

January 2016

# The Best Of Times

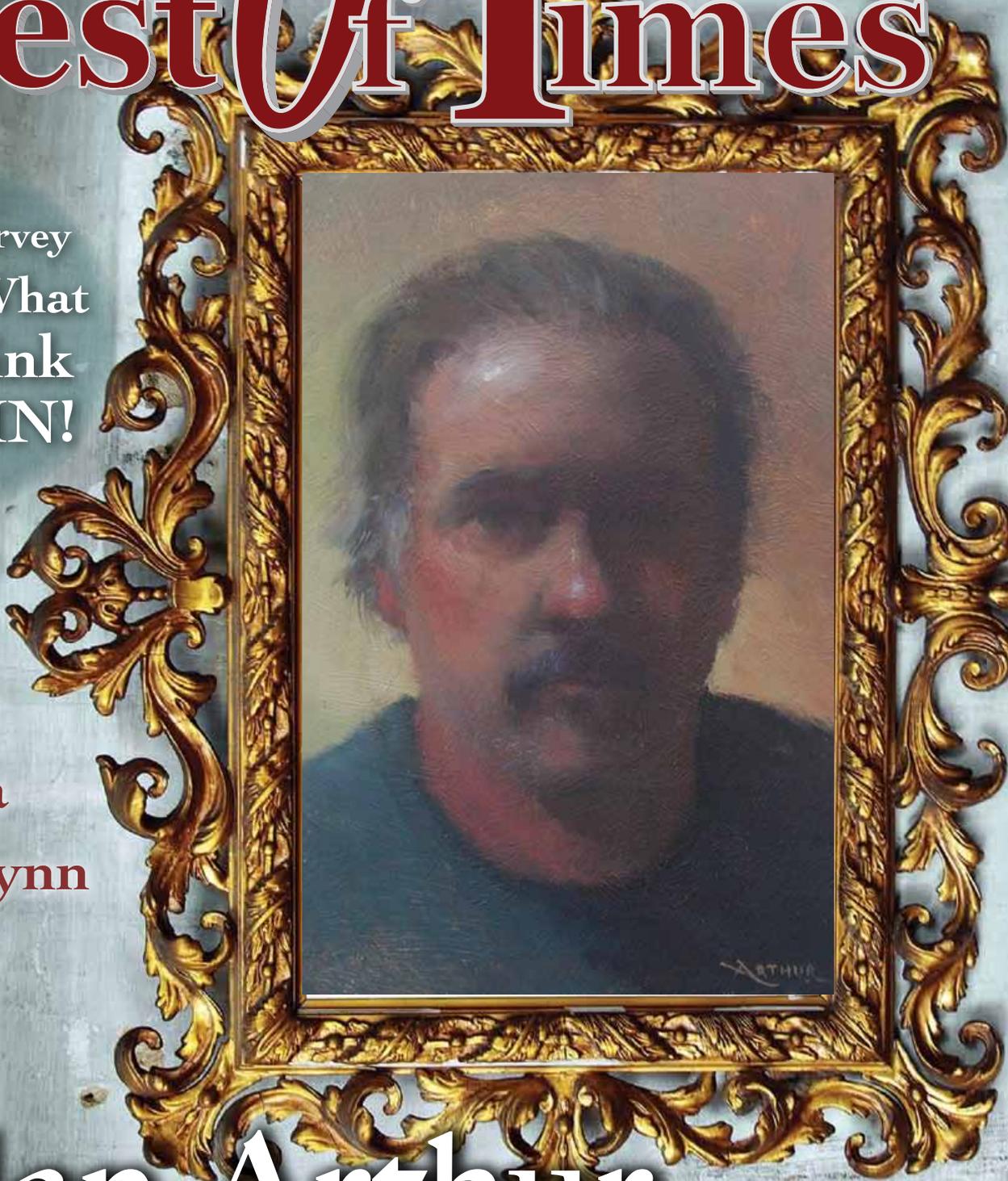
"Celebrating Age and Maturity"

Reader Survey  
Tell Us What  
You Think  
and WIN!

## INSIDE:

Lost &  
Found in  
Rural  
America

Betty Lynn  
Keeping  
Mayberry  
Alive



# Alan Arthur

*Portrait of an Artist*

Live Here  
and  
*Love*  
It!



## *What Are You Waiting For?*

Life at The Oaks of Louisiana is far different than you might have imagined. Residents don't give up all they hold dear. They're independent, they're engaged, they make their own decisions.

*Why should you consider a move while you're still healthy? Can you think of a better time?*

- 🌀 Enjoy the advantages of an independent lifestyle in a safe, secure environment
- 🌀 Free yourself from daily burden of meal planning, home repairs and maintenance
- 🌀 Fill your time with new friends and social, cultural and recreational opportunities

**Experience the freedom an Oaks of Louisiana lifestyle can offer.**

**Live here and love it!**



600 East Flournoy Lucas Road • (318) 212-OAKS (6257) • oaksofla.com •   
Private tours available weekdays by appointment • Drop-ins welcome 9 a.m. to 4 p.m. weekdays

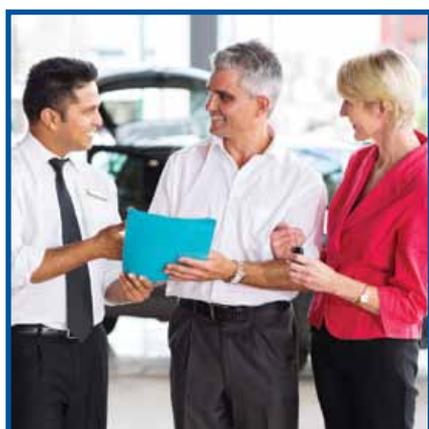
# January Contents

**Tell Us What You Think and WIN!**  
(page 24)



## Briefs

6 Stat! Medical News



## Advice

16 Money Matters  
*Leasing vs Buying Your New Car*

18 From the Bench  
*CASA Volunteers Make a Difference*

20 Laws of the Land  
*You Call That an ID?*

22 Dear Pharmacist  
*Relieve Joint Pain Without Ibuprofen*



## Features

9 Alan Arthur: Portrait of an Artist

13 What's New for Social Security in 2016?



## In Every Issue

36 What's Cooking?  
*Tasty Meals in Minutes*

38 Get Up & Go!

40 Our Famous Puzzle Pages  
*Crossword, Suduko, & Word Search*

44 Parting Shots



## Columns

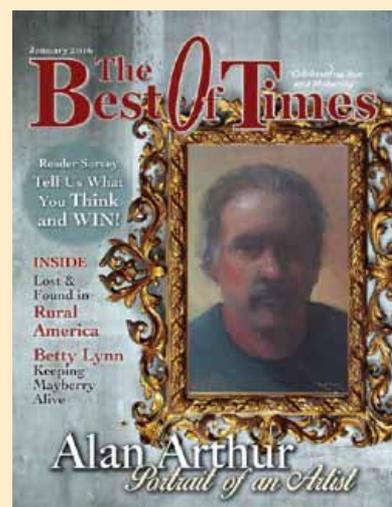
26 Traveltizers  
*Lost & Found in Rural America*

28 Tinseltown Talks  
*Betty Lynn: Keeping Mayberry Alive*

30 Whites Wines  
*Saving Sauternes*

32 Page by Page  
*Review of "Circling the Sun"*

34 Home With a Movie  
*"A Walk in the Woods", "Ant-Man", & "Shaun the Sheep"*



**Cover: Self Portrait** by Alan Arthur  
(10 x 8, oil on panel)

*The Strand* Season 2015-2016

**TICKETS ON SALE NOW!**

**HOTEL CALIFORNIA**  
AUGUST 14, 2015  
8:00 PM

**RICKY NELSON REMEMBERED**  
SEPTEMBER 25, 2015  
8:00 PM

**MARSHALL TUCKER BAND**  
NOVEMBER 13, 2015  
8:00 PM

**THE PRODUCERS**  
JANUARY 17, 2016  
7:00 PM

**THE PRODUCERS**  
JANUARY 17, 2016  
7:00 PM

**ANNIE**  
FEBRUARY 18, 2016  
8:00 PM

**JOSEPH AND THE AMAZING TECHNIQUE OF BREATHMATH**  
MARCH 11, 2016  
8:00 PM

**JOHNNY RIVERS**  
APRIL 23, 2016  
8:00 PM

**BLUES BROTHERS REVUE**  
MAY 13, 2016  
8:00 PM

**318-226-8555**

# The Best Of Times

January 2016 • Vol. 25, No. 1  
Founded 1992 as *Senior Scene News*  
ISSN Library of Congress  
#1551-4366

A monthly publication from:  
TBT Multimedia, LLC  
P.O. Box 19510  
Shreveport, LA 71149  
(318) 636-5510  
www.TheBestOfTimesNews.com

## Publisher

Gary L. Calligas  
Gary.Calligas@gmail.com

## Editor

Tina Miaoulis Calligas  
Editor.Calligas@gmail.com

## Design

Jessica Rinaudo  
Karen Peters

## Account Executives

Patrick Kirsop  
kirsop@sbcglobal.net

Mary Driscoll  
Ad.TBT.Mary@gmail.com

## Webmaster

Dr. Jason P. Calligas

## Writers

Kathleen Ward  
Teresa Ambord

## Contributors

Lee Aronson, Suzy Cohen,  
Judge Jeff Cox, Irv Green,  
Andrea Gross,  
Jessica Rinaudo, Nathaniel Sillin,  
Nick Thomas, David White

THE FINE PRINT: All original content published in THE BEST OF TIMES copyright © 2016 by TBT Multimedia, LLC, all rights reserved. Replication, in whole or in part by any means is prohibited without prior written permission from the publisher. Opinions expressed are the sole responsibility of the contributor and do not necessarily reflect those of the publication, TBT Multimedia, its publishers or staff. Always consult properly degreed and licensed professionals when dealing with financial, medical, legal or emotional matters. We cannot accept liability for omissions or errors and cannot be responsible for the claims of advertisers.

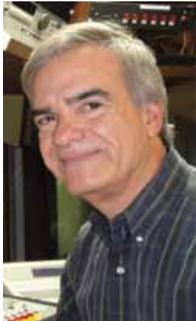


**ON THE AIR**

**THE BEST OF TIMES**

**RADIO HOUR**

**HOSTED BY GARY CALLIGAS**



**Proudly Presented by:**

**HEBERTS**  
**Town & Country**  
CHRYSLER • DODGE • JEEP • RAM  
www.hebertstandc.com

**January 2:** Lose Weight and Keep It Off

**Guest:** Shelly Redmond, Registered Dietitian with Skinny Louisiana

**January 9:** National Association Seeks To Enhance Quality of Life For Those 50+.

**Guest:** Bill Zinke, President of "Enrich Life over 50"

**January 16:** Invest Wisely and Avoid Scams

**Guests:** Eric Bustillo, Regional Director of the US Securities and Exchange Commission

## January 23

Latest Treatments for Eye Disorders  
**Guest:** Dr. Christopher L. Shelby and Dr. Wyche T. Coleman, ophthalmologists with WKHS Eye Institute

**January 30:** The JFK Assassination and the Oswald Story

**Guest:** Kris Millegan, historian

Broadcasting every **Saturday** morning

**9 to 10 a.m. on**

**News Radio 710 KEEL,**

a Townsquare Media radio station in Shreveport, LA.

Streaming live on the internet at [www.710KEEL.com](http://www.710KEEL.com) and on Radio Pup App on Apple and Android devices

Listen to previously aired programs at

[www.TheBestOfTimesNEWS.com](http://www.TheBestOfTimesNEWS.com)

# Gold Pages

*The Best of Times recognizes the following businesses who have made an extended commitment to your health and well being.*

## **AMBULANCE**

Balentine Ambulance Service  
(318) 222-5358

## **ARTIFICIAL LIMBS AND BRACES**

Snell's Orthotics and  
Prosthetics  
(318) 424-4167

## **AUTOMOBILE SERVICES**

AP Windshield Repair and  
Replacement  
(318) 470-5027

Hebert's Town and Country  
of Shreveport  
(318) 221-9000

Yokem Toyota of Shreveport  
(318) 798-3773

## **ASSOCIATIONS & ORGANIZATIONS**

Bossier Council on Aging  
(318) 741-8302

Caddo Council on Aging  
(318) 676-7900

Food Bank of Northwest  
Louisiana  
(318) 675-2400

Louisiana Health Care  
Quality Forum  
(225) 300-4824

*The Best of Times*  
(318) 636-5510

Webster Council on Aging  
(318) 371-3056

## **CARE PROVIDERS**

Companion Home Services  
(318) 429-7482

New Horizons Independent  
Living Center  
(318) 671-8131

## **CEMETERIES & FUNERAL HOMES**

Centuries Memorial  
(318) 686-4334

Hill Crest Memorial  
(318) 949-9415

## **MEDICAL EQUIPMENT & SUPPLIES**

FastServ Medical  
(800) 256-2601

## **EDUCATIONAL COURSES**

Bible Correspondence  
Course  
(318) 797-6333

## **ENTERTAINMENT**

DiamondJacks Casino and  
Hotel of Bossier City  
(318) 678-7777

Sci-Port Louisiana's Science  
Center  
(318) 424-3466

Shreveport Little Theatre  
(318) 424-4439

Shreveport Symphony  
Orchestra  
(318) 227-8863

Strand Theatre of Shreveport  
(318) 226-8555

## **EMERGENCY RESPONSE SYSTEMS**

Acadian OnCall  
(800) 259-1234

## **ESTATE PLANNING/ LEGAL SERVICES**

The Elder Law Practice of  
Kyle A. Moore  
(318) 222-2100

## **HOME SERVICES**

AC Duct Cleaners  
(318) 218-0770

PWS Dirt Work  
(318) 453-3950

Rinchuso's Plumbing and  
Heating, Inc.  
(318) 671-1820

Tiger Pools and Spas  
(318) 207-6870

TJ's Mighty Movers  
(318) 429-7592

Universal Plumbing  
Company  
(318) 631-3844

## **HOSPICE**

LifePath Hospice  
(318) 222-5711

Regional Hospice Care  
Group  
(318) 524-1046

St. Joseph's Hospice  
(318) 222-8723

## **PHOTO SERVICES**

Beyond Digital Imaging,  
LLC  
(318) 869-2533

## **MEDICAL**

Arthritis & Rheumatology  
Clinic  
(318) 424-9240

Diabetic Assessment and  
Management Center of  
Shreveport  
(318) 212-1194

Dr. Mona Douglas,  
Optometrist  
(888) 243-2020

Gastrointestinal Specialists,  
A.M.C.  
(318) 631-9121

Mid South Orthopaedics  
Dr. John J. Ferrell  
(318) 424-3400

Pierremont Eye Institute  
Dr. Chris Shelby  
(318) 212-3937

Planchard Eye and Laser  
Center  
(318) 230-7083

## **PET SERVICES**

Doggywood  
(318) 745-5364

## **PSYCHIATRIC CARE**

Brentwood Hospital  
(318) 678-7500

## **SENIOR LIVING OPTIONS**

Azalea Estates Assisted Living  
(318) 797-2408

Canaan Tower Apartments  
(318) 222-4230

Cedar Hills Apartments  
(318) 861-6915

Garden Park Nursing and  
Rehabilitation Center  
(318) 688-0961

Jordan Square Apartments  
(318) 227-2591

NurseCare of Shreveport  
(318) 221-1983

Savannah Grand of Bossier  
City  
(318) 549-1001

The Oaks of Louisiana  
(318) 212-6257

## **TELEPHONE**

AT&T  
(866) 620-6900

## MONTMORENCY TART CHERRY SUPPLEMENTS CAN SPEED RECOVERY POST-WORKOUT



Sufferers of achy and fatigued muscles may have a new and unique dietary supplement option to help them recover more quickly. In a recently published clinical study in the *Journal of the International Society of Sports Nutrition* researchers from Texas A&M University® shed light on the benefits of Montmorency Tart Cherry Powder supplementation for exercise recovery. A short-term dose helped to accelerate recovery from muscle soreness, slow strength decline during recovery, and lessen markers of muscle catabolism in resistance trained individuals.



## Short Sleep Linked to Distracted Secondary Eating and Drinking

A recent cross-sectional study conducted by researchers at the University of Alabama at Birmingham explored a new pathway between short sleep - less than seven hours - and obesity. The researchers found "short sleep is associated with more time spent in secondary eating and, in particular, secondary drinking. This potentially suggests a pathway from short sleep to increased caloric intake in the form of beverages and distracted eating and thus potential increased obesity risk, although more research is needed.

## Forgetfulness or Alzheimer's?

"If you haven't seen your elderly loved one in a while, you might be more likely to notice changes in their memory and behavior that worries you," said Gregory Jicha, M.D., Ph.D., of the UK Sanders-Brown Center on Aging. Look for these early signs of dementia in an elderly loved one:

- It's normal for someone to forget a date or a name but suddenly remember it later. However, pay attention if they ask for the same information repeatedly, or struggle to recall important dates (like their own birthdate).
- Are they having trouble following a recipe? Problem-solving skills can deteriorate in someone with Alzheimer's.
- Do they get lost when driving to a familiar location? If they have difficulty completing familiar tasks, it might be a sign of AD.
- Healthy people occasionally struggle to find the right word, but using the wrong word -- particularly if they call something by the wrong name -- merits further scrutiny.
- Poor judgment: are they giving lots of money to telemarketers or charities?
- Poor hygiene.
- Personality changes: are they suddenly irrational, fearful, or suspicious?



