

September 2013

The Best Of Times

"Celebrating Age
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PARENTING

*the Second
Time Around*

- Also Inside -

- 5 Thoughts on Experiencing Grief and Loss
- Home Improvement Fraud
- Mastering the ABCs and Ds of Medicare



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September



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Gary and Tina Calligas
with Isabel Georgia.

On July 27th I experienced the indescribable joy of welcoming a new member into our family. Nothing fully prepared me for the wide range of emotions I felt when looking on that precious little face or when watching my son hold and care for his newborn. I now fully realize that being a grandparent is one of life's greatest gifts, filled with delight, pride, hope, and responsibility.

Growing up I was blessed with both sets of grandparents in the same city. We were a very close-knit family so they were involved in all aspects of my life. Unfortunately my son and his family live in another state. I may never live around the corner or see my granddaughter on a daily basis, but thanks to new technologies that offer a wide range of ways to stay connected and a very reliable vehicle I plan to be a steady presence in Isabel's life.

But what about the grandparents that are there on a 24/7 basis, who have taken on the daily parenting duties of their grandchildren. Their responsibilities have even more meaning and significance in the life of their grandchildren. This month we look at the challenges these unsung heroes face and provide legal, financial, and emotional tips and information that will hopefully help them along the way.

We are also pleased to bring you more fun photos of readers with their grandchildren. Don't forget, we're always looking for your "Best of Times" moments - whether of you with your spouse, kids, grandkids, pets, or friends - for our monthly Parting Shots photo feature. Email to editor.calligas@gmail.com.

Congratulations to Shirley Cooper of Shreveport, this month's winner of *The Best of Times* Fan Appreciation Contest. Shirley, contact us to claim your prize.

Have a fabulous month!!

Tina



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Please email Gary.Calligas@gmail.com prior to the show.

SEPTEMBER 7

"The Centenary Muses and the
History of their annual Book
Bazaar"
Broadcasting live from the
Centenary Gold Dome

SEPTEMBER 14

"Senior Counseling Topics"
Laura Brucia Hamm, Executive
Director of The Center for Families

SEPTEMBER 21

"Oakland Cemetery - Past,
Present, and Future"
Steve Smith with Oakland
Cemetery Preservation Society

SEPTEMBER 28

"US President Teddy Roosevelt"
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- **How often are prizes awarded?** Every month in *The Best of Times* magazine; most Saturday morning broadcasts of *The Best of Times* Radio Hour, and every month on our website at www.thebestoftimesnews.com.
- **How are winners selected?** Winners are randomly selected from all entries.
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 2. Look for your name at www.thebestoftimesnews.com then email gary.calligas@gmail.com or call (318) 636-5510.
 3. Look through the **current issue of *The Best of Times*** magazine. If you find your name listed as a contest winner, email gary.calligas@gmail.com or call (318) 636-5510.

2013 *The Best of Times* "Fan Appreciation" Contest Entry Form

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PARENTING *the Second Time Around*

Due to a variety of circumstances, grandparents sometimes find themselves in the role of the parent again for their grandchildren. Here are some helpful tips for re-adjusting to life as a parent again.

When parents are absent or unable to raise their children, grandparents are often the ones who step in. Raising a second generation brings many rewards, including the fulfillment of giving your grandkids a sense of security, developing a deeper relationship, and keeping the family together. It also comes with many challenges. No matter how much you love your grandkids, taking them into your home requires major adjustments. But with the right guidelines and support, you can roll back the years and make a real difference in the lives of your grandchildren.

Raising grandchildren tip 1: Acknowledge your feelings

The prospect of raising grandchildren is bound to trigger a range of emotions. Positive emotions, like the love you feel for your grandchildren, the joy in seeing them grow, and relief at giving them a stable environment, are easy to acknowledge. It's more difficult to admit to feelings such as resentment, guilt, or fear. It's important to acknowledge and accept what you're feeling, both good and bad. Don't beat yourself up over your doubts and misgivings. These feelings don't mean that you don't love your grandchildren.

WHAT YOU MAY FEEL

- Stress and worry – You may worry about how you will handle the additional responsibilities and what will happen to the grandkids if something happens to you.
- Anger or resentment – You may feel anger or resentment toward the grandchild's parents for leaving you with the responsibility of caring for their child. Or you might be resentful of other friends who are enjoying the retirement you once envisioned.
- Guilt – You may feel guilty and responsible for your child's failures as a parent, second-guessing and

regretting your own mistakes when you were first parenting.

- Grief – There are many losses that come with taking in your grandkids, including the loss of your independence and the easier role of “grandparent,” rather than the primary caregiver. You may also be grieving for your child and the difficulties that have led to this situation.

Raising grandchildren tip 2: Take care of yourself

At times, the physical, emotional, and financial demands may feel overwhelming. That's why it's vitally important that you take care of yourself and get the support you need.

- A healthy you means healthy grandchildren. Make it a priority to eat nutritious meals, exercise regularly, and get adequate sleep. Don't let doctor's appointments or medication refills slide.
- Hobbies and relaxation are not luxuries. Carving out time for rest and relaxation is essential to avoid burnout and depression.
- It's okay to lean on your grandkids for help. Even young children can pick up after themselves and help out around the house.

SUPPORT MAKES ALL THE DIFFERENCE

Studies show that grandparents who cope well with the added stress of raising grandchildren are those who seek out others for support.

