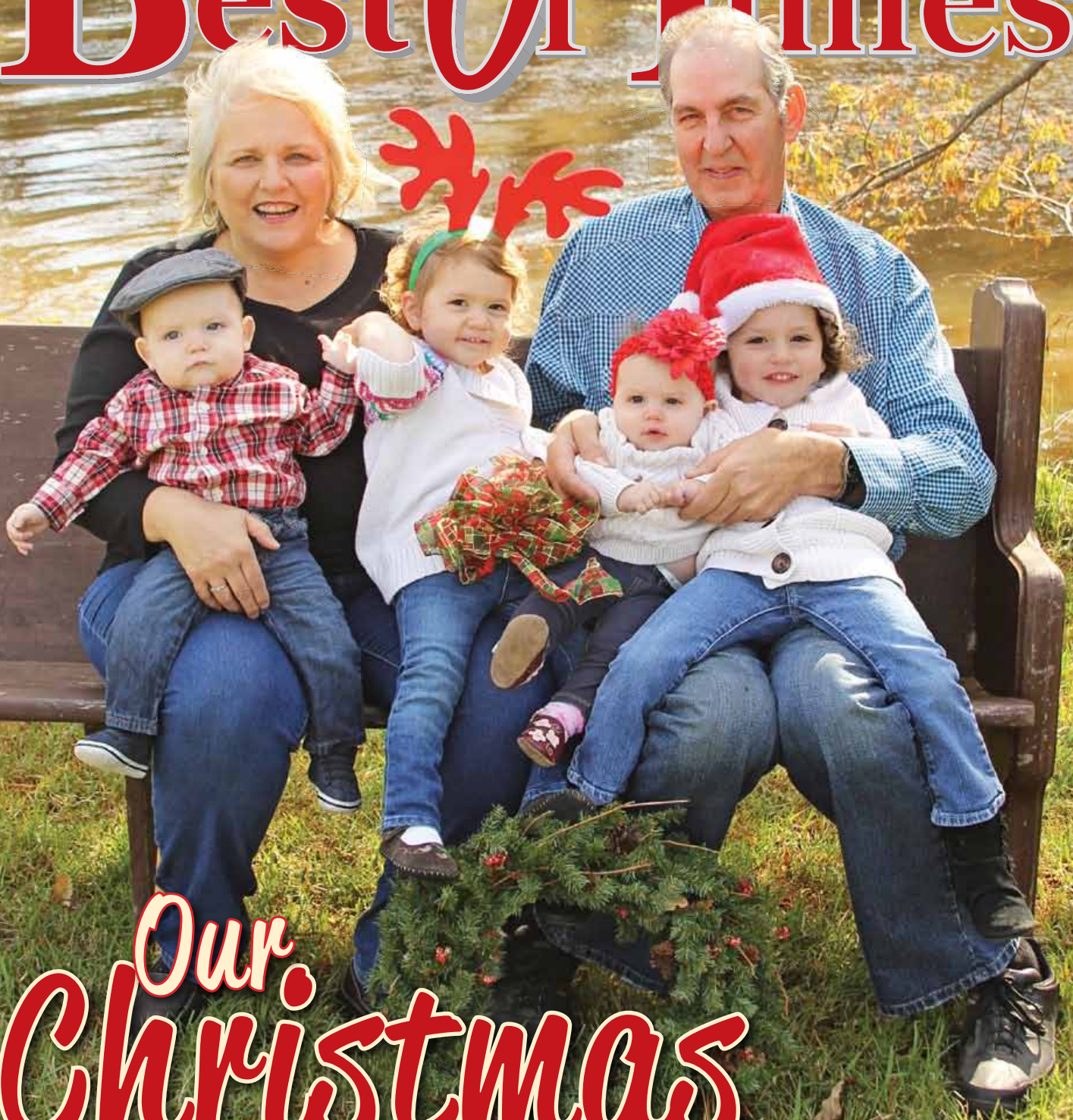


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of Life

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Advances in Geriatric Cardiology

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cardiologist with Vanderbilt  
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### January 2

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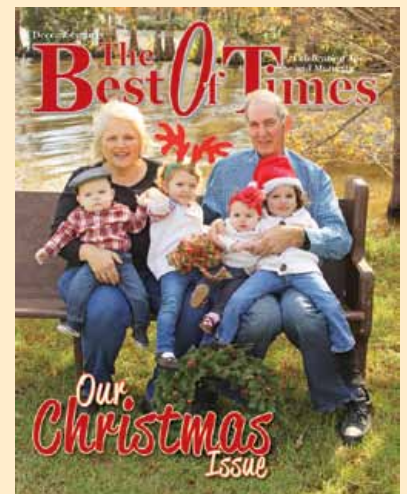
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**Cover:** George and Karen Lashinski with grandchildren Dominic, Marianna, Elizabeth and Cora.  
(Photo by Jessica Rinaudo)



# Stat! Medical News & Info

## Playing Catch Can Improve Balance, Prevent Falls

The simple training exercise of catching a weighted medicine ball can improve balance and may help prevent falls in the elderly, according to research at the University of Illinois at Chicago. Nearly all the subjects, both young and old, enjoyed the training exercise. "It seems that most people have very positive memories associated with playing catch," researchers noted. Their results are reported in two journals: *Electromyography and Kinesiology*, and *Experimental Brain Research*.



## Intensive Blood Pressure Management Found Beneficial

Patients whose blood pressure target was lowered by medications to reach a systolic goal of 120 mmHg, well below the current guidelines of 140, or 150 for those over age 60, had their risk for heart attack and heart failure reduced by 38 percent, and their risk for death lowered by 27 percent. Aggressive treatment appeared to be as effective for elderly participants as for adults age 50 - 74, according to results from the Systolic Blood Pressure Intervention Trial (SPRINT) presented at the American Heart Association meeting and published online in the *New England Journal of Medicine* (NEJM).

## DISTRACTION RATED 'HIGH' FOR MOST DEVICES WHILE DRIVING

If you think it is okay to talk to your car infotainment system or smartphone while driving or even when stopped at a red light, think again. It takes up to **27 seconds** to regain full attention after issuing voice commands, University of Utah researchers found in a pair of new studies for the AAA Foundation for Traffic Safety.



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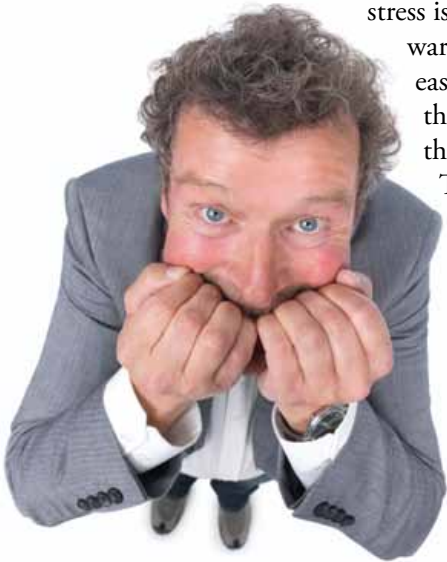
## Evidence of Link Between Stress and Alzheimer's Disease Found

University of Florida Health researchers have uncovered more evidence of a link between the brain's stress response and a protein related to Alzheimer's disease.

The research found that a stress-coping hormone released by the brain boosts the production of protein fragments. Those protein pieces, known as amyloid beta, clump together and trigger the brain degeneration that leads to Alzheimer's disease. Modifying environmental factors such as

stress is yet another approach to warding off Alzheimer's disease, and one that is easier than modifying the genes that cause the disorder.

These softer, non-genetic factors that may confer risk of Alzheimer's disease are much harder to address," researchers said. "But we need more novel approaches in the pipeline than we have now." The findings were published in *The EMBO Journal*.



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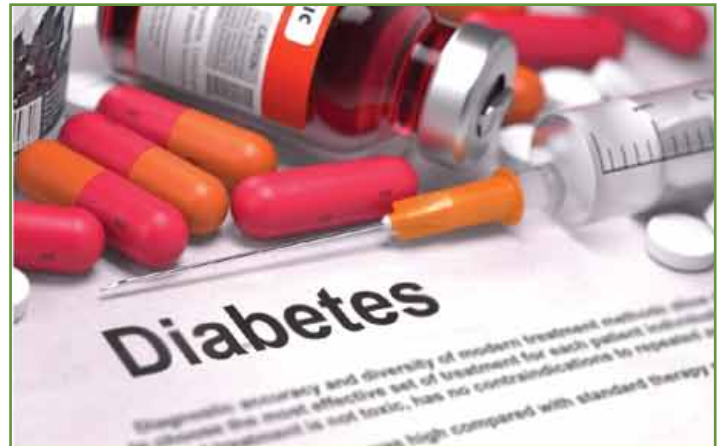
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# Christmas Carols

## Do You Know Their Meaning?

by Rene Abadie

Christmas is here and that means Christmas carols. You know the words and you know the melodies, but do you know what it all means?