## 'Purpose in Life' Linked to Lower Mortality and Cardiovascular Risk

Researchers at Mt. Sinai St. Luke's-Roosevelt Hospital, New York report that people who have a higher sense of purpose in life are at lower risk of death and cardiovascular disease. While the mechanisms behind the association remain unclear, the findings suggest that approaches to strengthening a sense of purpose might lead to improved health outcomes. The analysis included data on more than 136,000 participants from ten studies - mainly from the United States or Japan. The US studies evaluated a sense of purpose or meaning in life, or "usefulness to others." The Japanese studies assessed the concept of *ikigai*, translated as "a life worth living." The study participants, average age 67 years, were followed up for an average of seven years. The pooled data analysis can be found in *Psychosomatic Medicine: Journal of Biobehavioral Medicine*.



**PRODUCTS AND SERVICES FOR  
BETTER WHEELCHAIR LIVING**

**www.fastservmedical.com  
(800)256-2601**



## **WHEELCHAIR ACCESSIBLE VANS FOR SALE**

**FastServ Medical** sells and services products to help the disabled throughout the home including; walk-in tubs, custom showers, bathroom grips, handicap lift chairs, wheelchair ramps and much more.

# **FASTSERV MEDICAL**

**NORTHEAST LOUISIANA**  
112 Summer Lane  
West Monroe, LA 71291  
318.396.3366

**1.800.256.2601**

**NORTHWEST LOUISIANA**  
1329 Driftwood Drive  
Bossier City, LA 71111  
318.741.9586

# Try a little TENDERNESS®



— and save 77% on world-famous Omaha Steaks —



Get our world-famous, exquisitely tender Omaha Steaks® Filet Mignons, Top Sirloins and more. 100% guaranteed and delivered right to their door, save 77% when you order the Family Gourmet Feast.

## The Family Gourmet Feast

- 2 (5 oz.) Filet Mignons
  - 2 (5 oz.) Top Sirloins
  - 2 (4 oz.) Boneless Pork Chops
  - 4 Boneless Chicken Breasts (1 lb. pkg.)
  - 4 (3 oz.) Kielbasa Sausages
  - 4 (4 oz.) Omaha Steaks Burgers
  - 15 oz. pkg. All-Beef Meatballs
  - 4 (3 oz.) Potatoes au Gratin
  - 4 (4 oz.) Caramel Apple Tartlets
  - Omaha Steaks Seasoning Packet
- 40332XVR

Reg. \$219.91 | **Now Only \$49<sup>99</sup>**

Limit 2 pkgs. at this price. Your 4 free sausages will be sent to each shipping address that includes the Family Gourmet Feast 40332. Limit of 1 free box of 4 (3 oz.) Kielbasa Sausages per shipment. Standard S&H will be added per address. Not valid with other offers. Expires 5/3/16.



PLUS, 4 more  
Kielbasa  
Sausages  
**FREE!**

©2015 OCG | 610B120 | Omaha Steaks, Inc.

1-800-805-1142 ask for 40332XVR | [www.OmahaSteaks.com/sp38](http://www.OmahaSteaks.com/sp38)

# Alan Arthur

## *Portrait of an Artist*

by Kathleen Ward

Alan Arthur slowly studies his paintings as he sorts them in the alcove of his studio outside Keithville, LA. The early afternoon sun filters through the skylights, replicating each scene's distinct natural light just as he saw it and was inspired to capture it in a painting.

His subjects range from cityscapes to wilderness areas to country life, but he carefully avoids romanticizing the subjects, particularly farm scenes.

"I don't want anybody to look at a painting and just feel good because Daddy plowed," he jokes. "What I'm interested in is the composition, not the subject. Interesting shapes and colors, just sitting out somewhere."

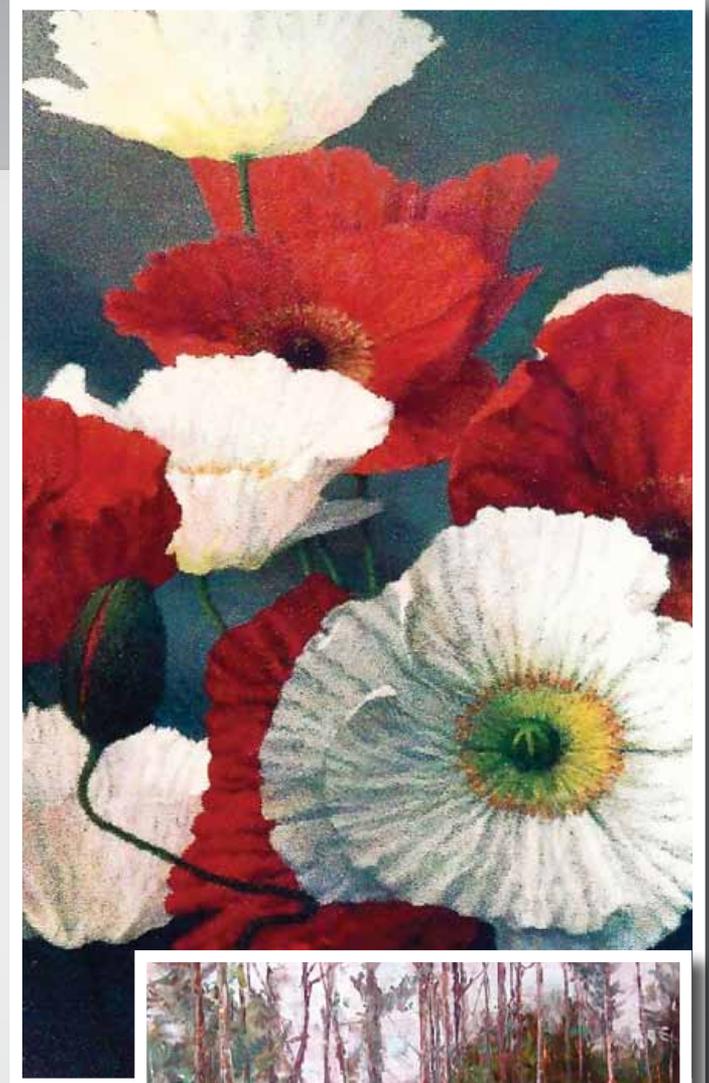
Those shapes have captured his imagination for 40 years in scenes he has painted in Europe and Scandinavia and from Vermont to northwest Louisiana.

The discovery of a frustrated would-be artist's discarded paint box in the neighbor's trash when he was 13 led to a lifelong fascination with painting and a steadfast determination to hone his skills. It has been a long pursuit, sometimes interrupted by the demands of life, for which he makes no apologies.

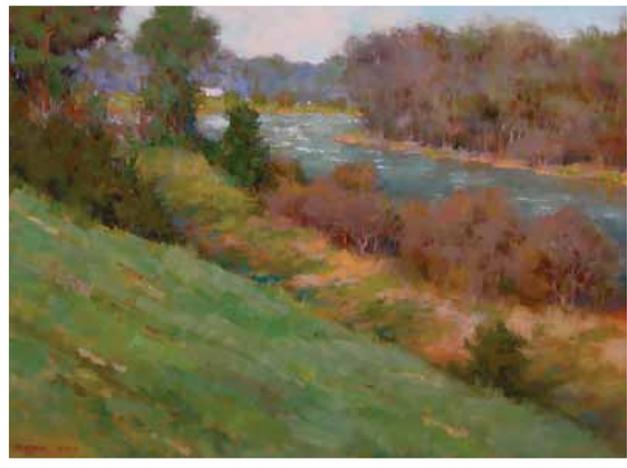
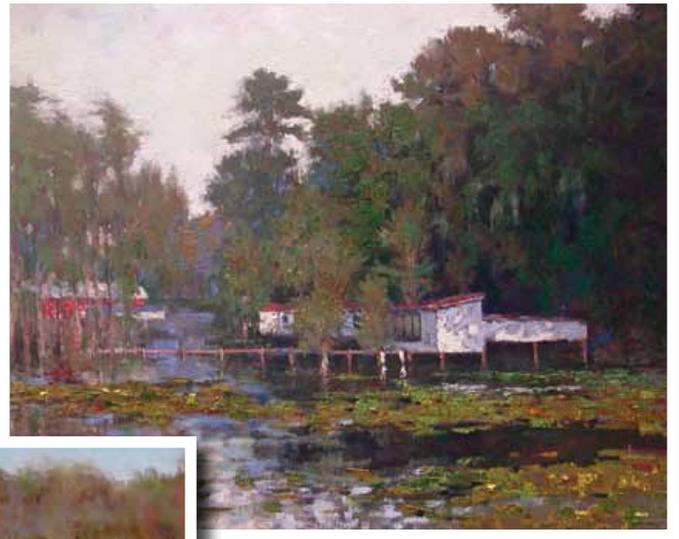
"I made the decision to get a regular paycheck instead of pursuing a shaky career as an artist. I did not want to be an embarrassment to the family if I failed. Also, there was a great deal of timidity involved, as I have never been comfortable as a self-promoter. I still detest this."

An avid hunter and fisherman, Arthur sometimes finds his subject matter in out-of-the-way places. He often drives around, sightseeing with his paints, an easel and a camera until he finds something that looks right.

"If it interests me, I can see a painting there. If the light changes, I take some photos and go home," often finishing the work in the studio that day. "I try as hard as I can not to lose what I saw when I was out there."



Top: *Poppies, Red and White*, 60x36 (oil on canvas).  
Bottom: *Two Cows* 11x14 (oil on panel).



When he was young and learning, his diligence to get a perfect painting sometimes became a source of frustration.

“For years I just methodically spent hours and hours changing the picture,” he says. By then, “the inspiration had been gone. Today, the best paintings are the ones I don’t do that on.”

His original inspiration was Andrew Wyeth, until he realized that Wyeth was so widely copied. “Pretty soon I realized everybody was trying to cash in on” Wyeth’s subjects and style.

Today he is inspired by Richard Schmid, widely considered the greatest living Realist painter, but part of his maturation process has been finding the vision that separated his work from that of other artists. It has been a lifelong artistic education.

A graduate of Centenary in Fine Art, Arthur has continued his studies in Europe, Scandinavia, Russia and throughout the U.S. in mentoring programs and independent study at some of the best museums in the world. His paintings can be found in private homes in the U.S. and Europe.

“Most of my sales have been by word of mouth or through association with individuals who knew someone who loved paintings enough to buy them.”

One longtime patron has commissioned paintings for both his corporate pharmaceutical building and his private New Jersey home. Others have requested paintings

commemorating the old barns and homes of parents and grandparents, often reproduced from photographs made years ago.

Having a demanding job meant he could not devote the hours he needed to painting. Then, his company closed and he felt it was

time to seek a balance between work and art.

“I knew deep down that my work wasn’t ready by my standards. You need to be at a consistently high level before you approach a respectable gallery.”

Arthur is submitting a painting to the major competition of the 4,000-member Oil Painters of America, a prominent nonprofit that promotes the traditions of fine art in representational or Realist painting. The submissions will be judged for the 25th Annual National Exhibit to be held in May and June at Southwest Gallery in Dallas. Last year’s show in St. Augustine, Florida awarded numerous prizes, including several of up to \$25,000.

Being selected to exhibit brings unknown artists to the attention of prominent national galleries and can be the beginning of a lucrative and rewarding career.

“The purpose of these competitions isn’t the money, it is to find galleries that would promote my work. Just to get it out there. I want to approach quality galleries and give it a shot. I hope the old saying, ‘It’s never too late,’ is true. The time I feel may be just around the corner.” •

*Alan Arthur can be reached at [alanarthur865@gmail.com](mailto:alanarthur865@gmail.com).*

**Clockwise from top left:** *The Johnson House* 18x24 (oil on panel); *Boathouses* 16x20 (oil on canvas); *Red River* 16 x 20 (oil on canvas).



## Why wait for consequences? There is a solution!

**Decrease or eliminate  
medication use!**

- Reverse Insulin Resistance
- Intensive Medical Management
- The Only AADE Accredited  
Nutrition & Lifestyle Change  
Program in NW Louisiana
- Healthy Meals Training Classes

**Call Today:  
(318) 212-1194**

**Diabetes Assessment & Management Centers**  
1560 Irving Place, Shreveport, LA  
[www.diamc.com](http://www.diamc.com)



**BEYOND DIGITAL  
IMAGING, LLC**

**MEMORY CATCHERS**



**Beyond Digital Imaging:**  
*Restore and capture memories*

**Services include:**

- Photo Restorations
- Printing
  - Small and large format (up to 44 inches wide)
  - Posters
  - Banners,
  - Personalized note cards
  - Giclee printing from artwork
  - Paper variety including canvas
- Slide Show Compilation
- High Resolution Scans
- VHS-DVD Transfers

**318-869-2533**

[www.beyonddigitalimaging.com](http://www.beyonddigitalimaging.com)

Beyond Digital Imaging, L.L.C. 106 E. Kings Hwy, Suite 103 Shreveport, LA 71104

## MACULAR DEGENERATION

Imagine A Pair Of Glasses  
That Can Help You See Better!

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and easier to see. Dr. Mona Douglas is using miniaturized binoculars or telescopes to help people who have decreased vision, to see better.

In many cases, special telescopic glasses can be prescribed to enhance visual performance. She can often help people read, watch TV, see the computer and sometimes drive.

Telescopic glasses cost between \$1900-\$2600. It is a small price to pay for the hours of enjoyment with better vision and more independence.

For more information and a  
**FREE** telephone interview call:  
**1-888-243-2020**



**Dr. Mona Douglas, Optometrist**  
Shreveport . Monroe . Lafayette  
[www.IALVS.com](http://www.IALVS.com)

**NEW**

**No Contract**

# “My friends all hate their cell phones... I love mine!” Here’s why.

**FREE Car Charger**

Get 400 monthly minutes for the price of 200 with WE♥TALK.

*Say good-bye to everything you hate about cell phones. Say hello to Jitterbug.*

“Cell phones have gotten so small, I can barely dial mine.” Not Jitterbug®, it features a larger keypad for easier dialing. It even has an oversized display so you can actually see it.

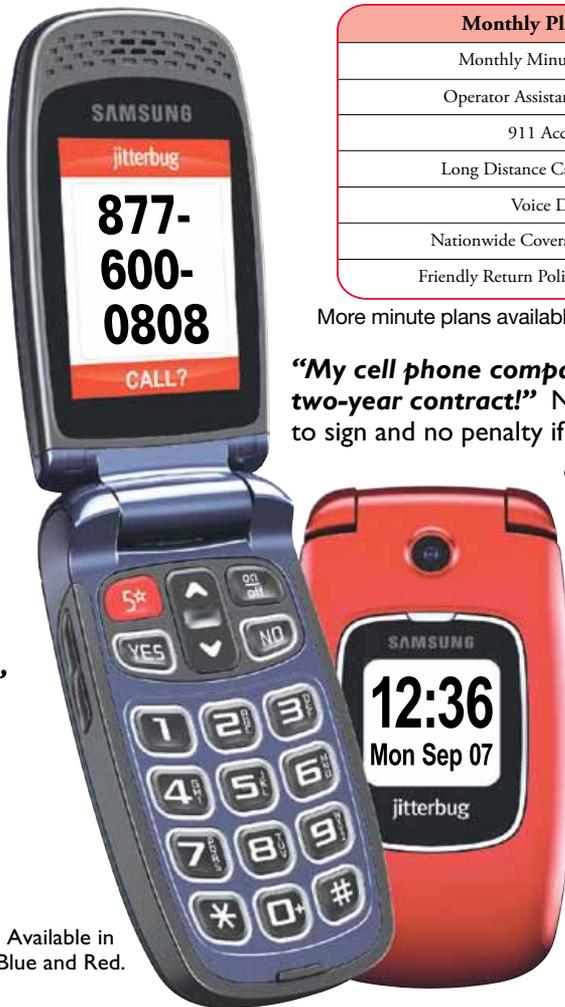
“I had to get my son to program it.” Your Jitterbug set-up process is simple. We’ll even pre-program it with your favorite numbers.

“I tried my sister’s cell phone... I couldn’t hear it.” Jitterbug is designed with an improved speaker. There’s an adjustable volume control, and Jitterbug is hearing-aid compatible.

“I don’t need stock quotes, Internet sites or games on my phone, I just want to talk with my family and friends.” Life is complicated enough... Jitterbug is simple.

“What if I don’t remember a number?” Friendly, helpful Jitterbug operators are available 24 hours a day and will even greet you by name when you call.

“I’d like a cell phone to use in an emergency, but I don’t want a high monthly bill.” Jitterbug has a plan to fit your needs... and your budget.



Available in Blue and Red.

Monthly Plan	\$14.99	\$19.99
Monthly Minutes	50	was 200 <b>NOW 400</b>
Operator Assistance	24/7	24/7
911 Access	FREE	FREE
Long Distance Calls	No add'l charge	No add'l charge
Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
Friendly Return Policy <sup>1</sup>	30 days	30 days

More minute plans available. Ask your Jitterbug expert for details.

“My cell phone company wants to lock me in on a two-year contract!” Not Jitterbug, there’s no contract to sign and no penalty if you discontinue your service.

“I’ll be paying for minutes I’ll never use!” Not with Jitterbug, unused minutes carry over to the next month, there’s no roaming fee and no additional charge for long distance.