- Find someone you can talk to about what you're going through. This will give you a chance to work through your feelings and come to an acceptance of the situation.
- Look for support groups for grandparents raising

TIP:
No matter
their behavior,
grandkids need
your comfort
and support.



TIP:

Communicating openly and honestly is one of the best things you can do.



grandchildren. Hearing from people who have been there can help both uplift your spirits and give you concrete suggestions for your situation.

- Reach out in your community for childcare help. If you are a member of a church, synagogue or other religious organization, you may be able to ask around for available babysitters. See if your neighbors have a reliable teen available to babysit or if any parents are interested in a babysitting swap.

- Connect with parents with children. Even if you feel like you are from a different generation, the joys and tribulations of raising children can quickly form common bonds. Forging friendships with parents with similar aged children can offer camaraderie and help on navigating the maze of issues facing children today.

Raising grandchildren tip 3:

Your grandkids will have mixed feelings too

Moving to a new home is never easy. When children are dealing with the loss of regular contact with their parent or parents, the move is even harder. It will take some time for your grandchildren to adjust, and in the meantime, they may act especially difficult. And if the children have suffered from emotional neglect, trauma, or abuse, those wounds will not disappear just because they are now in a safe place. They will need time to heal.

- Your grandkids may resent being separated from their parent and wish to return, even if their home situation was dangerous or abusive. Don't take this personally. Even if the children understand that they're better off with you, they will still miss their parent and struggle with feelings of abandonment.

- Your grandkids' feelings may come out in many ways, including behavior. They may lash out with aggressive or inappropriate behavior, or they may withdraw and push you away.

- No matter their behavior, your grandkids need your comfort and support. If you start to get angry or upset, put yourself in their head. Picture what they've been through, and the confusion, mistrust, and fear they're probably feeling.

- Remember that children often act out in a safe place. While it may feel like your grandchildren don't love or appreciate you sometimes, their behavior actually means they feel safe enough to express frightening emotions.

- When grandkids first arrive, they may be on their best

behavior. Don't be too discouraged if, after a brief "honeymoon" phase, they start to act out. As mentioned previously, this can be a sign that they finally feel secure enough to vent their true feelings.

Raising grandchildren tip 4:

Focus on creating a stable environment

While it will take your grandkids time to adjust to their new living arrangement, there are things you can do to make the transition easier.

- Establish a routine. Routines and schedules help make a child's world feel safe. Set a schedule for mealtimes and bedtimes. Create special rituals that you and your grandchildren can share.

- Encourage their input in their new home. Let your grandkids help pack and move in their things to the extent that they're able for their age. Encourage them to decorate their new room and arrange things as they'd like.

- Set up clear, age-appropriate house rules and enforce them consistently. Boundaries tell the child he or she is safe and protected.

- Make sure that each grandchild has a private space. If grandchildren are sharing a bedroom, get creative: use a divider to partition off a private area in a bigger room, erect a playhouse in the backyard, or set up a tent in the family room.

- Offer your time and attention. You can be a consistent, reassuring presence for your grandkids. Try to make time to interact with them at the beginning of the day, when they come home from school, and before bed.

Raising grandchildren tip 5:

Encourage open and honest communication

Communicating openly and honestly with your grandchildren is one of the best things you can do to help them cope with their new situation. It's especially important to take the time to really listen to your grandkids.

- Plan regular times when you sit and talk to each other, free from TV, games, or other distractions.

- Encourage your grandchildren to talk about their feelings, both good and bad. Try to listen without judging or dismissing their feelings.

- Help your grandkids learn to identify their emotions. For

example, if your grandchild seems upset, you might say, “You look sad. Is something bothering you?”

- Young children communicate through play. Young children may not be able to verbalize how they feel, but will express themselves through their play.

- It’s okay to say, “I don’t know.” If you don’t know when mommy’s coming home, for example, be honest about it. Don’t evade the question or lie.

HOW MUCH SHOULD YOU TELL YOUNG GRANDCHILDREN?

When deciding what to tell your grandchildren about the situation, it’s important to consider their age and developmental skills. The following tips may help:

- Avoid telling the child too much. Many children are simply too young to understand the whole story. Too much information can be confusing, scary, and overwhelming for the child.

- Avoid telling the child too little or nothing at all. Kids will pick up tidbits about their situation, even if the details are not discussed directly. If children learn about what’s going on from someone else, they could feel hurt, deceived, and confused.

- Never twist the facts or lie to the child. Even very young children know the difference between the truth and a lie. When children are told untruths about the situation, they may become very confused, angry, and hurt. The best strategy is to be honest with your grandchildren, at their level of understanding.

Source: Grandparents Raising Grandchildren, University of Wisconsin-Extension

Raising grandchildren tip 6: Encourage contact with parents

It is not always possible for children to remain in contact with their parents, and at times, it may not be in a child’s best interest. But in general, it is good for your grandchildren to maintain relationships with their parents, especially if they may live with them again. If meeting in person isn’t possible, you can encourage contact in other ways, including phone calls, cards and letters, and email.

MAKING VISITS WITH PARENTS AS SMOOTH AS POSSIBLE

- Don’t put your grandchild in the middle. Try to set aside any feelings of anger or disappointment you have toward your grandchild’s parent. Avoid venting issues or saying critical things about the parent in front of your grandchild. And don’t make your grandchild feel guilty about spending time with their parent.

- Communicate and cooperate with your grandchild’s parent. Do what you can to smooth the relationship and make the parent feel a part of the child’s life. Share information about the child’s school, hobbies, and friends.