Southeastern Louisiana University Communication Professor Joseph Burns researched the topic thoroughly for a presentation he made recently at the university's annual Fanfare Festival, a fall celebration of the arts, humanities and social sciences.

Burns explained that many people can get the wrong idea by going solely according to the title or lyrics. For example:

In "God Rest Ye Merry, Gentlemen," he singles out the comma placement.

"It has nothing to do with happy, merry men. It was first published in the mid-1700s and is referenced in Dickens's 'A Christmas Carol,'" explained Burns, who produces the weekly radio show Rock School on the university's station KSLU-FM. "The word 'merry' means strong or mighty as in 'Merry Old England,' and the word 'rest' means to keep or make. So the title translates to 'God keep you mighty, gentlemen,' and refers to the lamplighters and additional men hired to patrol during the holidays."







**Good King Wenceslas was the Duke of Bohemia**



**Gene Autry was one of many artists to record "Up on the House Top"**



**Bing Crosby helped make "I'll Be Home for Christmas," based on a soldier writing home to his family, popular.**

"You may sing 'We Three Kings,' but you should recognize that in Matthew 2:1-12 there are no references to the number three, kings, the Orient, or their names," Burns states. "The passage suggests the men were Magi, those who studied the stars. Also, they came from the East, which most likely was Persia or present day Iraq. And the names Caspar, Melchior and Balthasar came from an early 6th century Greek manuscript."

"'Good King Wenceslas' is a great song as well," Burns said, "except St. Wenceslaus I, on whom the song is based, was the Duke of Bohemia, not a king. Luckily Holy Roman Emperor Otto I posthumously conferred on Wenceslas the title of 'king.'"

The song "I'll Be Home for Christmas" almost never got recorded, Burns said. Written in 1943 by Kimball Gannon about a soldier writing to his family, no music publishers wanted to touch it, thinking it would have brought people down during the holiday.

"Luckily Gannon was a golfing buddy with Bing Crosby, who recorded it on the B-side of the highest selling single of all time, 'White Christmas.' A song no one wanted sold 50 million copies," he said.

Before 1857 Santa did not land on your roof, but on your lawn, as in the phrase "When out on the lawn there arose such a clatter." Burns said the switch came when the song "Up on the House Top" was written by Benjamin Hanbly and recorded by a multitude of singers, most notably Gene Autry in 1953. He's been landing there since.

The carol "Do You Hear What I Hear?" is a relatively new classic released in 1962 by Noel Regney and Gloria Shayne Baker. Burns said they were asking if you heard a bomb, and the song was written as a cry for peace during the Cuban Missile Crisis.

Burns asks why does Alvin want a Hula Hoop in the Chipmunk's Christmas? It's because the song was released in 1958, and the number one selling toy that year was...you guessed it, a Hula Hoop.

"You can use this to sound informed this year about Christmas carols," Burns adds. "So Jingle bells, jingle bells, jingle all the way which, by the way, is not a Christmas song. It was written in 1857 by James Pierpoint for his Boston Sunday School Thanksgiving celebration."

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# CONSUMER ALERT

## What Consumers Should Know About Chip Cards



Consumers are saying farewell to the swipe-and-sign credit cards and hello to the new credit and debit chip cards. Attorney General James D. “Buddy” Caldwell says the nationwide switch is well underway.

“This rollout is part of a major effort to cut down on fraud and credit card data breaches,” Attorney General Caldwell said. “The new cards offer greater protections for consumers and will help reduce the costs associated with fraud.”

Here are five things about the new credit and debit chip cards:

- The new cards have a small, square metallic chip on the front, which holds payment data and provides a unique code for each purchase.
- The metallic chip is designed to reduce fraud, including counterfeiting.
- Instead of swiping the cards, consumers will put it into a reader for a few seconds.
- Consumers may then have to sign or enter a PIN. But with each transaction, the chip generates a unique code needed for approval.
- Because the security code is always changing, it’s much more difficult for someone to steal and use the code.

So what does the new rollout mean for consumers and their financial information? It simply marks the shift of the blame

for fraudulent transactions from credit card companies or banks to the retailers.

Attorney General Caldwell cautions, however, that the chip does not stop lost or stolen cards from being used in stores or online. So it’s a good idea for consumers to still guard their card information closely, and check statements for suspicious activity. Also, be mindful of scammers who may be trying to take advantage of the millions of consumers who haven’t yet received a chip card.

“Scammers are emailing people, posing as their card issuer. The scammers claim that in order to issue a new chip card, you need to update your account by confirming some personal information or clicking on a link to continue the process,” Attorney General Caldwell said.

Attorney General Caldwell stresses that there is no reason your card issuer needs to contact you by email, or by phone, to confirm personal information before sending you a new chip card. Do not respond to an email or phone call that asks you to provide your card number.

Banks and card issuers have been sending out new credit and debit chip cards, and the rollout will continue through 2016.

*For more consumer tips and information, contact Attorney General Caldwell’s Consumer Protection Section at (800) 351-4889.*



# CHIP CARDS: The Future of Payments

The new cards offer greater protections for consumers and will help reduce the costs associated with fraud



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# Counselor's Corner

by Karen Kersten, LPC, LMFT

## What Am I Thinking?!!

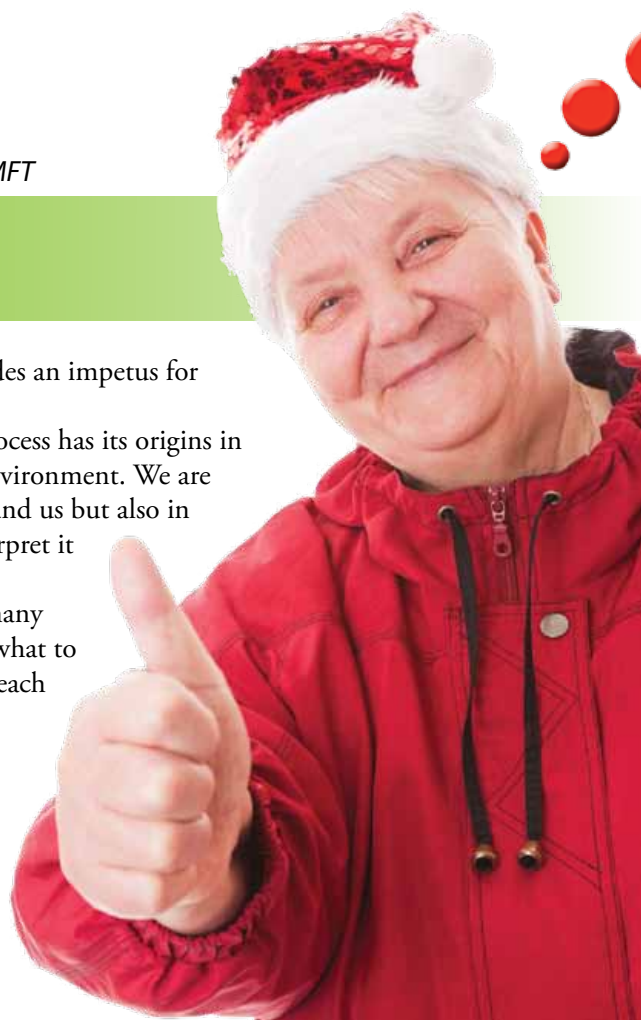
**A**s we embrace this month of festivities, celebration and reflection, it is hoped that we realize the awe and power of our personal thoughts – our inner dialogue – which propel us into choices, actions and feelings. Socrates called thought – “the talk which the soul has with itself.”

Ethan Ross, a psychologist studying the dynamics of this amazing gift we possess shares that self-talk is one of the “most effective and least utilized tools as a path to success.” He states that mindful choosing emanates from the words we say in our heads all day long, each and every day. Ross says that self talk begins during the toddler stage. We remember children at this young age talking out loud to themselves! He shares that this self-talk - when

done into adulthood - provides an impetus for strong self monitoring.

Of course, this thought process has its origins in our genetics as well as our environment. We are influenced by the world around us but also in how we understand and interpret it (genetics/personality).

Self-talk is a gift to us in many ways – helping us to decide what to think, say or do throughout each day. This inner monologue helps us make assessments about people, places and/or things based upon our learned beliefs and values. It also allows us to process our wishes, needs and concerns. It is the governor of our feelings and ultimately our be-



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...when an individual is facing a challenge and begins to talk through it, if that person uses his name versus the pronouns "I" or "you," that person's orientation can change...

havior. Many believe that thoughts create feelings and together both thought and feeling produce the daily actions of our lives. Self talk is an avenue to master our choices which grow success in the many areas of living a successful life!

Daniel G. Amen, M.D., author of *Magnificent Mind at Any Age*, explores natural avenues to tap into the brain's potential. He states that "thinking is a habit" resulting from a "lack of 'thoughtful' education." In other words, he believes that most individuals are unaware that thinking can be deliberate and mindful. He states that individuals are not taught that they have the power to "question or correct" for example, their negative thinking. And sadly, this absence of mindfulness has contributed to many problems within the person (such as depression, anxiety, work and social environments). He states that "our body responds to every thought we have." According to Dr. Amen, different chemicals are released within the body depending whether these thoughts are negative or positive. His research has revealed that the risk of Alzheimer's disease doubles in depressed individuals. Substance abuse also increases when people are chronically experiencing negative thought patterns.