“My phone’s battery only lasts a couple of days.” The Jitterbug’s battery lasts for up to 25 days on standby.

**Enough talk.** Isn’t it time you found out more about the cell phone that’s changing all the rules? Call now, Jitterbug product experts are standing by.

**Order now** and receive a **FREE Car Charger** for your Jitterbug – a \$25 value. **Call now!**

## **NEW** Jitterbug5 Cell Phone

Call toll free today to get your own Jitterbug5.

Please mention promotional code 101476.

**1-877-600-0808**

[www.jitterbugdirect.com](http://www.jitterbugdirect.com)

**jitterbug**

**firstSTREET**  
for Boomers and Beyond®

1998 Ruffin Mill Road  
Colonial Heights, VA 23834



We proudly accept the following credit cards.



IMPORTANT CONSUMER INFORMATION: WE♥TALK offer valid on 400 minute plan and applies to new GreatCall customers only. Offer valid until plan is changed or cancelled. Jitterbug is owned by GreatCall, Inc. Your invoices will come from GreatCall. All rate plans and services require the purchase of a Jitterbug phone and a one-time set up fee of \$35. Coverage and service is not available everywhere. Other charges and restrictions may apply. Screen images simulated. There are no additional fees to call GreatCall’s U.S. Based Customer Service. However, for calls to an Operator in which a service is completed, minutes will be deducted from your monthly balance equal to the length of the call and any call connected by the Operator, plus an additional 5 minutes. Monthly minutes carry over and are available for 60 days. If you exceed the minute balance on your account, you will be billed at 35¢ for each minute used over the balance. Monthly rate plans do not include government taxes or assessment surcharges. Prices and fees subject to change. We will refund the full price of the GreatCall phone and the activation fee (or set-up fee) if it is returned within 30 days of purchase in like-new condition. We will also refund your first monthly service charge if you have less than 30 minutes of usage. If you have more than 30 minutes of usage, a per minute charge of 35 cents will be deducted from your refund for each minute over 30 minutes. You will be charged a \$10 restocking fee. The shipping charges are not refundable. Jitterbug and GreatCall are registered trademarks of GreatCall, Inc. Samsung is a registered trademark of Samsung Electronics Co., Ltd. ©2015 Samsung Electronics America, LLC. ©2015 GreatCall, Inc. ©2015 firstSTREET for Boomers and Beyond, Inc.



High inflation means a stiff raise in Social Security benefits. But this year, inflation was ultra-low, and that means no raise for Social Security. For 2015, benefits rose only slightly, by 1.7%.

You've probably already heard that Social Security recipients will not get a raise in their benefits in 2016. One person's bad news is often the next guy's good news. Social Security raises are tied to inflation, and of course high inflation is bad for the economy as a whole. But high inflation means a stiff raise in Social Security benefits. This year, inflation was ultra-low, and that means no raise for Social Security. For 2015, benefits rose only slightly, by 1.7%.

For 2016, the average monthly benefit for Social Security recipients will be \$1,341, and for retired couples who both receive benefits, the average check will be \$2,212. The maximum benefit a person can draw in 2016 is \$2,639. This is actually down from the 2015 level of \$2,663 by \$24. Why did this change? These figures are calculated using a different measure.

### **Other News That Isn't New**

#### ◆ *The wage base for paying into Social Security.*

If you're still working and make a six-figure income, you will not see an increase in how much you pay into Social Security tax. Workers pay 7.65% on the first \$118,500 (known as the wage base) plus 1.45% on earnings over that amount. In most years, that wage base rises, taking a slightly bigger bite from high earners. But for 2016 there will be no hike in the wage base.

#### ◆ *Working while drawing benefits.*

If you draw benefits and also work but you haven't yet reached your full retirement age, the amount you can earn before losing some of your benefits doesn't change in 2016. Just as in 2015, you can earn up to \$15,720 without affecting your Social Security. Before this amount, you forfeit \$1 for every \$2 you earn. So for example, if you earn an additional \$1,000 (for a total of \$16,720) you will forfeit \$500 in benefits.

If you reach your full retirement age in 2016 (which is currently 66), the earnings limit rises to \$41,880 for the months before your 66th birthday. And, for any amount you earn above that limit, you will forfeit \$1 for every \$3 you earn. So let's say you turn 66 in June of 2016. For January through May, you earn \$1,200 over the limit of \$41,880. You would forfeit \$1 for every \$3 of the excess of \$1,200 (a total of \$400).

In the month you reach your full retirement age, you may earn any amount without losing any benefits. Using the same example, if you turn 66 in June of 2016, any amounts you earn from June 1 on will not cause the loss of a single dollar of Social Security.

#### ◆ *Medicare premiums.*

By law, Medicare Part B premiums cannot increase faster than Social Security benefits for most recipients, therefore, these premiums will not generally change. However, premiums will be higher for people who first sign up for Medicare Part B in 2016, and for certain high income Medicare beneficiaries.

#### ◆ *Benefits for Children.*

There's a little known Social Security benefit that children may qualify to receive. If you're eligible for Social Security and still raising young children, the kids may be able to draw benefits based on your record. According to the Social

Security Administration, the child must be the biological or adopted child of an insured worker, or in some cases, a dependent stepchild or grandchild of an insured worker.

The benefits paid for children are in addition to payments to the workers themselves. To qualify, the children must be under age 18 and unmarried (or if they are still in high school but over 18 they can collect until they turn 19 or graduate, whichever comes first). If the kids are disabled, other rules apply, so contact Social Security for the details.

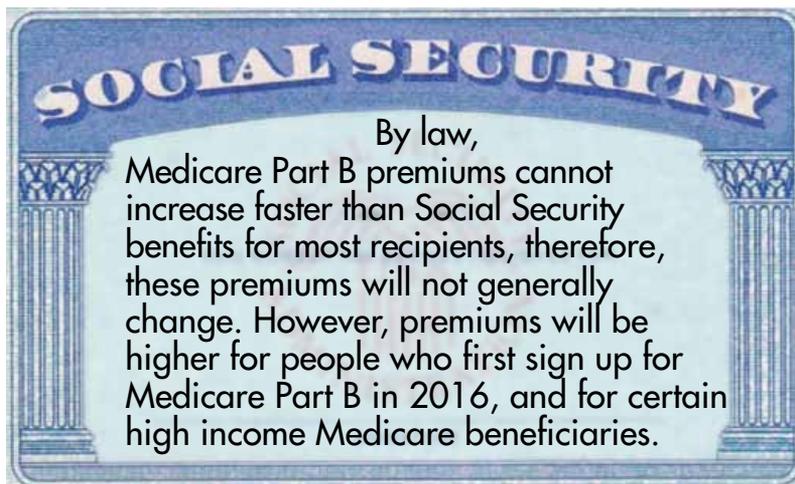
When you file for Social Security retirement benefits, each qualifying child can get a benefit equal to half of what you receive at your full retirement age. This is true even if you apply for benefits earlier, at a reduced amount. You should know though, that there's a limit to how much money a family can collect, based on a complex "family maximum payment" formula. Let's say you have two qualifying children collecting benefits on your record. If the maximum is exceeded, the payments to those children, but not to you, will be cut back. **See [ssa.gov/oact/cola/familymax.html](http://ssa.gov/oact/cola/familymax.html).**

Here's an example of how that is determined. Suppose your full retirement age benefit is \$2,200. Your family maximum benefit is \$3,700. Your benefit remains the same, which leaves \$1,500. If you have two qualifying children, the most they can each receive is half of the remaining \$1,500 or \$750 each.

To learn more, see the SSA publication (No. 05-10085) "**Benefits For Children**" at [ssa.gov/pubs/EN-05-10085.pdf](http://ssa.gov/pubs/EN-05-10085.pdf). You can contact the SSA to ask specific questions at 1-800-325-0778, Monday through Friday from 7am to 7pm.)

◆ *Collecting Social Security from a Distant Shore.*

Internationalliving.com says the number of Social Security recipients who have retired overseas is steadily rising. In



2013 – the last date for which data is available — the U.S. government paid out more than \$3 billion to retirees overseas, an increase of \$160 million over 2012, says the U. S. Social Security Administration.

Why are they going? The reasons may be many, but overall, in the countries that are seeing that have the biggest pull offer a cost of living that

is low enough, while maintaining quality of life, that retirees can live much better on their Social Security benefits than they can here.

The top retirement location seems to be Europe, followed by Canada and then Mexico. Specifically, increases are significant in countries such as the Philippines, Thailand, Panama, and Ecuador, all listed by Internationalliving.com as retirement havens.

Americans can receive Social Security in almost every country, and the process is fairly simple. The actual number of SS beneficiaries living abroad in 2013 had risen to 373,224. But in reality the number is likely much higher. Social Security recipients can receive benefits in one of two ways:

1. They can establish a bank account in their new country of residence, or
2. They can continue to have checks deposited into the banks they used before moving abroad, and using ATMs to withdraw their funds.

For those who take option number 2, the Social Security Administration may not have a record of where they actually live, which would understate the number of overseas retirees.

Something to think about? You can learn more about retiring in an affordable foreign paradise by logging onto this site: <http://internationalliving.com/2015/09/infographic-your-social-security-payments-overseas/>

ELDER LAW ATTORNEY KYLE A. MOORE  
CALL TODAY TO SCHEDULE AN APPOINTMENT 318-222-2100

AFRAID YOU CAN'T AFFORD TO PAY FOR YOUR LONG-TERM CARE?

## WE CAN HELP.

We offer our clients sound legal advice and work with each family to develop an individualized plan to protect their assets from potentially devastating nursing home costs. Whether you are planning for the future or already in the nursing home, we can help. Do not make these difficult decisions alone.

Schedule an appointment with us today.

---

LONG-TERM CARE PLANNING • MEDICAID/ VETERANS BENEFITS  
ESTATE PLANNING • SUCCESSIONS

---



KYLE A. MOORE



VICKIE T. RECH  
Client Care Coordinator

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

*-Darlene Franks Pace & Carolyn Franks Browning*

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

*-Terri Miller and family*



## Leasing vs. Buying Your Next Car



According to Edmunds.com, more than 25 percent of new American cars are now financed by lease instead of loan, and most of the people making that choice are under age 35.

It's all about the lowest possible monthly payment.

Yet for drivers young and old, leasing has grown substantially because it can also be done with little or no money down and the chance to get a newer, better car for less money overall.

The main disadvantage? You won't own the car unless you buy it at the end of the lease, which may or may not be a good deal.

Experian Automotive – a division of the major credit reporting service – reported in mid-2015 a nearly \$100-a-month savings for those who lease cars versus those who buy their cars by loan. Their numbers showed the average monthly payment for a brand-new leased vehicle was \$394 a month against \$483 for a new vehicle purchased by loan.

So would leasing be a good deal for you? Don't decide without research, qualified advice and a thorough look at your finances. Start with the major pros and cons:

### Leasing:

**Pros:** Lower down payments and monthly payments than required with a conventional auto loan; low repair costs thanks to factory warranties typically tied to the term of the lease (usually three years); easy drop-off or trade-in once the lease expires; and lower sales tax expense because the lease is based on only three or four years of use.

**Cons:** You're essentially renting a car, not buying it – payments are cheaper because you're really only paying interest and depreciation expense and not receiving any equity in the vehicle; annual mileage caps (usually 12,000-



## TIGER POOLS & SPAS

New Construction • Remodeling • Repair Service

318-207-6870

tigerpoolsandspas.com

15,000 miles) come with stiff penalties if you exceed those limits; and potentially steep fees for excessive wear-and-tear on the car or early termination of the lease.

## Buying:

**Pros:** Freedom to put as much or as little mileage, wear-and-tear and modification on the vehicle as you choose; long-term (100,000 miles or over) car ownership with good maintenance can be much more economical long term; and because you own the car, you can sell at any time.

**Cons:** You'll generally require a higher down payment than a lease; monthly loan payments are generally higher because unlike leasing, you'll be taking ownership of the car once it's paid off; once factory warranties expire, you'll take on full maintenance costs for an aging car that may or may not be expensive; and you'll have more cash tied up in a depreciating asset for as long as you own the car.

All these positives and negatives aside, it's important to know that with loans and leases most details are negotiable, so it's important to do your research. Start by estimating how much car you can actually afford ([www.practicalmoneyskills.com/HowMuchCarCanYouAfford](http://www.practicalmoneyskills.com/HowMuchCarCanYouAfford)) and seek out qualified financial and tax advice to shape how you'll approach the best possible deal for your financial situation.

For many, leasing requires more extensive study because this form of financing is relatively new to most drivers and the terminology (<http://www.cars.com/advice/>) can be daunting. But generally, the best deals depend on two major factors – negotiating the lowest price on the vehicle going in and making sure it's a vehicle that has a high estimated post-lease value. In short, the lessor's ability to keep making money on a high-value leased vehicle allows a lower monthly payment at the start.

**Bottom line:** If you need a vehicle, it pays to evaluate whether lease or purchase makes the most sense for you. Know your needs and get advice so you can make the most affordable choice for you.

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



Have you made prearrangements for your family, or do you still have that to do?

Leaving these decisions to your children on the worst day of their lives is a terrible emotional burden.

Call Today To Receive a **FREE** Family Planning Portfolio

**Centuries Memorial**  
8801 Mansfield  
Shreveport, LA 71108  
(318) 686-4334

**Hill Crest Memorial**  
601 Hwy. 80 East  
Houghton, LA 71037  
(318) 949-9415

**GARDEN PARK'S BELL CHOIR**  
*Takes Joy on the Road*

A-1 Charter

*Garden Park*  
NURSING & REHABILITATION CENTER, LLC

AN OASIS JUST OFF  
LINWOOD ROAD  
AT I-49 & LA3132

GARDENPARKNURSINGANDREHAB.COM | 318-688-0961

**60+**

# GOLDEN DAYS

## MATINEE

sciport.org **f** Downtown Shreveport Riverfront (318) 424-3466

sciport  
LOUISIANA'S  
Science Center

Individuals/Groups • One IMAX Film • Admission to Sci-Port • Games & Activities • Weekdays, 1-4 PM • \$9 Per Person



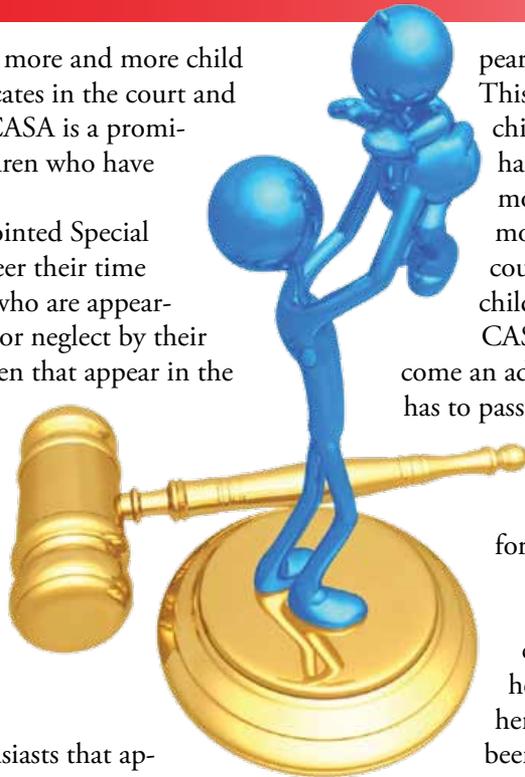
## CASA Volunteers Make a Difference

Each year, our Court is faced with more and more child abuse cases. Children need advocates in the court and help through the court system. CASA is a prominent group that helps advocate for children who have been abused or neglected.

CASA is the acronym for Court Appointed Special Advocate. These are people who volunteer their time from the community to assist children who are appearing in the court either because of abuse or neglect by their parents or guardian. Many of the children that appear in the court are placed in foster homes and are cared for by foster parents. CASA Volunteers meet with and advocate on behalf of the children.

CASA Volunteers are not attorneys. They are people who volunteer their time and efforts in order to assist children. In fact, one group of volunteers in our local area is known as BACA, or Bikers Against Child Abuse.

BACA is a group of motorcycle enthusiasts that ap-



pear in court when a child has been abused. This group is very vigilant in protecting children who have been abused. BACA has a yearly ride in order to make people more aware of child abuse and usually have more than one of their members appear in court in any proceeding involving an abused child.

CASA Volunteers are trained in how to become an advocate for the children. Each volunteer has to pass a criminal background check and has to appear before the court and be administered an oath. CASA Volunteers are assigned cases and become advocates for the children.

At past events, I have heard volunteers speak of their involvement with children. One volunteer talked about how she had numerous grandchildren of her own. She also talked about how she had been a volunteer for a number of years. As



1833 Line Avenue • Shreveport  
(318) 424-4167

**Toll-Free 1-800-219-5273**

211 Hall Street • Monroe  
(318) 388-3126

**Toll-Free 1-800-685-2268**

1404 Jackson Street • Alexandria  
(318) 443-6391

**Toll-Free 1-800-289-3260**

*Returning Independence to Our Patients for More than 100 Years*



### Listening Because We Care

...we take the extra time necessary to clearly understand what our youngest patients are trying to say.

"Often a youngster needs to share a story about his dog, big brother, or whatever else is on his mind in order to feel comfortable emotionally,

before we as practitioners can address the clinical issues. I make sure the child knows that he has my full attention before easing into the clinical aspect with the parent," explains Al Still, a certified orthotist at Snell's Orthotics & Prosthetics.