- Make visits part of your grandchild’s routine. Contact with parents will be less stressful for children if they know what to expect. If possible, plan visits well in advance and put them on a regular schedule. Talk with

the parent ahead of time, so everyone’s expectations for the visit are clear.

- Be sensitive to your grandchild’s feelings. It’s important to talk with your grandchild about he or she feels about parental contact. Even when kids are looking forward to a visit or call, it can bring up many feelings, including uncertainty and nervousness.

- Help your grandchild deal with disappointment. Sometimes, visits don’t go well or the parent doesn’t show up. Vent to a friend if you need to, but avoid the temptation to say angry or hurtful things about the parent in front of your grandchild. Instead, talk with your grandchild about what happened and how they feel about it.

Legal issues for grandparents raising grandchildren

If your grandchildren live with you for any length of time, it’s important that you understand the laws that affect grandparents raising grandchildren. It’s important to discuss the legal issues with your grandchildren’s parents, if at all possible, and try to agree on how to move forward.

WHAT TYPE OF LEGAL ISSUES WILL AFFECT MY GRANDCHILD AND ME?

It will depend on the needs of your family. Especially in options such as legal custody and guardianship, the parameters can vary from state to state. It’s essential to seek some legal help to ensure you are going in the right direction for your family. Questions to consider include:

- Safety. Have the children been removed because the parents were unfit? This may mean getting Child Protective Services or the police involved if there is a safety risk.

- Permanency. If the stability and safety of the grandchildren are threatened, you may want to investigate legal protections to ensure they stay in a safe environment.

TIP:

Routines and schedules, like for meal and bed times, help make a child’s world feel safe.





TIP:

Communicate and cooperate with your grandchild's parent

- Visitation. Which choice gives the parents ability to visit or request custody of their child? Are the parents interested in visiting? Is that best for the children?

- Cost and time. Which choice requires more time in court or is more involved?

- Finances and health. Make sure you understand how the choice would affect a grandchild's health insurance coverage or cash benefits.

TEMPORARY PHYSICAL CUSTODY FOR GRANDPARENTS RAISING GRANDCHILDREN

If you have physical custody, without a court order, you have no legal rights to make certain decisions for your grandchildren.

Establishing a legal custody or guardianship arrangement will give you the most legal rights. But if you're hesitant to get the courts involved, there are several alternatives to consider

POWER OF ATTORNEY

If your grandchild's parent or parents are willing, they can create a power of attorney that gives you temporary authority to make specific decisions for their child. Once power of attorney is signed over, you have whatever legal rights are specified in the document. For example, you might be given legal authority to seek medical care for your grandchild or register him or her in school. The power of attorney does not remove a parent's legal rights, and the parent can revoke it at any time.

MEDICAL & EDUCATIONAL CONSENT LAWS

Some states also have consent laws that make it possible for grandparents to make medical and school decisions for their grandchildren without going to court.

- Educational consent laws, or open enrollment law, allow grandparents or other adults who are raising a child without legal custody to enroll that child in public school.

- Medical consent laws allow a parent to authorize another adult to consent to medical, dental, and mental health care for their children and obtain access to health records.

HOW DO CAREGIVERS GET MEDICAL CONSENT?

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- a statement that there are no court orders in effect which would prohibit the authorization
- the signatures of the parent, legal guardian, or custodian, in the presence of two witnesses. (The caregiver receiving the consent cannot be one of the witnesses signing.)

Source: SeniorLAW Center

KINSHIP FOSTER CARE FOR GRANDPARENTS RAISING GRANDCHILDREN

When a child has been removed from his or her parent's home by the state, grandparents have another temporary custody option: kinship foster care.

- In kinship foster care, you do not have legal custody of the grandchild. This means that although you can take care of your grandchild's day-to-day needs, you can't make any major decisions without first obtaining consent from the agency that acts for the state.

- Kinship foster care is considered temporary custody. The goal is for the child to be placed in a permanent home. While you may be working towards the child to be permanently placed with you,

the final decision is with the state agency that placed the child.

FORMAL VS. INFORMAL KINSHIP FOSTER CARE

Kinship foster care arrangements can be formal or informal. In a formal kinship foster care arrangement, grandparents can receive the same payments that foster parents receive. However, the state agency holds you to the same standards as other foster parents, which can mean trainings, home visits, and evaluations.

Some grandparents prefer informal arrangements. In informal arrangements, the state places the child with you and then steps out of the picture. The trade off is that you won't receive monthly financial assistance.

If neither option seems ideal, you may want to check if your state has subsidized guardianships. Subsidized guardianships give grandparents more legal rights over the grandchildren in their care while also offering some payment.

LEGAL RELATIONSHIP OPTIONS FOR GRANDPARENTS RAISING GRANDCHILDREN

For more permanent and secure custody arrangements that give you broader legal protections, grandparents raising grandkids have three options - legal custody, guardianship or adoption.

All three options require that you go to court. You will probably want to hire an attorney to help you through the process. If you can't afford an attorney or need help applying for legal custody, contact your local legal aid office or bar association.

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LEGAL CUSTODY (CUSTODY ORDER)

The most common way to establish a legal relationship with your grandchildren is by getting a custody order from a judge. Unless the parent has voluntarily given up parental rights, you will most likely have to prove that the parent is unfit. But some states have laws that make it easier for relatives who already have physical custody to obtain legal status based on the best interests of the child.