Because self-talk has been at times extreme or has not been used as it should, it has been the catalyst for many anxieties. As a therapist, I often hear my clients report thoughts of fear, anger, worry or sadness. They tell me what had been their thought process that led to these feelings. Much of what I am able to share with them is about their inner messages to themselves. As we work together to facilitate understanding of these monologues and then change,

confront or modify them, new ways of thinking and thus new choices begin to emerge! As we learn to pay close attention to the words spoken in our heads, purposeful direction and control become obtainable. There are many specific ways to gain control of one's thoughts. Self talk can be used that:

- restates (assigning a different meaning);
- confronts (challenging the belief or initial premise);
- reframes (finding an alternative meaning) or redirects (assigning responsibility elsewhere) them.

For example, many people share with me their belief and inner monologue that elicits lack of self respect and confidence resulting in low self-esteem. As one uses this gift of self talk to challenge his/her belief, confront its authenticity, examine its merit, decide on an alternative way of thinking, create a plan to instead think positively, then develop and execute the plan, progress can be

made. Happily, steps toward the goal to raise self esteem are now taken!

Interestingly, Kross and his colleagues have discovered, through extensive research, that the way in which we apply our self-talk can be powerful and effective. He cites that when an individual is facing a challenge and begins to talk through it, if that person uses his name versus the pronouns "I" or "you," that person's orientation can change from internalizing to creating mental and emotional separation thus allowing a more objective perspective to be taken. Fascinating! As one would advise a friend on an identified challenge or problem, the brain makes a specific shift to allow this objectivity for oneself.

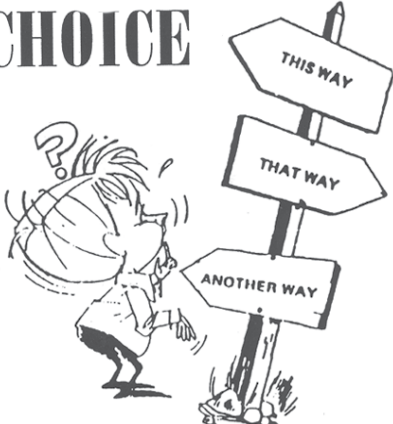
So as you go forth to experience the challenges and wonder of this month of December, please remember you have this beautiful personal gift that is just a thought away!

*Karen Kersten, LPC, LMFT, is a counselor with The Center for Families, a non profit counseling center serving NWLA.*

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## Check Your Automobile Insurance Policies

**T**his topic came to mind after a recent case I had in court. Many motorists will purchase automobile insurance policies, and in order to save money will purchase lower liability coverage limits. Even if they select higher coverage liability limits, they may forego uninsured motorist coverage or may elect economic damage only uninsured motorist coverage.

When selecting an insurance policy, you should select as high a liability and property damage coverage as you can afford. Liability coverage is secured in order to protect you in case you cause the accident. Medical bills have gone through the roof in recent years. Injuries to motorists hurt in automobile accidents cost more to repair. A person who is at fault in an automobile accident is not only responsible for medical

expenses and property damages, but also is responsible for lost wages of the person injured and for the injured party's pain and suffering. If your policy is too low in coverage and does not cover all the medical expenses, lost wages, pain and suffering, or property damage of the injured person, the person who caused the accident can be held responsible for the excess amount over the coverage of the insurance. This means the

injured party can sue the person who caused the accident for any amount not covered by insurance and can recover personal assets such as bank accounts, property, stocks, bonds, home, and any other assets available to be recovered from the person who caused the accident.

In addition to liability insurance, a person must consider whether or not to buy uninsured/underinsured motorist coverage. Unin-



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In addition to checking the coverage your insurance policy provides, you

may want to check where you can save money regarding insurance premiums. Many insurance companies will offer multi-car discounts, if more than one car is insured with their company. Other discounts that may be offered by the insurance company are accident-free discounts where the insured has had no accidents; anti-theft discounts where the insured has installed security measures to help keep the vehicle from being stolen or recovered if stolen; and, low mileage discounts where the insured only drives a few miles each week.

The bottom line to this article is to check your automobile insurance policies. Make sure that you are adequately covered for the injuries you may cause or that may be caused to you. In addition, you may need to talk to your insurance company to see what discounts they offer and if these discounts are available to help you save money on your premiums.


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



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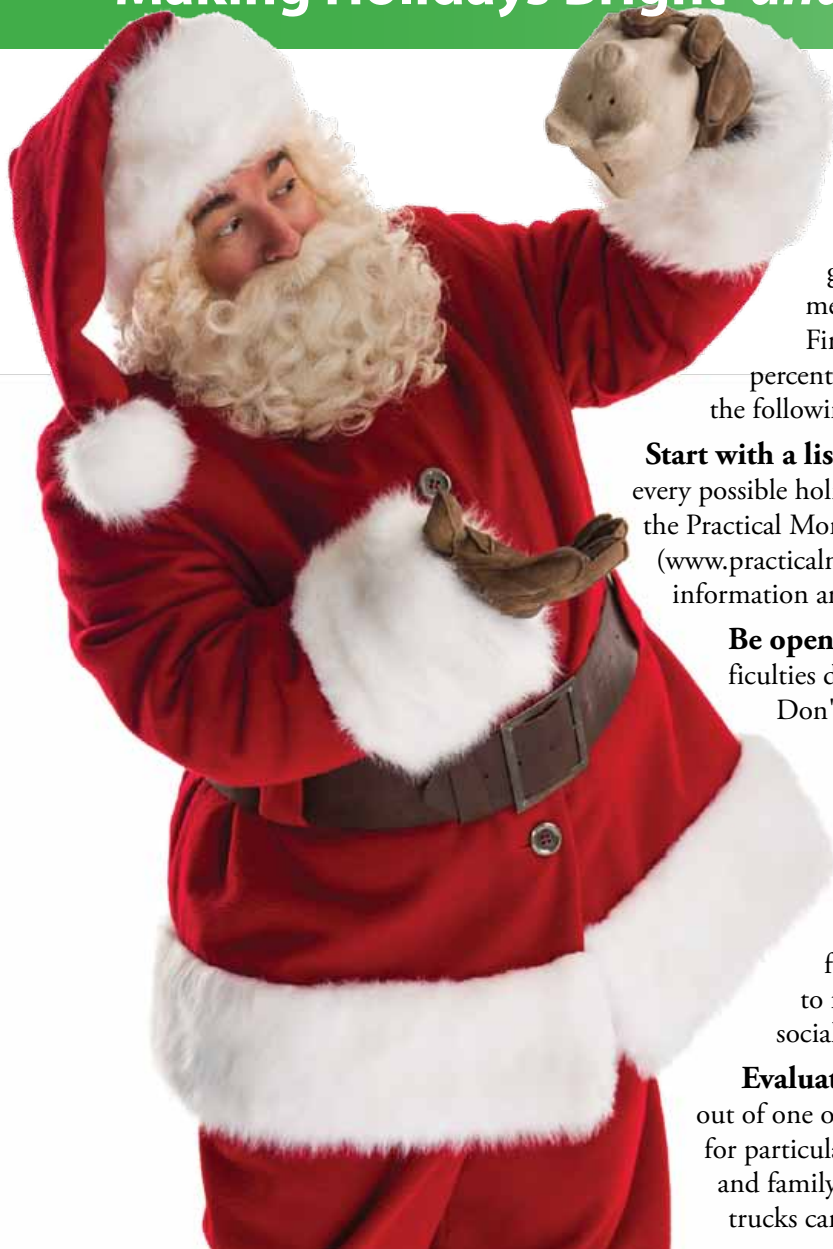
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## Making Holidays Bright *and* Affordable



**A**lready dreading what you'll spend this holiday season? It doesn't have to be that way.

Gifts aren't the only budget-busting culprit during the holidays. The weeks between Thanksgiving and New Year's are also a peak time for spending on groceries, travel, events, entertainment, energy, clothes and meals out.

Financial advisors recommend you use no more than 1.5 percent of your annual income on holiday spending, so consider the following suggestions to keep it under control:

**Start with a list and make a budget.** Begin your planning by listing every possible holiday expense you'll face – and don't stop at gifts. Consult the Practical Money Skills for Life comprehensive holiday budget planner ([www.practicalmoneyskills.com/yourholidaybudget](http://www.practicalmoneyskills.com/yourholidaybudget)) to help organize your information and track your spending.

**Be open about money trouble.** If you are facing financial difficulties during the holiday season, don't spend to hide the problem.

Don't be ashamed to make adjustments and tell friends and family members that you'd like to temporarily downsize your spending until conditions improve. They might actually appreciate a spending reprieve, too.