We've come to learn that sometimes we say it best when we say nothing at all.

[www.SnellsOnline.com](http://www.SnellsOnline.com)

tears welled in her eyes, she stated that nothing warmed her heart more than seeing some of the children she had helped running up to her in the store or on the street and hugging her. She finally stated that she got more from this program than she ever gave.

If you have time or want to be more involved in your community, you might want to consider becoming a CASA Volunteer. You can contact the local office of Volunteers for Youth Justice in your community to learn more information. They will be glad to discuss this opportunity with you. You never know, you might have an influence on a child that will become the next great scientist, doctor, educator, or leader.

[Editor's Note: Contact Christie Lamoureux for more information on how you can become a CASA Volunteer at 318-425-4413 or [Christie.lamoureux@vyjla.org](mailto:Christie.lamoureux@vyjla.org).]

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

# ON CALL

## Medical Alert Systems

by **Acadian Total Security**  
Home | Business | Fleet | Video | Medical





**On Call** by Acadian Total Security provides help 24 hours a day, 365 days a year from Emergency Medical Dispatch-certified EMTs and paramedics at the touch of a button.

**HOME + MOBILE GPS MEDICAL ALERT**



No home phone line required.  
 Protects you at home or while on the go. Service is nationwide.

**800.259.1234 | [AcadianOnCall.com](http://AcadianOnCall.com)**

# YOUR COMMUTE JUST GOT MORE LUXURIOUS.

**THE ALL-NEW 2016 CHRYSLER 200 C.**  
 UP TO 36 MPG HWY NINE SPEED TRANSMISSION!  
**AVAILABLE 295 HP<sup>1</sup>**





**NOW AVAILABLE AT**

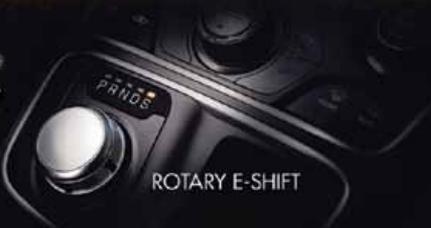
**HEBERT'S**

# Town & Country

CHRYSLER • DODGE • JEEP • RAM

IN THE SHREVEPORT AUTOMALL! [HEBERTSTANDC.COM](http://HEBERTSTANDC.COM) 318-221-9000

WITH 3.6L ENGINE AND NINE-SPEED AUTOMATIC TRANSMISSION.

ROTARY E-SHIFT



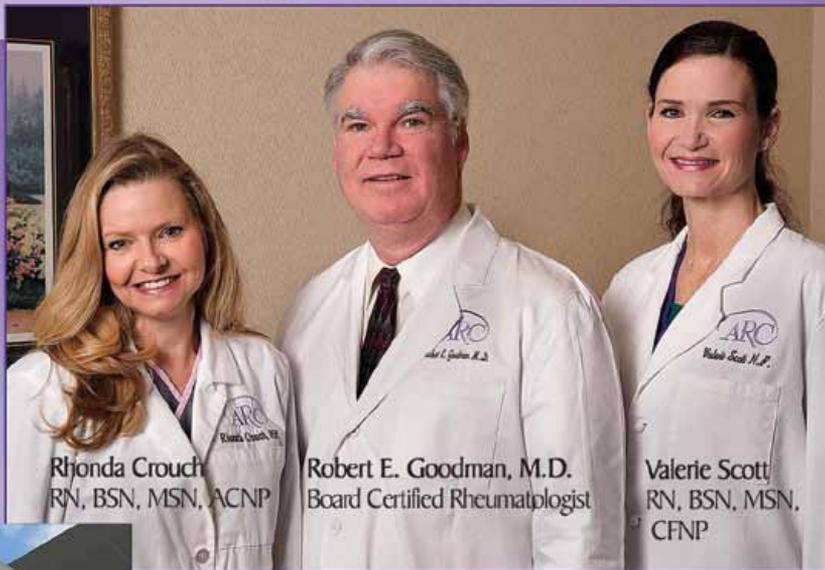
## You Call That An ID?



“Now that can’t be right. Louisiana isn’t a foreign country.” Which is what I thought to myself as I was reading the Real ID Act of 2005. (I have an unusual reading list. Next up is the Medicare Physician Fee Schedule for 2016.) I thought that what I was reading meant that starting this year, a Louisiana driver’s license will not be good enough to get you through airport security. As it turns out, it’s true; that’s exactly what the law says.

You see, back in 2001, some of the 9/11 terrorists used driver’s licenses to pass through airport security. So the Feds decided to pass a law “to protect against terrorism.” The law, called the Real ID Act of 2005, recognized that every State has a different set of rules and procedures for getting a driver’s license. The Feds said that’s OK, but their Act set some national “minimum

## Dr. Robert E. Goodman & the ARC Staff



Rhonda Crouch  
RN, BSN, MSN, ACNP

Robert E. Goodman, M.D.  
Board Certified Rheumatologist

Valerie Scott  
RN, BSN, MSN,  
CFNP

Caring, compassionate professionals utilizing over 55 years of specialized rheumatology experience, combined with cutting-edge technology and the latest treatment options.

Call 318/424-9240  
for an appointment.



### ARTHRITIS & RHEUMATOLOGY CLINIC



Board Certified Rheumatology 740 Jordan, Shreveport, LA 71101, [www.arthdoc.com](http://www.arthdoc.com), [www.facebook.com/arthdoc](http://www.facebook.com/arthdoc)

security standards for the issuance of sources of identification, such as driver's licenses." The Act said that the States did not have to comply with these minimum security standards, but if a state chose not to, then any ID issued by that state would not be honored by federal agencies such as the Transportation Security Administration.

Care to guess how Louisiana responded? In 2008, our legislature passed a law that says the DMV is prohibited "from placing the gold star of Real ID compliance on licenses." Why this response? Because our legislature thought that the Act would "violate the privacy of American citizens." (This Louisiana reaction was one of the rare instances where both Governor Jindal and the ACLU actually agreed with each other.)

So what does this mean for us? Well, if I want to fly from Shreveport to New Orleans (Thank you Glo Airlines), I'm going to need a passport. A passport! And it doesn't matter where in America I'm flying to or where I'm flying from. Every TSA agent in every airport in the country is not going to honor my Louisiana driver's license. I'm going to need some other form of picture ID that complies with the minimum security standards of the Real ID Act, such as a passport.

When is all this supposed to start? Back in 2005, the Feds gave the States ten (10) years to comply with the Real ID Act. Almost all of the other states have made that ten year deadline, but not us. We don't want our privacy violated. So passports it will be, unless the Legislature reconsiders; which they've done before. Back in 2014, with the ten year deadline approaching, our Legislature decided that they "may" have made a mistake with the 2008 law that banned Real ID compliance. They tried to pass a law to allow Real ID compliance, but Governor Jindal vetoed it.

Now we've got a new governor. If our legislature passes another law allowing Real ID compliance, will he veto it? And could this new law go into effect before the ten year deadline passes? One of the things that makes the answers to these question even more complicated is that fact that the Act didn't give a specific date for when it would go into effect. The law merely says that the enforcement date for airports will be "no sooner than 2016."

The enforcement date for many other federal buildings, including federal courthouses, was supposed to be October 10, 2015. Right before that deadline, Louisiana asked for and got an extension. For now at least, a Louisiana driver's license will get you into a federal courthouse or military base.

According to State Police Colonel Mike Edmonson, if we are going to comply with the minimum security standards of the Real ID Act, the DMV is going to have to do two things differently than they do now: 1) they are going to have to take photos of everyone who enters a DMV and 2) they are going to have to require a certified copy of a birth certificate in order to renew all driver's licenses.

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

*Gracious hospitality  
in a comfortable and  
elegant atmosphere*

- 24-hour access to trained friendly associates
- Restaurant-style dining program
- Linen and housekeeping services
- Scheduled transportation
- Assistance with medication and personalized resident service plans
- Specialized services for those with Alzheimer's disease or related memory impairment
- Fun and meaningful activities

**Savannah Grand**  
Assisted Living and Memory Support Residence  
**Savannah Grand of Bossier City**  
4770 Brandon Boulevard, Bossier City, LA 71111  
**318-549-1001**  
www.SavannahGrandBossierCity.com  
License #2203782248  
Signature Community of Senior Living Management Corporation

The Future of Your  
**Medicare or  
Insurance Benefits**  
May Seem HAZY...

**But your vision doesn't have to be.**

*Right now*, there are so many unknowns in medicine.

If you're over 50 or a Medicare recipient, it's tough to predict what will happen to your medical care coverage next year.

*Right now* is the time to visit Planchard Eye & Laser Center for your cataract screening and take advantage of your current health insurance or Medicare plan.

*Right now* is the time to call Planchard Eye & Laser Center at **318-230-7083** for your cataract evaluation.

**PLANCHARD  
EYE & LASER  
CENTER**

**318-230-7083 | www.PlanchardEye.com**  
Flex Plans, HSAs, Medicare and Most Major Insurances Are Gladly Accepted!



## Relieve Joint Pain Without Ibuprofen

Many people have aches and pains that require ibuprofen and no one would begrudge you for taking this pill for an acute migraine or severe pre-menstrual cramps. I've been asked if I believe in ibuprofen and I do, but only for occasional use. I've even recommended a 200mg tablet of ibuprofen be taken along with a cup of coffee (to enhance effect) but that's only for a select type of headache pain, or for mild post-operative pain. Sounds crazy but combining caffeine with ibuprofen can provide pain relief better than the ibuprofen alone. A recent article discussing this was published in *The Cochrane Database of Systematic Reviews* (July 2015).



I don't recommend chronic, daily intake of ibuprofen because a) it masks the pain and b) it can be harmful long term. It's better to find the underlying cause of pain, and even if you can't, I still recommend natural inflammation fighters over NSAIDs (nonsteroidal anti-inflammatory drugs).

According to Medline Plus, "NSAIDs such as ibuprofen may cause ulcers, bleeding, or holes in the stomach or intestine. These problems may develop at any time during treatment, may happen without warning symptoms, and may cause death. The risk may be higher for people who take NSAIDs for a long time, are older in age, have poor health, or who drink three or

**THANK YOU FOR MAKING US #1**  
IN NEW CAR SALES, USED CAR SALES, SERVICE, & COLLISION.



**THE ALL NEW 2016 RAV4**



**YOKEM**  
318-798-3773



**YOKEMTOYOTA.COM**

more alcoholic drinks per day while taking ibuprofen. If you experience any of the following symptoms, stop taking ibuprofen and call your doctor: stomach pain, heartburn, vomit that is bloody or looks like coffee grounds, blood in the stool, or black and tarry stools.”

NSAIDs reduce inflammation by suppressing an enzyme in your body called cyclooxygenase-2 or COX-2 but they inadvertently block COX-1 enzyme which is needed for a healthy stomach lining. This is why NSAIDs like ibuprofen, naproxen and others can cause gastritis, and even a bleeding ulcer. Here are two safer choices for you:

**Boswellia** - It's also known as frankincense and it's a 5-LOX (5-lipoxygenase) inhibitor. This reduces leukotrienes which are involved in inflammation, asthma and allergies. Another compound in boswellia called “incensole acetate” blocks NF-Kappa B which would otherwise pour out tons of pain-causing cytokines! This compound acts like an anti-anxiety and antidepressant pill. Boswellia reduces interferon gamma (IFN-g), another pro-inflammatory cytokine. Honestly, boswellia is kind of awesome!

**Ginger** - We know this helps with nausea and vomiting, but it's also a strong anti-inflammatory herb, capable of reducing pain-causing compounds such as TNF, COX 2 (just like Celebrex) and 5-LOX. As an added benefit, compounds in ginger target and kill H. pylori, the bug most famous for stomach ulcers, but also involved in rheumatoid arthritis.

**Hyaluronic acid** - I am not referring to injectable Restylane or Juvederm for wrinkles! I'm referring to natural supplements of this, which can “lube” your joints. Arthritic joints are often extremely deficient in hyaluronic acid, and this makes the cartilage less squishy. Supplements may help.

*This information is not intended to treat, cure, or diagnose your condition. Always consult your physician for all medical matters. Visit [www.SuzyCohen.com](http://www.SuzyCohen.com). ©2016 Suzy Cohen, R.Ph.*



**BALENTINE  
AMBULANCE**

Basic and ADVANCED Life Support  
Medicare & Medicaid Approved  
Known for Quality & Caring

**318.222.5358**

3516 Mansfield Rd.  
Shreveport, LA 71103



*Voted BEST Plumber by SB Magazine*

**Rinchuso's**  
PLUMBING & HEATING INC.

WITH OVER 50 YEARS OF  
CONTINUOUS SERVICE TO  
THE INDUSTRY

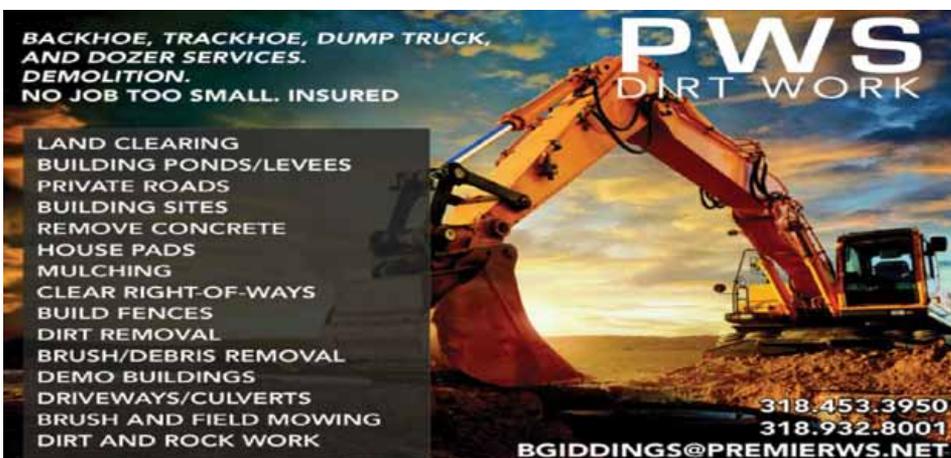
- Repairs
- Remodeling
- New Construction
- Water Heaters
- High Velocity Water Jetting
- Sewer & Drain Service
- Dishwashers  
& Disposals Installed

**24 HOUR  
EMERGENCY SERVICE**

**671-1820**

607 Mount Zion Rd.  
Shreveport, LA 71106

LMP-125  
L.A. MECH. CONTRACTOR # 19734



BACKHOE, TRACKHOE, DUMP TRUCK,  
AND DOZER SERVICES.  
DEMOLITION.  
NO JOB TOO SMALL. INSURED

**PWS  
DIRT WORK**

LAND CLEARING  
BUILDING PONDS/LEVEES  
PRIVATE ROADS  
BUILDING SITES  
REMOVE CONCRETE  
HOUSE PADS  
MULCHING  
CLEAR RIGHT-OF-WAYS  
BUILD FENCES  
DIRT REMOVAL  
BRUSH/DEBRIS REMOVAL  
DEMO BUILDINGS  
DRIVEWAYS/CULVERTS  
BRUSH AND FIELD MOWING  
DIRT AND ROCK WORK

318.453.3950  
318.932.8001  
BGIDDINGS@PREMIERWS.NET



# Tell Us What You Think

We would like to know what you think of *The Best of Times* and *The Best of Times* website. All returned surveys will be entered into a drawing to win one of our \$100 gift certificates. To enter, return your survey to The Best of Times, PO Box 19510, Shreveport, LA 71109. Only 1 survey per person, please. Don't worry, your answers will be kept in strict confidence. Your contact information is optional. If you do not wish to provide it, leave it blank, and return the survey to the address above.

[You may also complete the survey on our website.](#)

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_

1. What version of *The Best of Times* do you read?
- Print
  - PDF from *The Best of Times* website
  - Viewer from *The Best of Times* website
  - The Best of Times* app

2. How much of each issue of *The Best of Times* do you read?
- Cover to cover
  - Most of it
  - Some of it
  - I only scan the headlines

3. On a scale of 1 to 5, how would you rate our articles and columns?  
(1 – Boring, 3 – Average, 5 Incredibly interesting and informative)

1      2      3      4      5

4. On a scale of 1 to 5, how would you rate the look and readability of *The Best of Times*?  
(1 – Hate it, 3 – Average, 5 - Love it!)

1      2      3      4      5

5. On a scale of 1 to 5 how would you rate *The Best of Times* overall?  
(1 – Hate it, 3 – Average, 5 - Love it!)

1      2      3      4      5

6. Please circle your 5 favorite regular columns or features:

- |                              |                              |
|------------------------------|------------------------------|
| a. Dear Pharmacist           | h. Puzzle Pages              |
| b. DVD Reviews               | i. STAT! Medical News & Info |
| c. From the Bench            | j. Tinseltown Talks          |
| d. Laws of the Land          | k. Traveltizers              |
| e. Money Matters             | l. What's Cooking?           |
| f. Page by Page Book Reviews | m. Whites Wines              |
| g. Parting Shots             |                              |

7. Please circle your 5 least favorite regular columns or features?

- |                              |                              |
|------------------------------|------------------------------|
| a. Dear Pharmacist           | h. Puzzle Pages              |
| b. DVD Reviews               | i. STAT! Medical News & Info |
| c. From the Bench            | j. Tinseltown Talks          |
| d. Laws of the Land          | k. Traveltizers              |
| e. Money Matters             | l. What's Cooking?           |
| f. Page by Page Book Reviews | m. Whites Wines              |
| g. Parting Shots             |                              |

# Think And **WIN!!**

and what you would like to see from us in the future. One of five wonderful prize packages. Please return your card to 71149 by February 14, 2016 to be eligible to win. Your name and information will not be shared with anyone and no purchase is needed to be entered into the drawing, however if you purchase so that your voice can be heard.