Legal custody may not be permanent. However, once legal custody is awarded, your grandchildren's parents will have to go to court if they want to get their kids back. If they prove that circumstances have changed and they are now able to care for their children, the court may return legal custody to them.

GUARDIANSHIP

Guardianship is similar to legal custody, in that it is a legal relationship between you and your grandchild that is ordered by a court. As in legal custody, grandparents accept the day-to-day caregiving responsibilities for the child, while parents retain some of their rights. The primary difference is that guardianship is usually handled in probate court.

In some states, guardianships are more permanent than legal custody—remaining in effect until the child is 18. Sometimes, guardians also have more authority, including the ability to:

- make medical decisions on behalf of your grandchild
- add a grandchild to your health insurance plan
- designate a standby guardian who can take care of your

grandchild if and when you're not able to.

ADOPTION

Adoption is a permanent option where the grandparent receives all parental rights and responsibilities and the child's biological parents no longer have any rights. Once the adoption is complete, you become your grandchild's legal "parent."



Financial help for grandparents raising grandchildren

As every parent knows, raising children can be expensive. You may want to look into federal and state financial assistance programs. There may also be financial resources and services available in your community to help with food, health care, and other expenses.

TEMPORARY ASSISTANCE FOR NEEDY FAMILIES

TANF offers cash assistance for low-income families. Eligibility is determined by residency, income, and assets. You may qualify to receive benefits as a family, or your grandchildren can receive benefits under the child only grant. With the child only grant,

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TIP:

Medical consent laws allow a parent to authorize another adult to consent to another adult.

your grandchildren may be able to receive benefits until they are 18 (or 19 if they are still in high school). Cash assistance is limited to a lifetime total of 48 month.

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This program pays monthly cash benefits to families with mentally or physically disabled children. To qualify, families need to have a limited income.

KINSHIP FOSTER CARE AND SUBSIDIZED GUARDIANSHIPS

As previously mentioned, you can receive financial assistance by applying formally to be your grandchild's foster parent. Of course, this option is only available if the child has already been removed by the state from the parent's home.

Another option is subsidized guardianship (although it is not available in all states). Similar to kinship foster care, this option offers some payments from the state to help meet the basic needs of the children. However, this option also allows grandparents the legal responsibility associated with a guardianship.

FINANCIAL SUPPORT FROM THE PARENTS

Even if grandparents have legal custody or guardianship, parents can be asked to pay a specific child support amount.

Health insurance for grandparents raising grandchildren

The first thing to check is with your specific healthcare plan for provisions. In many states, you may need to be the child's legal guardian in order to add them to your plan. If you are currently receiving Medicare, your options will be limited. Look into enrolling your child into Medicaid or check your state's Children's Health Insurance Program. Even if your income is above limits, you may be able to enroll just your grandchild.

- Medicaid – Medicaid provides healthcare coverage for qualified low-income children and adults. Medicaid covers medical, dental, and mental health services. If your grandkids qualify for Temporary Assistance to Needy Families (TANF) or Supplemental Security Income (SSI), they automatically qualify for Medicaid. But you will still need to file an application for Medicaid coverage separately.

- Children's Health Insurance Program (CHIP) – If you make too much money to qualify for Medicaid, but are having trouble affording private health insurance for your grandkids, you may qualify for CHIP. The requirements and level of assistance varies from state to state, but in most cases, CHIP covers check-ups, vaccinations, prescriptions, and hospital visits.

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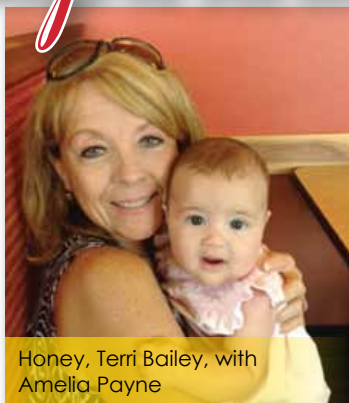
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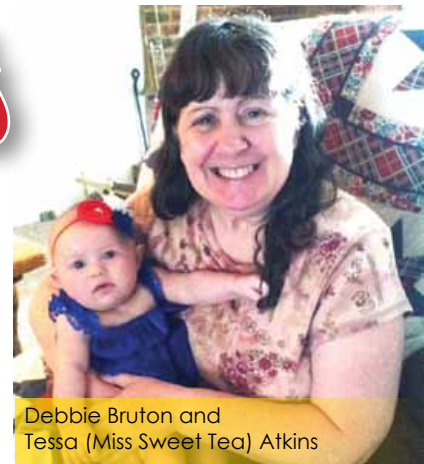
Meet the Grandparents



Carol Lynch with (l to r) Ryan, Christian, and Victor Lynch



Honey, Terri Bailey, with Amelia Payne



Debbie Bruton and Tessa (Miss Sweet Tea) Atkins



Carolyn Hauck, Caimen Ward and his great-grandmother Sylvia Ward



Carol Gekakis with Santino Mancini



Mimi, Kathy Booth, with Sarah Rinaudo and Jacob Furr



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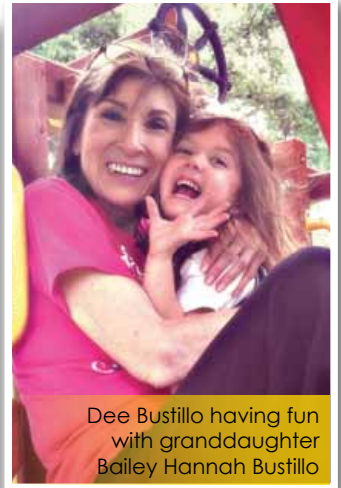




