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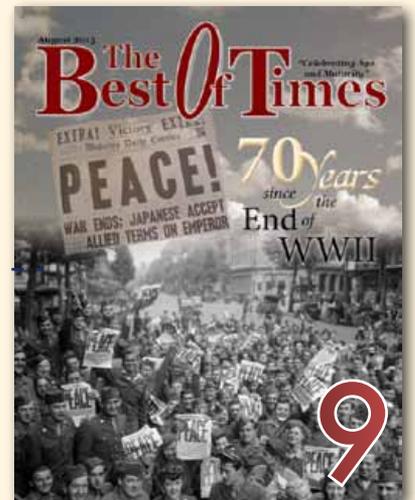
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On the cover: American servicemen and women gather in Paris to celebrate the surrender of the Japanese on August 15, 1945.

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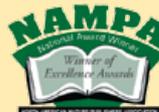
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August 1: Cruising through Europe on a Riverboat

August 8: The World of Token Collecting

Guest: Leonard Gresens, International Token Collector

August 15: Remembering the 70th Anniversary of the End of WWII.

Broadcasting live from the WWII Museum in New Orleans. Remote broadcast sponsored by **Brock's Collision Centers**.

Remote Broadcast

August 22: A Doctor's Prescription for Longevity and Survival

Guest: Vincent N. Cefalu, Sr., MD

August 29: Your Health in Your Hands

Guest: Cindy Munn, Louisiana Health Care Quality Forum

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– Janet F.

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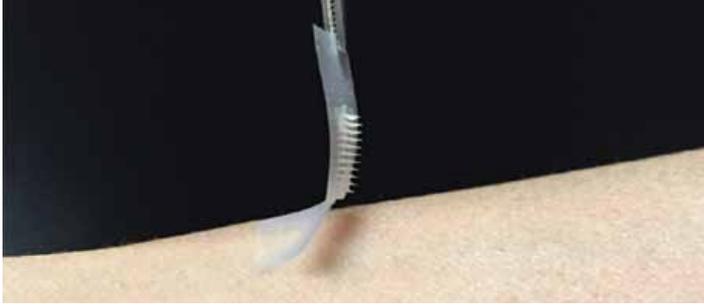
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Smart Insulin Patch Could Replace Painful Injections for Diabetes

Painful insulin injections could become a thing of the past for the millions of Americans who suffer from diabetes, thanks to a new invention from researchers at the University of North Carolina and NC State, who have created the first “smart insulin patch” that can detect increases in blood sugar levels and secrete doses of insulin into the bloodstream whenever needed.

The patch – a thin square no bigger than a penny – is covered with more than one hundred tiny needles, each about the size of an eyelash. These “microneedles” are packed with microscopic storage units for insulin and glucose-sensing enzymes that rapidly release their cargo when blood sugar levels get too high.

The study, which is published in the *Proceedings of the National Academy of Sciences*, found that the new, painless patch could lower blood glucose in a mouse model of type 1 diabetes for up to nine hours. More pre-clinical tests and subsequent clinical trials in humans will be required before the patch can be administered to patients, but the approach shows great promise.

Sitting for Long Periods Increases Risk of Disease and Death

The amount of time a person sits during the day is associated with a higher risk of heart disease, diabetes, cancer, and death, regardless of regular exercise - according to a review study published in the *Annals of Internal Medicine*.



“More than one half of an average person’s day is spent being sedentary—sitting, watching television, or working at a computer,” said Dr. David Alter, Senior Scientist, Toronto Rehab, University Health Network (UHN), and Institute for Clinical Evaluative Sciences. “Our study finds that despite the health-enhancing benefits of physical activity, this alone may not be enough to reduce the risk for disease.”

The authors found the negative effects of sitting time on health, however, are more pronounced among those who do little or no exercise than among those who participate in higher amounts of exercise. The target is to decrease sedentary time by two to three hours in a 12-hour day. For example, at work, stand up or move for one to three minutes every half hour; and when watching television, stand or exercise during commercials.”



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70 Years End of since the WWII

by Mary Flanders

Happy Day! For all of us, there's one moment in time in our memory that stands out like no other. Like that wonderful night the New Orleans Saints won the Super Bowl. A moment in which time stands still, a moment in which we will always feel pride, a time shared with others; a moment so profound, we will always remember where we were, what we were doing and how we felt. Or maybe the strongest memory is of a more personal time, with more mixed emotions. Like the day your child told you that you were going to be a grandparent for the first time. But few times in current memory compare with the thrill, the elation, the joy, the pride of knowing the entire country worked together to save the world. Few memories compare with those who remember the ending of World War II.

Victory in Europe Day, generally known as VE Day, was May 8, 1945. It marked the day the Germans surrendered and the end of the war in Europe. It seems everyone felt that was the beginning of the end of the war. Optimism grew and the victory was complete on August 15 of that year when the Japanese surrendered, in effect ending WWII.

Those days resonate in the collective American memory to this day. These are some of the memories of local men and women who remember the terrible times of war and the moment they heard that peace had come to Europe and the Pacific.

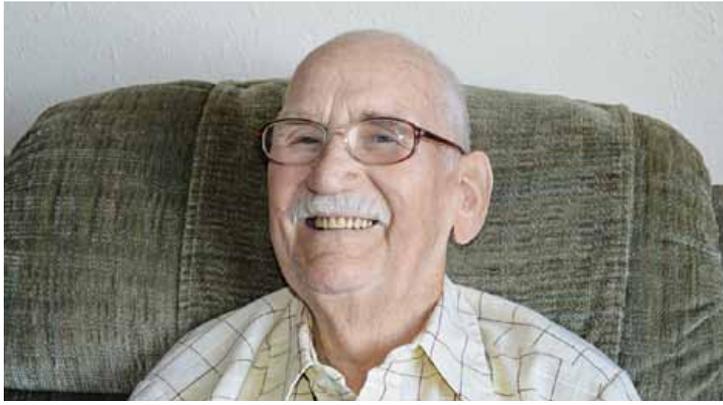


GERALD AMBURN, was barely 18 when he heard the news that Japan had surrendered. He had recently joined the Navy, getting his father to sign for him since he was only 17 at the time. He was loading ammunition on the SS Hazelwood at Fort Chicago, CA, just south of San Francisco. With just one trip out to sea, Seaman Amburn was eager to serve, but on that tremendous day the announcement came over the PA system on the ship. He said everyone was so happy!



LUISE KING is 92, but remembers perfectly the day the Germans surrendered...she was working at her first job out of college. She had just graduated from Vassar and was in Chicago on here first job doing research for a professor, when suddenly an office mate began to yell. She said, "Suddenly everyone was cheering and shouting and carrying on. "We all thought, when the Germans surrendered, it was all going to be over soon." When the Japanese surrendered she said, "well, then, we all just went wild!" She also says she remembers being thrilled it was all over. She started college in 1941 and she tells how all the men were gone then. One of her first thoughts was "oh, the men will be back!"





OTTIS "JOHNNY" LITTLEJOHN is 93 now, but he was only 20 when he served in the Pacific theater as he puts it "all the way from the Bering Sea to New Guinea." His reaction when he heard was one of great relief – he had signed up for 6 years, had served for five and thought he was going to have to go back to sea when the war ended, but the Navy decided when the war ended that anyone, 2nd class petty officer or above with four years of service could get out.



HAROLD M. TERRY is 89 now, but he was barely 17 when he enlisted. Right away, he was proud to point out a photo of himself with friends on Okinawa in the World War II museum. He served in the Pacific for over two and a half years, with 40 days on Okinawa, as well as on Guam. He remembers he was in the hospital in Norman, Oklahoma when he heard it was all over. His first thoughts were of how many of his friends were killed and what a waste of good men that was.

RAY OSBORNE was living in rural northeast Louisiana, outside Monroe. He was only 10 at the time but he says he remembers he didn't like the war. He had two uncles fighting and when his family heard the news, they were overjoyed and relieved. Both uncles returned home safely. When he was old enough he joined the Army and served in Korea.



MARVIN GRAHAM is 92 now. He flew thirty missions over Germany and France as a ball turret gunner. His story has a bit of romance as he met and married his wife in England. He recalls he was in Denver, Colorado waiting to be discharged when he heard the news. He says there was great happiness everywhere and personally was very happy.



CHARLES GLEASON was 19 when he received the news. He had just begun to serve his country in the Army Air Corps, and had been assigned to the IFF (Identify Friend or Foe) which kept him here on the mainland monitoring the coastlines. He was elated when he heard, but was also disappointed. He was eager to get in on the fighting. He had lost an older brother in the fighting in Europe a year before and was anxious to see action. As he said, "I wanted to shoot a German or a Jap."



HENRY WARD is almost 97 now, but he remembers it very clearly. He was a pilot in the Army Air Corps, flying a cargo plane across the Atlantic Ocean. An experienced pilot he had flown C-46 cargo planes over "the Hump" between India and China. He recalls they were just about half way between Bermuda and Casa Blanca when the radio operator notified them it was all over. He said the crew yelled and cheered, but by the time they landed in Casa Blanca about six hours later, the excitement had worn off. He said personally he was very happy. His wife was pregnant with their first child and his first thought was "now I can get out and make a life for our family."



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-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

Blood of Heroes

National WWII Museum

by Callie Corley

Walking up Andrew Higgins Drive to the corner of Magazine Street, the National World War II Museum rises against the New Orleans skyline like a giant stone vault, holding the history, and perhaps some secrets, of what's been termed America's "Greatest Generation."

It's a history touching every facet of American life. Sixteen million men and women served in the armed forces during World War II. Inside the museum's five (soon to be six) buildings are the stories of those lives. For many, those stories are also passed down on family trees from generation to generation.

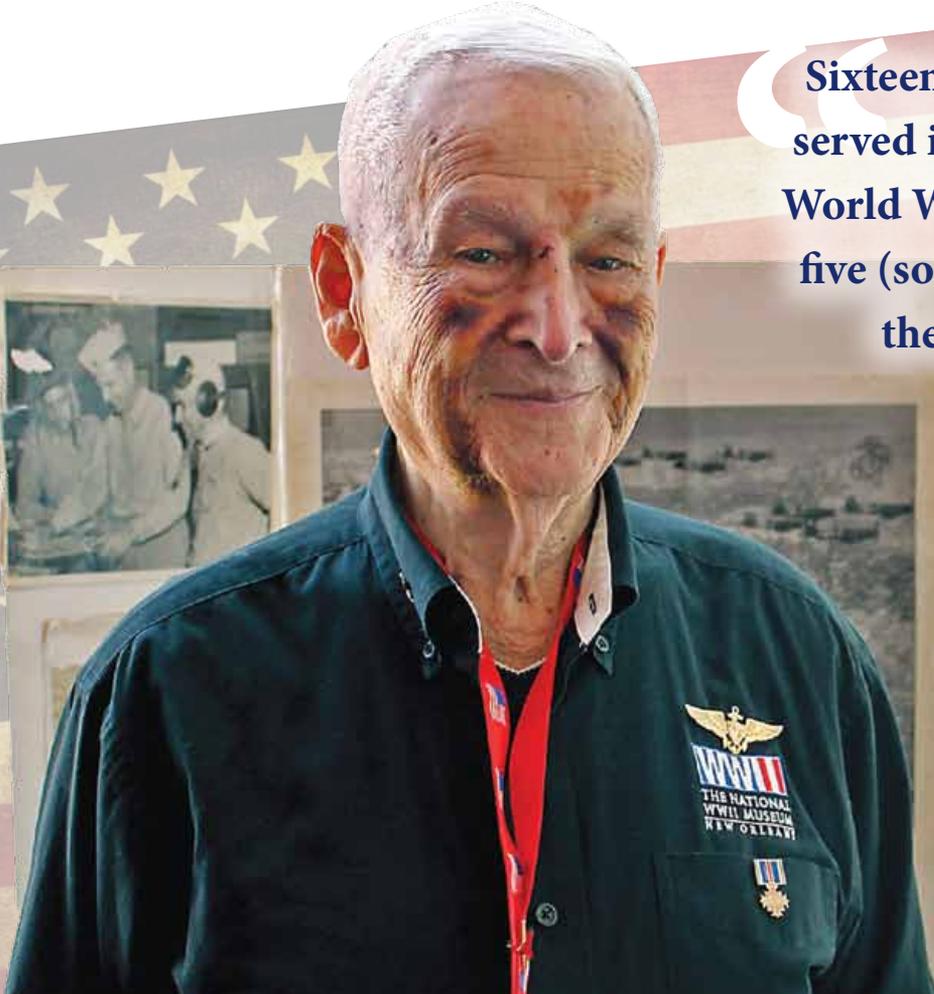
The Louisiana Memorial Pavilion is the place to start your journey through the Museum. There you can buy tickets and talk to Museum volunteers. With a little luck, you'll hear a first-hand account from one of the approximately 20 WWII veterans who volunteer with the Museum. The Memorial Pavilion is also where you start your "Dog Tag Experience."