Visit our website at [www.TheBestOfTimesNews.com](http://www.TheBestOfTimesNews.com).

8. What do you like best about *The Best of Times*?

---

---

9. What do you like least about *The Best of Times*?

---

---

10. Are there any topics or stories that you would like to see in *The Best of Times* in the future?

---

---

11. Do you have ideas of ways we can make *The Best of Times* better?

---

---

12. Do you visit *The Best of Times* website?

Yes  No

If YES, is the site easy to navigate? \_\_\_\_\_

13. Do you listen to *The Best of Times Radio Hour*?

Yes  No

If YES, how often? \_\_\_\_\_

If YES, are the topics of interest? \_\_\_\_\_

**Fill out and mail TODAY  
for YOUR chance to WIN!!**

**1<sup>st</sup> prize (\$230 value):**

- \$25 gift card to Cheesecake Bistro
- 2 tickets to Shreveport Little Theatre's production of "Hot 'n' Cole: A Cole Porter Celebration!"
- 2 tickets to SLT's production of "The Sunshine Boys"
- Family membership for 5 to SciPort

**2<sup>nd</sup> prize (\$205 value):**

- \$25 gift card to Cheesecake Bistro
- 2 tickets to Shreveport Little Theatre's production of "Hot 'n' Cole: A Cole Porter Celebration!"
- 2 tickets to SLT's production of "The Sunshine Boys"
- 10 single day tickets to Sciport or Imax Theatre

**3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> prize (\$50 value):**

- 5 single day tickets to Sciport or Imax Theatre

14. Have you purchased products or services from ads seen in *The Best of Times*?

Yes  No

15. Which of the following purchases or services are you planning during the coming year? (Circle all that apply)

- a. Attorney
- b. Automobile
- c. Electronics
- d. Financial planner
- e. Gardening
- f. Gifts for grandkids
- g. Home health care items
- h. Home improvement/home furnishings
- i. Housing
- j. Insurance
- k. Medical therapies (OT, PT, etc.)
- l. Personal safety items
- L. Travel

16. Is there anything else you would like to tell us? (Feel free to use additional paper)

---

---

# Lost & Found in Rural America

Travelfizers Story by Andrea Gross • Photos by Irv Green

I was looking for cows when I saw my first barn quilt. It happened like this: My husband and I were fresh off a tour of Oregon's Tillamook Cheese Factory when we decided we wanted to photograph some of the venerable cows that, according to our tour guide, were the secret behind the famous cheese.

So there we were, moseying the back roads looking for a picturesque cow when we spotted a cowless but extremely picturesque barn. On the white siding below its green gambrel roof it had a huge geometric painting that looked just like one of the squares that make up old-fashioned quilts.

We snapped a picture and drove on. A minute later, we spotted another barn adorned with another brightly colored square. We drove back into town. This time we saw what we'd missed before: there was a painted quilt square on the steepled white church that anchored the downtown area.

As we soon learned, we'd stumbled onto the Tillamook County Barn Quilt Trail, one of an informal network of delightfully decorated farm buildings, homes and shops that have sprung up across the country, brightening rural roads and enlivening rural communities.

The first quilt square was painted in 2001 on an old tobacco barn in southern Ohio. Donna Sue Groves and her mother wanted to spruce up their weathered barn, and adorning it with the lively colors and patterns of an old quilt seemed the perfect way to do so, a way of honoring their Appalachian heritage.

One thing led to another. Neighbors liked the idea; they began decorating their barns as well. Soon travelers who normally would have stayed on the Interstate that bypassed Adams County exited so they could see the folk-art barns. Some of them stayed and had lunch or purchased locally-made crafts.

Other communities took note. In many cases various service organizations, art guilds or ad-hoc groups became involved. They published brochures that helped visitors explore the back roads and introduced them not only to their mom-and-pop shops and eateries but also to their history and culture.

Donna Sue Groves had, quite accidentally, founded a movement. Today there are more than 7,000 quilt squares throughout the United States and Canada, forming a trail of barn quilts that goes from coast to coast.

For the small towns, the trails

bring much needed and much appreciated, customers. For travelers, they are a way to see a part of America that is truly off the beaten track.

This is our type of travel — different, unpredictable,



**Above: To help children appreciate their heritage, folks on the Southern Quilt Trail often involve students when making barn squares. A particular favorite of the students is “Sunbonnet Sue,” a pattern that dates back to the early 1900s. Right: The quilt square on St. Peter Lutheran Church brightens the downtown area of Tillamook, Oregon .**



and most of all, personal — and finding barn quilts has become an integral part of our trip-planning process. First we go to Barn Quilt Info ([www.barnquiltinfo.com](http://www.barnquiltinfo.com)), the website put up by Suzi Parron, a former English teacher who became so enamored with barn quilts that she now spends most of her time promoting the movement. Then we click onto the states we'll be visiting, identify the counties that have the most developed quilt trails, and tweak our itinerary so we can visit at least one, often two.

Sometimes we call or email in advance to get tips from a local resident. Ginny Schaum, who works with the barn quilt trail in Schoharie, New York, advised us to eat at the town's Apple Barrel Café, where every sandwich has a slice of apple. Great idea. A woman associated with Georgia's Southern Quilt Trail helped us map a route that would take past the most historically interesting barns. More great ideas.

Other times, we just drop by the local visitor center and ask for suggestions. We had no trouble picking up a brochure at the Fort Morgan, Colorado Chamber of Commerce, but despite the map, we got lost twice on our way to Nancy

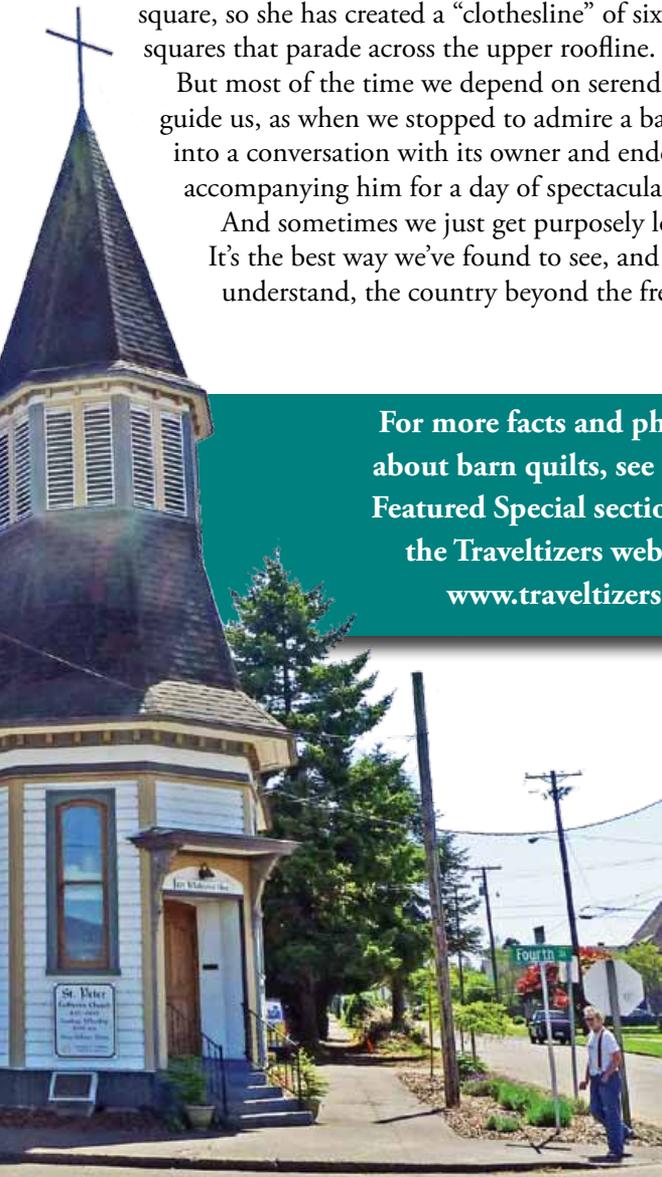
Lauck's barn, which was almost hidden by the tall brush.

Finally our perseverance paid off. Nancy's barn has a long, shallow roof that won't accommodate a large square, so she has created a "clothesline" of sixteen squares that parade across the upper roofline.

But most of the time we depend on serendipity to guide us, as when we stopped to admire a barn, fell into a conversation with its owner and ended up accompanying him for a day of spectacular birding.

And sometimes we just get purposely lost. It's the best way we've found to see, and better understand, the country beyond the freeways.

For more facts and photos about barn quilts, see the Featured Special section of the Traveltizers website: [www.traveltizers.com](http://www.traveltizers.com)



**MIGHTY MOVERS**  
MOVING • PACKING • DELIVERIES

**(318) 429-7592**

We make MOVING easy!  
**Anywhere!**



DOT #1470525  
MC # 555318  
BBB LPSC #7254

323 Hamilton Road  
Bossier City, LA

**NOW LEASING!**



**CANAAN TOWERS**  
SENIOR APARTMENTS

*"Home is where the heart is. Come be a part of ours!"*

- Rent Based on Income
- All Utilities Paid
- Social Services
- Barrier Free Apartments
- Gated Community
- Video Security
- Community Room
- On-site Laundry Room
- On-site Beauty Shop

**CALL TODAY (318) 222-4230, Ext.2**



**Canaan Towers Senior Apartments**  
400 N. Dale Avenue — Shreveport, LA 71101



## Betty Lynn: Keeping Mayberry Alive



It's just after noon on the third Friday of the month, and 89-year-old Betty Lynn is preparing to take her seat behind a small brown table in the main room of the Andy Griffith Museum in Mount Airy, NC. Visitors are already beginning to flood into the 2,500-square-foot building to meet the actress best known to 60s TV fans as Barney Fife's girlfriend, Thelma Lou, from "The Andy Griffith Show" set in the fictional town of Mayberry.

"Over 500 people come through," says Betty of a typical day when she sits throughout the afternoon once a month at the museum greeting fans. They come from all over the world to meet a former cast member of the popular show and to see the large collection of Andy Griffith memorabilia, assembled by Griffith's life-long friend Emmett Forrest (see [www.andygriffithmuseum.com](http://www.andygriffithmuseum.com)).

In 2007, after being twice robbed in her Los Angeles home, Lynn left Hollywood for the quiet, secure life in Mount Airy, which was also Andy Griffith's hometown.

"I'd been coming here for the Mayberry Days festival for ages, so it seemed like the perfect place to settle," she said.

"Everyone has been so kind since I moved here. It didn't take long for me to feel like a local rather than a visitor."

"The Andy Griffith Show" ran for 8 seasons, throughout most of the 1960s. It won six Emmys, including five for Don Knotts. "Andy was fun and a bit of a tease off camera, while Don was sweet but very quiet and nothing like his Barney Fife character. But that just illustrates what a good actor he was."

Lynn also appeared in some 20 films and over 40 other TV shows, including many westerns.

"I enjoyed westerns, but filming in the hot Californian summers wearing long dresses and petticoats was rough," she said. "During one show, I think it was 'Texas John Slaughter' for 'Disneyland,' we sat down to lunch and these huge bugs swarmed all around us. We were told to just ignore them and eat around them."

Throughout her career, Lynn worked with some Hollywood greats.

"My first film, 'Sitting Pretty,' and then later 'Cheaper by the Dozen,' were with Clifton Webb, a sweet man with a good sense of humor," she recalled. "I also did two films with Bette Davis who got everyone to call me Boo, after one of my characters, so it wouldn't be confusing when they called 'Betty on the set!'"

She also worked, at one time or another, with almost all the cast of "Gilligan's Island."

"Alan Hale Jr. was on an episode of 'The Andy Griffith Show,' and played a mountain man looking for a wife," explained Lynn. "Recently, I saw the episode again, where he picked me way up in the air twice. I laughed because I looked like a rag doll."

# AZALEA ESTATES

## ASSISTED LIVING AND RETIREMENT COMMUNITY

*When it's time to make a decision on Assisted and Retirement living, be sure you make the right choice... Consider Azalea Estates.*

516 E. Flournoy Lucas Rd.  
Shreveport, LA 71115  
Call Lorrie Nunley or Tori Self  
**318-797-2408**  
[www.azaleaestates.com](http://www.azaleaestates.com)





As she does on each of her visits to the museum, Betty braces for a long afternoon as enthusiastic fans are already forming the meet-and-greet line.

“It’s a little tiring by the end of the day, but it’s the least I can do since people may stand for hours to take a picture, get an autograph and a hug,” she says. “There’s a lot of love coming my way.”

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

# CELEBRITY AUCTION

SHARE TODAY. SHAPE TOMORROW.

BRIDGING 6 TO 60



FOSTER GRANDPARENTS

**14** OF THURSDAY  
JANUARY  
2016

7:00 PM TO 10:00 PM

FOR TICKETS CALL 318-780-7144

CONNECT WITH US  
FOSTER GRANDPARENT VOLUNTEER PROGRAM

SAM'S TOWN

# Two **THUMBS UP** for the **AWARD WINNING** **The Best Of Times**



Free Pickup  
**AT OVER**  
**500 LOCATIONS**

Free Download  
**OR READ ONLINE**

[www.TheBestofTimesNews.com](http://www.TheBestofTimesNews.com)

On Tablet or Smart Phone

**VIA FREE APP**

Search The Best of Times Magazine  
in the App Store

The Best of Times

**RADIO HOUR** Th  
**NEWSRADIO 710 KEEL**

Saturday mornings at 9:05 a.m.





## Saving Sauternes

**O**livier Bernard knows Bordeaux. Born there in 1960, Bernard has spent his entire life in the region -- and worked in the wine industry since 1978 when he opened a small wine shop. In 1983, he took over the operations at Domaine de Chevalier after his family purchased the historic estate in Pessac-Léognan. And he has been president of the Union des Grands Cru, the promotional body for Bordeaux's top producers, since 2012.

So it's telling that Bernard's estate in Sauternes, Clos des Lunes, focuses almost exclusively on dry wines.

Sauternes, of course, is the famous sub-region in Bordeaux where botrytis cinerea -- the fungus known as "noble rot" -- attacks grapes almost every year, leaving them desiccated, shriveled, and covered with fuzzy mold. Out of these beastly grapes comes the world's most famous sweet wine.

Why would one of Bordeaux's most passionate ambassadors make dry wine in Sauternes?

Soil and climate play a role, to be sure. But the market, no doubt, plays a larger one. Sadly, Sauternes is out of fashion.

Over the past 40 years, U.S. imports of Sauternes have declined almost 70 percent. Between 2004 and 2013, according to Liv-ex, auction prices on wines from the region's top châteaux -- Coutet, Climens, Rieussec, Suduiraut, and Yquem -- dropped between 19 and 37 percent.

In part, this drop is explained by changing preferences. Most of today's wine enthusiasts just don't take sweet wines seriously.

Changing dining culture has also impacted sales. Structured, leisurely dinners were once more common -- and always ended with dessert wines like Sauternes or Port. Today, such indulgences are rare -- and drawn-out meals are more likely to end with coffee than sweet wine.

