they burn out all together and stop doing it.”

For people in their 70s and 80s, Knopf says the “focus should be on function how can exercise help them in activities of daily living, mowing the lawn, grocery shopping, etc. Keeping the leg muscles strong are the key to independence, plus maintaining muscle strength will help prevent becoming frail.”

80s Pay attention to the lower back, Westcott says. In addition to previous exercises, Westcott says you should consider special exercises for the lumbar spine, lower back and upper back. Find an exercise or exercise machine that works

out your abdominal and lower back areas in order to maintain a strong midsection/core musculature.

No matter what your age, experts say one of the greatest obstacles to exercising is just getting started.

“Many older adults who have a chronic health issue such as pain or dysfunction are afraid if they start they will hurt themselves,” Knopf says. “It is always wise to have a health professional advise the client of what they need to be careful about. In most cases, if a person starts out very slowly and listens to their body, they will

do not harm. The key is to start at 5-10 minutes and see how their body feels and they either progress or re-assess. It’s never too late to start.”

Milner suggests asking yourself where you want your body to take you in your golden years.

“From an exercise stance, it may be you want to be healthy enough at age 70 to travel. If you’re not fit, you’re going to have a lot of trouble with the Great Wall of China.”

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FOR MORE INFORMATION:

The National Institute on Aging has excellent information on exercise and older people available in their publication, *Exercise and Physical Activity: Your Everyday Guide* from the National Institute on Aging. It’s available at no charge from their website – www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/ – in English and in Spanish. Also consider their Go4Life website: <http://go4life.niapublications.org>.

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10-11 am - *The Best of Times*, Gary Calligas, Live Broadcast

June 23 - Honoring Shreveport & Bossier Military

11 am-3 pm - Music by Kyle and Sara Stone
1:30-2:30 pm - "Barksdale Field in the Beginning" by William L. Callaway
11 am-1 pm - *Talk of the Town*, Tom Pace, Live Broadcast

June 30 - "SWEPCO Centennial Day"

11 am-3 pm - Music by Airheart
15-minute safety and energy programs from 10:30 am til 2 pm

July 7 - Shreveport & Bossier Author Day

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11 am-3 pm - Music by Buddy Flett and Friends
10:30 am-12:00 pm - Shreveport-Bossier Bingo
1:00-2:30 pm - Shreveport-Bossier Trivia

July 14 - A Tribute to Elvis Day

11 am-3 pm - Music by Robin and the Bluebirds
11 am-12 pm - Elvis Look-alike contest-children
1 pm-2 pm - Elvis Look-alike contest-adults
2:30-3:00 pm - Elvis Tribute Artist, Richard Cook

July 21 - Focus on Shreveport-Bossier Filmmakers

11 AM- 3 PM - Music by Wampus Cats & Howling Henry
10:10-10:57 am - Allison Bohl, *King Crawfish* (first time in this area)
11:10 am-12:24 pm - Al Bohl, *TarZaN Lord of the Louisiana Jungle*
12:35-1:35 pm - Al Bohl, *Tarzan of the Apes*
1:45-2:55 pm - Allison Bohl, *T-Galop* (new film, never shown here)

July 28 - FINAL DAY, Vintage Trade Days

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LDL Cholesterol Isn't Entirely Bad

by Suzy Cohen, R.Ph.

Q Dear Pharmacist, Would you elaborate on cholesterol, and what LDL and HDL numbers mean. --C.J. Dallas, Texas

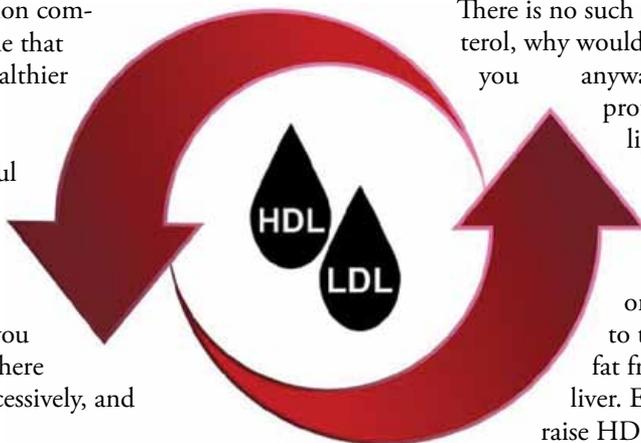
A There's mass confusion, everyone thinks cholesterol is bad. Medical authorities and television commercials have convinced some people that the lower your LDL number, the healthier you are.

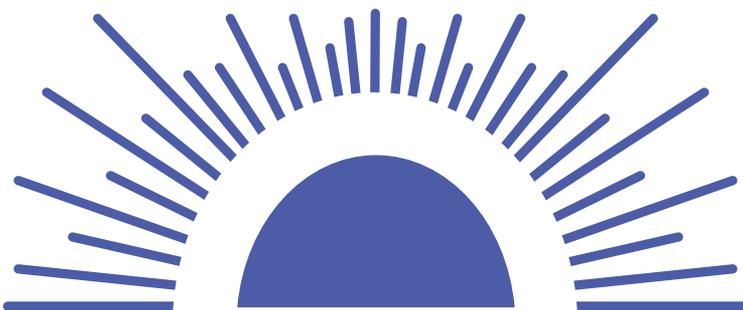
You should sit down for this: Cholesterol is a strong and wonderful anti-inflammatory and a potent antioxidant. Shocked? Because I bet you thought it was bad and that you should get rid of this bad awful cholesterol asap! Obviously, you don't want levels to run amok, but there is a point where you could lower excessively, and that's unhealthy.

Well-designed studies have repeatedly demonstrated that cholesterol can block two different pathways responsible for inflammation and pain, 5-LOX and 5-COX. For the record, prescribed anti-inflammatories often work on those two pathways, but if you have enough natural cholesterol, it is doing the work for you... without cramping your legs and making you weak!

We commonly refer to our "bad" LDL cholesterol and our "good" HDL cholesterol. I've even used those terms myself because people automatically understand, but they're silly. LDL and HDL are not even made of cholesterol! They are just fatty proteins, hence the name "lipoprotein" where "lipo" means fatty and "protein" means just that. (Stick with me, we are getting to the fun part.)

There is no such thing as "good" or "bad" cholesterol, why would your body make something bad for you anyway? LDL stands for low density lipoprotein, and HDL stands for high density lipoprotein. LDL is nothing more than a carrier molecule, a pick-up truck that shuttles cholesterol (fat) to the tissues. You don't want too many deliveries of fat to your arteries and organs so doctors are correct in trying to tame LDL levels. HDL removes the fat from your tissues and returns it to the liver. Excellent! That's why you are trying to raise HDL all the time, while lowering LDL.



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I'm in your head right now, so let me tell you do not suddenly stop taking your medications, good gracious that is not at all what I'm trying to say. Just understand that your body has a set-point where you feel healthy and strong. Control them, but don't chase the numbers down too low! Natural considerations include niacin, guggul fish oils, astaxanthin and soluble fiber. Discuss changes to your medication/supplement regimen with your pharmacist and physician(s).

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Free Cell Phone: Scam or True?

by Lee Aronson

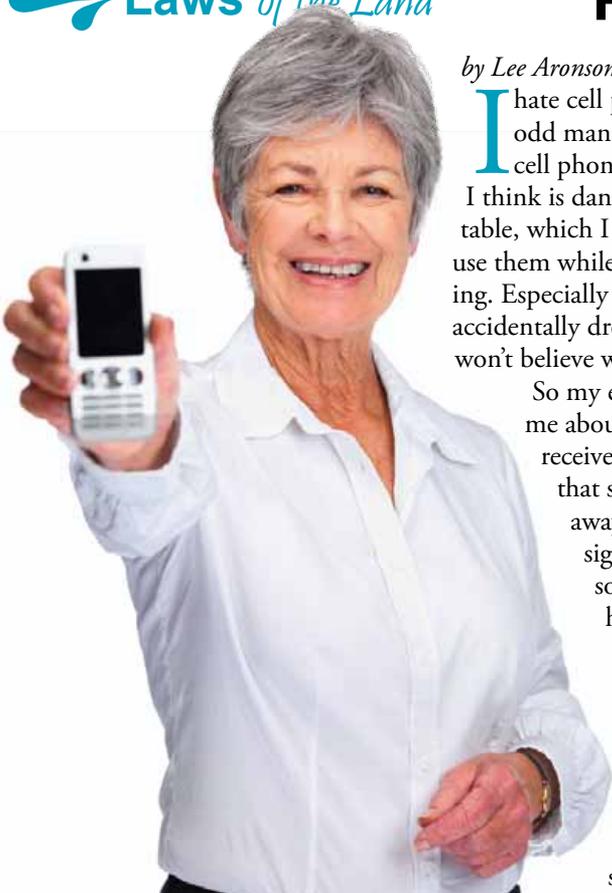
I hate cell phones. I know that makes me the odd man out. Everyone else seems to love their cell phone. They use them while driving, which I think is dangerous. They use them at the diner table, which I think is rude. And some people even use them while on the toilet, which I think is disgusting. Especially when I have to sit through another “I accidentally dropped my phone in the toilet and you won’t believe what I had to do” story.