With a general admission ticket to the Museum, you receive a dog tag allowing you to follow the life of a WWII participant.

The Train Car Experience is your first stop with your dog tag, recreating the first leg of a journey that carried millions of Americans away from their families and into service. Throughout the museum you check-in at different stations, collecting the stories for your dog tag and learning more about the person whose life you're following.

If your museum trip starts early, Jeri Nims Soda Shop is a great place to grab a snack or a quick breakfast, while The American Sector is a full-service restaurant serving lunch and dinner. You can add a little flair to your visit with a live show at Stage Door Canteen, where music of the war years comes to life. Find the show lineup and ticket information on-line before your visit at stagedoorcanteen.org.

Once you leave the Memorial Pavilion, cross the street to the main portion of the WWII Museum. The newest addition, added in 2014, is Campaigns of Courage, considered the heart of the museum experience. The Road to Berlin exhibit showcases the grueling challenges servicemen faced in the European theater



Sixteen million men and women served in the armed forces during World War II. Inside the museum's five (soon to be six) buildings are the stories of those lives.



Far Left: Higgins Boat from Normandy Landing. Left: American assault troops Troops in an LCVP landing craft approaching "Omaha" Beach on "D-Day."

Photograph from the U.S. Army Signal Corps Collection in the U.S. National Archives.

from the deserts of North Africa to Germany's doorstep. The interactive experience brings together the entire campaign from battle to battle, and reveals the strategy and the sacrifices that helped win the war. The exhibit presents a uniquely personal perspective on the cost of war, with personal items, such as family photographs, strewn across a beach of real sand from Normandy. The Road to Tokyo exhibit is scheduled to open later this year.

Continue your journey through history with a stop at the U.S. Freedom Pavilion: The Boeing Center. Replicas of six WWII-era aircraft, including B-17 My Gal Sal, are suspended in air, and in time. The four-story viewing deck provides a 360-degree view of the aircraft. The Vehicles of War exhibit offers a glimpse of

what it was like on the ground, facing an attack from different war machines, or being rushed from the battlefield with an injury. There you'll also find the Medal of Honor Wall and "Final Mission: The U.S.S. Tang Experience."

Set aside enough time to see everything at the museum, including the Beyond All Boundaries movie (produced and narrated by Tom Hanks) and the Final Mission interactive experience. Each requires an additional ticket and happens at pre-set times throughout the day. Be sure to check times and prices on-line before you go at nationalww2museum.org.

Beyond All Boundaries is a 4D experience that puts you on the front lines. Archival footage and narrations of real life stories bring to life a growing threat in Europe and news of Japan's

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attack on Pearl Harbor. The movie affects every one of your senses, enabling you to better understand the magnitude and weight of the war that changed the world. You feel the rumble of tanks as America enters the war, and see and hear steam rising from the jungles as American troops fight for freedom. The production also highlights the courage of Americans at home, as every citizen – male, female, black, white, immigrant – answered the call and lived up to the demands of wartime.

One of the most emotional stories in the museum is that of the U.S.S. Tang. The interactive experience puts you inside America's most decorated WWII submarine on its last patrol. The Commander gives orders as visitors man battle stations. The experience combines actual tasks with an overhead projection of the submarine's final, fatal fight. Standing at a duty station, the makeshift compartment rings with the sounds of firing torpedoes and mechanics. There's a sense of pride as crew members take down more enemy vessels, followed by panic with the realization your efforts aren't enough to save the ship.

If you've already been to the museum, the new additions should bring you back on your next trip to New Orleans. You'll leave feeling more proud than ever to be an American, knowing your cultural heritage runs in the blood of these heroes.

“The Vehicles of War exhibit offers a glimpse of what it was like on the ground, facing an attack from different war machines...”



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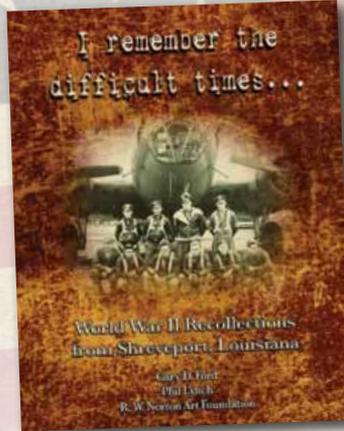
R. W. Norton Art Gallery Oral History Project Preserves Memories for the Future

by Mary Flanders

So many stories of courage and of life in a different time are being lost to time. As the years stretch out, we're losing more and more of those who witnessed history in the making. More and more valuable understanding is fading away. Fortunately, right here in Shreveport, a program exists to stop that loss.

The R. W. Norton Art Gallery Oral History Project is actively seeking men and women to share their experiences and record them for posterity. While other museums, including the Library of Congress are actively involved in an oral history program, the R.W. Norton Art Foundation is the only art gallery in the country so engaged.

This project began in 2003 when they realized that so



many of the "greatest generation," the men and women who served in and gave witness to World War II, had left no record behind. They began interviewing these veterans, recording their memories, keeping a copy at the Norton Art Gallery and providing a personal copy to each of them. Currently there are several hundred interviews archived and the number continues to grow.

The Oral History Project has grown to encompass other areas of history and focus on local history as well. Now the project would like to interview veterans of WWII civilian defense employees, veterans of subsequent wars and conflicts including Korea, Vietnam and the Gulf Wars, as well as local oil and gas industry entrepreneurs, Louisiana musical pioneers, and local community leaders.

The Oral History Project is dedicated to preserving the stories of the men and women who so positively influenced the world we live in today. It is completely funded by the R. W. Norton Art Foundation.

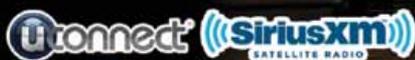
Currently there is one published volume of World War II recollections titled *I Remember the Difficult Times* written by Gary Ford and Phil Lynch. It is available for purchase at Norton. You can see the stories online at www.oralhistory.ws.

If you would like to share your story, call 318-865-4201, extension 122 and ask for Mr. Lynch. The process is very informal. You'll get a list of questions in advance to think about and there are no "trick" questions. It's all about sharing your personal experiences in your own voice. It's a wonderful legacy to leave to your grandchildren and future generations.

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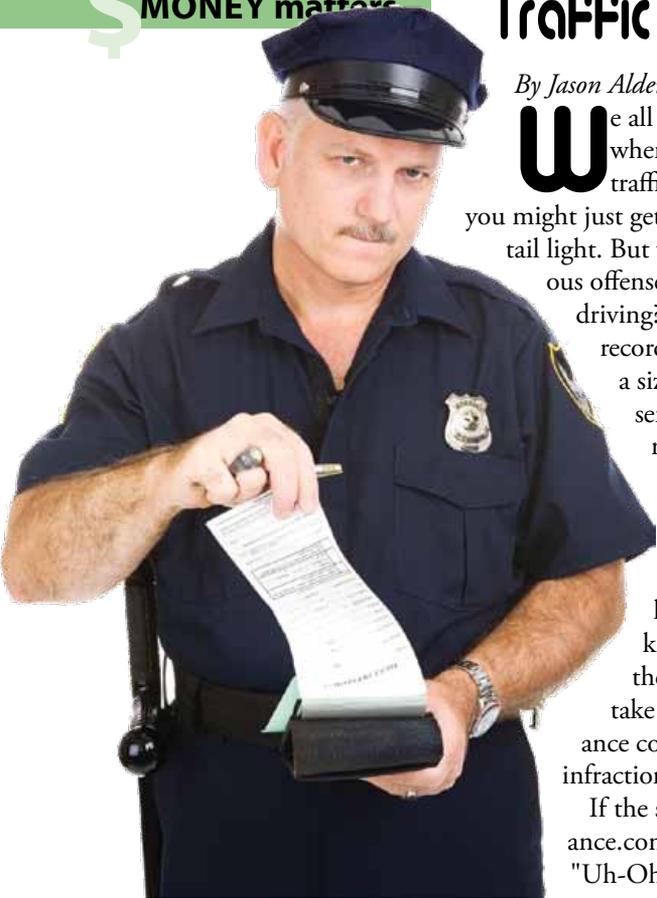
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Traffic Tickets Can Ruin More Than Your Day

By Jason Alderman



We all know that sinking feeling when you get pulled over for a traffic violation. If you're lucky, you might just get a "fix-it" ticket for a broken tail light. But what if it was a more serious offense, like speeding or reckless driving? Depending on your driving record, you could get slapped with a sizeable penalty or even a jail sentence – and your insurance rates will almost certainly go up.

Let's say you absentmindedly ran through a stop sign or made an illegal left-hand turn. You'll probably know right away how much the ticket will cost, but it could take months before your insurance company receives notice of the infraction and adjusts your premium.

If the suspense is killing you, Insurance.com has a handy tool called the "Uh-Oh! Calculator" that estimates

the average rate increases for the 14 most common traffic violations. And, if you enter your age, ZIP code, residence type, marital status, length of time with your insurance carrier and current premium, the calculator will generate a more customized estimate based on your personal data.

Some of the average premium increases are pretty shocking:

- Reckless driving: 22 percent
- DUI first offense: 19 percent
- Driving without a license or permit: 18 percent
- Careless driving: 16 percent
- Speeding 30 mph over the limit: 15 percent
- Failure to stop: 15 percent
- Improper turn: 14 percent
- Improper passing: 14 percent
- Following too close/tailgating: 13 percent
- Speeding 15 to 29 mph over limit: 12 percent
- Speeding 1 to 14 mph over limit: 11 percent
- Failure to yield: 9 percent



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If you plug in your personal data, the calculator will tell you how many points will be added to your driving record per infraction, as well as information on the state's rules for when driving privileges can be suspended or revoked.

Another company, DMV.org, features a "Ticket Fines and Penalties" tool that provides an even more detailed state-by-state analysis of what various infractions can cost, procedures for paying – or challenging – your ticket, how points are calculated, how long it takes to clear infractions from your record, links to local traffic schools and much more.

So, assuming you're not going to challenge the ticket in court, the damage has been done and your insurance rates will likely climb – what can you do to lower

your premium? Here are a few tips:

- Investigate whether attending traffic school will erase the ticket from your record.