Consumers have also moved beyond Bordeaux. Everyone still recognizes the region's significance, obviously. But for all intents and purposes, today's consumers have unlimited choices -- and

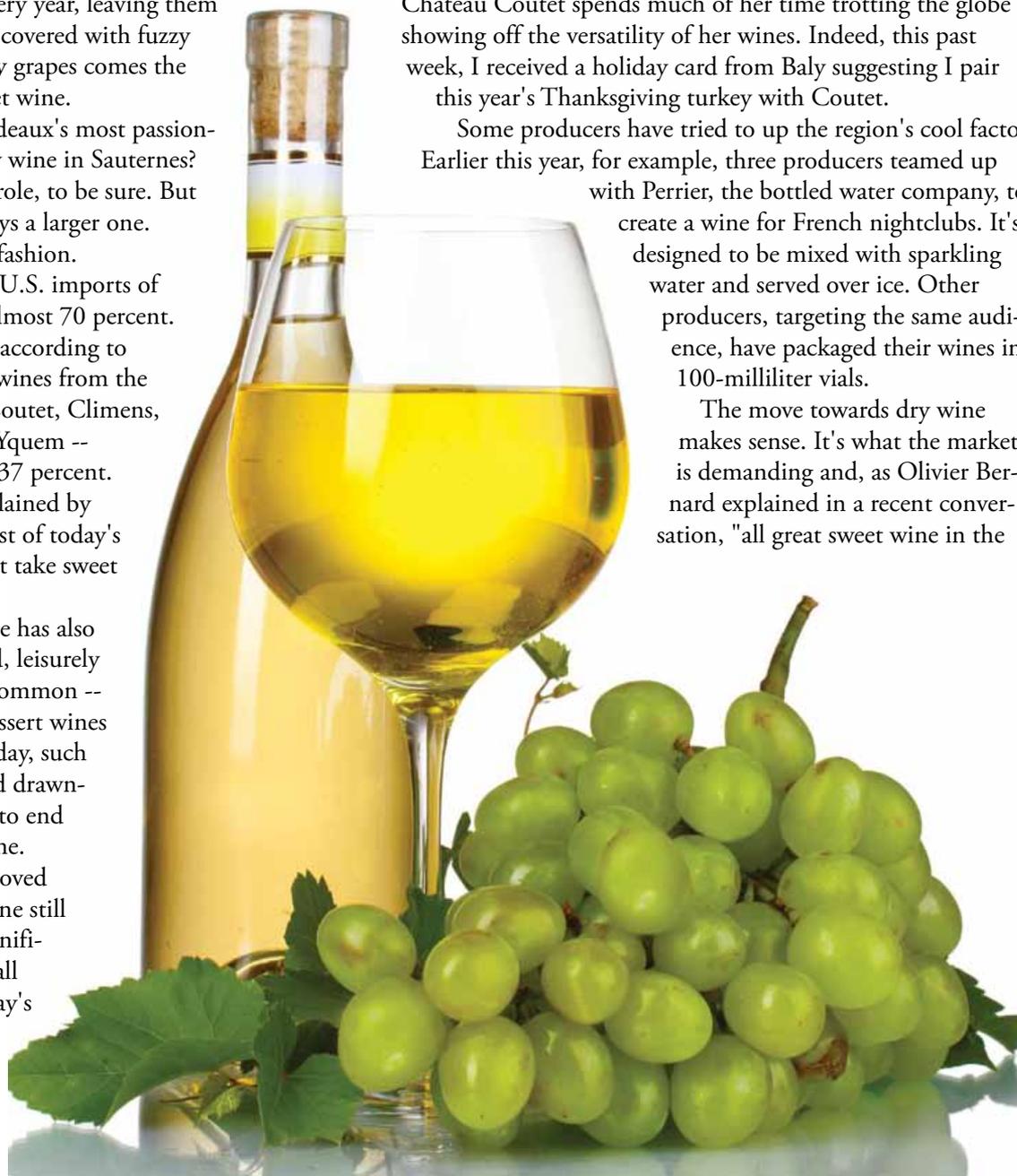
are responding accordingly. The average upscale supermarket carries more than 1,500 wine selections from across the globe. Those who do drink sweet wine have plenty to choose from.

To survive, many producers in Sauternes have turned to dry whites. Most major estates have always produced at least a bit of dry wine; Château d'Yquem has produced a dry blend of Semillon and Sauvignon Blanc -- simply called "Y" -- since 1959. But today, more producers are producing more dry wine than ever before.

Producers have also worked to convince consumers that their wines needn't be pigeon holed as dessert. Aline Baly, the Parisian-born, American-raised, third-generation proprietor of Château Coutet spends much of her time trotting the globe showing off the versatility of her wines. Indeed, this past week, I received a holiday card from Baly suggesting I pair this year's Thanksgiving turkey with Coutet.

Some producers have tried to up the region's cool factor. Earlier this year, for example, three producers teamed up with Perrier, the bottled water company, to create a wine for French nightclubs. It's designed to be mixed with sparkling water and served over ice. Other producers, targeting the same audience, have packaged their wines in 100-milliliter vials.

The move towards dry wine makes sense. It's what the market is demanding and, as Olivier Bernard explained in a recent conversation, "all great sweet wine in the



world once had the potential to be a great dry wine." The push to highlight the versatility of Sauternes also makes sense. Food is more varied and exotic than ever before -- and sweet wines often make the most sense. The move to sell wine through gimmickry, though, seems at odds with the tradition that distinguishes Sauternes.

Few regions can match Sauternes' history. And no wines of such consequence are a better deal. So long as one is willing to forgo Yquem, savvy consumers can purchase half bottles from virtually every top producer -- many with a decade or more of age -- for less than \$30. Wines from other regions of such significance cost multiples more.

One must root for today's efforts to sustain the region -- and hope that serious consumers continue to find at least some space for Sauternes.

*David White is the founder and editor of Terroirist.com, one of the world's most popular wine blogs. His columns are housed at GrapeCollective.com.*

**Comfort, Peace, Support, Dignity...Now**

**ST JOSEPH HOSPICE**

[StJosephHospice.com](http://StJosephHospice.com)

**JCAHO Accredited**

668 Jordan Street, Shreveport, LA 71101 • (318) 222-8723 • Toll Free 1-888-731-3575

**★ YOUR CHOICE**

CONFUSED?  
GOD has only ONE way!!  
It is found in The BIBLE!!

**BIBLE  
STUDY  
IS  
IMPORTANT**

To enroll in a free, non-denominational Bible Correspondence Course send your name and mailing address to:  
**BIBLE CORRESPONDENCE COURSE**  
2045 East 70<sup>th</sup> St.  
Shreveport, LA 71105

- Information and Referral**
- ▲
- Skills Training**
- ▲
- Consumer Center**
- ▲
- Loan Closet – Durable Medical Equipment**
- ▲
- CPR/First Aid**
- ▲
- Employment Services**

**NEW HORIZONS**  
**INDEPENDENT LIVING CENTER**

*Enabling people with disabilities to live independently*

**Non-Profit Non-Residential**

There was a time when people thought "independent living" was limited to "accessible doorways" and "special parking..."  
**but that day is OVER!**

**318-671-8131 1-877-219-7327**

Website: [www.nhilc.org](http://www.nhilc.org) [www.Facebook.com/NHILC](http://www.Facebook.com/NHILC)  
1111A Hawn Avenue, Shreveport, Louisiana 71107

- Hearing Aids**
- ▲
- American Sign Language Interpreting**
- ▲
- Advocacy**
- ▲
- Peer Support**
- ▲
- Personal Attendant Services**
- ▲
- Telecommunications Access and Equipment**

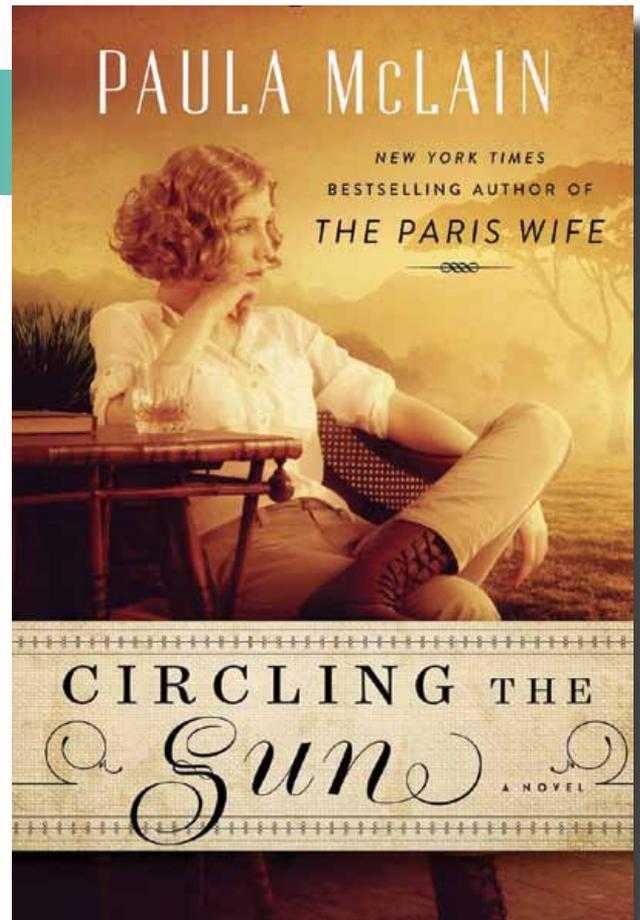
## Review of *Circling the Sun*

*Circling the Sun* is a fictionalized biography of Beryl Markham, who is best known for being the first woman to fly solo across the Atlantic from East to West. While this particular feat launches the book, it is almost just an afterthought to the heart of Beryl's story in this novel.

During the early 1900's, Britains could buy land in Africa for relatively cheap and many flocked to the continent with hopes and dreams of beginning a new life on the exotic frontier. Beryl's parents were of such a mind, and took she and her brother there when they were very young to begin a farm and raise racehorses. This African landscape and the smells, sounds and work of horses and the farm are the true heart and setting of *Circling the Sun*.

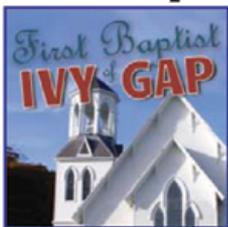
The book launches into the many tragedies and trials of Beryl's life when her mother, who doesn't like the lifestyle of living in Africa, takes Beryl's brother back to England, leaving her in the hands of her father and the neighboring Nairobi tribe, from whom Beryl befriends a boy named Kibii and learns to hunt wild pigs and speak Swahili.

Ever the strong willed woman and wild child in a time when women were not meant to behave so, *Circling the Sun* follows Beryl through her life, documenting her trials, failures and occasional successes: a hasty marriage at 16, training to become the first profes-



## THE SHREVEPORT LITTLE THEATRE 94th SEASON 2015-2016

Shreveport Little Theatre... an intimate theatre experience!



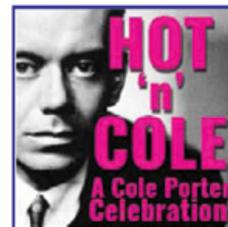
September 17-27, 2015



November 5-15, 2015



January 7 - 17, 2016



Feb 25 - March 6, 2016



April 21 - May 1, 2016

## ALL FIVE MAINSTAGE SHOWS

For only: \$100 (adults) or \$94 (seniors, students, active military)

a savings of \$10 off individual ticket price

# SLT

SHREVEPORT LITTLE THEATRE

[www.shreveportlittletheatre.com](http://www.shreveportlittletheatre.com)

FOR MORE INFORMATION

Call (318) 424-4439

or online at [www.shreveportlittletheatre.com](http://www.shreveportlittletheatre.com)

Or visit our Box Office 812 Margaret Place

Noon - 4 p.m. Monday - Friday

sional female horse trainer and wading through the heady gossip circles that ran rampant through the privileged group of Europeans who lived and worked in Africa.

Much of the novel focuses on Beryl's relationships, especially with Denys Finch Hatton and Karen Blixen, two characters who many readers will know from *Out of Africa*. While the story truly shines when Beryl is in her element: training horses, working with her beloved surrogate father D, and even interacting with the close knit group of English people who lived in the community at the time, it sometimes gets bogged down in its long passages about Beryl's relationships with men and her inability to learn from her mistakes.

Still though, the book is good. In a time where women were expected to take a back seat to men and were nothing without a father or husband to stand for them, Beryl was truly a pioneer. Despite the many setbacks she faced over and over again – her father losing his farm, deaths of loved ones and even a scandal involving royalty, she became the first certified female horse trainer at 19, and fought to successfully earn a place both in the horse racing and flying industries.

Author Paula McLain did in depth research on Beryl to write this book, even traveling to the few old haunts that show up time and again in the story, and it shows. Beryl Markham, while not always likable, was certainly interesting and her life demands both sympathy and admiration.

**Grade: B**



Giving you the hand you need

to live independently at home ...

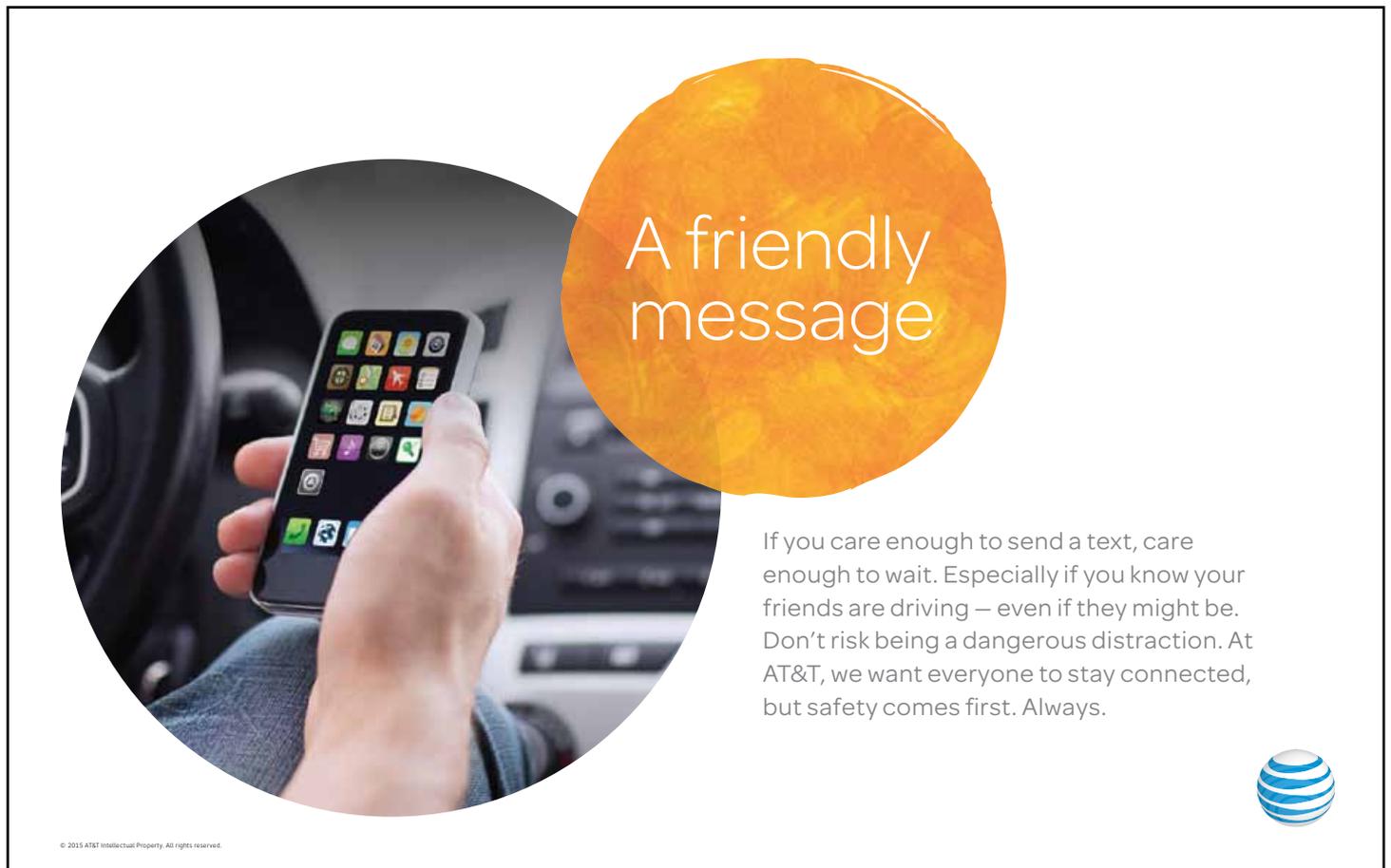
**Companion Home Services** provides support services 24/7. From assistance with personal hygiene, mobility and meals to routine house-keeping, grocery shopping, companionship and more, we can provide the support needed to help our clients remain living independently at home!

*For more info call 429-7482 today!*



**COMPANION Home Services**

820 Jordan Street, Ste. 240 ♦ Shreveport



A friendly message

If you care enough to send a text, care enough to wait. Especially if you know your friends are driving – even if they might be. Don't risk being a dangerous distraction. At AT&T, we want everyone to stay connected, but safety comes first. Always.



© 2015 AT&T Intellectual Property. All rights reserved.

# Home With a Movie by David White



## A Walk in the Woods, Ant-Man, & Shaun the Sheep



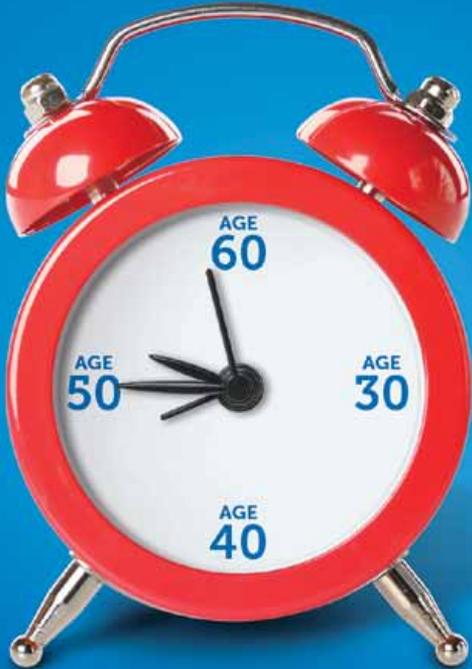
### A Walk in the Woods ★★½ (out of 5)

(R) In this amiable dramedy, Robert Redford plays a respected, mostly-retired travel writer, living pleasantly in New England with a loving family. Some vague residual combination of wanderlust, pride and ennui inspires him to hike the Appalachian Trail for one final adventure before the ravages of aging take such options off his menu. Unlike a certain former

South Carolina governor, his goal is the actual 2,200-mile trek, not a fanciful cover for other types of age-denying endeavor. Among the many old friends and colleagues he invites to join him, the only taker is a dissipated former travel companion (Nick Nolte) he hadn't seen for 40 years... or missed.