Back: Kyle Sockrider, Benjamin Sockrider, Austin Sockrider
Middle: Aiden Sockrider, Grant Sockrider, Ellie Sockrider & Elle Sockrider. Front: Henry Sockrider & Walker Sockrider



Debbie Grand
with granddaughter
Reagan



Dee Bustillo having fun
with granddaughter
Bailey Hannah Bustillo




Robbie Ann Faught with Carolyn Dina.
Robbie Ann with Charlie Dina



Robert Grand with Reagan



Michael Miller with
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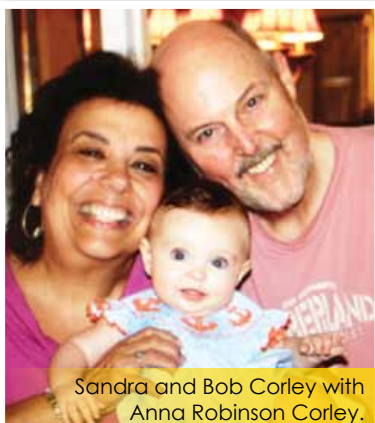
MTG!



Sheryl Little with daughters Jennifer Atkinson & Michelle Wagley & grandchildren Cooper & Layne Humphrey & Connor Dean.



Patricia Thompson with grandchildren Ash, Thomas, Lex, Anna, Archer and Phillip.



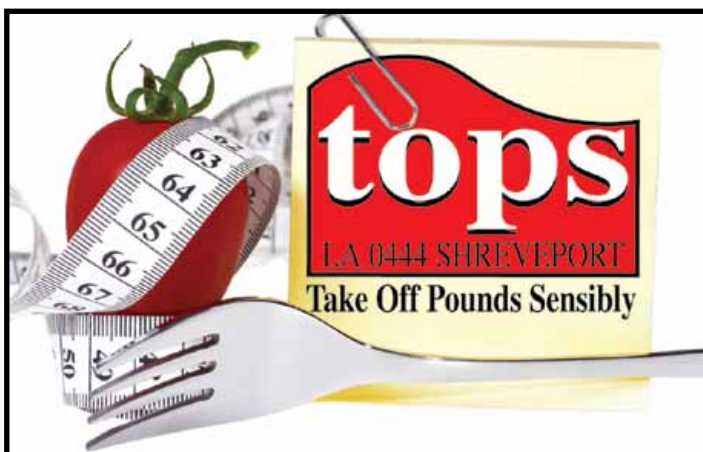
Sandra and Bob Corley with Anna Robinson Corley.



Sheryl and Alan Little with grandchildren Ryan Wagley, Connor Dean, and Sarah Wagley.



Patricia Thompson with Aston Nicholas Thompson.



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Great-grandmother Anne Reed (standing), grandmother Gwyn Reed Hults, mother Patricia Hults Howell, & baby Arianna Howell



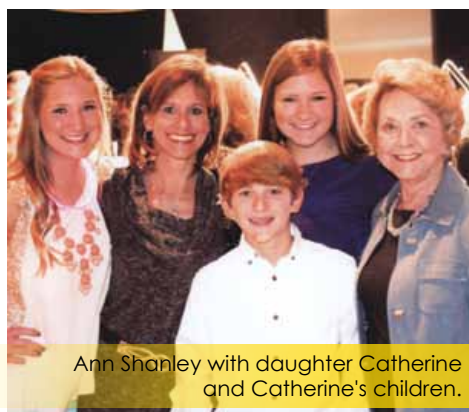
Richard & Meg Goorley with Campbell



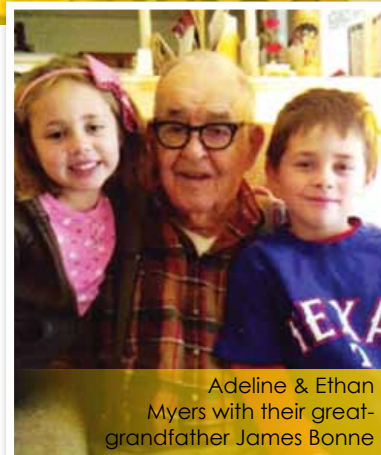
Four Generations- (back l-r) grandfather Jim Bonner and Matthew Bonner; (second row, l-r) grandmother Elaine Bonner, great-grandmother Joyce Fox, and Meggie Bonner; (third row, l-r) Natalie Bonner, mother Heather Myers, great-grandchildren Ethan and Adeline Myers, and Caleb Bonner.



Ann Shanley rafting in Colorado with 6 of her 13 grandchildren.



Ann Shanley with daughter Catherine and Catherine's children.



Adeline & Ethan Myers with their great-grandfather James Bonne

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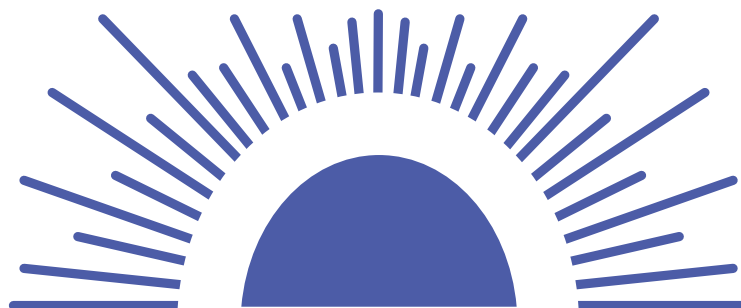
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Mastering the ABCs and Ds of Medicare

By Bob Moos

If you can remember the first time Paul McCartney sang “When I’m 64,” read on. This column’s for you.