- When your policy is up for renewal, get rate quotes from at least three carriers. Talk to an insurance agent or use an on-line comparison site – just be aware that not every carrier participates in these sites and make sure you're comparing apples to apples, since companies often package coverage differently.

- Another reason to comparison shop: Insurance companies calculate risk differently, so particular traffic infractions might trigger varying increases, depending on the carrier.

- Increasing your deductibles from \$250 to \$1,000 might lower your pre-

mium by 15 to 30 percent.

- Ask about discounts for things like low annual mileage, being over a certain age, good grades, vehicle safety features or buying your homeowners or renters insurance from the same company.

The best way to avoid traffic violation-related rate increases is to not break the law in the first place. But if that horse has already left the barn, arm yourself with information about coverage costs and how you might be able to lower your rates.

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



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Unintended Gifts

by Judge Jeff Cox



Over the years, I have seen persons receive monies from lawsuits when that person has been injured. Monies received from lawsuits are considered under the law to be separate property of the person receiving the monies, as the monies are used to pay for injuries the person suffered. If the person who receives the monies is married and places the monies in a community bank account, a recent case decided by the Louisiana Third Circuit Court of Appeal says this money is a gift to the married spouse and will be treated for all purposes as such.

In the case of Succession of Gassiott, 14-1019(La. App. 3 Cir. 2/14/15), So. 3d, 2015 WL 445850, the husband in a separate property regime deposited one-half of his proceeds from a medical malpractice lawsuit into a joint savings account held with his

wife. After the husband's death, his heirs challenged the donation to the wife. The issue presented to the court was whether the husband's deposit of the funds into a joint banking account constituted a valid inter vivos (between the living) gift to the spouse.

The heirs argued that the donation was not valid because donations inter vivos must be by authentic act unless an exception applies, and there were no "special rules" applicable to a savings account. According to the heirs' argument, the default rule under Louisiana law applies which requires an authentic act, meaning an act of donation signed before a Notary Public and two witnesses, for the donation to be valid. The Louisiana Third Circuit Court of Appeal disagreed, holding that, pursuant to Louisiana Civil Code Article 1550, an authentic act is not required for

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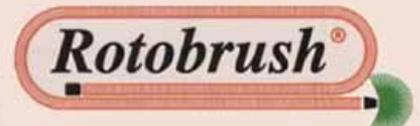
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transfers evidenced by certificates or documents as long as the requirements applicable to that type of transfer have been met.

The court reasoned that the joint saving account was validly created, and, once the husband negotiated the settlement check and deposited the funds into the joint account, when coupled with his donative intent, the donation was effectively complete. The court also noted that a donation inter vivos of a corporeal moveable may be made by the delivery of the thing to the donee without any other formality (Louisiana Civil Code Article 1543). The court reasoned that the wife had the ability to withdraw the funds at any time, making the funds a corporeal moveable, and, by that, the donation inter vivos was effectuated either via donation at the time of the creation of the account or via the conversion of the funds to a corporeal moveable upon the wife's withdrawal, thereby requiring no formality.

In either case, the court determined that the person receiving the funds from the personal injury settlement had donated part of the proceeds to his wife, even though they were separate in property. The lesson in this case is to make sure to consult an attorney before depositing funds in a joint account if you intend to keep the funds as separate property. In this case, the man, it seemed, intended for his wife to have part of the money he received. However, this case is a reminder to be careful when dealing with separate property or assets.



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

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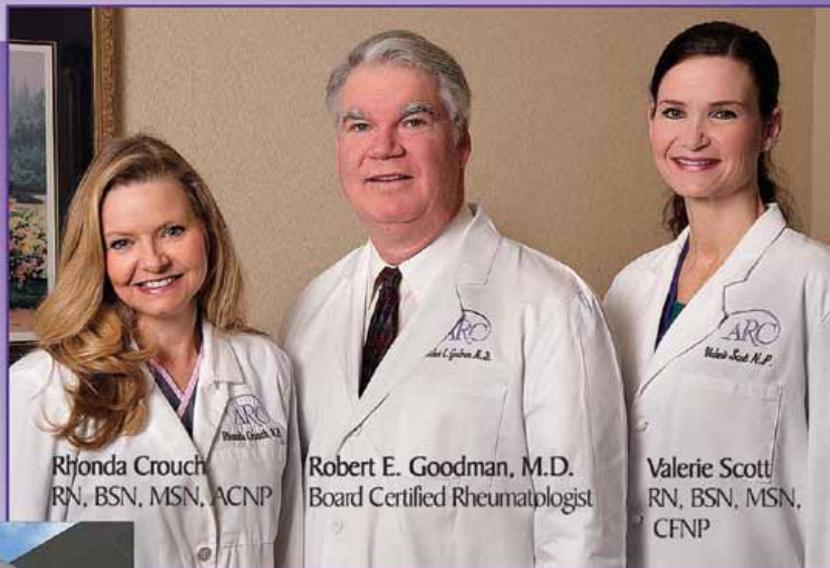
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Love Comes in Many Ways

by Karen Kersten, MA, LPC, LMFT

Love comes in many ways when a family member needs help coping with a mental illness.

The family is dealing with the diagnosis, the prognosis and the treatment options as provided by the loved one's physician. This can be a difficult journey. Knowing the right steps and navigating through the process to healing can prove quite challenging. Managing these challenges, finding the most effective alternatives and creating a plan that speaks to balance and serenity takes deliberate effort and concrete steps. Since this process of identifying the specific needs, feelings, concerns and necessary actions can prove stressful; some steps that may help might include the following:

Stay calm and breathe. Make this step to stay calm a priority! The relaxation technique of deep breathing is incredibly helpful to release anxiety and to cultivate inner peace.

Process your own feelings, needs and concerns. Remember to work toward personal balance – addressing your OWN methods to take care of yourself. It is often more challenging to help another when we are not feeling well ourselves. Are you eating and sleeping well? Are you feeling good and getting exercise



regularly? Are you managing your OWN stressors as you would like to? Have someone to talk to about these issues.

Examine your attitude. What are your thoughts and outlook about this condition that your loved one is dealing with? Have you worked toward a sense of understanding and acceptance of the illness? Ultimately, this step can help you stay positive which is helpful to your family member as they build their arsenal of hope and empowerment!

Discuss, identify and remember your role... acknowledge what is meant by SUPPORT for your family. Remember that you do not need to control or take charge of the healing journey for this person. Support means to “provide aid or assistance.” Collaborating with your family member to determine this helps clarify

and eventually cement possible duties you can perform but also – and most importantly -will assist with setting each of your individual boundaries!

Tell your family member often that you are there for them (and that you will be there to help them).

Learn, learn, learn... about the illness, about the options for care, about the community resources that will best serve your loved one's needs. The more you know, the better equipped you are to really understand what is required for wellness and healing. Get comfortable asking questions ... of doctors, of others, of family members and of yourself as you work within the boundaries established between you and your family member. Listen well to the answers given!

Respect your loved one's need to process

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the event(s). Figure out what he/she believes is the next step and the overall process toward healing or managing their illness. Give him/her time and space to sort matters out and to try the steps decided upon. Also, please be very patient with their process. Cultivating patience with the healing process is a very special gift you can give. Sometimes frustrations can build up and we must remember that he/she is trying. Their behavior(s) and choices may be a large part of their state of mind. They are working on it.

A healthy family system is very important as well. It includes a team spirit and mentality wherein each person is involved in processing and collaborating about the dynamics and issues related to this illness. Discuss, develop and create the family VISION to support your loved one. Cultivating a spirit of interest, understanding and cooperation will go far in addressing needs. As ideas are discussed and preliminary plans unfold, a process to address concrete needs such as the following might be beneficial:

- Break the initial plan down into clear, measurable goals and objectives
- Identify specific challenges
- Identify specific ways to meet those challenges
- Review the plan regularly with family members

Take small, gentle, basic steps one day at a time. When we are able to stay in the present, our focus and concentration functions improve. Thus, our ability to clarify, stay committed, brainstorm and identify our next steps become more readily accessible and do-able. Be flexible and open to possible Plan B, C, etc., if needed. Stay committed, focused and consistent.

Connect often with frequent words of encouragement. Be available to them regularly to listen to their feelings and thoughts. Perhaps a short phone call or text message sent daily. Make time for fun activities with your family member. Encourage their social support with others as well.

Helping your loved one through a difficult time is truly the essence of love. And love is a beautiful thing!

Karen Kersten, MA, LPC, LMFT is a counselor at The Center for Families, a non-profit counseling agency dedicated to serving Northwest Louisiana.



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OVER MY DEAD BODY!

by Lee Aronson



It finally happened. Dan and Roseanne split up. She left him for another man, who I'll call Arnold. (Although I've changed all of the names, this is a real case that took place in south Louisiana.) Dan filed for divorce, but the case had yet to go to court. Legally this meant that, although Dan and Roseanne were living separate and apart, they were still married. While they were waiting for the divorce to go through, Roseanne died.

She had a will and her will was very specific about her funeral. The will said that Arnold was to be in charge of Roseanne's funeral and he would decide where Roseanne would be buried, but Roseanne's three adult children didn't know about Roseanne's will. After their mother died, they immediately started making arrangements for her burial. As it turned out, soon after the three kids left the cemetery, Arnold showed up at the exact same cemetery wanting to make arrangements for Roseanne. Arnold wanted to buy two plots right next to each other;

one for him and one for Roseanne, but her kids had arranged for Roseanne to be buried in a crypt that had no room for Arnold.

When the funeral director at the cemetery found out that Arnold and Roseanne weren't legally married, the director decided to honor the wishes of Roseanne's children and she was buried in the crypt that had no room for Arnold.

Arnold felt that this was wrong and that it was not what Roseanne wanted. After all, Roseanne took the time to make a will giving him authority to control her burial, so he felt that he had a duty to honor her wishes. He sued, but his lawsuit wasn't about money. In fact, Arnold wasn't asking for any money. He just wanted a court order allowing him to have Roseanne's body exhumed and moved to the plot next to his. That way, when he died, he would be buried right beside Roseanne as was her wish.

Louisiana has two laws that talk about

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this situation. Both of these laws are based on old French laws, and the old French laws are based on ancient Roman laws, which means that families have been fighting over dead bodies for a very long time. That's why it's so important for you to have an estate plan.

Anyway, the first of the Louisiana laws says that if you don't put your burial or cremation wishes in writing and get the document notarized, then someone else will get to make that decision for you. This law says exactly who will get to make that decision: first it's your spouse. If you don't have a spouse, then a majority of your adult kids get to decide. If you don't have a spouse or any adult kids, then your parents get to decide. If you also don't have any surviving parents, then on the list goes with even more distant relatives.

The second Louisiana law is very similar to the first, but instead of talking about who gets to control your burial or cremation, the second law talks about who has the authority to move your remains after you have already been buried or entombed. If you think that this list is the same as the list of people who get to

control your initial interment, then you would be wrong. That's right, the lists are different.

In Arnold's case, Roseanne's children did not want their mother moved. They pointed out that as a general rule, "exhumation of a body is not favored in the law and is against public policy, except in cases of necessity or for laudable purposes." Arnold argued that he was supposed to have been the one who should have made the decision about Roseanne's final resting place and that he never consented to the interment place chosen by the children.

In the end, the Judge was impressed that Roseanne had put her wishes in writing and had them notarized when she signed her will. Her wishes said Arnold got to decide where she would be buried, so the Judge allowed Arnold to move Roseanne's remains.