So my eyes were rolling when a client called me about an offer for a free cell phone he had received in the mail. My first thought was that some company was willing to give away a cell phone to a customer who signed a long term contract. But the person who called me insisted that the offer he received said “Pay nothing! There are no bills, no contracts, no credit checks and no hidden fees.”

I was dubious. Sounded like a scam to me. So I asked to see the offer so I could read all the fine print. And after I read it all and did some research, I have to admit that my instincts were wrong. This is not a scam.

Back in 1985 the government started a program called Lifeline which gave “poor” people a \$10 a month discount on their telephone bill. But by 2008, cell phones had become common and cheap. So cheap that some cell phone companies went to the government and offered a deal. The cell phone companies offered to give customers a free cell phone and free cell phone service if the government would give the companies the \$10 per month. The government gladly took the deal.

So now “poor” people who are accepted into the Lifeline program can get a free cell phone and free monthly minutes without having to pay anything at all. Of course, program participants aren’t going to get particularly fancy phones. And the number of free minutes they get per month is limited. Some companies only offer 68 free minutes per month. That’s just a little over a hour of talk time. Per month. Other companies offer as much as 250 minutes (a little over 4 hours) per month. My guess is that these companies



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hope to make more money by selling program participants extra minutes of talk time.

One company that has gotten into this government program in a big way is a company called Safelink Wireless. Safelink Wireless is owned by a company out of Miami, TracFone Wireless, which is the largest prepaid cell phone provider in the United States. Other companies that offer free cell phone service in Louisiana are Assurance Wireless and ReachOut Wireless.

If you contact one of these companies, don't be concerned if you are told that you are getting 12 months of service. This does not mean that you are signing a year long contract. Nor does it mean that the free service is a promotional offer that will only last a year and you will have to start paying after 12 months. Here's the deal: this program is only for "poor" people. For example, a family of four must earn less than \$30,173 per year in order to qualify for this program. Every 12 months, in order to remain eligible for the program, the cell phone companies have to make sure that you are still "poor." So after you've been in the program for a year, you are going to have to do some paperwork to prove that your income remains below the program guidelines.

I suppose that this can be a real deal for some. But I still hate cell phones and don't want to hear about it if you drop yours in the toilet.



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

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Domestic Abuse Battery Affects All Ages

by Judge Jeff Cox

Every day in court, our dockets are being filled with domestic abuse battery cases. In fact, in reading recent newspaper articles, we have seen where domestic disputes have escalated to shootings of one spouse or the other. Usually these cases involve spouses that get into an argument with each other and an altercation starts between them. In some cases, elderly parents are involved in situations where a child or caregiver is the person who is alleged to have done the battery to the elderly parent. Although other crimes can be charged if a caregiver or child abuses an elderly person, a battery can be charged if the elderly person was battered. In all cases, the court takes a serious stance on these types of crimes due

to consequences that may arise out of a domestic abuse situation.

These cases are also taken very seriously by the law enforcement community due to the fact that any call regarding fights or batteries between parties in a home can lead to serious injury or death of one of the parties. In addition, law enforcement officers are at significant risk due to the fact that parties involved in these disputes may be armed and may turn their weapons upon the officers who are called into these situations. Any time an officer is called upon to intervene in a domestic abuse battery situation, one of the parties will usually be arrested and taken to jail. In some cases, both parties are arrested and taken to jail. When a party is arrested and taken to jail on these types of crimes, they will be held until a bond is set by a judge. Law enforcement officers want to make sure the party, or parties, alleged to have caused the trouble in the home is removed from the home so no further trouble or injury can be caused.

Louisiana Revised Statute 14:35.3 states Domestic Abuse Battery is “the intentional use of force or violence com-



mitted by one household member upon the person of another household member without the consent of the victim”. This violence can involve arguing whereby one party pushes the other or in more severe



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cases, the person hits the other person involved in the dispute. As stated earlier, this usually involves spouses. However, domestic abuse can occur at any age.

In the courts, we usually see younger to middle aged couples involved in these types of crimes. However, as America ages, we are seeing a few more cases involving the elderly. In the future, more of these cases may involve elderly couples due to the fact that elderly spouses may start to suffer from diseases such as dementia or other diseases which may affect their ability to reason and may make them hostile to their spouse or persons who are trying to care for them in the home.

If a person is charged with and found guilty of domestic abuse battery, they can be ordered to spend up to six months in jail depending on how severe the battery was that occurred. The first ten (10) days of that sentence are to be served without benefit of probation, parole, or suspension of sentence. In addition, they are ordered to attend counseling, can be fined, and are ordered to surrender any firearms in the home while they are on probation. Second and other offenses are naturally considered more severe and will be treated that way according to the law and by the court if the person alleged to have committed the domestic abuse battery is convicted of the crime.

The lesson in this situation is to try to remove yourself from the situation if an argument becomes heated. Let cooler heads prevail. If a person is suffering from a mental infirmity, try to let that person cool down if they are not threatening you in a manner that may cause serious injury. Do not continue to argue to the point that a physical altercation happens. Not all situations can be avoided, but do the best you can to avoid the situation. However, if the situation does get out of control, do not hesitate to call your local law enforcement agency. Situations where a person gets out of control and starts to push or hit can cause serious injury or death to the person on the other side of

the battery. A person involved in these situations must protect themselves from abuse.

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





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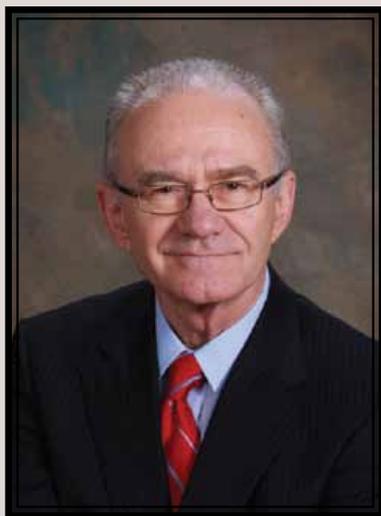
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Avoid Rude Rental Car Surprises

by Jason Alderman

I'm usually a pretty savvy traveler, but a recent car rental mishap reminded me that even when you take every precaution, things still can go awry.

While planning a family vacation to Panama, I searched online for rental cars. One lower-cost rental car agency I'd never used before offered a significantly lower rate than the others. Ignoring the little voice in my head, I decided to try them.

Long story short: Although our flight was only one hour late, when I arrived

bleary-eyed at the counter I was told that my car had already been given away – but I could upgrade to the next level for twice the price. After getting the runaround from the company's U.S.-based customer service department and learning that everyone else's rates had climbed equally high, I was basically stuck.

That experience taught me three



lessons: A reservation isn't necessarily a guarantee; when traveling abroad, use trusted vendors – especially if it sounds too good to be true; and do better due diligence by researching travel columnists and message boards for rental tips, possible pitfalls and customer complaints.

Several car rental methods are available:

- Book directly from a rental agency (usually cheaper online than by phone).
- Comparison shop at websites like Priceline, Orbitz or Hotwire (although, I'll now be wary of buying a "blind" rental where you don't learn the carrier's name until after you pay).
- As part of a package including airfare and lodging.

I usually open several browser tabs to compare rentals side by side. Rates change constantly, so today's price may be much lower (or higher) than tomorrow's. Other tips:

- Book the best deal you can now

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and check back for lower rates.

- Incorporate additional fees and taxes into your comparison – sometimes they don't all show up until the "Total" page.

- Look for discount codes from membership organizations like AAA, AARP and airline frequent flyer programs.

- Consider picking up your car at a non-airport location where rates are usually – although not always – much lower.

Other decision-making factors include:

- Airport shuttle convenience.
- Fees for exceeding mileage allowances, alternate location return, late returns, or additional drivers.

- Fuel refilling charges – you may do better refilling the car yourself. Use a website/phone app like GasBuddy to find cheaper gas in the area.

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- Renting longer than 30 days.
- Certain models are excluded.
- Travel outside specified service areas.
- Whether or not you carry comprehensive and collision coverage on your own car.