**Build a bargain-hunting strike force.** Let friends and family know you're looking for particular toys, gifts, foods or decorating items and volunteer to do the same for them. Save and share coupons. Encourage your group to find resources, check prices and share requests and ideas via social media. Results can come back in a matter of minutes.

**Evaluate all transportation costs.** Do you really need to run out of one or two items at a time? Designate certain days of the week for particular items, keep an eye out for free delivery and see if friends and family might want to share errands. Those with large vehicles or trucks can help move, deliver and even install appliances or elec-



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tronics if they have the skills to do so. Smart transportation choices extend to car pools or public transportation for events and entertainment.

**Leverage your creativity.** If there's something you make or do really well that people love, consider making such accomplishments into gifts. From specialty food items your friends enjoy, to clothing or art, anything done well can be a gift. Don't rule out lessons or skilled labor as potential holiday gifts, particularly for relatives who can't afford such services at this time. Smart shopping for ingredients or supplies can make such creative gifts a real money saver.

**Build a year-round gift stash.** If there are gifts or foodstuffs you can buy on sale and keep for a while, you'll have a ready source of thank-you gifts for hosts, teachers or co-workers year-round. Set aside a similar area for cards, gift tags and wrapping paper. Also keep in mind that many retailers put holiday-themed items on sale before the holidays are finished. If you think you'll need these items next year, grab your coupons, take advantage and put those items aside for future gift giving.

**Late saving for gifts?** Do it anyway. If you don't have a holiday fund set up, don't let that keep you from starting one. Every little bit helps. Take 5-10 percent of your next paycheck and set it aside, doing it each week throughout the holidays. If you keep it up, your holiday fund can eventually become an emergency fund to be used for other savings goals, including retirement.

**Take notes for next holiday season.** Create a paper or digital file where you can collect ideas for next year. Check print and online resources like *Consumer Reports* for items that can be bought at specific times of the year at a discount so you are able to hide them for the holidays – but remember where you hid them.

**Bottom line:** Keeping holidays affordable isn't a challenge when you're willing to do a little planning, idea-sharing and record-keeping. Make it an activity you can do year-round.

*Nathaniel Sillin directs Visa's financial education programs. To follow Practical Money Skills on Twitter: [www.twitter.com/PracticalMoney](http://www.twitter.com/PracticalMoney).*



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## The Case of the Illegal Happy Hour

One day I am going to quit the practice of law. When I do, I'm going to open up Lee's Hamburgers and Scented Candles. Every Wednesday night, I'm going to offer a special: buy one ketchup-scented candle, get an onion-scented candle free.

Now I know what many of you are thinking: "What a deal! Lee needs to hurry up and quit being a lawyer."

But I recently read about a case that has me rethinking my plan. The case was not about a fellow who was offering a deal on candles that smelled like onions. Instead, he was offering a deal on beer. I'll call this fellow Sam (not



his real name.) He owned a bar in Boston, and every Wednesday night, he had a happy hour; buy one beer, get one free. Everything was going along swimmingly until the government got involved and the state of Massachusetts made happy hour illegal. That's right: the government made happy hour illegal. Massachusetts isn't alone: there are seven (7) other states that completely prohibit "discounted drinking." Vendors can't sell alcoholic beverages at a reduced price at any time.

Do you think Louisiana is one of those states? Of course it isn't, but Louisiana does have a happy hour law. It doesn't completely ban happy hours, but it does place a re-

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striction. Here's how it works: let's say that I want to throw a New Year's Eve bash at my hamburger and scented candle shop. Everyone who pays \$40 gets all of the hamburgers they can eat and all of the champagne they can drink. The doors will open at 10:30 PM and we won't close until 3 AM.

That would be illegal in Louisiana: the happy hour law in our state says that you can't have an all-you-can-drink deal after 10 PM.

There used to be a similar law in Chicago. On a recent New Year's Eve, about forty (40) bars decided to offer an all-you-can-drink deal like the one I want to throw at Lee's Hamburgers. All of them ended up with tickets and \$5,000 fines. The bar owners responded by banding together and getting the law changed, not only in Chicago, but also state-wide. Now bars and restaurants in Illinois can "serve discounted drinks for as many as four hours a day, capped at fifteen (15) total per week." The results so far? Increased sales at bars and restaurants and more tax dollars for the state.

Not everyone was on-board with the change in the law. There were some people in Illinois who were concerned about an increase in drunk driving and "other dangers to public safety."

Believe it or not, earlier this year, some people in Louisiana had the same concerns about happy hour. They proposed a law, which did not pass, which said that people would not be able to go into a bar and get a drink unless they had a designated driver with them.

There are all kinds of laws out there that say what we can and cannot do. You may not like the idea that Louisiana could try to prevent me from selling super cheap onion candles or try to prevent you from going to a bar without a designated driver, but no matter how you cut it, the government is involved in all of our lives.

*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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Several studies point to its benefit for joint health. In a human clinical trial, researchers compared UCII to a combination of glucosamine and chondroitin. After 90 days, the UCII (collagen) treated group had significantly better outcomes than the group

taking the chondroitin/glucosamine combo. Pain diminished among both groups. The collagen treated group had a 40% pain reduction compared to a 15% reduction in the other group. So both groups felt better, but the collagen group fared out dramatically better.

In a more recent study in the Journal of International Society of Sports Nutrition, researchers wanted to see how UCII collagen would work in a preventative manner if you exercised too. This randomized, double-blind, placebo-controlled study in healthy individuals also proved the merits of collagen. The scientists chose 55 adults who had no arthritis at rest, but experienced joint discomfort with exercise or physical activity. Only half of the participants received the collagen, the other group served as the placebo.

The doctors measured knee movements and pain scores after a "stepmill" test, which is like walking endless flight of stairs.



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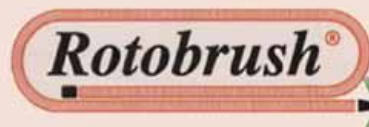
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CAN hurt you







# Where Camels Good Will Live & Prevails

Story by Andrea Gross • Photos by Irv Green

I trudge up steps made of mud and tires, duck under a string of multi-colored prayer flags and enter a round structure with a peaked roof. “You’re in Tibet,” says the guide.

Well, sort of. But this Tibet is in central Arkansas rather than central Asia, part of the Global Village at Heifer Ranch, which in turn is part of an extraordinary program that depicts areas of the world rarely seen by tourists. This Tibet is not one of monks and monasteries, gilded statues and golden Buddhas. Rather it’s the Tibet of oft-forgotten communities, the Tibet of the poor.

My husband and I like to travel for many reasons, but our primary goal is to learn and understand how people live today. Thus, for us, Heifer Ranch, which is 45 miles northwest of Little Rock, is a grand travel opportunity, a chance to see the world without a passport.

Heifer International got its start in the 1930s when an Indiana aide worker named Dan West realized that starving children needed more than small handouts of rationed food. “These children don’t need a cup of milk; they need a cow,” he said.

To test his theory, he sent heifers to underprivileged families in Puerto Rico with the understanding that the recipients would give the female offspring to neighbors, who in turn would pass on that cow’s offspring to yet other families. Eventually, the majority of the villagers owned livestock, and the community became self-sufficient.

As the project expanded, West began raising animals on a ranch in the United States and distributing them to needy families abroad, but soon the cost became prohibitive. Today the Arkansas property is used for educational and inspirational purposes.

In this way, “passing on the gift” has come to mean more than passing on the gift of an animal; it also means passing on the gift of awareness. As visitors to The Ranch become more aware of conditions in poor communities, they share their knowledge, resources and skills to help Heifer attain its goal, which is to do no less than end hunger and poverty around the world.

It’s a noble plan, one that seems particularly apropos now as the holiday season approaches. We’re driving to the Visitor Center, the radio tuned to a station that’s playing Christmas songs, when we suddenly spot a camel resting peacefully in a wooden shelter. A camel in Arkansas? It seems that miracles abound at Heifer. All that’s missing is two more camels and three wise men.

The Ranch only provides formal tours for large groups, but staff and volunteers do their best to accommodate individuals. We’re in luck. A recent retiree who’s spending several months working at Heifer offers to zoom us around in a golf cart.

“Camels were used in our Tanzania project,” he explains. “Between the gift of a camel and Heifer-provided training in

**LEFT:** Thai homes are built on stilts to provide protection from floods and shelter for animals.

**RIGHT (TOP TO BOTTOM):** The recreated Tibet House shows a part of Tibet that visitors rarely see.

- Camels were used in a project in Tanzania.
- A hands-on museum in the Little Rock headquarters explains Heifer’s program and philosophy.





Heifer Ranch,  
which is 45 miles  
northwest of Little  
Rock, is a grand  
travel opportunity,  
*a chance to see  
the world without  
a passport.*

---



sustainable agriculture and animal husbandry, the villagers were able to raise their standard of living considerably. The Tanzanian project is a typical success story.”

Our first stop is the Tibetan House. While it's made of canvas, a sign informs us that in the “real” Tibet, it would be made from yak hair and sheep's wool. The design allows it to be collapsed as the family follows the yaks from one grazing ground to another.