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



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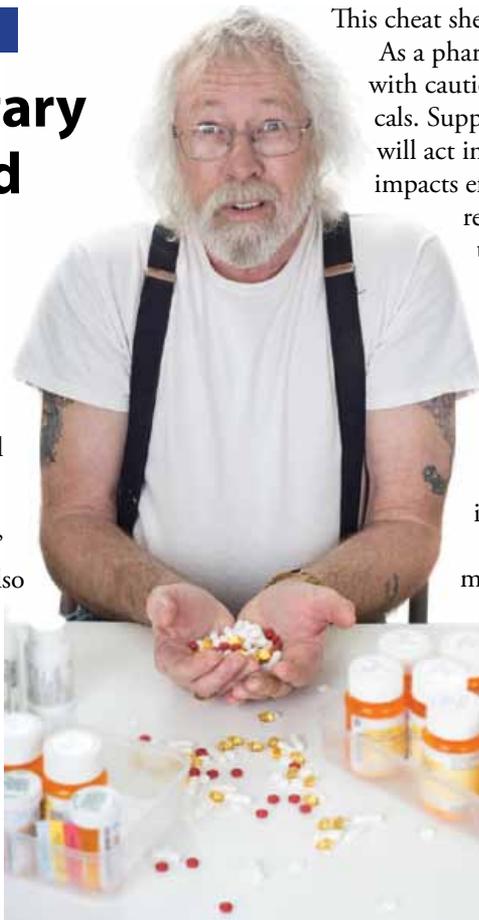


How to Take Dietary Supplements and Medications

by Suzy Cohen, R.Ph.

We are better off getting our nutrients from healthy foods and beverages, but dietary supplements can fill a nutritional gap. It's confusing to know when you should take certain nutrients, especially the minerals which can bind or "chelate" with a lot of different medications. It's also difficult to time your supplements around meals and medications.

Over the years, I've used my own vitamin list to help me remember when and how to take supplements. I think it could help you, especially if you have to take a lot of different things. You can download my form for free at my website and fill in the blanks with your own supplements.



This cheat sheet will help you stay on track.

As a pharmacist, it's kind of in my blood to 'approach with caution' and I don't necessarily mean pharmaceuticals. Supplements (the high quality ones that really work) will act in your body exactly like a drug and the timing impacts efficacy. Before you embark on any supplement regimen, I suggest you ask a holistic-minded practitioner what is right for you with consideration to your allergies, your liver, kidney function and even genetic mutations.

By learning all you can about vitamins and minerals you can make better choices about dosages. There are times when I need to dump out 50 percent of one capsule to get a lower dose, and other times I will take more than what is typically recommended. We are all very unique. Today I will teach you more about timing your medications and supplements so you can optimize effect and minimize risk. Taking some medicines too late in the day will make you wide-eyed at 3am! Interactions with minerals can defeat the purpose of taking medications. Since there are thousands of medications and supplements, I obviously can't cover them all but I'll hit the big categories. When you're done reading today's column, visit my website (suzycohen.com) and sign up for my newsletter so you will receive the longer version of

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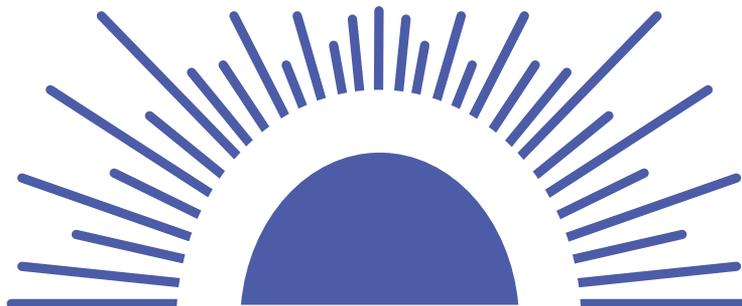
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- Osteoporosis drugs (Boniva, Fosamax, etc)

MEDICINES AND SUPPLEMENTS THAT ARE BEST TAKEN WITH FOOD:

- Mineral supplements (iodine, magnesium, calcium, iron)
- Vitamin A, D, E or K (fat-soluble vitamins)
- Anti-fungals
- CoQ10
- Probiotics can usually be taken anytime

MEDICINES AND SUPPLEMENTS THAT ARE BEST TAKEN IN THE EVENING OR BEDTIME:

- Diphenhydramine
- Aspirin
- Magnesium
- Ashwagandha
- Goto kola
- Skullcap
- Muscle relaxants
- Statin cholesterol reducers

- ACE inhibitors (like enalapril)
- ARB class of blood pressure pills (candesartan, etc)

DO NOT COMBINE:

- Vitamin K or ginkgo with anticoagulants
- Folate with methotrexate or phenytoin
- Minerals or dairy foods with minocycline or doxycycline
- Grapefruit or pomegranate foods/supplements with statins
- Chocolate with Nardil
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- HCTZ with vitamin D (raises calcium too much)
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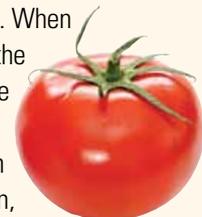
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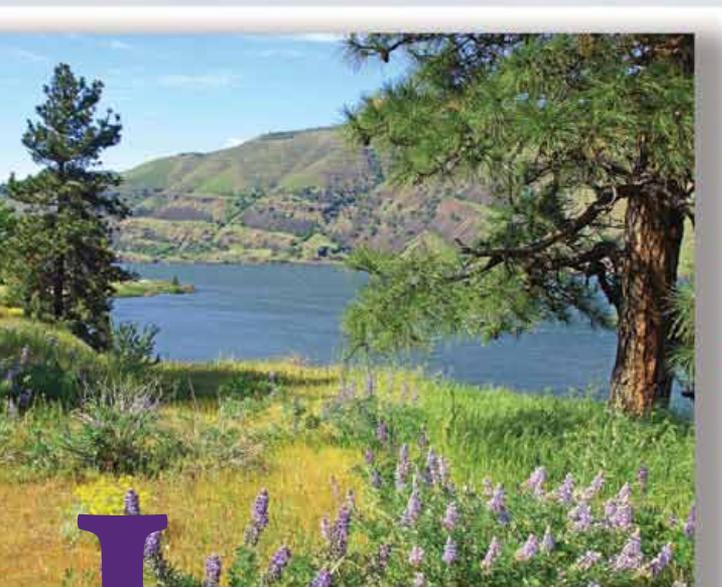
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Oregon

The Uniquely Gorgeous Gorge

Story by Andrea Gross; photos by Irv Green



Today cruise companies operate paddleboats reminiscent of those that were used on the Columbia 150 years ago.

The Columbia River Gorge has been deemed a National Scenic Area.

I'm standing on a narrow footbridge, surrounded by moss-laden and listening to the rumbling sounds of Oregon's Multnomah Falls. Looking up, I peer through the mist to see more than a thousand gallons of water per second cascading down the 620-foot falls that many consider to be the most beautiful spot in the entire 80-mile Columbia River Gorge.

Officially the Columbia River Gorge National Scenic Area, which parallels the river from The Dalles in the east to the outskirts of Portland in the west, consists of 292,500 acres in southern Washington and northern Oregon. It's possible to speed through it in an afternoon — a quick look here, a photo stop there — but it's better to explore it more leisurely, whether cruising on a paddlewheeler like those that plied the Columbia River 150 years ago, or by driving along the aptly-named Historic Columbia River Highway.

From either vantage point, water or road, the views are magnificent — 4,000-foot tall cliffs, towering mountains, abundant vegetation and more waterfalls than in any similarly sized area of North America. Why, there are more than seventy waterfalls just on the Oregon side of the river.

My husband and I stand on the bridge and consider our options. Do we want to see more waterfalls? If so, we have our choice of at least ten trails that will lead us through forests dotted with falls. Or do we want breath-taking views, in which case we can undertake the seven-mile trek to the top of Larch Mountain?

A woman at the visitor center suggests we drive. "That way you can see the views, hike around the mountain top, and drive back down," she says. This strikes us as a brilliant solution and is

exactly what we do. It's a clear day and, as the song goes, we can see forever.

There, across the river, are the two highest mountains in Washington, Mount Rainier and Mount Adams. Here, on this side of the river, we can see Oregon's two tallest peaks, Mount Hood and Mount Jefferson, as well as Mount St. Helens, which is easily recognizable because it has no peak at all.

St. Helens quite literally blew its stack in the spring of 1980 when a massive eruption sent 1300 feet of mountaintop into the valley below. More than 200 square miles of vegetation were scorched, turning once lush forest into a barren moonscape. Today, thanks to extensive salvage and recovery efforts, green again covers the hills.

While all of these mountains are active volcanoes, it's been 150 years since Mount Hood erupted, and the U.S. Geological Survey says an explosion is not imminent. Thus reassured, we cross our fingers and rent a rowboat so we can enjoy one of the mountain's fish-filled lakes. We return in late afternoon, wet, sun-burned and without a single fish.

To see fish we go to Bonneville Lock and Dam, a complex that includes a fish hatchery and fish ladder as well as a spillway dam, powerhouse and navigation lock. Taken together, the center improves navigation along the Columbia, provides electricity to the Northwest, and supports a fish production program that helps maintain the population of fish that would have otherwise been reduced by the construction of the dam.

But Mount Hood does more than provide recreational opportunities for outdoor enthusiasts. It also creates a protected environment for agriculture, blocking much of the rain that



would otherwise destroy the fruits that make the nearby area one of Oregon's most fertile regions. We stop in The Dalles, which is a major producer of the Royal Anne Cherries that are transformed into maraschinos. Try as we might, we can't find a sweet shop that will make us an old-fashioned sundae topped with a bright red, decadently sweet cherry. Therefore, we head over to the tasting room of Barnard Griffin Winery. There is more than one way to enjoy the fruits of the Gorge's agricultural region!

We intersperse our outdoor activities with visits to the numerous museums and interpretative centers that line the Gorge. We learn about Gorge geology and step inside a mock volcano at the Mount St. Helens Visitor Center, see Indian artifacts and a raptor show at the Columbia River Gorge Discovery Center, learn about Oregon Trail pioneers at the Wasco County Historical Museum and visit a Lewis and Clark outpost at Fort Clatsop.

We had come to the Gorge because we'd heard it was beautiful, and it is. But we left having learned that it offers much more than a place to ogle and hike. It's a place where we could glimpse the geologic forces and historic events that have made the Northwest what it is today.

That's a lot to accomplish in only eighty miles.