- Violating rental agreement terms (reckless driving, unauthorized drivers, etc.).

Before you take possession, thoroughly inspect the car for any pre-existing damage and note it on your contract; otherwise you could receive a hefty bill for someone else's minor scratches and dents. And, conduct a thorough walkthrough when you return the car.

Bottom line: Don't gamble your precious vacation on simply finding the cheapest deal. Sometimes you get what you pay for.

Jason Alderman directs Visa's financial education programs.

To Follow Jason Alderman on Twitter: www.twitter.com/PracticalMoney.



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Scary Obesity Study

By Mirabai Holland, MFA

Fitness=Longevity. We all know that. But a scary new obesity study performed at Duke University and published in the *American Journal of Preventive Medicine* proves we're ignoring the wakeup call. Why will there be a 33% increase in obesity and a 130% increase in severe obesity in the next 20 years? There's an atmosphere of over indulgence created by the people who want to sell us stuff. More is better. Bigger is a sign of your success. It's UPSCALE and we're taking it quite literally.

Hey I like stuff, but it's gone too far. And it's gotten uncomfortable.

Between the human cost in quality of life and the astronomical predictions for health care costs, a realistic approach to sustainable wellness has to be the next trend.

It's like global warming. If we don't do something about it, we're done for.

The Institute of Medicine recognizes this cultural trend and has come up with some pretty stiff recommendations for government, corporations and individuals.

They want to establish guidelines for



healthy meals in schools, restaurants and public events.

They want corporations to start marketing healthier food to children, and they want us all to exercise daily.

By 2030, the U.S. will see a 33% increase in the prevalence of obesity and a 130% increase in the prevalence of severe obesity.

Exercise more, sure. Eat healthier, a no brainer but to actually find the sustainable way to keep doing it and then to instill the people you love around you to do it too goes much deeper.

Here are a couple of things you can start with. Fresh produce, organic if you can afford it. It can get pricey. Read labels. I remember going to the grocery store with my mom a few years before she died. She thought of herself as a gourmet but in the store, I realized she never read

labels. She ate stuff that had high sugar, fat and preservatives in it. I said "Hey Ma, take a look at this tomato sauce you just put in your cart"; it's got a lot of sugar in it. Empty calories for what? Haven't you noticed that when you eat stuff with sugar you just want more and more of it. Break the chain of craving. To her credit, she listened and changed about half the things she was eating. Better

late than never!

Then there's exercise.

If you are going to exercise be active in a way that brings some joy into your life.

Find a few physical activities that you can do consistently. Just mix it up, walk with a friend and gossip, play a game, dance to music you like, and keep on doing it for the rest of your life.

Legendary fitness pioneer Mirabai Holland M.F.A. is one of the leading authorities in the Health & Fitness industry, and is a public health advocate who specializes in preventive and rehabilitative exercise for people. Her Moving Free® approach to exercise is designed to provide a movement experience so pleasant it doesn't feel like work. www.mirabaiholland.com. ©2012



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3) the comfort level of the physician that the person's needs can be met outside a medical setting.



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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.



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A Garden with a Dual Mission

Story by Andrea Gross; www.andreagross.com ✠ Photos by Irv Green

Photo above: Callaway Gardens is a 13,000-acre oasis that has plenty of space for both physical activity and relaxation.

TAKE ONE LOOK AT THE TREE TOP ADVENTURE— an activity that will have me walking across swinging bridges and soaring along a zip-line—and almost wimp out. But there’s a boy who looks to be about eight in front of me and a woman who says she’s eighty behind me. Trapped between eight and eighty, I decide to go forward.

Soon I’m flying through the air, thirty feet above the forest floor. Below me are the 13,000 acres that comprise Georgia’s Callaway Gardens, an oasis with resort amenities and a mission that speaks to my heart.

We were at Callaway Gardens for two days before we slowed down enough to learn its story. First we had to explore its other attractions:

- **Robin Lake**, which is surrounded by the world’s largest manmade beach;
- **the Butterfly Center**, where hundreds of winged creatures flutter soundlessly in one of the nation’s largest glass-enclosed tropical butterfly conservatories;
- **the vegetable garden** that serves as the southern setting for the PBS television show, *The Victory Garden*;
- **the Azalea Bowl**, which in the spring blazes with forty acres of brilliantly colored foliage;
- **the Horticultural Center**, a five-acre octagonal greenhouse filled with native and exotic plants;
- **the Birds of Prey Show**, held in an outdoor amphitheater where huge raptors soar above the spectators.



A new “Tree Top Adventure” offers fun for the daring.

On the third day, we had a true Southern breakfast of grits, spicy sausage, eggs and melt-in-your-mouth cathead biscuits (so named because they’re the size of a cat’s head) smothered with Muscadine jam. Then we debated our options. Golf? Tennis? Or maybe we should work off the calories by renting a bike. Callaway Gardens has nearly twenty miles of trails, ranging from a half-mile creek-side trail through the woods to a ten-mile paved path that leads to most of the attractions. We chose the latter.

Finally, we went over to the aptly named Discovery Center. That's when we learned that we weren't at an ordinary resort, but at a place where the main goal is conservation. Tourists were welcomed to the gardens almost as an afterthought.

Back in the late 1930s newly-retired mill owner Cason Callaway realized he needed a hobby. He bought some depleted cotton fields and set about nursing them back to productivity. Over the years, with the help of his wife, Virginia, the old fields blossomed into wonderful woodland gardens that Virginia wanted to share with family, friends and eventually the public. Cason agreed on one condition. All resort facilities would have to be built in a way that respected and conserved the natural environment.

It hasn't been easy, or cheap. For example, when it became necessary to build a parking lot near the Discovery Center, Cason insisted that they do so without harming the trees. To that end, he first ran tests to see if the asphalt would harm the tree roots. Then he had a landscape architect design a serpentine space that would weave through the trees so that (1) he wouldn't have to cut

them down and (2) they would provide shade for the parked cars.

The same principle has been applied to their newest venture, building homes suitable for seasonal rentals or year-round living. All homes must meet stringent environmental guidelines, a requirement that sometimes results in higher costs as well as more time spent educating potential buyers. But much to the pride of the Foundation that runs Callaway Gardens, their builder was awarded the Southface Energy Institute's highest award for environmental stewardship.

Thus, Calloway Gardens has become a place dedicated to connecting man and nature in a way that's beneficial to both. Its main mission—conserving the land—helps it achieve its second and connected goal, which is to help people escape the ordinary and have a rip-roaring good time.

I look around and silently thank Virginia Callaway for her generosity in allowing me to share her magnificent home.

For more information, including news about seasonal events, see www.callawaygardens.com

Side trip: Franklin D. Roosevelt's "Little White House"

Despite differing political philosophies, Cason Callaway and Franklin D. Roosevelt, who had a vacation home in nearby Warm Springs, Georgia, were good friends. Although the naturally heated waters didn't cure Roosevelt's polio, they brought him some relief, and he spent so much time there that his home became known as the "Little White House." The home, servant and guest quarters, pool complex and adjacent museum are all available for tours.

As an added bonus, the drive from Callaway Gardens to Warm Springs goes through Georgia's largest state park, which, not surprisingly, is named F.D. Roosevelt State Park.

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BROADWAY: A Personal Perspective

by Brian Bradley



Nice Work If You Can Get It
Photo by Joan Marcus

Speculating on the Tony Award nominations is always fun. At least this season is rich in options. There are plenty of choices in all the major categories so no slot should need to be filled with a name or title of dubious distinction. This season that would mean no *Spider-Man*, *Turn Off the Dark!*

In fact two composers are competing against themselves for nominations. Alan Menken will have *Newsies* and *Leap of Faith* eligible for new musical (as well as score) and Andrew Lloyd Webber will have both *Jesus Christ Superstar* and *Evita* in contention for musical revival along with four other titles.

From the moment I heard the two LP concept record of *Evita* (written by the composer and lyricist of *Superstar!*) I couldn't wait to see it staged. And when it finally debuted on Broadway in 1979 after a London premiere it generated so much excitement, it had so much impact.

I must take exception to the current Michael Grandage revival however. As interesting as Elena Roger may be in look and stature, she does not have the voice to carry this role. And she may be Argentine, but that doesn't give her any particular insight into Eva Peron. The show is called *Evita*. As an actress it would benefit Miss Roger to take that to heart.

Meanwhile, would someone please tell Ricky Martin to stop

One Man, Two Guvnors starring James Corden. Photo by Joan Marcus



smiling? He is not the genial host at a polo match or the narrator of a whitewashed documentary about the wife of Juan Peron (an excellent performance from Michael Cerveris). He is supposed to function as Eva's adversary and critic. But without Che's anger and frustration there is no conflict and therefore no drama.