We move on to see other parts of this recreated world: a Thai shack perched on stilts, a group of African huts with conical roofs, a ramshackle Appalachian cabin, a generic urban warehouse cobbled together from scrap metal, and a dilapidated school bus that once served as a home for a family in the Mississippi delta.

Finally we stop at a Guatemalan farm consisting of a small cinderblock house, a raised garden bed and, thanks to solar panels, electricity at night. It's almost luxurious compared to the other homes.

These structures are used in Heifer's extensive program of experiential workshops, during which organized groups spend anywhere from a few hours to several days getting a glimpse what it's like to live in poverty. They milk goats, gather eggs, care for pigs, till the fields and tend to vegetable gardens. If they stay in the Guatemalan house, they may make tortillas; if they're assigned to the African hut, they may make bricks with primitive tools. During the spring lambing program, women may even help deliver lambs.

Participants in all Heifer programs invariably say it's a life changing experience, one that opens their eyes as well as their hearts. It enables them to see the world and at the same time pass on the gift - be it the gift of a goat to an impoverished village, a basket made by an artisan in a developing country, or simply the gift of spreading the word.

This is travel - and Christmas - at its best.

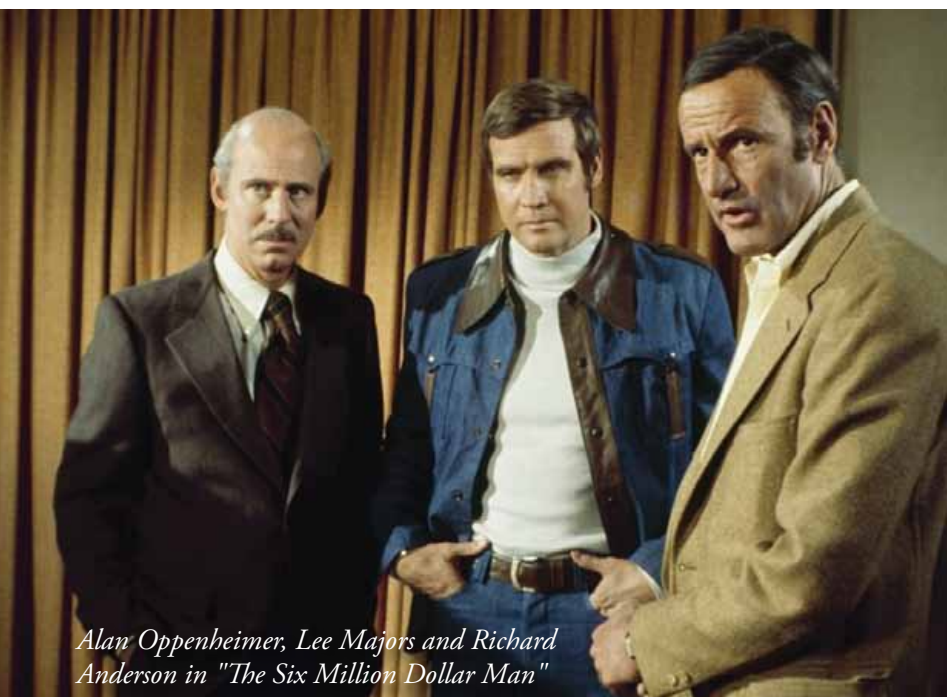
*For more on other exciting destinations, go to our enhanced website at [www.traveltizers.com](http://www.traveltizers.com). For more on Heifer's programs, please see [www.heifer.org](http://www.heifer.org)*



“The vision of Heifer International is a world of communities living together in peace and equitably sharing the resources of a healthy planet.”  
Happy Holidays!



## Richard Anderson: From MGM to the Six Million Dollar Man



*Alan Oppenheimer, Lee Majors and Richard Anderson in "The Six Million Dollar Man"*

**R**ichard Anderson appeared in over 200 films and TV shows throughout his career. But it's not just his well-known role as security chief Oscar Goldman in "The Six Million Dollar Man" that elicits fan questions on the classic film/television convention circuit.

"They always ask about 'Curse of the Faceless Man' which we made in 1958 and was my first lead film role," said Anderson from Los Angeles. "It was a low-budget remake of 'The Mummy' two decades earlier, featuring a stone monster rather than one wrapped in bandages. I really just learned my lines and tried not to bump into the furniture."

Two years earlier, Anderson appeared briefly in the venerable sci-fi classic "Forbidden Planet."

"That was the last of two dozen movies I did for MGM," he said. "Sci-fi feature films were



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rather new in 1956 and it changed the genre forever. The whole movie was shot on one stage and as filming progressed, the studio gave us more money and the best production staff. We turned out a first-class movie that's still impressive today."

Born in New Jersey and raised in New York, young Dick and his brother Bob were weekend matinee regulars at the 96th Street Motion Picture Theater, absorbed in their favorite films: westerns.

"The stories had heroes and happy endings – I really wanted to live in that world," recalled Anderson, who outlined his career in the 2015 autobiography "Richard Anderson: At Last ... A Memoir, From the Golden Years of M-G-M To The Six Million Dollar Man to Now" co-written with Alan Doshna (see [www.bionik.com](http://www.bionik.com)).

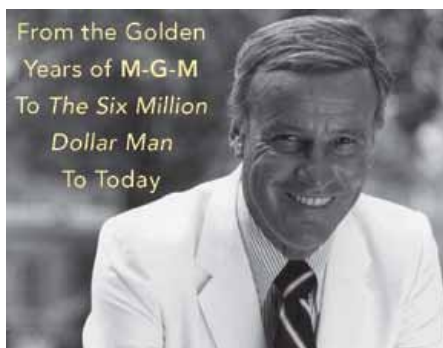
But Richard wasn't the only celebrity in his family. "Katharine, my second wife, was the daughter of Norma Shearer and MGM producer Irving Thalberg."

Richard and Katharine were married in 1961, so he never knew Thalberg who died in 1936, but says he was close to his mother-in-law.

"Norma Shearer was very nice to me, she liked and respected me," he said. "She gave us a party when we were married – Judy Garland was one of the guests. Norma had a house on

the beach and when we visited her she would talk about her career and how she 'had it all' at one time."

While Shearer found fame in film and retired just as television was coming of age in the early 40s, it was TV that made Anderson a household name when "The Six Million Man" exploded on the small screen in 1974 for five seasons.



"It was a show that brought back the hero and happy endings, so I told my agent I wanted the part even if I had to pay the producers to let me do it!" laughed Anderson, who also narrated the show's famous introduction.

"Gentlemen, we can rebuild him, we have the technology," he quoted. "You can't imagine how many fans come up to me and say that. It's the best TV show introduction ever written."

Anderson continued his Oscar Goldman role in three seasons of "The Bionic Woman," becoming one of the few actors to portray the same character in different television series.

As to why he took so long to write a book about his life "My answer is simple," says Anderson who turned 89 in August. "I'm still living it."

*Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 600 magazines and newspapers. Follow @TinseltownTalks*

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## In California, What is Old is New Again



**A**rnot-Roberts. Lioco. Matthiasson. Sandhi.

These are just four of the producers that are counteracting the notion that ripeness, butter, and oak should define California Chardonnay. Across the country, thoughtful merchants and top sommeliers are showcasing these producers -- and a few dozen others -- to show consumers that the Golden State can offer elegant, restrained Chardonnay.

These producers came up last week while chatting with Sarah McCrea, the third-gener-

ation proprietor of Stony Hill Vineyards in Napa Valley. McCrea's family has been making graceful Chardonnay for more than six decades, and thanks to these newer producers, more consumers than ever before are taking notice.

McCrea appreciates the attention -- and doesn't begrudge the new kids.

"These wines are reintroducing America to a style of wine that went dormant for a long time," she explained. "They're reminding people that there's a different way to make Chardonnay."

McCrea's family has called Napa Valley home since 1943, when her grandparents, Fred and Eleanor, purchased a 160-acre goat ranch on Spring Mountain. They planted vines four years later, dedicating most of their property to Chardonnay. In 1952, the McCreas finished a small winery on their property and produced their first wine.

Especially fond of white Burgundy, Fred McCrea decided to ferment and age his Chardonnay in neutral oak,

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believing that new wood would obscure his wine's aromas and flavors. And he avoided malolactic fermentation -- the secondary fermentation that's standard for reds and common with Chardonnay -- preferring the tart intensity of malic acid to the softer, buttery flavors of lactic acid.

Little has changed over the past six decades. As vintners across California began chasing ripeness -- and thus, points -- in the 1990s, Stony Hill remained steadfast in its commitment to restraint. So the winery gained a reputation for delivering fresh, aromatic wines year after year. In addition to Chardonnay, Stony Hill produces small amounts of Riesling, Gewurztraminer, and Cabernet Sauvignon from its estate.