Once they hit the trail, we get a leisurely package tour of their backstories, accented with how they handle the journey and interact with people and challenges along the way. Director Ken Kwapis wisely gives the old pros room to be all they can be, while making the pristine settings a vivid asset, both visually and thematically. Despite my devout aversion to prolonged exercise or any form of "roughing it" ever since infantry training drained all sense of pleasure from hiking or camping, Kwapis almost made this journey seem appealing.

The package adds up to a pleasant, if not riveting, way to spend a couple of hours in the seats enjoying how two fine actors take care of their business on the trail. Kristen Schaal, Mary Steenburgen and Nick Offerman stand out among the supporting players. The plot is blissfully free of excess, making the stars and their experience relatively relatable.



Find us on 

## No Time is Better than Now.

Schedule a colonoscopy if you're **50** or older.

**GIS** GASTROINTESTINAL  
SPECIALISTS A.M.C.

Call (318) 631-9121 or visit [gis.md](http://gis.md) to make an appointment.

## Ant-Man ★★★★★½ (out of 5)



(PG-13) Regular readers have likely picked up my leanings on the last decade, or so, of summers largely dominated by big-budget movies based on comic book superheroes. I vastly prefer those that have fun with their subject over those taking such fantasies too seriously.

So who better than Mr. Nice Guy Paul Rudd to become a reluctant savior with highly unlikely powers courtesy of Marvel Comics? All hail Stan Lee. In this case, a scientist (Michael Douglas) created a supersuit and chemical cocktail that enables its occupant to instantly shrink, as needed, while also commanding an army of ants via a bonus mind-linking device. Paul's character is like a Spiderman without all the angst and low self-esteem. We given just enough backstory to flesh out a sympathetic sentimental side to his persona, without the other guy's bouts of guilt and other reasons for moping.

The plot is typical - demented corporate jerk perverting possibly-beneficial science into an ultimate existential threat - but perfectly suited to introducing newbies to this hero, his family and a few bumbling buddies. For a director whose resume shows mostly sitcoms and a couple of rom-coms, Peyton Reed delivers a fine package of pace and character development, deftly weaving the comedy, sentiment and computer-generated action into a cohesive final product. Sequels are certain, and will be most welcome.

## Shaun the Sheep ★★★★★ (out of 5)

(PG) This animated adventure truly lives up to its billing as a treat for all ages. Or, exactly what you'd expect from the creators of the animated antics of Wallace & Gromit. Shaun decides life on the farm for their flock is too dull. Every day is just like the others. He decides they need an adventure. Unfortunately, things go wildly awry, forcing them into a covert foray into the Big City to rescue their beloved farmer. Many obstacles arise in a delightfully clever plot, showcased by utterly charming visuals. The artwork is first-rate, with plenty of non-scary action. No dialog needed, unlike the W & G 'toons. Adults will enjoy the action as much as their little companions, with bonus laughs from a number of sight gags aimed their way.

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



## Regional Hospice CARE GROUP Of N.W. Louisiana

*Over 95 years combined Hospice Experience*

**TEAMWORK ~ KNOWLEDGE  
COMPASSION & EXCELLENCE**

**For Information call:**

**Shreveport (318) 524-1046  
or Minden 382-9396**

8660 Fern Ave., Suite 145  
Shreveport, LA 71105

*Locally Owned and Operated*



**AFFORDABLE  
SENIOR HOUSING**

**\*\*Rent based on Income\*\***

**Call Today  
318-227-2591 ext. 2**

## QUICK-FIX DINNERS FOR THE FAMILY



# Tasty Meals IN MINUTES

### FAMILY FEATURES

**B**usy weeknights can make for hectic meals, but these simple recipes prove you don't have to trim out flavor or precious moments spent with family when you're cutting minutes off your dinner prep time. Find more family friendly recipes to fit your busy schedule at [Hunts.com/recipes](http://Hunts.com/recipes).

### Oven Roasted Brussels Sprouts with Tomatoes

- 1 pound small fresh Brussels sprouts, trimmed and cut in half lengthwise
- 1 can (14.5 ounces) Fire Roasted Diced Tomatoes, drained
- 2 tablespoons pure canola oil
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper

Heat oven to 425 F. In large bowl, toss together Brussels sprouts, drained tomatoes, oil, garlic powder, salt and pepper. Spread mixture in single layer on large shallow baking pan. Bake 20 minutes or until Brussels sprouts are tender and browned, stirring once halfway through.

*Servings: 6*

- 1 can (15 ounces) tomato sauce
- 1 can (14.5 ounces) Diced Tomatoes with Basil, Garlic and Oregano, undrained
- 6 tablespoons grated Parmesan cheese, divided
- 6 small boneless skinless chicken breasts (1½ pounds total)
- ¾ pound spaghetti, uncooked
- 1½ cups shredded mozzarella cheese

### Easy Chicken Parmesan

Heat oven to 375 F.

Pour tomato sauce and undrained tomatoes into 13-by-9-inch baking dish. Stir in ¼ cup (4 tablespoons) Parmesan. Add chicken; turn to evenly coat both sides of each breast with sauce. Cover.

Bake 30 minutes or until chicken is no longer pink in center (165 F). Meanwhile, cook spaghetti as directed on package, omitting salt.

Top chicken with remaining cheeses; bake, uncovered, 5 minutes or until mozzarella is melted. Drain spaghetti. Serve topped with chicken and sauce.





## Eggplant Lasagna

<i>Servings:</i> 8	½ teaspoon salt
Pam Original No-Stick Cooking Spray	½ teaspoon ground black pepper
1 cup part-skim ricotta cheese	1 package (20 ounces) Italian-seasoned ground turkey
¾ cup grated Parmesan cheese	¾ cup chopped yellow onion
¾ teaspoon dried Italian seasoning	1 tablespoon finely chopped garlic
1 large eggplant (about 1 pound), cut into ¼-inch thick lengthwise slices	1 can (14.5 ounces) diced tomatoes, drained
¼ cup extra virgin olive oil	¼ cup tomato paste
	¼ cup thinly sliced fresh basil
	1½ cups shredded part-skim mozzarella cheese

Heat oven to 350 F. Spray 8-by-8-inch glass baking dish with cooking spray.

In small bowl, combine ricotta cheese, Parmesan cheese and Italian seasoning; set aside.

Heat grill pan over medium-high heat. Brush eggplant slices with oil; sprinkle both sides with salt and pepper. In batches, place eggplant on grill pan. Cook each side 1-2 minutes or until lightly browned and tender. Remove and place on baking sheet lined with paper towels; pat to remove excess moisture.

Spray large skillet with cooking spray; heat over medium-high heat. Add turkey and cook 3 minutes, stirring occasionally. Add onion and garlic; cook 2-3 minutes more or until onion is tender and turkey is crumbled and no longer pink. Drain. Add drained tomatoes, tomato paste and basil to skillet; stir to combine. Reduce heat and simmer 2 minutes more.

Assemble lasagna by spreading ¾ cup meat mixture over bottom of dish. Place 3 eggplant slices over meat mixture, top with ¾ cup meat mixture, half of ricotta cheese mixture and ½ cup mozzarella cheese. Repeat layers, ending with a layer of eggplant slices topped with meat mixture and remaining mozzarella cheese.

Spray underside of aluminum foil with cooking spray; cover dish tightly with foil. Bake 30 minutes. Let stand 10 minutes before serving.



# Doggywood

We FOCUS on providing the BEST SERVICE to you and your pet!

**(318) 745-5DOG**

Do you want to save \$5.00? Mention this ad and save!



**Facebook: Doggywood Bossier City**

606 Stockwell Road  
Bossier City, LA 71111

## Cedar Hills Senior Apartments



Where apartments become homes and friends become family



- Gated Community
- Fitness Center
- Video Security
- Community Room
- Beauty Shop
- On Site Laundry Room
- Social Services
- Barrier Free Apartments

Rent based on income • All utilities paid



**Come see what Cedar Hills has to offer.**

7401 St. Vincent, Shreveport, LA 71106  
318-861-6915, Ext. 2 • fax: 318-868-9936  
leasing@cedarhillsseniors.com

## CONCERT

**Wideman Piano Competition 65th Anniversary Celebration** - Saturday January 23 at 7:30 PM at RiverView Theater, 600 Clyde Fant Pkwy, Shreveport. Hear two of the competition winners, featuring the Grieg Piano Concerto and the Shostakovich Piano Concerto No. 2. The evening will also include the premiere of a new work by Kermit Poling, commissioned in memory of SSO's Honorary Board Chair, Virginia Shehee. Tickets are \$19 - \$59. For tickets 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. Programs begin at 10:00 a.m. **FREE**. For information call 676.7900.

## EVENTS

**Foster Grandparent Program Banquet** - 7:00 PM on Thursday, January 14 at Sam's Town Casino and Convention Center in Shreveport. Banquet theme will be: Bridging 6 to 60, which emphasizes the generational connection of one generation helping another. Key-note speaker is RaShad Bristo, motivational speaker and author of "Bitter or Better: Doing More with Less." Additional highlights for the evening will be a Celebrity Auction. Local celebrities - including *The Best of Times* publisher Gary Calligas - will offer personalized

unique auction "must have" packages which are sure to capture your imagination. Special entertainment. There are tables and sponsorships available as well. Information and tickets are available by calling 318-780-7144 or 318-676-7913.

## KREWE ACTIVITIES

**Krewe of Centaur Parade** - Saturday, January 30 beginning at 4:30 PM. Parade begins at Clyde Fant Parkway at Lake Street in downtown Shreveport. It continues on Clyde Fant Parkway to Shreveport-Barksdale Highway. The parade then takes a left on to East Kings Highway and continues to Preston Avenue, where it ends. **FREE**.

**Krewe of Elders Grande Bal**: Saturday, January 9 at 5:30 PM at Shreveport Convention Center, 400 Caddo Street, in downtown Shreveport. Entertainment will be provided by Ambush. Cash bar, formal dinner, black tie optional, open to public. \$55.00 members; \$65.00 non-members. Info. 752-9175; 631-8865.

**Krewe of Centaur's Float Loading Party** - Friday, January 29 beginning at 6:30 PM at the Krewe of Centaur's den, 351 Aero Dr., Shreveport. Visitors can see all the floats up close and personal before the parades. There will be lots of food, music and fun for all ages. **FREE** and open to the public.

## MEETINGS

**Ark-La-Tex Genealogical Association Meeting** - Saturday, January 9



from 1 to 3 PM at the Randle T. Moore Center, 3101 Fairfield Ave (corner of Fairfield Ave and Kings Hwy), Shreveport. The featured speaker is Leonard Gresens, Investments Advisor, Historian and Collector. His presentation will be "Old Tokens and Other Nostalgia of Shreveport". In addition, Genealogists Peggy LaCour will present "If It Had Been a Snake. . ." This program is **FREE** and open to the public. For information call 746-1851 or email jjohnson747@suddenlink.net.

**The GENCOM DNA Interest Group Meeting** - Wednesday January 13 from 10:00 AM until 12:30 PM in the large meeting room at the Broadmoor Library, 1212 Captain Shreve Drive, Shreveport. The meeting will provide information on and answer



**KEEP WINNING ALL YEAR!**  
Every Saturday

Grand prize winner every week receives  
\$3,000 JackPlay for a year • 11PM  
JackPlay drawings every hour • 7-10PM

**10X Entries on Mondays**

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



Captain Shreve Drive, Shreveport. This meeting will begin a series of meetings that will take the attendees on a step-by-step journey through the year from how to begin genealogy research to more advanced areas of genealogy and family history research. The presentation will include where and how to start gathering family history information, how to choose and use a family tree software program to organize your research, and using pedigree charts and family group sheets in your research. The meeting is **FREE** and open to the public. For information contact: Jim Jones, phone (318) 773-7406 or email [jgones09@gmail.com](mailto:jgones09@gmail.com).

questions in all areas of DNA testing: Which DNA test should I take? Which testing company should I test with? What is the difference in the testing companies and what does each offer? What is the cost of DNA testing? Now that I have my DNA test results, what do I do? We will also provide information and assistance in using third party websites that will provide additional tools for analyzing and working with your DNA test results. The meeting is **FREE** and open to the public. For information contact Jim Jones at (318) 773-7406 or email [jgones09@gmail.com](mailto:jgones09@gmail.com).

**The GENCOM Genealogical Computer Society Meeting** - Sunday, January 31 at 2:00 PM in the large meeting room at the Broadmoor Library, 1212

### THEATRE

**Souvenir** - Performances on January 7, 8, 9, 15, and 16 at 7:30 PM. January 10 and 17 at 2:00 PM. Shreveport Little Theatre, 812 Margaret Place, Shreveport. A comedy with song. Florence Foster Jenkins, a wealthy society eccentric believes she is a great coloratura soprano. Her annual off key recitals brought her extraordinary fame, climaxing at Carnegie Hall. This true tale is told through the eyes of her beloved accompanist. Adults: \$20; Senior/Student/Military: \$18. Buy tickets online at [www.shreveportlittletheatre.com](http://www.shreveportlittletheatre.com) or call the Box Office 318-424-4439.

**The Producers** - Sunday, January 17 at 7:00 PM at the Strand Theatre, 619 Louisiana Ave., Shreveport. A scheming producer and his mousy accountant aim to produce the biggest flop on Broad-

way in Mel Brooks' laugh-out-loud spectacle. Bialystock and Bloom! Those names should strike terror and hysteria in anyone familiar with Mel Brooks' classic cult comedy film. *The Producers* once again sets the standard for modern, outrageous, in-your-face humor. It is a truly "boffo" hit, winning a record twelve Tony Awards and wowing capacity crowds night after night. Tickets are \$68.50, \$55.50, \$35.50. Call the box office at (318) 226-8555 or email [strand@thestrاندtheatre.com](mailto:strand@thestrاندtheatre.com).



**318-222-5711**

8720 Quimper Place, Ste. 100  
Shreveport, LA 71105

[www.lifepathhospicecare.com](http://www.lifepathhospicecare.com)

*We accept Medicare, Medicaid and most private insurances.*

**TRACY LAWRENCE**

**FEBRUARY 12**

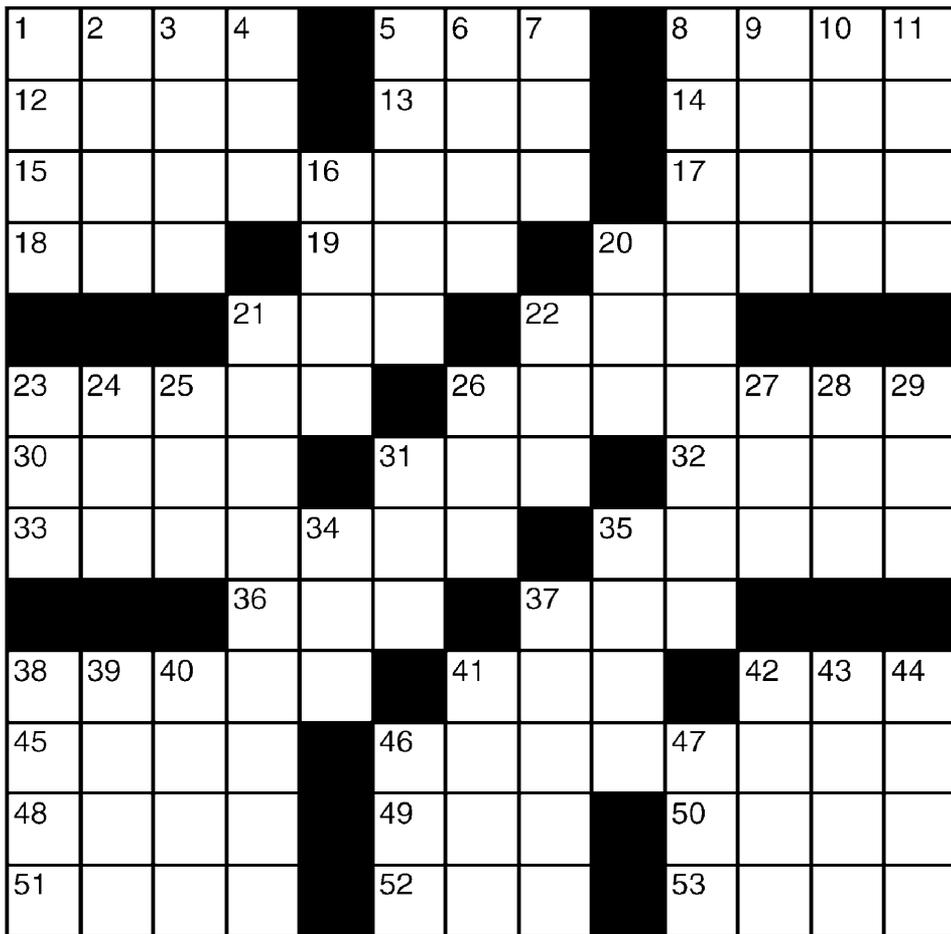
*ticketmaster*



711 Diamond Jacks Blvd ♦ I-20, Exit 20A  
1-318-678-7777 ♦ 1-866-5JAXMAX (552-9629)  
[www.diamondjacks.com](http://www.diamondjacks.com)

See Rewards Club for details.