Disney's *Newsies* is a bright, buoyant new musical about the exploitation of children. Set in Lower Manhattan during the summer of 1899, the story concerns the scrappy, spunky urchins who survive, mainly on the street by selling newspapers. But when sales decline, Joseph Pulitzer increases the price the boys pay to motivate more sales. The result is a strike.

Spearheaded by Jack Kelly (a feisty Jeremy Jordan) with his comic tag along Crutchie (Andrew Keenan-Bolger) and covered by his potential love interest (and Pulitzer's daughter) Katherine, the strike does not go as planned. There are repercussions. The plotting involving the police, publishers and a printer is slight and predictable. And yet the show works.

Harvey Fierstein's book may not be long on character development, but it is efficient. The tuneful score by Alan Menken and Jack Feldman includes several upbeat anthems, the longing of "Santa Fe" and the clever "That's Rich". The show flows well as directed by Jeff Calhoun and Christopher Gattelli's athletic choreography is show stopping.

Nice Work If You Can Get It, a "new" Gershwin musical comedy is short on laughs and in a word laborious.

Matthew Broderick stars and is *Work's* ultimate undoing. He appears chunky and pasty white, hair matted down. He does not own his dances or vocals or even what might pass for comic timing. Fortunately, propping him up is the wistful and delightful Kelli O'Hara whose comedic moments are unforced and singing of classic tunes like "But Not for Me" effortless perfection.

The taxing book by Joe DiPietro appears assembled to ac-

commodate arbitrary selections from the Gershwin catalogue, some familiar (“Someone to Watch Over Me”) and some less so (“Delishious”). But as tentatively directed and choreographed by Kathleen Marshall, the dialogue doesn’t flow in or out of song. Nor do all the songs seem to be an ideal fit for their moment. Also there’s no number that really takes off and explodes with inventive originality.

There are fine supporting performances from the stalwart Judy Kaye and Michael McGrath who stop the show with a mash-up of “By Strauss” and “Sweet and Lowdown” and salvage scenes that don’t deserve to work. But its Broderick’s diminished skills and calcified comic persona that define and deflate this dud.

James Corden is absolutely brilliant and hysterically funny in *One Man, Two Guvnors*.

Freely adapted from the 1746 Commedia dell’Arte *The Servant of Two Masters*, its artful incorporation of slapstick, improvisation, pratfalls, musical interludes, archetypal comic characters and farcical plots under Nicholas Hytner’s inspired direction leaves us limp from laughter.

Nicky Silver’s new play *The Lyons* marks his Broadway debut. Linda Lavin is uproarious as the self-centered matriarch whose husband, dying, shouts out epithets and retorts. A sexually charged violent encounter is quite the twist for a dysfunctional family saga that winds down without resolution.

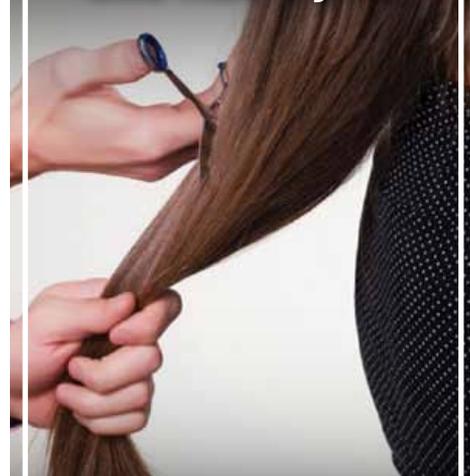
Next month we’ll continue with a more in-depth look at spring openings.

New York based theatre critic Brian Bradley is a voting member of the Outer Critics Circle. Send questions to brianbradleynyc@hotmail.com.



Newsies. Photo by Deen van Meer

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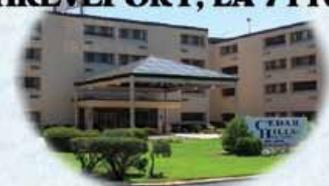
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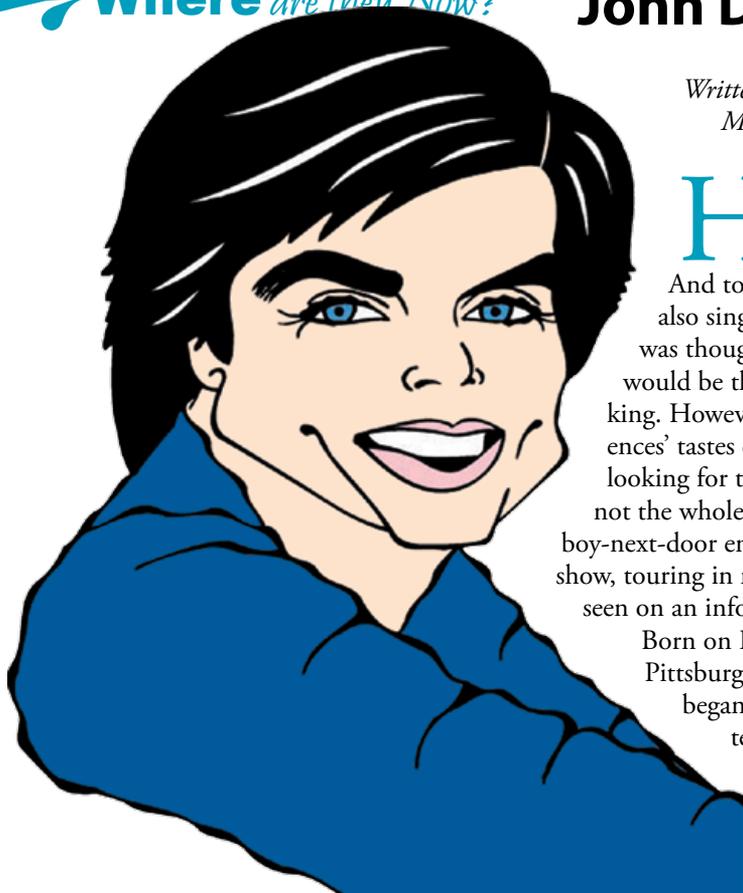
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John Davidson

*Written and illustrated by
Marshall Jay Kaplan*



He had the hair. He had the smile. He had the dimples. And to top it off, he could also sing! Twenty years ago it was thought that John Davidson would be the daytime talk show king. However, television audiences' tastes changed. They were looking for the outrageousness and not the wholesomeness. And so, the boy-next-door ended up hosting a game show, touring in musicals and is now seen on an infomercial.

Born on December 13, 1941 in Pittsburgh, Pennsylvania, John began an acting career on television in the mid-1960's. He won his first regular role in the show, 'The Entertainers' (1964)

— where he demonstrated his musical talents. Now, as a familiar face on television, he won the coveted title of his own series, 'The John Davidson Show' in 1969. The series lasted for two years. John continued appearing in made-for-TV movies until winning a starring role as John Burton on 'The Girl with Something Extra' in 1973, opposite Meredith Baxter Birney. The networks had high hopes for the series, yet it only lasted one season. Once again, John continued on the movie-of-the-week trail until 1980.

'That's Incredible!' was somewhat of a 'Ripley's Believe It or Not' for television. Along with co-hosts, Fran Tarkenton and Cathy Lee Crosby, John introduced incredible individuals, incredible animals or incredible stunts on a weekly basis. Whether it was a man pulling a truck by his teeth, or a woman covered in a swarm of killer bees, viewers were hooked. The success of the show, and John in particular, prompted CBS executives to have John groomed to become the next talk show king.

A 1980 cover story in TV Guide focusing on the hype surrounding the 'John

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Davidson Show' was apparent. He was billed as the 'talk show host that makes a difference and makes women squeal'. Due to the change in audience's tastes, the show never reached its potential and was canceled. Within that same year, John and his wife, Jackie were divorced. In 1983, Davidson married his present wife, Rhonda. In 1986, the game show, 'The Hollywood Squares' was revised with John as its host. It was quite successful and lasted four seasons.

These days, the 'boy with something extra' lives in Los Angeles and tours the country in musicals, most recently, 'Oklahoma!'. He was also recently seen on an infomercial for Old Navy Stores, looking as boyish as ever. His career in the entertainment industry has lasted for more than thirty years. Now, that's incredible!

Marshall Jay Kaplan is a Gemini Award nominated television producer, syndicated cartoonist, and television host.