Stony Hill's winemaking style is now on the ascent. Sommeliers deserve much of the credit; their ranks have swelled over the last decade and they've convinced many consumers that elegance outperforms power at the dinner table. Influential writers like Jon Bonné of *Punch* and Eric Asimov of the *New York Times* deserve credit, too, for challenging conventions on ripeness and praising the California vintners who weren't interested in fruit bombs.

Jon Bonné chronicled California's burgeoning shift from ripeness and power toward subtlety and poise in his 2013 book, *The New California Wine*. But, as McCrea pointed out, "New California" is a bit of a misnomer.

Bonné readily admits that there's nothing "new" about the California wines he praises. The shift is really a return to the way things once were. As he explained in an interview last year, "there's finally this realization that what made California great as a wine region is very much being explored again, and being explored in a similar way to how it was successfully explored about 40 years ago."

Consider Ridge Vineyards. The winery's style -- which the winemaker describes as "pre-industrial" -- has been remarkably consistent since its founding in 1959. Its Monte Bello Cabernet Sauvignon is one of the greatest wines in the world each and every year.

Or look at the wines from Stu and Charles Smith, the brothers behind Napa Valley's Smith-Madrone. As the crow flies, their vineyard is virtually adjacent to Stony Hill. Since 1977, the brothers have ignored just about every twist and turn in winemaking fashions.

There's a market for unctuous, hedonistic wines, to be sure. But such wines aren't part of California's natural order. As Bonné continued when we chatted last year, "what's happening now is really a new iteration of the pioneering spirit that put California on the world stage in the late '60s and early '70s."

Wines from popular, "New California" producers like Arnot-Roberts, Lioco, Matthiasson, and Sandhi are reminiscent of a bygone era. And thanks to Stony Hill, we know what that means.

*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 GrapeCollective.com.*



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## Review of *Ready Player One* and *Armada*

If you aren't yet familiar with author Ernest Cline, now is a good time to investigate him. His 2011 hit *Ready Player One* tells the story of a young man who lives in a world where everyone plugs into and interacts via a very realistic virtual reality world called the OASIS - allowing them to escape the decay and dreariness of everyday life.

This book quickly gets exciting though, when the creator of the OASIS dies and leaves no heir, instead sending a video message out to every OASIS user with clues that lead to different hidden gates and keys within the OASIS that will ultimately lead the player to a fortune beyond his or her wildest dreams.

What unfolds is the story of Wade and his obsession with finding the prize that leads him to playing his way through a virtual reality world full of 80's trivia, video games and music. Each chapter feels like the next level of a video game and is a bit reminiscent of the children in Willie Wonka searching for that magic golden ticket. Since its publishing, *Ready Player One* has garnered a huge fan base and is currently in the works to be translated for the big screen.

In his most recent novel, *Armada*, Cline again uses video games to propel his story forward. But where *Ready Player One* is a love letter to 80's pop culture, this novel explores Cline's interests in old sci-fi and alien movies and tv shows, alien-government conspiracy theories, and, of course, the world of online gaming.

When Zack Lightman spots a UFO outside his classroom window that looks alarmingly like the ships in an online video game he plays every day, he starts to suspect that he is either crazy, or that the world is more than what it seems. Events begin to unfold quickly after that as it's revealed that the government has been using popular video games "Terra Firma" and "Armada" as training programs to defend earth on unsuspecting people for years. Now, the government can hide the truth no longer, and legions of geeks from across the globe unite to take down the quickly approaching alien invaders before the earth is destroyed.

*Armada* is a quick read - with the impending doom's day pushing the story along and the mystery of Zack's father who died when he was young (or did he?) adding another interesting layer to the story. It does lack some of the pacing and nuance that *Ready Player One* revels in, but *Armada* shouldn't be discounted because of that. *Armada* is a fun adventure in its own right and its film rights have already been snatched up.

If you love the 1980's, then *Ready Player One* is THE book for you. If you've ever fancied yourself a trekkie or spent more than a few hours binge watching *Star Wars*, then *Armada* is for you. And if you've ever been so engrossed in a video game that you said, "just five more minutes," or "just until the next save point," then both of Cline's books will sit solidly in your wheelhouse.

***Ready Player One*: A**

***Armada*: B+**





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Pork Crown Roast with  
Garlic Herb Rub

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## Family Features

**A**s family gathers around the table, a fragrant, beautifully plated main dish is the focal point of any holiday meal. A richly flavored pork or beef dish that looks as good as it tastes will have guests passing their plates for more. Get inspired to create a special centerpiece for your holiday table at [omahasteaks.com](http://omahasteaks.com).

## Pork Crown Roast with Garlic Herb Rub

¼ cup kosher salt  
2 tablespoons coarsely ground black pepper  
⅓ cup fresh garlic, peeled and finely diced  
¼ cup thyme, leaves removed from stem and coarsely chopped  
¼ cup rosemary, leaves removed from stem and coarsely chopped

2 tablespoons sage, leaves removed from stem and coarsely chopped  
½ cup, plus 2 tablespoons olive oil  
2 pounds baby red potatoes, halved  
1 pound fresh pearl onions, peeled and halved  
1 9 pound Pork Crown Roast, thawed

Heat oven to 350° F.

Prepare rub by combining salt, pepper, garlic, herbs and ½ cup of olive oil.

Mix 2 tablespoons of rub with remaining 2 tablespoons of olive oil and toss with potatoes and onions.

Liberally rub all sides of roast with remaining rub, including in between bones. Put any excess rub on top.

Place roast on foil lined sheet pan and spread potatoes and

onions around sides of roast.

Cook on center rack of oven for approximately 2 hours and 20 minutes to 2 hours and 35 minutes for a 9-pound roast, or until internal temperature reaches 145° F in the middle.

Let rest for 10-15 minutes before cutting away string and slicing between bones for 16 even portions. Serve with roasted red potatoes and pearl onions in natural au jus.

(Serves: 12-16)





## Apricot Ham Glaze

½ cup brown sugar                      ½ teaspoon ground ginger  
1 teaspoon corn starch                1 cup canned apricot nectar

In small saucepan, combine brown sugar, corn starch and ginger. Stir in apricot nectar.

Cook over medium heat, stirring constantly, until mixture thickens and boils.

Serving suggestion: Brush glaze over whole ham before roasting or over ham steaks while grilling. (*Serves: 6-8*)

## Salt Encrusted Prime Rib Roast

**Salt Crust:**  
1 box (3 pounds) coarse kosher salt  
1¼ cups water  
1 Bone-In Prime Rib Roast (6 pounds)  
1 tablespoon vegetable oil  
2-3 teaspoons cracked black pepper

Heat oven to 425° F. Line shallow roasting pan with heavy-duty aluminum foil.

Combine salt crust ingredients; mix well. (Mixture may appear dry; do not add additional water.) In roasting pan, pat 1½ cups salt mixture into rectangular shape about ½ to 1 inch larger than roast.

Brush roast with oil; press pepper evenly into surface. Insert ovenproof meat thermometer into thickest part of roast, not resting in fat; center roast on salt layer. Starting at base of roast, pack remaining salt mixture onto sides and top to encase in salt. (Some salt mixture may fall off, exposing small areas of the roast. This will not affect cooking.)

Roast in oven approximately 1¾ to 2 hours for medium rare or 2¼ to 2½ hours for medium doneness. Use thermometer to verify doneness.

Transfer pan with roast to cooling rack; let stand uncovered 15 minutes. Remove and discard salt crust from roast, brushing off any remaining salt. Carve and serve. (*Serves: 8*)



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## CONCERT

**Holiday Pops: Stars on Stage** - Saturday December 19 at 7:30 PM at River-View Theater, 600 Clyde Fant Pkwy, Shreveport. Sunday December 20 at 6 p.m. at Cypress Baptist Church, Benton. Featuring soloists Doug LaBrecque and LaKisha Jones and the Ark-La-Tex Children's Choir in an evening of holiday favorites. Tickets are \$20 - \$65. Call (318) 227-8863 or email tickets@shreveportsymphony.com.

## CADDO COUNCIL ON AGING

**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. **FREE**. Programs begin at 10:00 a.m. Info: 676.7900.

- Thursday December 3: 10:00 "Yesterday's Toy and Games" Marty Young

- Friday December 4: 10:00 "Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tech tips" by John Bogan

- Thursday December 10: 10:00 "Diabetes Education for Seniors" by Shea Fredrick

- Friday December 11: 10:00 "Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tech tips" by John Bogan

- Thursday December 17: 10:00 "Surviving the Holidays After A Loss" by Kay Asher

- Friday December 18: 10:00 "Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tech tips" by John Bogan

- Thursday December 24 and Friday December 25: Closed for Christmas

- Thursday December 31 and Friday January 1: Closed for the New Year

## EVENTS

**24th Annual Christmas Tour of Homes** - Presented by Quote International of Bossier City. 1 - 5 PM, Sunday, December 6. Tickets are \$20 from any Bossier Quotarian or call 318-868-7961 or 318-746-0383.