CALL 1 - 8 7 7 - 7 7 0 - 7 8 6 7



# King Crossword

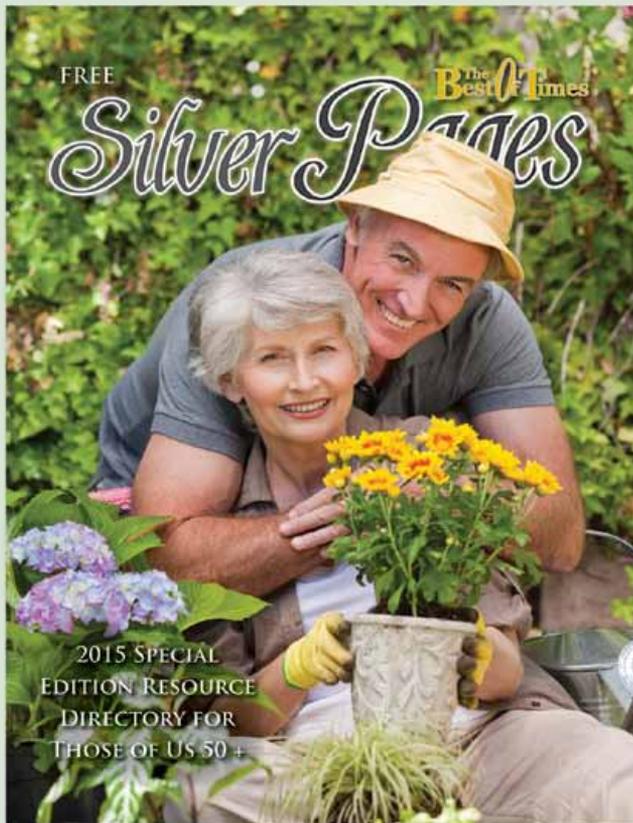
(Puzzle answers on page 42)

## ACROSS

- 1 Andy's pal of old
- 5 Comic Margaret
- 8 Rue the run
- 12 Cougar
- 13 Explanation
- 14 "Animal House" group
- 15 Voters' choice
- 17 -- accompli
- 18 Lair
- 19 Squid squirt
- 20 Striped animal
- 21 "CSI" evidence
- 22 Pen name?
- 23 Trip around the world?
- 26 With 6-Down, Peter Pan's foe
- 30 Bellow
- 31 Pooch
- 32 Really enjoying
- 33 Three-part European union
- 35 Friars Club event
- 36 Dove's comment
- 37 Junior
- 38 Ashen
- 41 Suitable
- 42 Hot tub
- 45 Wrinkly fruit
- 46 Ouster
- 48 "Scat!"
- 49 Fond du --, WI
- 50 Leer at
- 51 Oscar winner Goldie
- 52 "-- Doubtfire"
- 53 Melt

## DOWN

- 1 Mimicked
- 2 Stubborn one
- 3 Portent
- 4 Pouch
- 5 Wedgwood product
- 6 See 26-Across
- 7 Possess
- 8 Fondness
- 9 Grouch
- 10 Tresses
- 11 "At Last" singer James
- 16 Coloration
- 20 Type of code
- 21 Way
- 22 Satchel
- 23 Scepter topper
- 24 Fish eggs
- 25 Prohibit
- 26 Courteney of "Friends"
- 27 Literary collection
- 28 Part of TGIF
- 29 "To be or -- ..."
- 31 Pair
- 34 Actress Myrna
- 35 Campus mil. program
- 37 Glasses, slangily
- 38 Shove
- 39 Old Turkish title
- 40 Unhurried
- 41 Open slightly
- 42 Unspoken "Alas!"
- 43 Silents star Negri
- 44 From the beginning
- 46 Shade provider
- 47 Youngster



## Coming Soon

Distribution of the 2016 edition of **SILVER PAGES**, the ArkLaTex's premier resource & services directory, begins on March 1.

Advertising Deadline: February 8

Call 318.636.5510 or email Gary.Calligas@gmail.com

View the current issue online at [www.TheBestOfTimesNews.com](http://www.TheBestOfTimesNews.com).

©2015 King Features Synd., Inc.

# MAGIC MAZE

WON MORE THAN  
50 U.S. OPEN  
TENNIS MATCHES

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

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

Agassi	Federer	Sabatini	Serena
B.J. King	Graf	Sampras	Tilden
Connors	Lendl	Seixas	Venus
Evert	McEnroe	Seles	

©2015 King Features Syndicate, Inc. All rights reserved.

Leading the Plumbing Industry Since 1946

RESIDENTIAL • COMMERCIAL • CONTRACTORS



Sewer Water Jetting •  
Water Heaters • Video  
Camera Inspection  
• Remodeling • Line  
Locating • Gas Line  
Repair • Licensed Boiler  
Installer • Certified  
Water Supply Protection  
Specialist • Dishwasher  
& Disposals

SEWER AND DRAIN CLEANING

**631-3844**

2705 Linwood Ave.  
Vincent F. Giglio, Jr.

EMERGENCY SERVICE

LCL: 50127  
LMP: 651-R



# Sudoku

by Linda Thistle

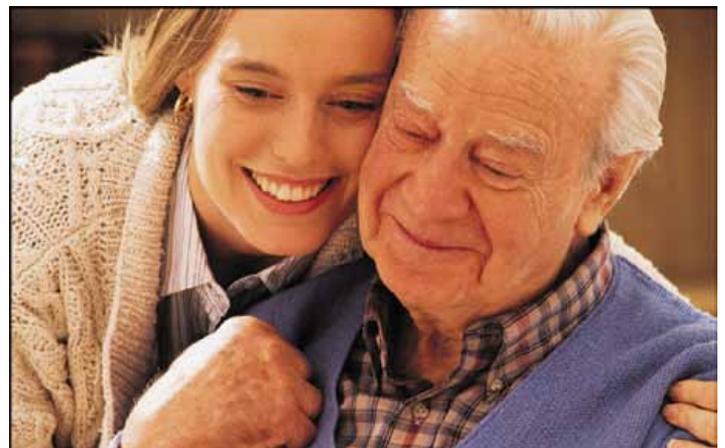
	9		3			7		
		2		8				3
6					5		1	
	8			3	6	4		
4			9					2
		9		1			8	
		5			3	9		
	4		8					7
2				7			6	

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!

© 2015 King Features Synd., Inc.



Senior Care at Brentwood Hospital

### Levels of Care

- Inpatient
- Partial Hospitalization (Day Treatment)
- Outpatient

Call us, we can help!

**Brentwood**  
Senior Care Unit  
(318) 678-7500  
www.brentwoodbehavioral.com

### Warning Signs

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?*



**Toni Camp**  
Regional Hospice Care Group  
8660 Fern Avenue, St. 145  
Shreveport, LA 71105  
(318) 524-1046  
See our ad on page 35.

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.

*After a person is admitted to a nursing home, how long will they stay there and will they ever return to their home?*



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

Length of stay varies and is generally dependent on 3 things:

- 1) the potential for improvement to the point that the individual is able to resume caring for themselves and meet their own vital needs (this is frequently the case after health management and rehab),
- 2) the ability of the family to provide the care themselves in a home environment, and
- 3) the comfort level of the physician that the person's needs can be met outside a medical setting.

*I am a 50-year-old female who has worn contacts and glasses for my near-sighted condition for years. Will the new eye procedures eliminate my need for contacts or glasses?*



**Chris Shelby, MD**  
Pierremont Eye Institute  
7607 Youree Dr.  
Shreveport, LA 71105  
318-212-3937;  
www.ShelbyEye.com  
See our ad on page 47.

After age 40, most people become presbyopic, meaning you lose your near vision. There are many options for people who want to reduce their dependence on glasses or contacts. Some people are great candidates for LASIK, while others would benefit more from the ReStor Multifocal Lens Implant. In order to know exactly which procedure is best for you, you should be examined. Call 212-3937 today to learn about all of the options available to you.

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



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

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

(Puzzles on pages 40-41)

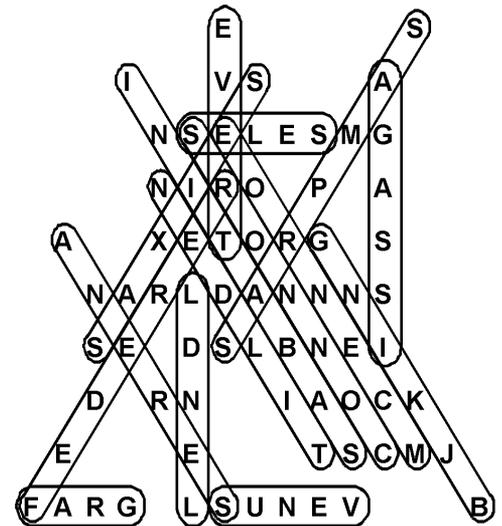
## King Crossword

Answers

Solution time: 21 mins.

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

WON MORE THAN 50 U.S. OPEN TENNIS MATCHES



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

# January PARTING SHOTS



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

**O**ver 30 themed trees were decorated and placed throughout The Oaks of Louisiana for their every-other-year Tour of Trees which was held December 12 and 13.



Carolyn and Bob Eason



Sheryl Glass (left) and Beverly Shepherd



Louise Choate (left) and Opal Wimberly



Christine Jordan with Santa and Mrs. Claus



Sue Radford (left) and Catherine Radford

## AC Duct Cleaners

Air Duct Cleaning • Odor Removal • Air Purification System

"Respiratory problems including asthma and allergies are on the rise and is the 6th leading cause of chronic disease in the United States, costing the health care system \$18 billion annually. It can be attributed to dust and mildew spores; pet hair, dander and outdoor pollens that become trapped in your AC duct system."

Call Today For a  
**FREE Inspection**  
**(318) 218-0770**



What you can't see  
CAN hurt you

**Rotobrush**



# Wow! A Simple to Use Computer Designed Especially for Seniors!

*Easy to read. Easy to see. Easy to use. Just plug it in!*



**NEW**  
 Now comes with...  
 Larger 22-inch hi-resolution screen – easier to see  
**16% more viewing area**  
 Simple navigation – so you never get lost  
 Intel® processor – lightning fast  
 Computer is in the monitor – No bulky tower  
 Advanced audio, Better speaker configuration – easier to hear  
 Text to Speech translation – it can even read your emails to you!  
 U.S. Based Customer Service

**FREE**  
 Automatic  
 Software Updates

*“I love this computer! It is easy to read and to use! I get photo updates my children and grandchildren all the time.”*  
 – Janet F.

Have you ever said to yourself “I’d love to get a computer, if only I could figure out how to use it.” Well, you’re not alone. Computers were supposed to make our lives simpler, but they’ve gotten so complicated that they are not worth the trouble. With all of the “pointing and clicking” and “dragging and dropping” you’re lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that’s designed for simplicity and ease of use. It’s the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world

at your fingertips. From the moment you open the box, you’ll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you’ll see the screen – it’s now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The “buttons” on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games– you name it... and a new screen opens up. It’s so easy to use you won’t have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn’t it time

you took part? Call now, and a patient, knowledgeable product expert will tell you how you can try it in your home for 30 days. If you are not totally satisfied, simply return it within 30 days for a refund of the product purchase price. Call today.

- Send & Receive Emails
- Have video chats with family and friends
- Surf the Internet:  
 Get current weather and news
- Play games Online:  
 Hundreds to choose from!

**Call now and find out how you can get the new WOW! Computer.**

*Mention promotional code 101475 for special introductory pricing.*

**1-877-731-2080**



© 2015 firstSTREET for Boomers and Beyond, Inc.

**C**addo Council on Aging's Foster Grandparent Volunteer Program Service Award Recognition Luncheon was held on December 10 at Shreveport Downtown Hotel.



Rev. Ulysses Reed, Sr. & the oldest FGP Eunice Miles



(l to r) Mildred Hollway, Martha Raley, Mable Woolen



Heather Hardsey & Stephanie Johnson



Betty Ogunnupe (left) & Lucille Williams



Mildred Hollway and Martha Raley



Hazel Williams (left), who was honored for 35 years of service, with Yvonne Miller



### Support Our Seniors!

Your TAX-DEDUCTIBLE \$100 donation provides a BIG BOX of food every month for an entire year.

### WE NEED YOUR HELP!

Volunteer at the FOOD BANK to **PACK** food boxes for seniors.  
Volunteer at the FOOD BANK to **DELIVER** the boxes to home-bound seniors.

**CALL or Email me:**

Libby Patterson Smith at (318) 675-2400

lpatterson@foodbankla.org



Food Bank of Northwest Louisiana

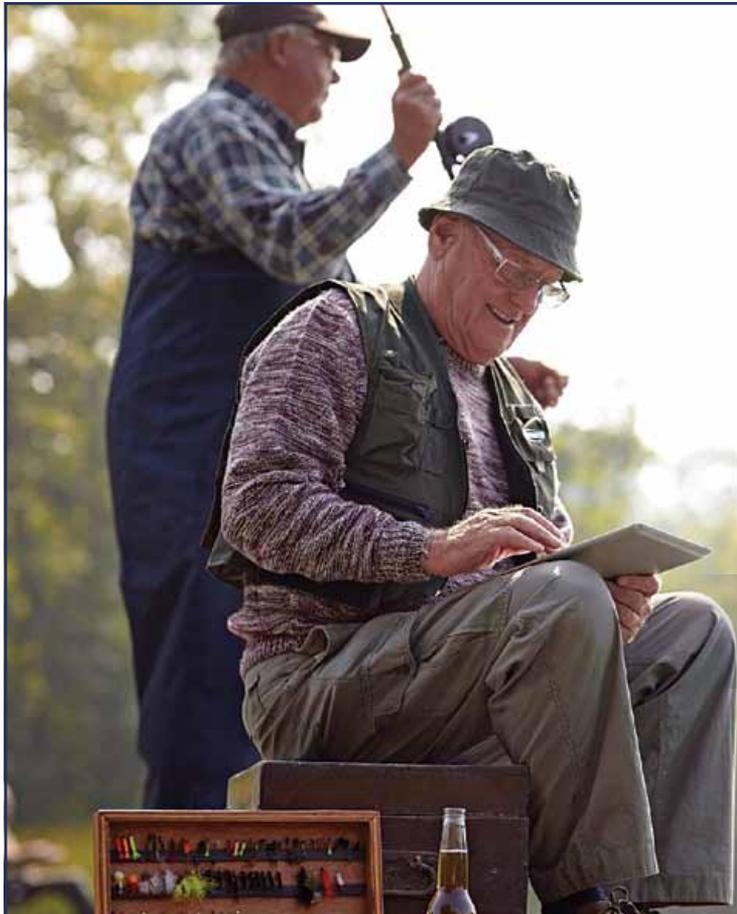
**T**he Friends of the Louisiana State Exhibit Museum held their annual meeting on December 10.

Friends Board members Jane Hubbard (left) and Randy Tiller with Museum Curator Nita Cole



David and Sue Rubenstein

(l to r) Robert Grand, Museum Director Wayne Waddell, and Board member Harriet Daggett



**YOUR Health...**  
in your hands

**"I can access my medical records anywhere."**

When you go on vacation, you don't have to leave important health information behind. An electronic medical record can be accessed whenever and wherever you are. Having your records can help you have better care, better health and make better decisions. Ask your doctor about how to access your records.

Visit **MakeMyHealth.me** to make your health personal.



The Rose City Chapter of AARP held their annual Christmas party on December 7.

(l to r) Marilyn Varnell, Dow Jackson, Vernon Varnell, and Carolyn Franklin



Jeri Holloway with her Bernese Mountain dog, Eli



(l to r) Bonnie Williams, Vince Scholtes, Beverly Bowers, and C.C. Nicholas

## Dr. Christopher Shelby

► FIRST & MOST EXPERIENCED LASER CATARACT SURGEON IN LOUISIANA

You only have two eyes. Trust them to the expertise and knowledge of Dr. Shelby.

Call for your appointment.



Pierremont Eye Institute  
7607 Youree Drive  
(318) 212-EYES (3937)

Considering Cataract Surgery?  
The Choice is Clear.



Vicki Ott

Kacee Ferrier

Chasity Ellis

Angie Hayes

Charlotte McCune

Donnie Flint

**NURSECARE**  
*of Shreveport*  
 A Skilled Nursing and Rehabilitation Facility

*The difference is*

**CARE**

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

**Some specialty services offered:**



- ▶ Nurse Practitioner in-House
- ▶ Wound Care
- ▶ Tracheotomy Care
- ▶ Post Acute Rehab
- ▶ Electrical Stimulation Therapy (E-Stim)
- ▶ IV Therapy
- ▶ Dementia Management
- ▶ Cardiac Care
- ▶ Diabetic Care
- ▶ Dialysis Management
- ▶ Pain Management
- ▶ Restorative Nursing Program

1736 Irving Place  
 Shreveport, LA 71101  
[www.nursecareofshreveport.com](http://www.nursecareofshreveport.com)  
[admissions@nursecareofshreveport.com](mailto:admissions@nursecareofshreveport.com)  
**(318) 841-8704**



NurseCare of Shreveport welcomes all persons in need of our services without regard to race, age, disability, color, national origin, religion, marital status, or gender and will make no determination regarding admissions or discharges based upon these factors. We comply with Section 504 of the Civil Rights Act.

**NurseCare of Shreveport highlights:**

- ▶ Basic cable television and Wi-Fi offered at no charge
  - ▶ Beauty and Barber Shop services
  - ▶ Transportation services to and from medical appointments
  - ▶ Exciting social events
  - ▶ Faith based services
  - ▶ Music, crafts, and creative activities
  - ▶ Dining prepared for taste, health, and nutritional value
  - ▶ Entertainment resources including resident computer system
- IT'S NEVER 2 LATE** with internet access