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Recent DVD Releases



Mark Glass

A Dangerous Method (R) **1/2



This fact-based drama about the intersecting lives of Sigmund Freud (Viggo Mortensen) and Carl Jung (Michael Fassbender), as each contributed to the beginnings of modern psychiatry is either a dark look at the human psyche - even among scientists delving into unlocking its mysteries - or a seamy exploitation of sexuality to

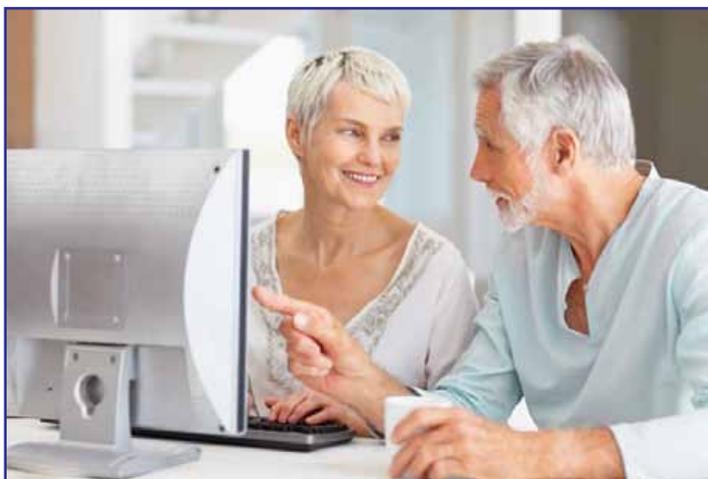
which anyone may become vulnerable. While Freud writes his controversial academic treatises in Vienna, the younger Jung is

trying to implement those ideas in treating mental patients at an isolated sanatorium. He begins seeing Sabina Spielrein (Keira Knightley), a brilliant young medical student who has become a raving lunatic, apparently due to sexual demons she can't control, at a time when women weren't supposed to even acknowledge any pleasure they derived from the act.

Well, the treatment plan helps the patient considerably, but getting her to understand and accept those urges leads to collaboration in Jung's research, and with extensive hands-on implications the medical community frown upon. Jung and Freud are variably supportive of and opposed to each other, with Sabrina-related issues a significant factor in their own course. Knightley is challenged by having to portray her character's dementia, brilliance and lust - sometimes with two or three of those facets of her persona simultaneously in play. The film serves up considerable portions of titillation and dismay with its science, though the ration ultimately skews heavily toward the sordid, rather than the scholarly. Lovely sets and scenery, but not for the faint of heart.

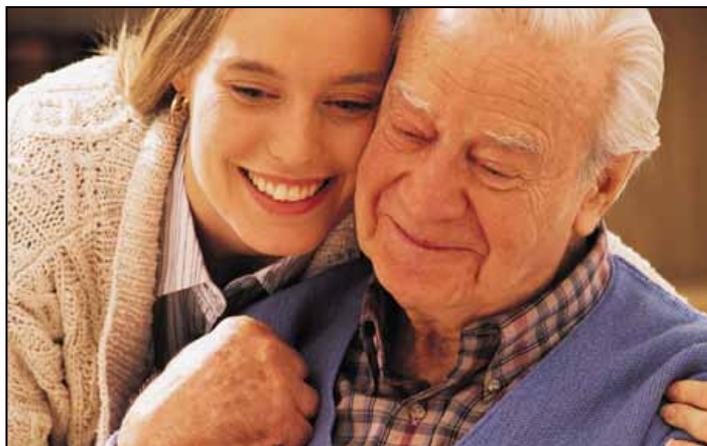
Extremely Loud & Incredibly Close (PG-13) ***

In a laudable, if awkward, attempt to humanize the impact of 9/11 on the most intimate level for survivors of those who died in the attack, this drama focuses on a young boy who lost his father (Tom Hanks), and deals with his grief by continuing one of the elaborate quests that used to form the core of their relationship. In flashbacks, we see how dad set up little mystery



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adventures to challenge and bond with his son in a loving connection. Mom (Sandra Bullock) observed the fantasy machinations of her men lovingly and patiently.

Some clues for their latest game remained undiscovered when tragedy struck. They lead

the boy to many discoveries in a plot that seems excessively romanticized until late in the proceedings. He finds a strange old man (Max von Sydow) who may be a previously-unknown relative, or a nut case, or both. His journey takes him to many strangers who may have known his father, touching all their lives in some surprising ways. There are bits of humor, considerable sentimentality, and elements of suspense in how this will turn out, especially about some secrets lurking in the background. Some will receive this production as emotionally satisfying, though more are likely to find it unsettling than cathartic.

Mission Impossible - Ghost Protocol (PG-13) ***½

Tom Cruise heads up his super-secret spy team for the fourth

big-screen adventure based on the cherished TV series of yore. Once again, the action is cranked up to high octane levels, as Cruise & Co. dash around the globe trying to thwart a Doomsday villain of Bondian proportions. The story takes them to the Kremlin, Dubai and Mumbai, among other exotic locations, among rich backdrops for some stunning visual effects. Simon Pegg returns as tech nerd Benji for some welcome comic relief. Paula Patton contributes adds eye candy and other skills as a new member of the IMF (not the International Monetary Fund). The plot details matter little. They're merely an excuse for the adrenaline rushes of the action sequences. The film may actually peak a little early, since the segment in and around a 130-story hotel in Dubai occurs before the climactic confrontations elsewhere. Nitpickers might also find Cruise's propensity for long stretches of his running after baddies or from explosions is growing a bit tiresome. But if you liked the other MI flicks, you should be pleased by this sequel, including the dangled prospect of a Round Five.

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



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| ½ small red onion, sliced | 2 Tbs. extra virgin olive oil |
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| 4 sprigs fresh mint, chopped | 1 avocado, peeled, seeded, and quartered |
| | Salt and pepper to taste |

Preheat grill until briquets are consistently ashed over.

Grill corn for 7 to 10 minutes over medium heat, turning every two minutes until kernels start to soften. Remove from heat, set aside to cool.

Grill peaches and onions for about 4 to 5 minutes on each side. Remove from heat, set aside to cool.

Once cooled, remove corn from cob; slice peaches and onions. Place in large mixing bowl.

Add lettuce, mint, cilantro, lime juice and extra virgin olive oil. Season with salt and pepper and toss.

Grill the Queso Fresco over medium heat for 3 to 5 minutes or until grill marks appear. Remove and crumble.

Serve the salad over avocado slices and garnish with the crumbled cheese.

(Makes: 4 servings)

Recipe created by Johnny Hernandez of La Gloria in San Antonio on behalf of the Walmart Choice Steak Challenge presented by Kingsford charcoal and Coca-Cola.

Grilled T-bone Steak with Everglades Rub

- | | |
|--|-----------------------|
| 4 Choice T-bone Steaks | 1 tsp. coffee, ground |
| | 1 tsp. brown sugar |
| <i>Dry Rub:</i> | ¼ tsp. dry thyme |
| 1 head roasted garlic (roast garlic in oven until golden brown and soft to mash) | ¼ tsp. ground cumin |
| 4 Tbs. Everglades seasoning | ¼ tsp. dry mustard |
| | ¼ tsp. salt |
| | ¼ tsp. onion powder |
| | ¼ tsp. chili powder |
| | ¼ tsp. cayenne pepper |

Combine all dry rub ingredients. Set aside.

Rub each steak with an equal portion of roasted garlic paste on front and back. To prevent burning, do not get garlic paste on bone.

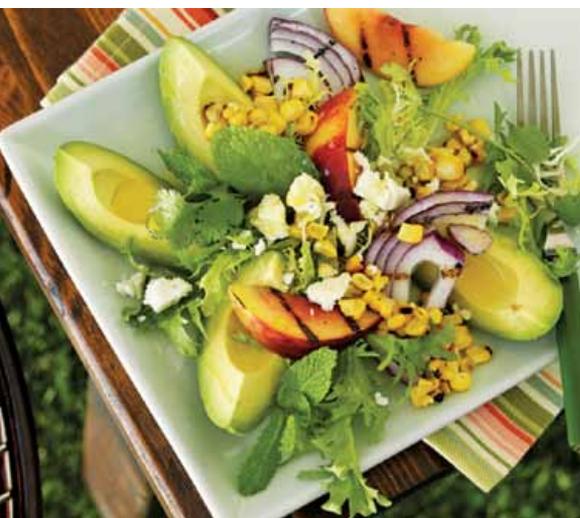
Divide dry rub seasoning for four steaks and thoroughly rub each steak. Place in food storage container in refrigerator for 3 to 4 hours. This can be done up to one day in advance.

Preheat grill until briquets are consistently ashed over.

Remove steaks from refrigerator and let come to room temperature.