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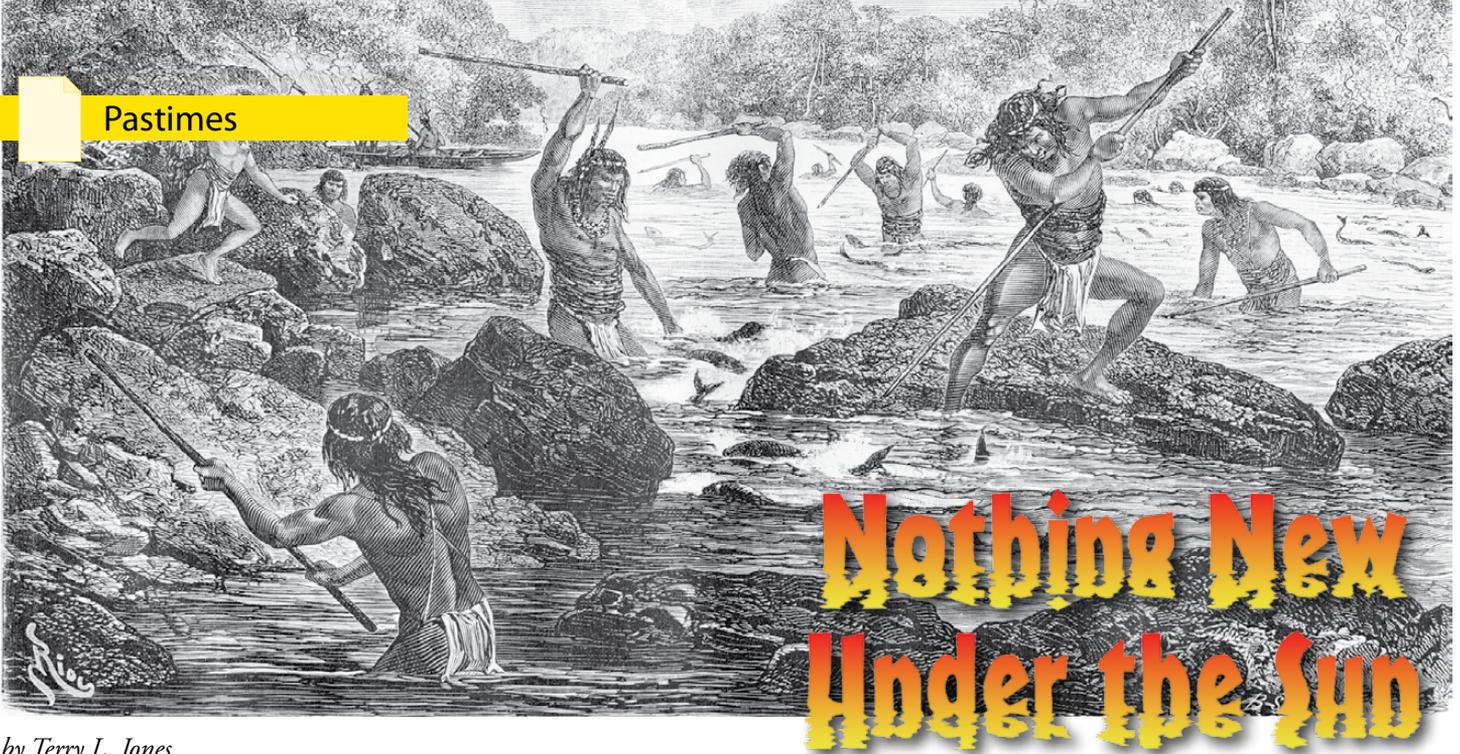
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Nothing New Under the Sun

by Terry L. Jones

The Natchitoches area has long been a popular destination for tourists and sportsmen. One visitor from France was especially intrigued at how the local people used trotlines to catch catfish.

The trotlines were, he wrote, “no more than fishing lines about [36 feet] long. All along these lines, numerous other lines are tied about a foot apart. At the end of each line is a fish hook on which they put a bit of . . . dough or a small piece of meat. With this method they do not fail to catch fish weighing more than fifteen or twenty pounds.”

The tourist was André Pénicaut, and he visited Natchitoches three hundred years ago. His journal reminds us that many of our “modern” fishing techniques were actually developed by Native Americans long ago. Native Americans’ methods of taking fish were as varied as they were ingenious and would be recognized by any fisherman today.

Hooks and lines were popular, with hooks being made from bone or deer antler and line from deer sinew. Archaeologists have found three-thousand-year-old tear-shaped polished stones with holes or grooves in the top that are believed to have been weights for nets or trotlines.

The Chitimacha of South Louisiana used wooden slat traps

and gill and hoop nets. The latter were made from rabbit vine and were attached to round wooden frames and placed at the mouths of bayous.

The Chitimacha’s favorite fishing technique was to swim underwater with small nets made from hemp. These nets were about three feet long and three feet in diameter, and had elastic green cane fixed on each side to serve as a spring.

A number of men lined abreast across a long pond and then swam underwater, keeping their net open in front of them by pulling the green cane back with both hands. The men stayed underwater until they either ran out of breath or their nets were full of fish. When the nets were full, they let go of the cane, and it sprang shut to close the opening.

One Frenchman who participated in this type of fishing wrote, “I have been engaged half a day at a time . . . and half drowned in the diversion - when any of us was so unfortunate as to catch water snakes in our sweep, and emptied them ashore, we had the ranting voice of our friendly posse comitatus, whooping against us, till another party was so unlucky as to meet with the like misfortune. During this exercise, the women are fishing ashore with coarse baskets, to catch the fish that escaped our nets.”

Spearing fish with harpoons or bows and arrows was also

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quite effective, with Native Americans sometimes using torches to hunt at night. Harpoon shafts were usually made from ash, cypress or willow because they float. When a hit was made, the fish quickly tired from dragging the buoyant shaft across the surface and the fisherman could retrieve his harpoon in case of a miss.

My Uncle Preston Copeland told me stories of doing the same thing as a kid on Cornie Creek with a carbide lantern and gig. And several years ago, I accompanied Terry Crum and his Fort Necessity friends on a gar gigging expedition in the Mississippi River. Just like Native Americans of old, Crum and his friends hurled cypress-shafted harpoons at the gar and then retrieved them once the fish grew tired.

The Choctaw and other tribes sometimes made poison by pounding up buckeyes, green walnuts and hickory nuts and mixing it into the water. The poison affected the fish's gills and suffocated them. Once they floated to the top of the water, the Native Americans scooped them up by hand.

Growing up in Winn Parish, I remember a number of people talking about using buckeyes to poison fish in Big Creek and Dugdemonia River, but I never witnessed it personally.

An alternate method to suffocating fish was to muddy the water by having people stomp through a shallow pool and stir up the thick bottom sediment. One Spanish explorer in Mississippi wrote that the Native Americans "roiled the water with the mud of the waters and the fish, as if stupefied would come to the surface, and they caught as many as they wished."

My mother recalled going to barrow pits near her Mississippi home during the Depression and using the same method to catch fish. Her father put on rubber boots and churned up the mud while she and her siblings scooped up the small bream that came to the surface.

When it comes to fishing, there's truly nothing new under the sun.

Dr. Terry L. Jones is a professor of history at the University of Louisiana at Monroe and is an award-winning author of outdoor articles and books on the Civil War.



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ARLENE DAHL'S JOURNEY TO HOLLYWOOD AND BEYOND

by Nick Thomas

Generally regarded as one of the classic beauties to grace the big screen throughout the '40s and '50s, Arlene Dahl's career extended beyond the reach of the camera.

"I've had many different careers," said Ms. Dahl, who turns 87 in August, from her home in New York. "I was a writer for twenty years with a beauty column in the Chicago Tribune which was syndicated in 180 newspapers around the world."

As an author, Dahl has penned fourteen books and is currently working on more including an autobiography. She was also the vice-president of an advertising agency and, in the 1960s, Sears hired her to visit their stores to offer customers beauty makeovers.

"They are commonplace on many TV programs now," she noted. "I also created my own perfume fragrance – Dahlia – before anyone else. So I started it all!"

Dahl says she can trace her interest in performing to Minneapolis where, as a 5-year-old, she first experienced the joy of an appreciative audience during a family picnic at Minnehaha Falls.

"My father put me up on a picnic table and asked me to sing. After hearing the applause they couldn't get me down."

At 17, she was discovered by Jack Warner

who spotted her singing and dancing on Broadway during the 1945 opening of "Mr. Strauss Goes to Boston."

"He came back stage and invited me to Hollywood to make a screen test, but I declined," said Dahl, who expected the play to extend into a long run.

"He said 'give it two or three weeks and you'll call me, here's my card.' He was right. I was soon out of a job."

Moving to Hollywood, the cameras loved Dahl and audiences fell for her flaming red hair and trademark beauty spot. She went on to appear in over thirty films. Initially handed romantic comedies, Dahl eventually tackled more dramatic roles such

1959's subterranean adventure "Journey to the Center of the Earth" with James Mason and Pat Boone.

The first day's shooting with Mason was tense, however. "He didn't want me for the part. I found this out two days before I went to New Mexico to shoot the cave scenes at Carlsbad Caverns."

But her professionalism impressed Mason.

"He came to my dressing room after our first scene to tell me I had done well. That was like an Academy Award from James Mason, and everything was okay after that."

Everything, except the hazards on the set.



“I almost died in the underground ocean scene where the boat was going round in circles and waves were rocking it,” recalled Dahl. “Giant water balloons were supposed to hit our backs but they hit me in the face, knocking me out. I woke up in the hospital with James and Pat holding my hand.”

Between 1952 and 1976, that hand was given in marriage to several suitors, including to well-known actors Lex Barker and Fernando Lamas – father of heartthrob actor Lorenzo Lamas. Today, Dahl is happily married to Marc Rosen, founder of Marc Rosen Associates, a New York firm specializing in the design and packaging of luxury cosmetic products.

“I was working at Revlon and a friend suggested meeting Arlene and I ended up designing the bottle and packaging for her Dahlia perfume,” explained Rosen. “We became great friends and despite our 18 years age difference, were married. People said it wouldn’t last. Well, we just celebrated our 30th anniversary and proved them wrong!”

“I’ve lived a very full and happy life, although there have been ups and downs,” says Dahl. “Many people don’t know about some of my experiences, but they’ll be in my autobiography. You have no idea the stories I can tell ... and will!”

Photos: Page 32 top - (l to r) Arlene Dahl, Red Skelton, Fred Astaire, and Vera-Ellen in "Three Little Words" (MGM 1950). Page 32 bottom - Recent photo of Arlene Dahl and husband Marc Rosen (photo by Annie Watt, used with permission). Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 600 magazines and newspapers. Follow @TinseltownTalks

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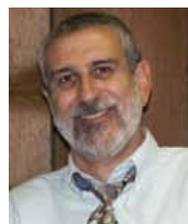
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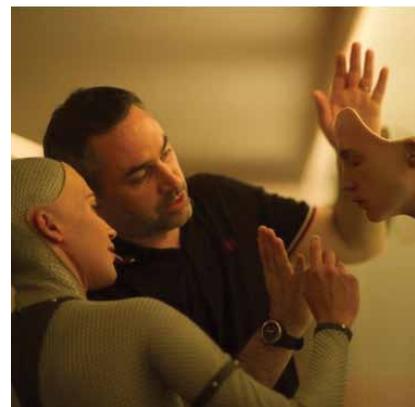
(PG) In 2011, the first film arrived as a lovely dramedy about a handful of elderly Brits finding a surprising second go-round in the dilapidated remnants of a once-elegant Indian hotel, run by a charmingly earnest young fellow (Dev Patel). Judi Dench, Bill Nighy and Maggie Smith and Celia Imrie headed the stellar cast of seniors whose final fling wound up opening new doors. This one continues their journeys with Patel about to marry, and hoping to expand to a second property with outside financing, and Smith's guidance. That adds David Strathairn as the potential backer and Richard Gere, who may or may not be visiting the property as his covert agent.

As sequels go, this one carries the banner fairly well, with less drop-off than most. Director John Madden and writer Ol Parker return for these further adventures of their original cast. Smith's tart one-liners are among the highlights. She certainly delivers most of the film's biggest laughs. Other subplots swirl among the residents, along with Patel's personal and career crises. Again, India provides a wonderful backdrop of sights and sounds for this deep and gifted cast. Older viewers will be particularly delighted by the chance to see these veterans thrive in roles that defy their ages, without tilting too far into fantasy. No over-the-hill action heroes making one too many trips to the well; just relatable people trying to make the best of whatever time they have left. And that's a good idea at any age.

Ex Machina

★★★★☆

(R) OK, computer and conspiracy folk, here's another glimpse into a potential scary future once our machines become upgraded to self-awareness. We see none of



Dr. Bryan Vekovius is a board certified ophthalmologist, who is one of the only specialists fellowship trained in treating tearing disorders. His innovative approach to treat dry eye and tearing disorders has improved the lives of many by sharpening their vision and improving their quality of life. He is also a recognized expert in cosmetic and reconstructive surgery of the eye, orbit bones, and eyelids. He has pioneered modern eye techniques to focus on the health of the eye as well as on cosmetic appearance.