Hard as it may be for some to realize, the first wave of Beatle fans have reached that once-unimaginable milestone and stand on the threshold of qualifying for Medicare on their 65th birthday. Each day, another 8,000 baby boomers become eligible for the nation’s largest health insurance program.

True to form, the generation that has gone through life believing it’s invincible hasn’t given much thought to Medicare. Indeed, research from the National Association of Insurance Commissioners has found that about two-thirds of boomers aren’t familiar with the program’s options.

That’s cause for concern. If you don’t understand the fundamentals of Medicare, you can’t make informed decisions about your health care. So here’s the short course – call it Medicare 101.

Medicare comes in four parts. Part A covers hospital stays, skilled-nursing care, home health services and hospice care. You won’t pay a monthly premium for Part

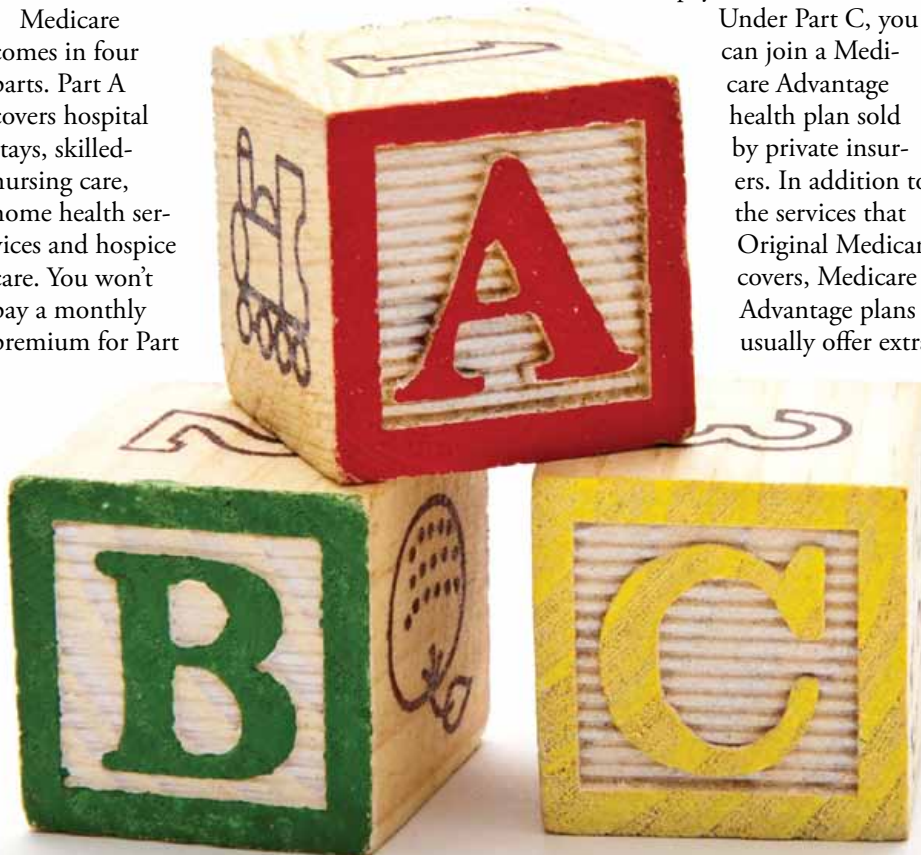
A if you or your spouse paid Medicare taxes during your working years.

Part B covers doctor visits, preventive services, outpatient hospital care and medical equipment. You’ll pay a monthly premium for Part B -- \$104.90 for new enrollees this year. If your income is higher than \$85,000 as an individual or \$170,000 as a couple, you’ll pay a higher premium.

To cover your prescriptions, you’ll also buy a Part D drug plan from one of the private insurance companies in the business. The monthly premium, annual deductible and other out-of-pocket costs will vary according to the particular plan you choose.

Because Original Medicare usually pays for most, but not all, of a patient’s health care costs, you may consider shopping for additional coverage or for help with the out-of-pocket expenses that Medicare doesn’t pay for.

Under Part C, you can join a Medicare Advantage health plan sold by private insurers. In addition to the services that Original Medicare covers, Medicare Advantage plans usually offer extra



benefits, like dental, hearing and vision care. Most include drug coverage. The plans may also charge a separate monthly premium on top of the Part B premium.

As an alternative to a Medicare Advantage plan, you can supplement your Medicare coverage by buying "Medigap" insurance. In return for a monthly or quarterly premium, the private policies fill many of the "gaps" for deductibles, co-payments, co-insurance and other charges not picked up by Medicare.

Besides mastering the ABC's and D's of Medicare, you'll need to know what to do to get your benefits. That'll depend on whether you're already collecting Social Security.

If you're on Social Security, you'll be automatically enrolled in Medicare's Part A and Part B. About three months before your 65th birthday, you'll get a Medicare card and letter in the mail explaining that your monthly Part B premium will be deducted from your Social Security check.