Put steaks on grill; leave in one position on direct heat for 4 to 5 minutes, rotating to get nice grill marks and even flavor profile. Follow this timeline for medium rare. (Makes: 4 servings)

Recipe created by Chef Eric Lackey of Flamestone American Grill in Oldsmar, Fla. on behalf of the Walmart Choice Steak Challenge presented by Kingsford charcoal and Coca-Cola.



Cherry Cola Smoked Chili Ribeye

4 Choice Premium Ribeye Steaks
1 lime, cut in half

Cocoa Cherry Coca-Cola Marinade

1/4 cup Cherry Coca-Cola
2 tablespoons cocoa powder
1 tablespoon chipotle powder
1 tablespoon kosher salt
1 tablespoon garlic powder
1 tablespoon olive oil
1 teaspoon black pepper

Preheat grill until briquets are consistently ashed over.

Mix all marinade ingredients in a bowl with a whisk until blended.

Rub each of the steaks liberally with marinade and let stand for 1 hour at room temperature, or chill covered for up to 4 hours. Discard any leftover marinade.

Grill steaks for 5 to 7 minutes over medium heat on each side or until an internal temperature of 140°F is reached for medium rare.

Grill each lime half for 5 minutes.

Let steaks rest covered for a few minutes. Squeeze juice of grilled lime over each steak and serve.

Recipe created by David Larkworthy of 5 Seasons in Atlanta on behalf of the Walmart Choice Steak Challenge presented by Kingsford charcoal and Coca-Cola.



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ACROSS

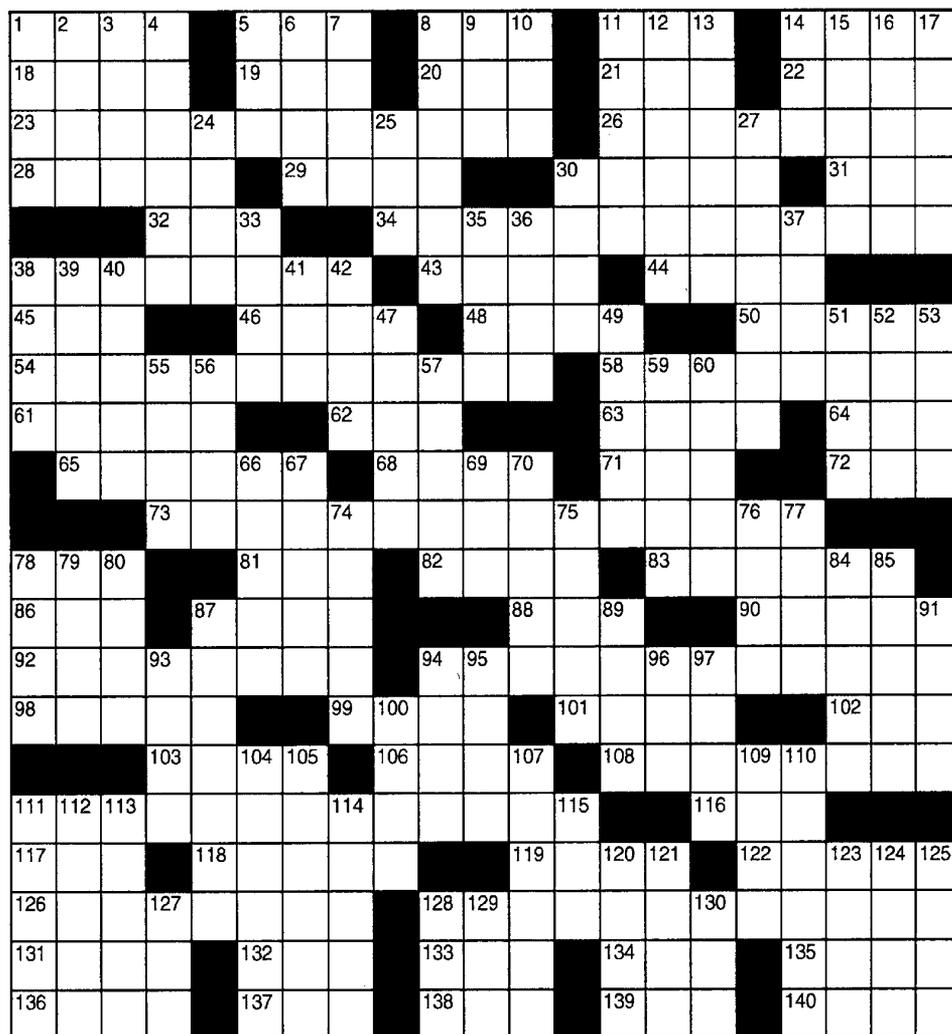
- 1 Strikebreaker
- 5 Suffix with spat
- 8 Salon supply
- 11 Research site
- 14 Blind as ___
- 18 ___ Romeo
- 19 Word with pack or rug
- 20 Generation
- 21 Air-quality org.
- 22 Pedestal part
- 23 Fishy actress?
- 26 Dignified
- 28 "___ Gay"
- 29 Jannings or Gilels
- 30 "___ Man" ('78 song)
- 31 ___ kwon do
- 32 Quiche ingredient
- 34 Fishy outlaw?
- 38 Bucolic
- 43 James of "Brian's Song"
- 44 Jacob's twin
- 45 A mean Amin
- 46 "Nabucco" number
- 48 Neighbor of Niger
- 50 Alcove
- 54 Fishy film?
- 58 Future
- 61 Submarine finder
- 62 ___ Tse-tung
- 63 Lurid Lugosi
- 64 Chest protector
- 65 Funt apparatus
- 68 Supreme leader?
- 71 Parka part
- 72 Southern constellation
- 73 Fishy physician?
- 78 Use a phaser
- 81 Letter from

- Athens
- 82 "Mein ___" ("Cabaret" tune)
- 83 C&W's Tubb
- 86 Seville shout
- 87 Whirl
- 88 Actor Tognazzi
- 90 Cairo creed
- 92 Collegiate sport
- 94 Fishy TV show?
- 98 Crooked
- 99 French couturier
- 101 Dashboard feature
- 102 Cpl.'s superior
- 103 Border on
- 106 Bucket
- 108 Photo
- 111 Fishy writer?
- 116 Squirrel's snack
- 117 Author LeShan
- 118 Bell town
- 119 Pinza or Chaliapin
- 122 School tool
- 126 Chunky pasta
- 128 Fishy novel?
- 131 Nixon or Johnson
- 132 "Foucault's Pendulum" author
- 133 Chicken ___ king
- 134 Cow's comment
- 135 Unusual
- 136 Common Market currency
- 137 DC figure
- 138 Palindromic diarist
- 139 Woolly one
- 140 Part of Micronesia

- DOWN
- 1 Close as can be
 - 2 Family

SOMETHING'S FISHY

Answer: Page 43



- 3 "The Mod Squad" hairdo
- 4 "Petrouchka," for one
- 5 Decorative vase
- 6 Like some excuses
- 7 Mighty mite
- 8 Medicinal plant
- 9 Self-esteem
- 10 Singer Dickey
- 11 Paul of "American Graffiti"
- 12 Cochise or Geronimo
- 13 Washes
- 14 Fuss and feathers
- 15 Swahili, e.g.
- 16 Dwight's competition
- 17 Fiddled (with)
- 24 Desdemona's enemy
- 25 Loon lips
- 27 '82 Toto hit
- 30 Sociable starling
- 33 Alum
- 35 Shoestring
- 36 Bolger/Haley co-star
- 37 Throw in the towel
- 38 Prepares cherries
- 39 ___ committee
- 40 Tuscan town
- 41 Pound sound
- 42 Neeson or O'Flaherty
- 47 Video game company
- 49 Exclude
- 51 Arnaz's country
- 52 It grows on you
- 53 Napoleonic site
- 55 Sleep in the woods
- 56 Hurler Hershiser
- 57 Booze
- 59 Brink
- 60 Glue guy
- 66 Runs around in circles?
- 67 Grate stuff
- 69 Vane dir.
- 70 Emulate Roy Clark
- 74 Like many bathrooms
- 75 Coaxed
- 76 "I'm working ___"
- 77 Nuthatch's home
- 78 "Nana" author
- 79 "Oh, woe!"
- 80 Act like a chicken
- 84 Winter mess
- 85 Ballroom dance
- 87 Lake sight
- 89 Birdsong of basketball
- 91 Lauer or LeBlanc
- 93 Paper quantity
- 94 Actor Beery
- 95 Like a desert
- 96 Solo of "Star Wars"
- 97 King of comedy
- 100 ___ facto
- 104 Opens
- 105 Daze
- 107 Tripoli native
- 109 Knitting stitch
- 110 Little mouse?
- 111 Sock a shuttlecock
- 112 "Farewell!"
- 113 Light beer
- 114 Alliance
- 115 Put away a pickle
- 120 Any
- 121 Chilly powder?
- 123 Inventive sort?
- 124 Neutral tone
- 125 Stink
- 127 Mil. address
- 128 Critic's god?
- 129 President Bush was one
- 130 "The Gold Bug" author

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1. MUSIC: Who wrote and performed the song "Me and Julio Down by the Schoolyard"?