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the Terminator-style mayhem here; just a quiet little peek at whether our species will create its own extinction from unintended consequences of inherent inventiveness and curiosity. Domnall Gleeson is a mid-level programmer for a supergenius Oscar Isaac's cutting-edge tech empire. Winning an in-house lottery gets him an unprecedented invitation to his boss' isolated, impregnable home. Once there, he learns he's there to field-test whether the wizard's new and gorgeous robot "Ava" (Alicia Vikander) is truly sentient, or just masterfully programmed to mimic human thought and behavior more thoroughly than all earlier attempts at Artificial Intelligence.

The tone is one of creepy suspense, as no one can be sure about what's actually going on. Is Isaac a visionary hero or a psycho? Which character is, or should be, a threat to whom? Compared to *Her*, in which lonely nerd Joaquin Phoenix found cyberpal Scarlett Johansson's disembodied persona vastly preferable to the company of flesh-and-blood alternatives, this one's quite Hitchcockian. The honcho's home is an ultramodern cross between fortress and laboratory in a sylvan setting. Time and space seem to flirt with reality, rather than follow it, dangling far more possibilities between lines of dialog than revealed within them, making the experience as disorienting for the viewers as for the guest of honor (?). The plot choices vary from predictable to baffling, adding to the intended sense of Gleeson's visiting a futuristic version of Lewis Carroll's rabbit hole.

The film shows how fuel for fears about our looming, self-inflicted obsolescence can come in all shapes, sizes and tones. Remember, just because you're paranoid doesn't mean the geeks and their machines aren't really out to get you.

What We Do in the Shadows

★★★★☆

(Unrated) If you've had your fill of vampires being romanticized and glamorized from the Twilight movies to HBO's



True Blood and their ilk, here's the antidote. How about some laughs at the expense of a few contemporary undead slackers sharing a flat in New Zealand? In mockumentary format, three vamps of varying ages show us their lives in today's Wellington. These guys have some of the powers we associate with their kind from existing lore, but remain quite clueless in many respects. They're supposedly flying under the radar so no one will know they exist, while consenting to be filmed by a regular human crew. Dumb and dumber even in death.

Their (un)life is like a house-sharing TV reality show, with the neatnik being annoyed by the slob; the Lothario lordling his dubious success over the others; dissent over who to turn and who to feed on; and so it goes. Along the way, werewolves and other beasties add to the proceedings, with reliable Rhys Darby as the alpha of the former. The script delivers a handful of truly solid yuks with the yecchhs, though the premise wears a bit thin before the credits roll. Not for all tastes, but sure to be appreciated by its target demo.

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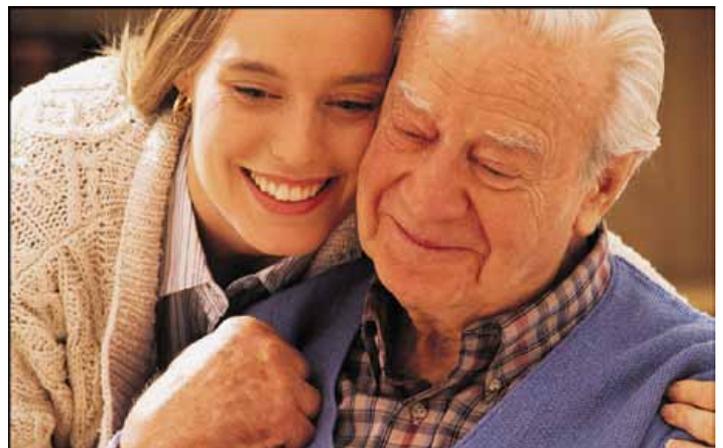
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FORGET THE FLUTE AND TOSS THE COUPE

By David White

"Flutes?" asked Sebastian Zutant, a leading sommelier in Washington, D.C., with obvious disdain. "We're adults; we use real wine glasses."

Zutant was helping pour wines at a charity wine dinner when he caught word that one attendee had asked for Champagne flutes. Since guests had brought a variety of impressive wines -- about 100 collectors attended the bring-your-own-bottle event -- Zutant and the other sommeliers had fixed every place setting with five "universal" glasses.

Several attendees arrived with Champagne, but only one requested flutes. Zutant, who has been managing beverage programs at some of D.C.'s best restaurants for more than a decade, was having none of it. Like most wine enthusiasts, he loathes flutes.

The flute gained popularity around 50 years ago as the coupe -- the sherbet-style glass supposedly molded from Marie Antoinette's left breast -- fell out of favor. But like the coupe, it's a terrible vessel for enjoying Champagne. And finally, sommeliers, retailers, and wine educators are beginning to say so.

Contrary to popular wisdom, Marie Antoinette didn't inspire the coupe. Historians now trace the glass to 17th-century England, long before Antoinette became queen of France. They believe the coupe was invented to ease service at large parties, as it held more than regular wine glasses, or simply to take advantage of Champagne's rising popularity by offering consumers something new.

While coupes are fun -- they can be stacked in layers to build Champagne towers and are perfect for recreating scenes from *The Great Gatsby* -- they're designed poorly. Like martini glasses, coupes are prone to slosh over. They're top-heavy, so one inevitably holds the bowl, thus warming Champagne too swiftly. Most importantly, coupes too quickly dissipate Champagne's bouquet and effervescence.

The flute is just as bad. It was designed purely for aesthetics; the glass's slender walls preserve and accentuate Champagne's bubbles but do nothing for its aromas. For most of the past 50 years, this hardly mattered. For most producers and virtually every consumer, Champagne wasn't about wine; it was about luxury. So the flute was the ultimate status symbol, since it was synonymous with Champagne.

Today, of course, Champagne is in the midst of a renaissance. The region is producing more serious wines than ever before. And many of the region's top winemakers describe bubbles as an "accessory," and focus principally on their *vin clair* -- the still wine that's created before secondary fermentation -- because that's where the flavors are.

On a recent visit to Champagne, I didn't encounter a single flute. In cellars, white wine glasses ruled the day.

Restaurants seemed to prefer tulip-shaped stems -- while slim at the base, these glasses gradually open to a wide bowl that then narrows slightly towards the top. A few locales even utilized wide-bottomed red wine glasses, especially for rosé and older vintage Champagne.

As wine writer Jordan Mackay once explained, "[Champagne] deserves a full, real wine glass with both shape and dimension. Such a vessel is much more flattering to the aromatics, allowing you both to smell the wine better (which is 90% of tasting it) and to take a much more meaningful sip."

Flutes are fine for celebratory toasts with trivial sparkling wines and they work well with festive, bubbly cocktails like mimosas and French 75s. Manhattans, daiquiris, and many other cocktails are best served in coupes. With real Champagne, though, take Zutant's advice and skip both. Serious wines deserve serious glasses.

David White is the founder and editor of Terroirist.com, which was named "Best Overall Wine Blog" at the 2013 Wine Blog Awards. His columns are housed at Grape Collective.

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This is a very common question. Certain forms of Macular Degeneration can be helped by using high doses of antioxidant vitamins. A daily multivitamin and a healthy diet is usually enough to satisfy the daily requirements. If you have been diagnosed with Macular Degeneration, you can purchase OcuVite or other eye vitamins at a health food store or drug store. Regardless of your ocular status, it's always a good idea to take a daily multivitamin.



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Strange BUT TRUE

by Samantha Weaver

* It was American playwright Wilson Mizner who made the following sage observation: "Copy from one, it's plagiarism; copy from two, it's research."

* If you went into a restaurant for breakfast in the 1930s and ordered "cluck and grunt," the server would know to bring you ham and eggs.

* If you're like 60 percent of American pet owners, your pet sleeps with you.

* You might be surprised to learn that seven out of eight battle deaths suffered by all countries participating in World War II were suffered by the Russians and the Germans.

* Jimmy Carter was the first American president to be born in a hospital.

* In some cultures, slurping your soup is considered to be a compliment to the chef, while here in the U.S., it's frowned upon as demonstrating bad manners. In New Jersey, however, it goes a bit further; in that state, public slurping of soup is illegal.



* It was the fourth U.S. president, James Madison, who made the following sage observation: "I believe there are more instances of the abridgement of the rights of the people by the gradual and silent encroachments

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of those in power than by violent and sudden usurpations."

* A recent study conducted by researchers at the Nara University of Education in Japan found that music affects people's generosity. Specifically, if you're listening to music you enjoy, you're likely to be more generous than if there were no music playing at all. In this scenario, the inverse is also true: If you're listening to a song you dislike, you're more likely to be stingy.

* If you suffer from pupaphobia, you experience an unreasonable fear of puppets.



* What do Mark Twain, Thomas Edison, Noel Coward and Charles Dickens have in common? None of them ever graduated from grade school.

* During the 14th century, so many people in the city of Avignon, France, died from the Black Plague that Pope Clement consecrated the Rhone River to allow masses of bodies to be laid to rest in its waters.

* It's been reported that putting earmuffs on a homing pigeon will keep it from wandering off. Tiny earmuffs, I imagine.

* Have you ever heard of pink turtle-

head, creeping Charley, scarlet monkey, lady's ear drops, painted tongue, false dragonhead or the beefsteak plant? If you're a horticulturist you may have; they're all names of flowers.

* The ferret, a domesticated relative of the weasel, gets its name from the Latin word for "little thief."



* If you're a fan of the classic film "Casablanca," you know that actors Claude Rains and Sydney Greenstreet portrayed the characters Renault and Ferrari. You might not be aware, however, that those characters' names also are the names of two leading European auto manufacturers.

* Until 1928, women who wanted to swim at the beach in Atlantic City were required to wear stockings.

* Noted American composer and conductor John Phillip Sousa started out as an apprentice in the U.S. Marine Corps band at the tender age of 13.

* Those who study such things say that among all prison inmates convicted of violent crimes, murderers are the ones least likely to have tattoos.

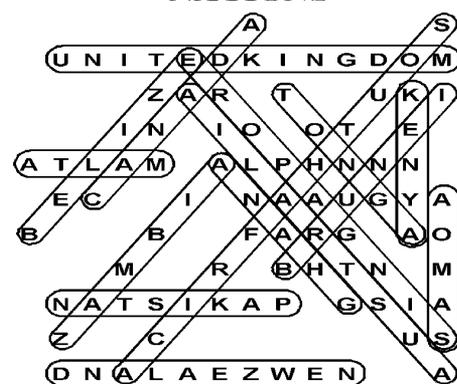
* It caused a bit of a scandal in the art world when a papercutting of a sailboat by famed French artist Henri Matisse hung upside-down in New York's Museum of Modern Art for more than a month. It seems that in the artwork, the water's reflection of the boat was mistaken for the boat itself, causing the mishap.

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(Puzzles on pages 44-45)



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3	6	9	1	8	5	2	4	7
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Mediterranean Chicken Pitas

Servings: 2

- 1 (10-ounce) can chicken breast, drained and flaked
- ½ cup finely chopped cucumber
- ½ cup finely chopped red bell pepper
- 1 (4.5-ounce) can chopped green chilies, drained
- ¼ cup Greek yogurt
- 2 tablespoons fresh chopped dill
- 2 whole wheat pitas
- 4 lettuce leaves

In large bowl combine chicken, cucumber, red bell pepper, green chilies, yogurt and dill; toss to mix well.

Cut each pita in half horizontally; carefully open each pita half. Fill each with 2 lettuce leaves and half of chicken mixture.