You'll have the option of declining Part B coverage. But unless you have health care coverage through your or your spouse's current employer, delaying enrollment in Part B could result in a penalty -- in the form of a higher monthly premium -- when you do sign up later.

There's also a penalty for joining a Part D drug plan later.

If you're not on Social Security when you turn 65, you'll need to sign up for Medicare yourself. The Social Security Administration, which is responsible for enrolling most people in the health insurance program, says you can start the process about three months before your 65th birthday.

Don't fret. It's not hard. There's a new online application that takes less than 10 minutes to complete. Visit www.socialsecurity.gov and click on "Retirement/Medicare." Or, if you don't want to apply online, you can make an appointment by calling 1-800-772-1213.

As I said, this was the short course. For more detailed information about Medicare, get a free copy of the "Medicare & You" handbook. You can download it at www.medicare.gov or request a copy by calling Medicare's toll-free help line at 1-800-633-4227.

Bob Moos is the Southwest public affairs officer for the Centers for Medicare & Medicaid Services.



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When the Journey Gets Hard:

5 Thoughts on Experiencing Grief and Loss

by Katie Nelson Garcia, Ph.D.

The journey of life we travel on can be vibrant and full of exciting, adventurous events. There are stops along the way that are so memorable, we want to get out, take pictures, and bring our family and friends back to visit again. Unfortunately, that same journey of life can bring pain, suffering, and loss. These stops we remember with sadness- where our journey took us somewhere we never want to be again. A family member has passed away. A divorce is occurring. A child is making troublesome decisions. A loved one has hurt you. Future plans did not turn out as expected.

Each of these, and many more, can be tremendously difficult experiences along life's path. When these tragic bumps in the road occur, confusion, anger, and sadness can be overwhelming. Each person experiences grief and loss in his or her own way. Some are overwhelmed with emotions, while others do not shed a tear. Some become overwhelmed with anger while others appear as if nothing happened. Because each person is unique, his or her grief response to loss will look different. If you have found yourself weathering one of those difficult bumps, a few tips to remember are:

Expressing grief does not mean you are weak.

Human beings are unique to all other life on earth because of our ability to feel and express emotion. Because relationships are at the core of our existence, feeling sorrow and sadness is a natural part of life. You have permission to cry. You are not weak; this is what makes you strong.

You need people.

You should not face suffering alone. Family, friends, religious organizations, and many other areas of support are vital during this time. Reach out to someone. Do not walk this journey alone. Many try and brave these bumps alone, fearful of reaching out. Remember the main purpose of community is to rejoice through the triumphs and encourage through the sorrows. If you have a limited support system in your area, write a letter or make a phone call to a close friend or family member who lives far away. Any act of reaching out can be healing.



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Following a loss, you may want a break from the chaos of life. Your mind and body need to rest and heal. Sometimes, however, this break can become so lengthy that detachment can occur from the very activities, people, and places that bring you the most joy. Easing back into life is a process, so set small goals. Decide that this week, you will participate in one activity, go to one place, or visit with one friend that you enjoy.

Some people will say/do the wrong thing.

Everyone has experienced that well-intentioned person who says the absolute wrong thing at the wrong time. However, most of us have all been that person who has said the wrong thing, as well. Because everyone grieves loss differently, it is difficult for people to know exactly what you need. What is helpful to some can be frustrating or hurtful to others. Be patient with people as they do their best to help you. These situations are often great ways to find humor in painful times.

There are no time limits on your grieving experience.

Shortly after you have experienced loss, people might encourage you to "move on with your life" or say, "It's time to get past this." Remember: there are no time limits to grief. Allow yourself as much time as needed to grieve your loss. If you are struggling, after a long period of time, transitioning into your necessary responsibilities, consider calling a professional who is skilled in helping people through the grieving process. The National Association for Loss and Grief states that 80-85% of people find that their support system and resources are sufficient; however, it is possible, especially during tragic, unexpected, and complicated losses, that seeking professional help can be useful. Never be ashamed of considering this option.

Katie Garcia is the
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HOME IMPROVEMENT FRAUD

by Judge Jeff Cox

Recently, I have seen quite a few cases around the State of Louisiana involving contractors who do not finish their jobs. In particular, we see a rash of this type of crime after major storms, such as hurricanes or tornados. In this article, I wanted to identify what Home Improvement Fraud involves and what you, the reader, can do to possibly avoid having this happen to you.

Home Improvement Fraud is located in La. R.S. 14:202.1. The statute states:

A. Home Improvement Fraud is committed when a person who has contracted to perform any home improvement, or who has subcontracted for the performance of any home improvement, hereinafter referred to as “contractor”, knowingly engages in any of the following actions:

(1) The failure to perform any work during a forty-five day period or longer after receiving payment.

(2) The use by a contractor...of any deception, false pretense, or false promise to cause any person to enter into a contract for home improvements.

(3) The damaging of any property of any person by a contractor...with the intent to induce that person to enter into a contract for home improvements.

B. For purposes of this Section, “home improvement” means any alteration, repair, modification, or other improvement to any immovable or movable property primarily designed or used as a residence or to any structure with the residence or upon the land adjacent thereto.

The contractor has defenses that he or she can raise as to why the work has not been completed. If the weather is horrible with lots of rain, medical emergencies for the contractor, or no access to the job site, then the contractor can be excused from having to comply with those items stated above.