2. THEATER: "My Fair Lady" is a modern musical adaptation of which play?

3. GEOGRAPHY: The Palace of Versailles is located near what city?

4. PHYSICS: What is the branch of physics that deals with light?

5. LITERATURE: Who wrote "Doctor Zhivago"?

6. LANGUAGE: What is the American term for the British perambulator?

7. ROYALS: From what house did Great Britain's King Edward VIII descend?

8. PSYCHOLOGY: What does someone fear if he or she has chronomentrophobia?

9. SCIENCE: What is an ichnite?

10. PRESIDENTS: Which U.S. president said, "The chief business of the American people is business"?

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- 1. Paul Simon
- 2. "Pygmalion"
- 3. Paris
- 4. Optics
- 5. Boris Pasternak
- 6. Baby carriage
- 7. The House of Windsor
- 8. Clocks
- 9. Fossil footprint
- 10. Calvin Coolidge

Answers

Sudoku

by Linda Thistle

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

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!

© 2012 King Features Synd., Inc. Answer: Page 43

MAGIC MAZE ● SWITCHING FIRST AND LAST LETTER MAKES A NEW WORD

Answer: Page 43

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

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

- | | | | |
|----------|-------|----------|-------|
| Aunt | Epics | Ramped | Slump |
| Deal | Males | Resigned | Surf |
| Deceiver | Mood | Rusted | Team |
| Dwindles | Prod | Satchel | |

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1. Who were the musical artists on the very last episode of "The Ed Sullivan Show"? When was that?

2. Name the group whose debut album was titled "Surfin' Safari."

3. Which group released "So Into You" and "Imaginary Lover"?

4. Which 1960s group was offered a cool half million dollars to do a movie? Did they take the cash?

5. Name the singer-songwriter who had a hit with "Will It Go Round in Circles."

6. Name the singer who had a hit with "I Feel for You."

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- Answers
1. Gladys Knight and the Pips, in 1971. The show had run for 23 years and was originally called "Toast of the Town."
 2. The Beach Boys. Released in 1962, the album included "409."
 3. The Atlanta Rhythm Section. They were the group's only songs to crack the Top Ten on the charts, in 1977 and 1978.
 4. The Doors. In 1968 Universal Studios offered \$500,000 for the band to be in a movie. They refused the money.
 5. Billy Preston, in 1973. Preston also had a No. 1 hit with "Nothing From Nothing."
 6. Chaka Khan, in 1984. The song went to No. 1 on both the Dance and R&B charts.

STICKELERS

by Terry Stickels

Answer: Page 43

There is a 17-letter word scrambled in the figure below. The "E" in the middle is the first letter of the word.

Can you unscramble it?

E	R	T	L
O	D	O	A
I	G	E	C
R	M	A	C

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Get Up & Go!



CONCERTS

Hot Jazz on the Red - Thursdays. 6:00 p.m. Free live jazz band concert on the patio of the Barnwell, overlooking the Red River. (Moves inside in case of inclement weather.) Bring a brown bag, kick back, and enjoy the music and the view at the Barnwell.

- June 7 - Ms. Marcy & the Texas Sugar Daddies
- June 14 - The Lacour Trio

DRIVER SAFETY

AARP Driver Safety Program - A 4 hour classroom refresher course for drivers age 50+ which may qualify participants for an automobile insurance premium reduction or discount. Participants must preregister. \$14 for non-AARP members; \$12 for AARP members (AARP card required at registration). Correct change or checks payable to AARP accepted.

- June 26 - Noon - 4 p.m. Open to those with access to Barksdale AFB. Barksdale Golf Course Clubhouse Meeting room. Host: Retiree Activities Office 456 - 5976; Instructor: Dave Jampole

Special AARP Driving Classes - Hebert's Town and Country of Shreveport and *The Best of Times* Magazine and Radio Hour are jointly hosting Driver Safety classes at Hebert's, 1155 East Bert Kouns, Shreveport. Class dates are: June 19 & 23, and July 17 & 21. Register by calling Hebert's at 221-9000. Door prizes, giveaways, complimentary light refreshments.

EVENTS

Lunch 'n Learn Series - Presented by Alzheimer's Agency of Shreveport/Bossier.

- Friday, June 8 at Horizon Bay Assisted Living and Memory Center, 2540 Beene Blvd, Bossier City. Topic: Caring for Loved Ones Safely by Dr. Christine Wright. Lunch provided at no charge. Call for reservations: 747-2114
- Friday, July 13 at Christus Schumpert Auditorium. Topic: Sheriff's Operation Safeguard and Safety Tips for Caregivers, by Frankie Morris with Caddo Parish Sheriff's Office. Bring your own lunch. Call for reservations: 780-7906, or e-mail j.hensley@alzagency.org

Adult Summer Reading Program - Six week series. Thursdays, June 7 through July 19 at 10 am, conference room at the Bossier Central library. As the theme "Between the Covers (book covers)" suggests, the programs will be about nighttime topics such as safety and security at night, the paranormal, nighttime fishing and nocturnal animals, sleep disorders and more. There will be a little something for everyone. To learn more call (318)746-1693 or visit www.bossierlibrary.org.

EXHIBIT



Remember in Shreveport and Bossier When: The Exhibit - June 16 - July 28.

Louisiana State Exhibit Museum, 3015 Greenwood Road. This year's exhibit will feature lots of new Shreveport memorabilia and an expanded event schedule beginning on June 16th. It will also include Bossier City and Barksdale Air Force Base memorabilia. Intake days for loaning display items is 10 am to 4 pm on June 2nd and continues 10 am to 4 pm on June 4th through June 9th at the Louisiana State Exhibit Museum. Call for details about bringing things to loan to this exhibit at (318) 632-2020.

- Friday, June 15 6:00 pm to 9:00 pm. "Friends and Sponsor Preview Party. To attend this fabulous party, become a member of The Friends of the LSEM. For more information, call 318-632-2020. Music by: The Port City Big Band.

• Saturday, June 16 . 10 am to 4 pm **OPENING DAY** of Exhibit - "Louisiana 200th Birthday Celebration"; 11 am-3 pm- Music by Jerry Beach & the Blues Jam Band; 10 am-4 pm- Antique Car exhibit- Dick Nelson (weather permitting); 10-11 am- **Live broadcast of The Best of Times Radio Hour** hosted by Gary Calligas

- Saturday, June 23. 10 am to 4 pm "Honoring Shreveport & Bossier Military"; 11 am-3 pm music by Kyle and Sara

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--	--	--	--

Stone; 1:30-2:30 pm- "Barksdale Field in the Beginning"- William L. Callaway, Historian for 8th AF; 11 am-1 pm- Talk of the Town Live hosted by Tom Pace

• Saturday, June 30. 10 am to 4 pm "SWEPSCO Centennial Day"; 11 am-3 pm: Music by Airheart; 15-minute safety and energy programs from 10:30 am till 2 pm.

KREWE OF ELDERS

Party - Sunday, June 24, from 1:00 p.m. to 5:30 p.m., at the American Legion Hall Post No. 14, 5315 South Lakeshore Drive, Shreveport. Entertainment provided by Dickie T and The Back When Band. Cash bar, door prizes, 50/50 raffle, food available for purchase. Open to public. \$6 members, \$10 non-members. For info call 635-4901, 752-9175.

MEETING

The GENCOM Genealogical Computer Society regular monthly meeting - Sunday, June 24 at 2:00 P.M. at the Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport. GENCOM is a group of genealogy/computer buffs that emphasize the use of the computer in genealogy research. Everyone is welcome and the meeting is free and open to the public. For information call 318-773-7406 or email jgones09@gmail.com.

MOVIES

Movies & Moonbeams - Presented by Shreveport Public Assembly and Recreation (SPAR), along with the Robinson Film Center. Featuring a state of the art outdoor movie screen, projector and sound system.

• June 15 - Bilberry Park. Cars 2 (G) 8:30pm.

Sci-Port's Golden Days Matinee - Weekdays 1 - 4 p.m. On the Shreveport riverfront. Seniors enjoy an IMAX film, FREE admission to Sciport galleries and a frozen yogurt. Games & activities available. All for \$9. Groups call (318) 424-8660 to schedule.