**32nd Annual Christmas in Roseland Festival** - Christmas in Roseland features thousands of twinkling lights, dozens of lighted displays, giant Christmas cards, nightly live entertainment, photos with Santa, rides on the Roseland Express train, and more. Through December 20 from 5:30 to 10:00 PM. Last car admitted at 9:30 p.m. Encore Nights December 21, 22 & 23. Gardens of the American Rose Center, just off I-20, Exit 8\* in Shreveport, 8877 Jefferson Paige Road, Shreveport. PLEASE NOTE: The bridge at Exit 5 is closed, visitors should follow the signs that say EXIT 8 for Gardens of the American Rose Center and then head west on Highway 80 three miles to Jefferson Paige Road. NEW: Roseland Christmas Market on Friday & Saturday, Dec. 4 & 5. A shopping marketplace featuring local vendors, artists and crafters in the warmth of Klima Rose Hall. Attractions Marketplace - Friday, Dec 11. Showcase featuring local tourist attractions. Admission is \$5 per person or \$20 per carload. Ages 2 and younger are free.



Purchase tickets at the gate with cash. GROUP RATES - \$50 per minibus (Up to 25 people) \$100 per charter bus. Please call 318-938-5402 to make a group reservation.

**40th Annual Independence Bowl** - Saturday December 26 at 4:45 PM. Independence Stadium, 3301 Pershing Blvd., Shreveport. Features a SEC and ACC football matchup. Sideline tickets are \$45 and end zone seats are \$30. Tickets can be purchased by calling the bowl office at 318-221-0712, toll free at 888-414-BOWL or online at independencebowl.org.

**65th Wideman International Piano Competition** - Friday, December 4 - Sunday, December 6, 10:00 AM to 6:00 PM on Friday and Saturday; 1:00 PM



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**Christmas Around the World** - Thursday December 17 at 6:00 PM. Multicultural Center of the South, 520 Spring St, Shreveport. Visitors will be able to enjoy Christmas trees decorated for 17 different cultures. For more info visit [www.mccsouth.org](http://www.mccsouth.org) or call 318-424-1380. **FREE**.

**Christmas Cookie Bazaar** - Saturday, December 12. 10 AM to 2 PM at Immanuel Lutheran Church (across from Wal\*Mart), 2565 Airline Drive Bossier City. All proceeds will be dedicated to sending the senior youth to the National Youth Gathering.

**Hearing Testing** - Bossier Council on Aging and Miracle Ear of Shreveport & Bossier City are teaming up to offer **FREE** hearing tests for anyone age 60 and above. The testing will be done at the Bossier Council on Aging, 706 Bearkat Drive in Bossier City on Friday, December 4 from 9:00 am until 1:00 pm. Appointments are requested and those without them will be seen on a first come, first serve basis. Contact the BCOA for additional info at 318-741-8302 or [contactus@bossiercoa.org](mailto:contactus@bossiercoa.org).

**Medicare Open Enrollment Q & A** - Bossier Council on Aging and the Aging & Disability Resource Center, will be offering a question and answer session for seniors who need clarification and assistance concerning their Medicare benefits Open Enrollment. Ms. Lyman

to 6:00 PM on Sunday. Forty of the world's best young pianists will converge on Shreveport for a once-in-a-lifetime chance at the gold medal. **FREE** on Friday and Saturday. \$10 at the door for the finals on Sunday. For more info call 318-869-5235 or visit the event's website at [www.widemanpiano.com](http://www.widemanpiano.com).

**"A Christmas Tapestry"** - Presented by the Music Ministry of St. Joseph's Catholic Church, 204 Patton Ave., Shreveport. Tuesday, December 15, at 7:00 PM. **FREE** concert featuring the St. Joseph's adult, childrens & handbell choirs, along with the St. Jude Catholic Church Choir and the Airline High School Troubadors from Bossier City, LA. This concert will be a collage of exciting Christmas choral and instrumental music; as well as, carol singing

from the Caddo Council on Aging will be on site, Friday, December 4 from 9:30 until 11:30. Those interested will be seen on a first come, first serve basis. Be sure and bring a picture ID, Medicare card, accurate list of all medicine with the strength and dosage per day. Contact the Bossier Council on Aging for additional information at 318-741-8302, or [contactus@bossiercoa.org](mailto:contactus@bossiercoa.org).

## MEETINGS

**Ark-La-Tex Genealogical Association Meeting** - Saturday, December 12 from 1 to 3 PM at the Randle T. Moore Center, 3101 Fairfield Ave (corner of Fairfield Ave and Kings Hwy), Shreveport. Genealogist Philip Adderley will give a presentation on researching probate records. Afterwards, those attending will enjoy a pot luck Christmas luncheon. This program is **FREE** and open to the public. For information call 746-1851 or email [jjohnson747@suddenlink.net](mailto:jjohnson747@suddenlink.net).

## THEATRE

**Ragtime: The Musical** - Thursday, December 10 at 8:00 PM. This Tony-winning musical is a timeless celebration of life – what it could and should be. The stories of an upper-class wife, a determined Jewish immigrant and a daring young Harlem musician unfold, set in turn-of-the-century New York. All three are united by their desire and belief in a brighter tomorrow. Tickets are \$68.50, \$55.50, \$35.50 Contact box office For ticket info at [strand@thestrand-theatre.com](mailto:strand@thestrand-theatre.com) or (318) 226-8555.



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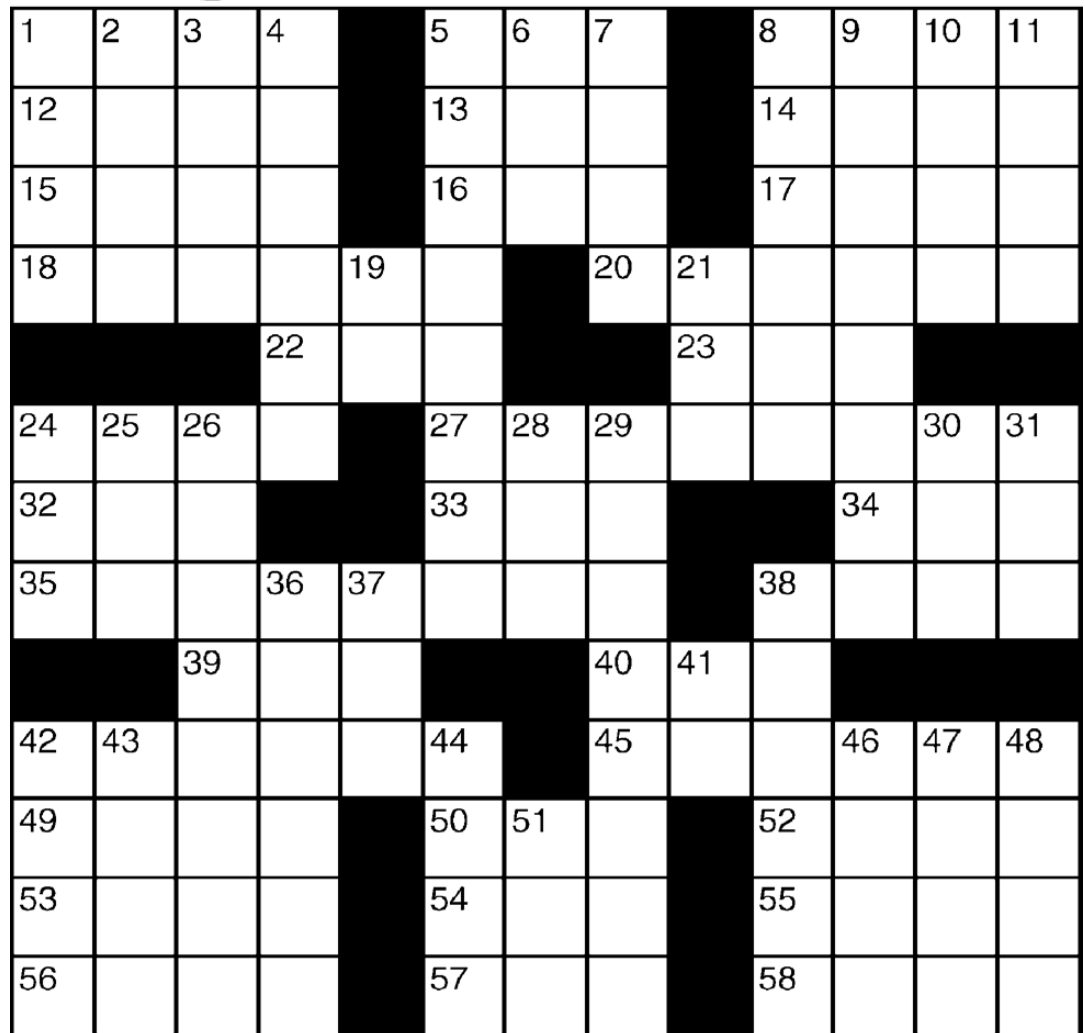
Puzzle answers on page 40