Pasta e Fagioli Soup

Recipe created by Kelsey Nixon; Servings: 4

- 2 Tbs. extra-virgin olive oil
- 4 ounces chopped pancetta or bacon (about ½ cup)
- 1 medium yellow onion, finely chopped
- 3 cloves garlic, minced
- 2 tsp. fresh thyme leaves
- ½ tsp. kosher salt
- ½ tsp. cracked black pepper
- 2 (15-ounce) cans cannellini beans, drained and rinsed
- 1 (14.5-ounce) can diced fire-roasted tomatoes
- 3 (14.5-ounce) cans chicken broth
- 1½ cups ditalini pasta (short tubular pasta)
- ¼ cup grated Parmesan cheese, for garnish

In large heavy-bottomed pot, heat olive oil over medium-high heat. Brown pancetta bits just until they start to crisp before adding onion, garlic and thyme. Season with salt and pepper, and saute until fragrant and golden brown.

Add canned beans, tomatoes and chicken broth. Bring soup to rapid boil before adding pasta. Reduce to simmer and cook soup covered, stirring occasionally for 8–10 minutes or until pasta is cooked al dente.

Season with salt and pepper to taste before serving. Garnish with Parmesan cheese and serve with crusty bread.



PANTRY ESSENTIALS FOR

Nutritious Homemade Meals

FAMILY FEATURES

“What’s for dinner?” Searching for inspiration, you head to the refrigerator, only to realize that the groceries you bought days ago have run out or spoiled. But before the panic sets in and you reach for the takeout menus, remember that the solution for a wholesome, homemade meal is right in your pantry - or “Cantry.” With canned food staples like canned beans, chicken, and broth on hand, you’ll be well on your way to savory meals. For more delicious recipes and to learn how you can get cooking with canned foods, visit CansGetYouCooking.com.

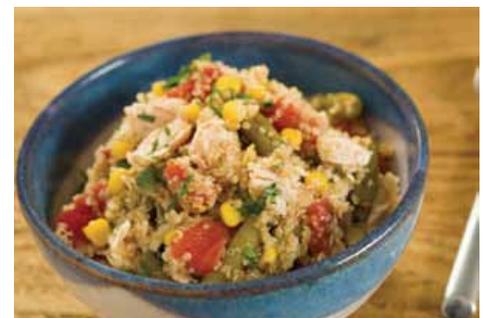
Quinoa Chicken Vegetable Salad

Servings: 6

- 1 (14.5-ounce) can chicken broth
- 1 cup quinoa
- 1 (14-ounce) can diced tomatoes, drained
- 1 (10-ounce) can chicken breast, drained and flaked
- 1 (8-ounce) can cut green beans, drained
- 1 (8.75-ounce) can corn, drained
- 3 Tbs. extra-virgin olive oil
- 2 Tbs. fresh lemon juice
- 2 Tbs. fresh chopped parsley
- ¼ tsp. ground black pepper

In medium saucepan over high heat, heat chicken broth and quinoa to boiling. Cover and simmer, stirring occasionally, about 10 minutes. Set aside to cool.

In large bowl, combine cooled quinoa, diced tomatoes, chicken breast, green beans, corn, olive oil, lemon juice, parsley and pepper; toss to mix well.



Pea and Corn Risotto

Servings: 4

4 cups canned low sodium chicken broth
2 Tbs. extra-virgin olive oil
1 small onion, diced
1 cup Arborio rice

1 (11-ounce) can no salt added whole-kernel corn, drained
1 (8.5-ounce) can low sodium peas, drained
¼ cup grated Parmesan cheese
1 tablespoon butter
Salt & ground black pepper, to taste

In 2-quart saucepan over high heat, heat chicken broth to simmering; keep warm.

Meanwhile, in 3-quart saucepan over medium heat, in hot olive oil, cook onion until tender-crisp, stirring occasionally. Add rice and cook for 2 minutes until coated with oil. Gradually add chicken broth, ½ cup at a time, until absorbed, stirring frequently. Continue adding remaining broth, ½ cup at a time, stirring occasionally, cooking rice until al dente, about 25 minutes.

Stir in corn, peas, Parmesan cheese and butter to heat through. Add salt and pepper to taste. Serve immediately.



Almond Cherry Tres Leches Cake

Recipe created by Kelsey Nixon; Servings: 12

Cake:

1 ½ cups all-purpose flour
1½ teaspoons baking powder
½ teaspoon salt
½ cup unsalted butter, softened
1 cup granulated sugar
5 large eggs
½ teaspoon almond extract
1 (14.5-ounce) can pitted cherries, thoroughly drained

Tres leches mixture:

¼ cup heavy cream
1 (12-ounce) can evaporated milk
1 (14-ounce) can sweetened condensed milk

Icing:

1½ cups heavy cream, chilled
4 tablespoons powdered sugar
¼ teaspoon almond extract
¼ cup chopped almonds, toasted

For cake, preheat oven to 350°F. Grease and flour 9-by-13-inch cake pan.

Whisk together flour, baking powder and salt into large mixing bowl.

Cream butter, sugar and eggs with electric mixer on high until yolks turn pale yellow. Mix in almond extract. Slowly incorporate dry ingredients into wet ingredients until fully combined — avoid over-mixing. Pour into prepared pan, evenly spreading batter out.

Bake until cake has cooked through, 30 minutes. Cool slightly, then pierce surface of cake with fork several times.

Combine heavy cream, evaporated milk and condensed milk in small bowl or pitcher. Drizzle milk mixture over top and allow cake to sit and absorb milk mixture.

For icing, whip together heavy cream, sugar and almond extract. Spread evenly over top of soaked cake. Top with toasted almonds.

Refrigerate at least 2 hours or until ready to serve.



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CONCERT



Hotel California: A Salute to the Eagles - 8:00 p.m. on Friday August 14. Presented by the Strand Theatre, 619 Louisiana Avenue, downtown Shreveport. Hotel California comprises five multi-talented musicians who present a dynamic exciting show saluting the music of The Eagles, a supergroup whose music has incredible staying power. The group also performs from the solo works of Don Henley, Glen Frey and Joe Walsh. Ticket prices: \$50.50, \$45.50, \$35.50. For tickets email: strand@thstrandtheatre.com; phone: (318) 226-8555. For more info visit www.thstrandtheatre.com.

World's Greatest Young Elvis: Travis LeDoyt - August 8 at 8:00 p.m. in Legend's Theatre in DiamondJacks Casino Resort, 711 DiamondJacks Blvd., Bossier City. Traqvís LeDoyt was named World's Greatest Young Elvis by *The New York Times*. Tickets available at ticketmaster.com.

EVENTS

American Legion Cross Lake Floa-tilla - Saturday Sept. 5 at 11:30 a.m. at Lowe McFarlane American Legion Post 14, 5315 S. Lakeshore Dr., Shreveport.

City wide family fund day. Activities are planned on the lake, as well as on the shore. Family fun for all ages. Activities for children. Food vendors, music, boat parade, carnival games, and more. Everyone is welcome. **FREE.**

Dance Fest 2015 - Square and Round Dance Open House, featuring Southern Swingers Square Dance Club and Red River Rounders Round Dance Club. Tuesday August 25 at Promenade Hall, 5400 Benton Road, Bossier City. Dance partner recommended but not required. Doors open at 6:00 p.m., dancing 6:30 - 9:30 p.m. **FREE** admission and refreshments. Casual dress and wear comfortable shoes. For more info email Genevieve at gcarlisle2@gmail.com or Johnnie Ingles at 469-2929 or jmingles@bellsouth.net.

Shreveport Farmers' Market - Locally-grown produce, meat, honey, plants, food products, Market Café, and music. Festival Plaza in downtown Shreveport at 101 Crockett Street. 7 a.m. to noon through August 29. For more info, visit www.shreveportfarmersmarket.com or call 318-455-5788.



WAM (Wine, Art, & Music) - Hosted by Bossier Arts Council and Boomtown



Casino. August 13 at 5:30 p.m. at Boomtown's 1800 Prime Steakhouse, 300 Riverside Drive, Bossier City. The event features unique wine and food pairings, music courtesy of a guest artist and visual art of Megan Davis Taylor. Her art will be on display August 1st until October 31st in Boomtown's 1800 Prime Steakhouse.

EXHIBITION

DigiArt - Tuesday through Saturday, Sat, August 1 - Wed, September 30. 11:00 a.m. to 5:00 p.m. Bossier Arts Council - East Bank, 630 Barksdale Blvd, Bossier City. East Bank Gallery will feature artworks from our annual DigiFest South 2015's Digital Art Competition. The opening reception will be held Saturday, August 8th from 2 p.m. to 4 p.m. The winner's of this year's



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



DigiArt Competition will be taken to the floor show of DigiFest South scheduled for September 16th & 17th. Categories include: Art Film, Animation, Interactive, Website, App, Digital Photography and Architectural, Drafting.

MEETING

Ark-La-Tex Genealogical Association Annual Seminar and Book Fair - Saturday, August 8 from 9 a.m. - 3:30 p.m. at the Broadmoor United Methodist Church, 3715 Youree Drive, Shreveport. Featured speaker will be Charles Gardes, professional genealogist and lecturer. His lectures will include "Finding Your Civil War Ancestors"; "Researching German Ancestors"; "Searching Fraternal Organization Records", and "Researching Probate Records". Barnes & Noble will be

on site with a special selection of genealogy and history books. Due to limited seating, advance registration recommended. Registration fee is \$40 and includes lunch if pre-registered. For further information and registration instructions visit: www.rootsweb.ancestry.com/~laaltga/ or contact Jim Johnson at 746-1851 or email jjohnson747@suddenlink.net.



GENCOM Genealogical Society monthly meeting - Sunday, August 23 from 2 to 4 PM at the Broadmoor Branch Library, 1212 Captain Shreve Dr., Shreveport. Bernie Conradi, Windows Consultant for GENCOM will present a program providing information and an introduction to Windows 10, the new PC Windows operating system that was released in July. Bernie will provide information on the basic facts about Windows 10, explain how to download and install this operating system on your computer and then provide a presentation of the features of the system. There will be plenty of time for questions. This program will be of great interest to genealogists and family historians that rely heavily on computer technology in their research and writing. Everyone is welcome and the meeting is **FREE** and open to the public. For more info call (318) 773-7406 or email jjones09@gmail.com.

MOVIE

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

RANDALL T. MOORE SENIOR CENTER

Senior Center Fun - Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Caddo Council on Aging. Every Thursday and Friday. Coffee and cookies at 9:30 a.m. Thursdays: Program at 10 a.m. Fridays: Senior Tech Talk. **FREE**.