Strange BUT TRUE

by Samantha Weaver

• It was, unsurprisingly, comedian and writer W.C. Fields who said, "I am free of all prejudices. I hate everyone equally."

• Even if you haven't heard the They Might Be Giants song "Istanbul (Not Constantinople)" you are probably aware that the Turkish metropolis has undergone name changes throughout its long history. It seems that when the name was Constantinople, it was common for residents of the area to refer to things "in the city," which in the Aegean dialect of Greek is pronounced "is tan polin." Eventually the name stuck, and in 1930 Turkish authorities formally adopted the name Istanbul.

• The giant squid has the distinction of possessing the largest eyes of any animal -- they're as big as pie plates.

• For a queen bee, laying 3,000 eggs is all in a day's work.

• Evidencing a drastic change in the nature of the United States since its agrarian beginnings, today only a quarter of Americans live in rural areas.

• The next time you're in the jungle observing gorillas, be sure to notice if one sticks out its tongue. That means it's angry.

• In the filming of the original "Star Trek" television series, the ship's transporter was used simply to cut costs. With it, characters could move from one set to another without having to shoot costly landing scenes. As a side note, the sparkling effect that could be seen when characters were transported was created by aluminum dust.

• If you're like the average American, you'll eat nine pounds of peanuts this year.

• Those who study such things say you're more likely to be bitten by a mosquito if you've just eaten a banana.

Thought for the Day: "Eminent posts make great men greater, and little men less." -- Jean de la Bruyere

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Sticklers Answer

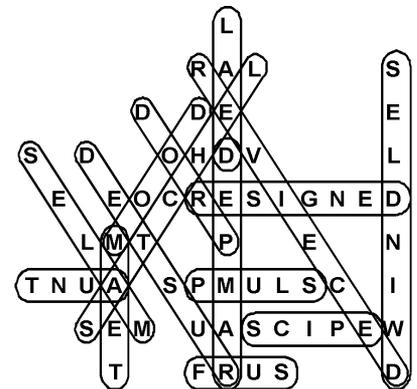
The scrambled word is:
ELECTROCARDIOGRAM

Super Crossword

Answers

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

SWITCHING FIRST AND LAST LETTER MAKES A NEW WORD



SUDOKU

Answer

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

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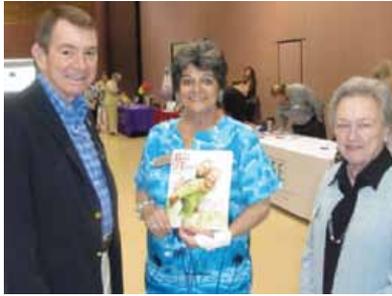
June Parting Shots

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

The Bossier Council on Aging held their annual "Stepping into Spring" Senior Style Show at the Bossier Civic Center on May 1

Right: Peyton Cole, Catherine Vanderberry, and Kay Cole

Below: (l to r) Nettie O'Neal, Chad Mills, Carolyn Moore, Jane Wehlander, and Lois Jackson



Above: Sherry Hennigan, Meg Goorley, Charlcie Bain, Chloe Thornton, Debbie Grand, and Abby Averett

John Rankin retires as President/CEO of Goodwill Industries of North Louisiana in Shreveport and his retirement was celebrated on May 1st at East Ridge Country Club.



Above: (l to r) Rozann Frey, Robert Dunlap, John and Mary Anne Rankin

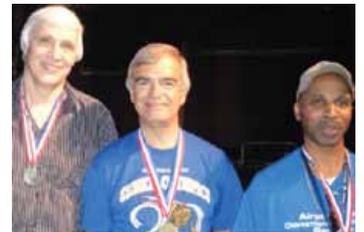
Left: Joe Cooper, Pat Hackney, and Rebecca Miller



The Northwest Senior Olympics held their Opening Ceremonies and Senior Health Fair/Expo on April 18 at Horseshoe's Riverdome.

Below Left: Caricature artist Al Bohl with Fannie Thomas

Below Right: Edward and Peggy Murphy enjoy the festivities



Above Left: Medal winners (l to r) Les Brossett, Smiley Nehls, and Duane Chilton

Above Right: Medals winners (l to r) Bill Stell, Gary Calligas, and Robert Neal

Heart and Hands of Hope Foundation recognized Sylvia Newman, Gwen Washington and Dottie Bell on May 3 for their dedication and volunteer efforts. The honorees are pictured here with Charlyn Cleere (left) and Candy Welch (right).



The Volunteers of America of North Louisiana held their Cherish the Children of God Breakfast on May 1 at the Shreveport Convention Center.



(l to r) Kathy Ross, Kim Oden, Karen Evans, Emily Smithwick, Cathy Slack (front), Susan Smelley, Diane Camp and Diane Hudson



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June Parting Shots continued

Emergency first responders and medical professionals were honored May 3 at the second annual "An Evening for Heroes" hosted by the LSU Health Sciences Foundation.



LSUHSC Medical School student Rob Grand with dad Robert Grand



Dr. Bruce Henderson (left) with Dr. Dave Clemons

The Shreveport Bridge Association held their Life Master party on April 29. The party honored the newest area players who had achieved the Life Master status. The party also recognized those receiving the Ace of Clubs awards (based on points won at the club level in 2011) and Mini-McKenney awards (based on total points awarded in 2011).

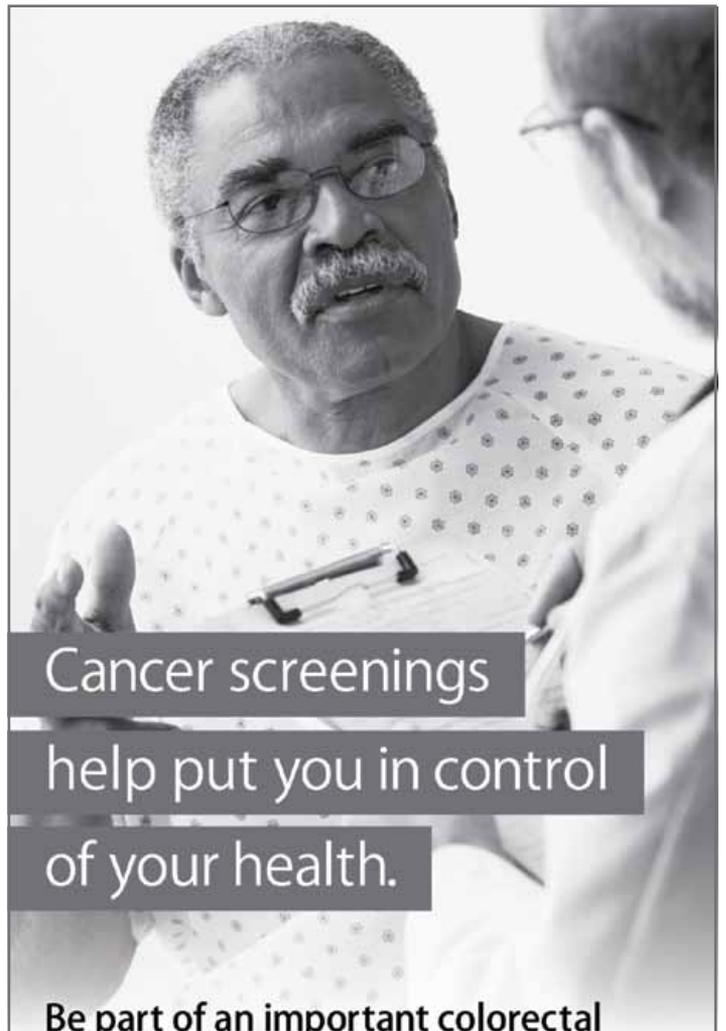


Life Masters:
(l to r)
Mina Chesnut, Earlene Boddie, Sybil Ricketson, Nina Archer, and Ray Atchley.

Ace of Clubs Award: Gary Galloway, Nell Cahn, Tina Calligas, Dot Nuttall, Ardith Thompson, Marilyn Frith, Clif Miller, Ray Atchley, Cecil Davidson, Betty Lawrence, John Lawrence (Not pictured: Ann Marshall and Sandra Breithaupt)



Mini-McKenney Awards: Back Row: Dot Nuttall, Penny Brenner, Marilyn Frith, Ray Atchley, Clif Miller, Tina Calligas: Front Row: Cecil Davidson, Pam Kenyon, Betty Kennedy, Ardith Thompson, Betty Lawrence, John Lawrence (Not pictured: Ann Marshall, Mina Chesnut, Charlie Weed)



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