## ACROSS

- 1 Opposed
- 5 "Humbug!"
- 8 Duel tool
- 12 Leeway
- 13 -- out a living
- 14 Ointment-yielding plant
- 15 Handle
- 16 Paving material
- 17 Puzzle diagram
- 18 Elder
- 20 Le Carre hero George
- 22 Support system?
- 23 Literary collection
- 24 Disap-pear gradually
- 27 "Close -- and I'll kiss you ..."
- 32 Greek X
- 33 Sea eagle
- 34 Geologic period
- 35 Waterfalls
- 38 Nervous
- 39 -- de mer
- 40 Victory
- 42 Powerless
- 45 Have an impact on
- 49 Protein bean
- 50 Parched
- 52 Norway's capital
- 53 Tied
- 54 Favorable vote
- 55 Den
- 56 Arp's genre
- 57 Club --
- 58 Cat's-paw

## DOWN

- 1 Clumsy boats



- |                          |                                |                        |
|--------------------------|--------------------------------|------------------------|
| 2 Zilch                  | 19 On the other hand           | 37 The whole enchilada |
| 3 Animated character     | 21 Scratch                     | 38 Hug                 |
| 4 Drink                  | 24 TV watchdog org.            | 41 Kipling poem        |
| 5 Sold out               | 25 "Eureka!"                   | 42 Worked with         |
| 6 Alias abbr.            | 26 Unnerved                    | 43 PBS science show    |
| 7 His and --             | 28 Raw rock                    | 44 Cheese choice       |
| 8 Motor                  | 29 Still in need of convincing | 46 Birthright barterer |
| 9 Exploited successfully | 30 Work unit                   | 47 Film sample         |
| 10 Pennsylvania port     | 31 Put into words              | 48 Rent                |
| 11 Vortex                | 36 Poolside structure          | 51 Deli loaf           |

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# Sudoku

by Linda Thistle

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

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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## MAGIC MAZE ● NAVIGATION

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

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

Altimeter	Chart	Latitude	Satellites
Azimuth	Compass	Longitude	Sextant
Beacon	GPS	Position	Triangulation
Bearing	Heading	Radar	

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## Senior Care at Brentwood Hospital

### Levels of Care

- Inpatient
- Partial Hospitalization (Day Treatment)
- Outpatient

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*That May Indicate the Need for Treatment*

- Depression, extreme sadness
- Confused thinking, difficulty concentrating
- Hallucinations; hearing voices
- Misuse of alcohol or medications
- Disorientation
- Numerous unexplained physical ailments
- Difficulties coping with daily living
- Excessive fears, anxieties or suspiciousness

# ANSWERS FROM THE EXPERTS

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

Medicare will pay 100% for hospice services for Alzheimer's disease and any diagnosis where patients are determined to have a life expectancy of less than six months. Our hospice would need to obtain a physician's order to evaluate your mother to see if she meets the hospice Medicare guidelines of a 6 month prognosis to qualify for hospice care services.



**Toni Camp**  
Regional Hospice Care Group  
8660 Fern Avenue, St. 145  
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(318) 524-1046  
See our ad on page 9.

*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](http://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  
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(318) 221-1983  
See our ad on page 48.

*When should I have cataracts taken out?*

Cataracts are a normal part of aging. Not everyone who has cataracts will need to have them removed. As cataracts progress, they cause decreased vision, glare problems, trouble reading, and loss of contrast sensitivity. We suggest having cataracts removed when your best corrected visual acuity drops to 20/50. They should also be removed if other symptoms are causing problems with daily activities of life such as driving, reading, or seeing fine details. Call us at 212-3937 for an evaluation TODAY. For more info log on to [www.ShelbyEye.com](http://www.ShelbyEye.com)



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Pierremont Eye Institute  
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[www.ShelbyEye.com](http://www.ShelbyEye.com)  
See our ad on page 29.

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

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

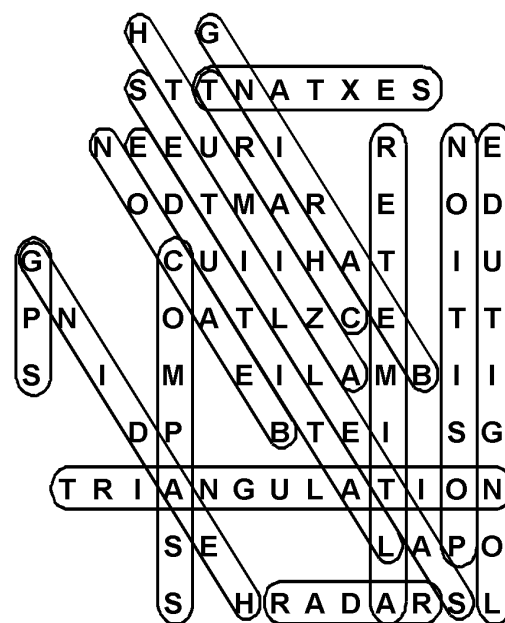


**John J. Ferrell, M.D.**  
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(318) 424-3400

(Puzzles on pages 38-39)

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

## NAVIGATION



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



# December PARTING SHOTS

Share your photos with us. Email to [editor.calligas@gmail.com](mailto:editor.calligas@gmail.com)



(l to r) Sybil Bueto, Gertrude Baker, and Linda McKinnon

(l to r) Wilda Andrews, Jackie Wine, and Dianne Harmon

**TBT** *Publisher*  
Gary Calligas made a special presentation to the North Highlands Neighborhood Association on October 23.

(l to r) Oscar Bueto, Jamie Wine, and Jerry Harmon



(l to r) Bonita Bandaries, Jodi McAllister, Stacy Hand, and Hazel Smith

**T**he 4th annual *Caregiver Conference* was held in Shreveport on November 6.

Caregivers of the Year (l to r) Kathy Condon, Hazel Taylor Smith, and David Allen



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# December PARTING SHOTS (CONTINUED)



Dr. and Mrs. Donald Webb



Wilma and Bob Hicks showing their picture in the Nov. issue of *The Best of Times*.

**M**arina Bay Subdivision held their annual homeowner's meeting and dinner on November 3.



Dr. Bill and Beverly Byrd



Dr. Paul and Terri Drummond

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## December PARTING SHOTS (CONTINUED)

**T**he Grand Opening of South Pointe Place Housing for Senior Adults in Shreveport was held on October 20.

Kay Bergeron offers opening comments

Sherri Burleigh and Yolanda Thomas (right)



(l to r)  
Chuck Meehan,  
Dude and Genny  
Middlebrooks,  
and Mike King

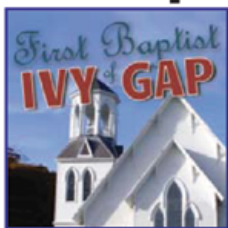


(l to r)  
Chuck Meehan,  
Linda Jarrell, and  
Cody White

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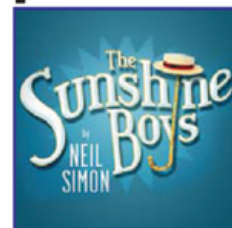
November 5-15, 2015



January 7 - 17, 2016



Feb 25 - March 6, 2016



April 21 - May 1, 2016

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Or visit our Box Office 812 Margaret Place

Noon - 4 p.m. Monday - Friday

## December PARTING SHOTS (CONTINUED)



Ann Dickerson and Kenneth Athorn won one of the over 300 door prizes



Grand prize winner Barbara Snow Washington



Linda Alexander and Judith Modisette



Melissa Putman (left) with John and Janet Robinson



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Les Brossett (left) with Ray Urban



Andrew Abshire, Peggy Caraway, and Amanda Rogers



Ernest and Joy Rodrigues



(l to r) Lorrie Nunley, Judy House, Mary Dockers, and Dianne Harmon



Ditsy the Clown with Betty Pollard

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## December PARTING SHOTS (CONTINUED)

**L**es Bons Temps Dance Club held their annual Fall dinner/dance at Port Au Prince Restaurant on Cross Lake on October 23.



Reg and Judy Cassibry with Frances and Billy Washburne



(l to r) Libby and Tom Siskron, Lois and Kirby Rowe, Sylvia and Roy Beard

**TBT** *Publisher* Gary Calligas made a presentation to the senior group at St. John Berchman Cathedral on October 19.



Carol Gates, Janet Brossett, and Bobbie Sue Shelton



(l to r) Al Taglavore, Jim Overton, Terry Sullivan, Barbara Sullivan

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## December PARTING SHOTS (CONTINUED)



**A** Veteran's Recognition ceremony was held by CCC38 on November 9

*Left:* Veteran Michael Coleman with CCC38 President Linda Scott



*Below:* Veterans (l to r) Rev Ivory Jackson, Kenneth Cotten, Willie Coleman, Wade Shemwell, and Van Wray



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Vicki Ott

Kacee Ferrier

Chasity Ellis

Angie Hayes

Charlotte McCune

Donnie Flint

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# CARE

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 Angie Hayes, Assistant Administrator  
 Donnie Flint, Director of Nursing  
 Charlotte McCune, Assistant Director  
 of Nursing  
 Kacee Ferrier, Director of Rehab  
 Chasity Ellis, DPT

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- ▶ Diabetic Care
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