- Thursday August 6 - 10:00 a.m. "Ways to Stay Hydrated in Summer" Amy Cordaro
- Friday August 7 - 10:00 a.m. Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tech tips
- Thursday August 13 - 10:00 a.m. "Preventing Slips, Trips, and Falls" by Holly Liles
- Friday August 14 - 10:00 a.m. Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tech tips
- Thursday August 20 - 10:00 a.m. "Protecting Your Identity: Scams and Sweepstakes" by Rashida Dawson
- Friday August 21 - 10:00 a.m. Senior Tech Talk Introduction to Laptops, tablets and smart phones
- Thursday August 27 - 10:00 a.m. "VA Aid and Assistance" by Leslie Santure
- Friday August 28 - 10:00 a.m. Senior Tech Talk Introduction to Laptops, tablets and smart phones

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MAY 13, 2016
8:00 PM

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King Crossword

Puzzle answers on page 39

ACROSS

- 1 Abacus components
- 6 America's Cup contenders
- 12 Cyclist's need
- 13 Ottoman, for one
- 14 Ill will
- 15 Perfectly
- 16 Touse
- 17 Eastern potentate
- 19 Conditions
- 20 Ganges garment
- 22 Corrode
- 24 Citric quaff
- 27 Smooch
- 29 Unrivaled
- 32 Quick pick-me-up?
- 35 Information
- 36 Cheshire countenance
- 37 Supporting
- 38 Midafternoon, in a way
- 40 "The Thin Man" pooch
- 42 Green machine?
- 44 Wire measures
- 46 Author Uris
- 50 Clutches
- 52 Using the Web
- 54 Give the

	1	2	3	4	5		6	7	8	9	10	11
12							13					
14							15					
16					17	18				19		
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42	43			44	45				46	47	48	49
50			51				52	53				
54							55					
56							57					

- 9 Become friends
- 10 Not kosher
- 11 Witnesses
- 12 "Let me think ..."
- 18 Strong wind of southern France
- 21 Wanted-poster abbr.
- 23 Alien of TV lore
- 24 Help
- 25 "CSI" evidence
- 26 Rough guess
- 28 Collagist's tool
- 30 "The Matrix" need
- 31 Always, in verse
- 33 Skater Babilonia
- 34 Can. prov.
- 39 Suggest
- 41 Soothe
- 42 City of India
- 43 Deuce defeater
- 45 Land in the water
- 47 Green acres?
- 48 Change for a five
- 49 Homer's neighbor
- 51 Vast expanse
- 53 Trawler

DOWN

- 1 Suitor
- 2 Right angles
- 3 Off
- 4 Calendar abbr.
- 5 At the wheel
- 6 Bigfoot's cousin
- 7 "Moon-struck" subject
- 8 Bookkeeper

MAGIC MAZE ● COMMONWEALTH NATIONS

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

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

- | | | | |
|-----------|-------------|--------------|----------------|
| Australia | Ghana | Pakistan | Tonga |
| Belize | Kenya | Samoa | United Kingdom |
| Brunei | Malta | Singapore | Zambia |
| Canada | New Zealand | South Africa | |

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Sudoku

by Linda Thistle

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

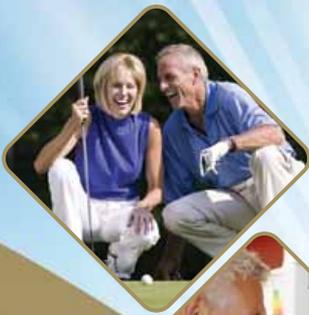
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

Difficulty: ★★★

- ★ Moderate ★★ Challenging
 ★★★ HOO BOY!

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SEE THE CLEAR DIFFERENCE

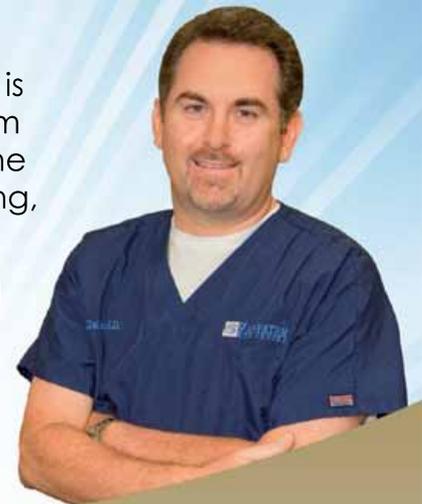


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🌀 Bossier Council on Aging 🌀

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Caption Call System - Hard of hearing telephone system available @ no cost. Must have landline & internet services.

Caregiver - Support services are provided for family caregivers including in-home respite care for the caregiver, education for the family, and material aid and sitter services for the patient. \$3/visit suggested.

Home Delivered Meals - Provided Monday - Thursday for homebound seniors in Bossier parish. \$2 suggested contribution.

Homemaker - Trained employees provide light housekeeping for

seniors having difficulty maintaining their homes. \$3/visit suggested.

Legal Services - Education on elder legal issues. Counseling for individuals is accessible monthly with a local lawyer or by referrals.

Medicaid Food Stamp Applications - Application center and assistance filling out the forms. By appointment only.

Medical Alert - With a referral from BCOA, an auto dial unit is available for installation on your phone. Necklace, wristband, or pocket clip styles provided. Press the button for immediate help. \$25 fee per month.

Outreach - Home visits are made

to help qualify seniors for services.

Senior Centers - Recreation, crafts, educational seminars, and health information. Also: day trips, extended trips, exercise/dance classes, bingo, cards, dominoes, health screenings, exercise equipment room, Senior Games and Thursday night dances with a live band. Hot, nutritious meals served at 11:30 AM at the sites, Monday - Friday. \$2 per meal is suggested.

• Bearkat Site (741-8302), 706 Bearkat Dr., Bossier City. Monday through Thursday 8 am - 4:30 pm; Friday 8 am - 2:30 pm.

• Plain Dealing Site (326-

5722), 101 E. Oak St., Plain Dealing, 9 AM - 1 PM

• Benton Site (965-9981), 102 Bellevue, Benton, 10 AM - 1 PM, Monday - Thursday.

Transportation - Wheelchair accessible vans available to transport seniors to grocery shopping, senior centers & BX (with military ID). \$3 suggested contribution. Medical appointment transportation provided with a \$10/roundtrip charge. Also contracts with Medicaid for referrals.

Zumba classes - Monday & Wednesday @ 5:30 pm, Saturdays @ 10 am. Open to the public, free for seniors.

🌀 Caddo Council on Aging 🌀

Information Referral - Call 318.676.7900 for specific problems

Resource Directory:
www.caddocouncilonaging.org

Aging & Disability Resource Center of Northwest LA - Serving Seniors & Disabled Adults in Northwest Louisiana Parishes. Call 1.800.256.3003 or 318.676.7900

• Long Term Care Resources & Options - Help navigate complex system of Long Term Care

• Medicare Counseling - Answer Medicare coverage questions

• Medicare Part D Application - Assist you to find the best plan through www.medicare.gov

• Medicine Assistance - Help seniors and disabled adults complete applications to drug companies for free or discounted medicine.

Community Choice Waiver - Case manager for Region 9.

Family Caregiver - Short-term temporary relief care is provided for caregivers so that they may have a break from senior care. A donation is requested.

Foster Grandparent - 318.676.7913. Seniors age 60+ can serve as mentors, tutors & caregivers to youth with special needs. Foster

grandparents must meet federal income requirements. A modest tax-free salary is given for 20 hours' per week service.

Homemaker - A trained worker will perform light household tasks for house-bound persons. A \$5 monthly donation is requested.

Legal Services - Referrals for individual counseling

Meals on Wheels - Hot meals are delivered to homes of seniors unable to shop or cook for themselves. A yearly wellness check is included. A \$5 weekly donation is requested.

Medical Alert - Senior emergency response system provided by Acadian on Call for a \$22 monthly fee. This system gives immediate access to medical care in case of accidents.

Medicaid Applications - Application center and assistance filling out the forms. By appointment only.

Nursing Home Ombudsman - Advocate will investigate and resolve senior's nursing home complaints.

Personal Care - Personal care provided weekly for homebound seniors.

Senior Centers/Dining Sites - Fun activities. Lunch served. Suggested \$1.50 donation accepted.

• A.B. Palmer SPAR, 547 E.

79th St., Shreveport. 673-5336. Mon thru Thur 9 am - 1 pm. Lunch @ 11:30 am.

• Airport Park SPAR, 6500 Kennedy Dr., Shreveport. 673-7803. Mon thru Thurs 9 am - 1 pm. Lunch @ 11:00 am.

• Cockrell SPAR, 4109 Pines Road, Shreveport. 629-4185. Mon thru Thurs 10 am - 12 noon. Lunch @ 10:30 am.

• David Raines Center, 2920 Round Grove Lane, Shreveport. 673-5342. Mon - Fri 9 am - 1 pm. Lunch served at 11:30 am. City Bus #2 Metro Loop.

• Lakeside SPAR, 2200 Milam St., Shreveport. 673-7812. Mon through Thurs - 10 am - 12 noon. Lunch @ 11:30 am. Breakfast served Wed, Thurs & Fri @ 9 am.

• Martin Luther King Community Center. 1422 Martin Luther King Blvd, Shreveport. 222-7967. Mon through Fri: 9:30 am - 1:30 pm. Lunch @ 11:30 am. Transportation available on a limited basis. Call for more info.

• Mooringsport. 603 Latimer St., Mooringsport. 318-996-2059. Tues, Wed, & Thurs. 9 am - 12:30 pm. Lunch @ 11:30 am.

• New Hill. 8725 Springridge Texas-Line Rd, Keithville. 925-0529. Tues and Thurs - 9 am - 12 noon. Lunch @ 11:00 am.

• Oil City, 110 Furman St., Oil City. Mon & Fri - 9 am - 12:30 pm. Lunch @ 12:00 pm.

• Randle T. Moore Senior Activity Center, 3101 Fairfield Ave., Shreveport. 676-7900. Thurs & Fri. Coffee @ 9:30 am. Program @ 10 am. Fri @ 11 am Senior Tech Talk.

• Southern Hills SPAR, 1002 Bert Kouns Industrial Loop, Shreveport. 673-7818. Mon through Thurs 10 am - 12:30 pm. Lunch @ 12:00 noon

• Valencia Park Community Center SPAR, 1800 Viking Drive, Shreveport. 673.6433. Mon - Thurs 9 am - 5 pm. Lunch @ 11 am.

Sheriff's Operation Safeguard - Caddo Parish Sheriff's Office helps reunite persons with Alzheimer's who have become lost with their families. Participants are given a special ID bracelet containing information stored in the Sheriff's Office database. Call 318.681.0875 to register. FREE.

Telephone Reassurance - Volunteers call seniors to offer comfort, support and a chat.

🌀 Webster Council on Aging 🌀

Minden Senior Center (371-3056 or 1-800-256-2853), 316 McIntyre St., Minden, LA 71055; 8 am to 4 pm

Cotton Valley Senior Center (832-4225), Railroad Ave., Cotton Valley; 8:30 am to 12:30 pm

Springhill Senior Center (539-2510), 301 West Church St., Springhill; 8 am to 4 pm

Congregate Meals - nutritionally balanced meals for persons 60+ and spouses provided at senior centers, served 5 days a week.

Family Care-Giver Support

- support services that provide a temporary break in the tasks of caregiving. For family caregivers who are providing care for an older individual who is determined to be functionally impaired because of inability to provide instrumental functions of daily living without substantial supervision and assistance. This service is provided to persons caring for a homebound relative 60+, for a relative 60+ caring for a homebound child or grandchild.

Home-Delivered Meals - Noon meal delivered to eligible home-

bound elderly (illness, disability or while caring for spouse who is), 5 days a week.

Homemaker services - Provided to those meeting specific requirements.

Information and Assistance - Provides the individual with current information on opportunities and services within the community.

Legal Assistance - providing legal advice, counseling, and representation by an attorney. Lectures are scheduled on a quarterly basis.

Medicaid enrollment center -

take initial Medicaid applications

Medical Alert - linking clients with in-home emergency response system.

Recreation - Art, crafts, hobbies, games, and trips.

Transportation - transporting older persons to and from community facilities and resources. Assisted transportation also provided and must be scheduled weekly in advance.

Wellness - designed to support/improve the senior's mental/physical well-being through exercise, physical fitness, and health screening.



Vicki Ott

Kacee Ferrier

Chasity Ellis

Angie Hayes

Charlotte McCune

Donnie Flint

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- ▶ Dialysis Management
- ▶ Pain Management
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