Penalties for violating this statute can range from \$500 up to \$20,000 in fines. Jail sentences can be imposed up to ten (10) years. Restitution is required to be ordered by the Court pursuant to the statute. If the person with whom a contract is entered into is a disabled person or is sixty years of age or older, the crime becomes an automatic felony carrying up to ten (10) years in jail



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no matter the cost or price of the contract of home improvement. Lack of knowledge of the person's age or disability shall not be a defense according to the statute.

Ways to avoid Home Improvement Fraud is to avoid contractors who enter town after a storm. If you decide to contract with an out-of-town contractor, you need to thoroughly investigate their work history and references. Even if you use a contractor that lives in town, you need to check with the Better Business Bureau and check to see if any complaints have been filed. Further, you need to make sure any contractor is licensed and bonded and you need to call to verify that their insurance is in force and effect at the time you enter the contract for the job.

Nothing can guarantee you won't be the victim of this type of crime. But, by doing your homework, you may be able to avoid being taken advantage of by an unethical contractor.



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

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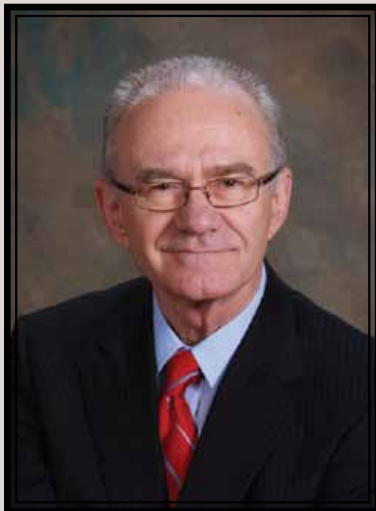
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“

My initial meeting with Joe may very well be the best two hours I've ever spent trying to help my parents. Most concerns are centered around preventing governmental agencies from seizing or controlling assets. That is definitely a thought, but with us the proper care of our parents was at the forefront of our actions. Fortunately, this was also Joe's primary concern—he made it clear that financial concerns were subordinate to the care of our parents. The veteran's portion of the program revealed things I would have never known existed. ~Mike Green

As I left Joe and Kyle's office the other day, my words were, "Thank you for helping make today easier." Easier because of the plans you helped us and my sweet mama set in place. I've watched us as a family as we walked through the transition of life the years brought to her. You were there for us with advice and answers. Plans made helped her and us enjoy each other and gave her peace. Life is precious, each day a gift. Again, Thank You. ~Jeanie Burnham

”

How to Replace Important Documents

By Jason Alderman

If your wallet has ever been lost or stolen, you know what a pain it is to replace your driver's license. That goes double when other vital documents like your, passport, birth certificate or car registration are misplaced or destroyed in a natural disaster. Without the proper ID, you can't start a new job, buy a house, apply for insurance or a host of other common transactions.

Here's a guide on how to get copies or replacements for many common documents:

Birth, death, marriage and divorce certificates. These records come from the states where the events occurred. The Centers for Disease Control and Prevention has a handy directory that provides links to the appropriate agencies in all U.S. states and territories, including costs and mailing instructions (www.cdc.gov/nchs/w2w.htm).

Passport. Immediately report lost or stolen passports to the U.S. State Department by calling 877-487-2778. If it happens overseas, contact the nearest U.S. Embassy or Consulate. Visit http://travel.state.gov/passport/lost/lost_848.html for further instructions.

Driver's license, car registration. To learn how to replace your driver's license, vehicle registration or car title (which you'll need to transfer ownership), or to access other motor vehicle services, contact the Department of Motor Vehicles. Go to www.usa.gov/Topics/Motor-Vehicles.shtml for links to each state's DMV.

Social Security card. These days, you may not actually need to replace a misplaced Social Security card. If you know your Social Security number, you generally can still collect Social Security benefits, get a job and apply for government benefits and services. However, if you do want to replace the card, you'll need to gather documents proving your identity and citizenship and complete an application (www.ssa.gov/online/ss-5.pdf); then mail or take the paperwork to your local Social Security office.

Military service records. Veterans often need copies of their military service records to apply for government programs, including health care, retirement or education benefits. You can apply to the National Archives (www.archives.gov/veterans) for a copy of your records (or an immediate family member's if deceased). The site also has information on replacing lost military medals and awards.

Green card. If your U.S. Permanent Resident (Green) Card is lost, stolen or

damaged, or if your name or other important information has legally changed since it was issued, you may request a new card from the U.S. Citizenship and Immigration Services (USCIS) by filing Form I-90 (available at <http://www.uscis.gov>). If you're outside the U.S. and lose your green card, contact the nearest U.S. consulate or USCIS office before applying online for a new card.

Medicare card. To replace a lost, stolen or damaged Medicare card, follow the procedures at <https://secure.ssa.gov/apps6z/IMRC/main.html>. To replace a Medicaid card, contact Medicaid (www.medicaid.gov).

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ting IRS Form 4506 (at www.irs.gov). There is a \$57 fee for each year's return you request. Before ordering an exact copy, however, ask whether a "tax return transcript" or "tax account transcript" will suffice. These abbreviated printouts of returns are often acceptable substitutes for student loan and mortgage lenders and are free. To order transcripts, go to www.irs.gov/Individuals/Order-a-Transcript.

School transcripts. If you need to order high school or college transcripts, it's best to contact the school's registrar or student services office directly for instructions. (Some websites that claim they can expedite the process have proven unreliable.)

For even more suggestions, see "Replace Your Vital Documents" at www.USA.gov.

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



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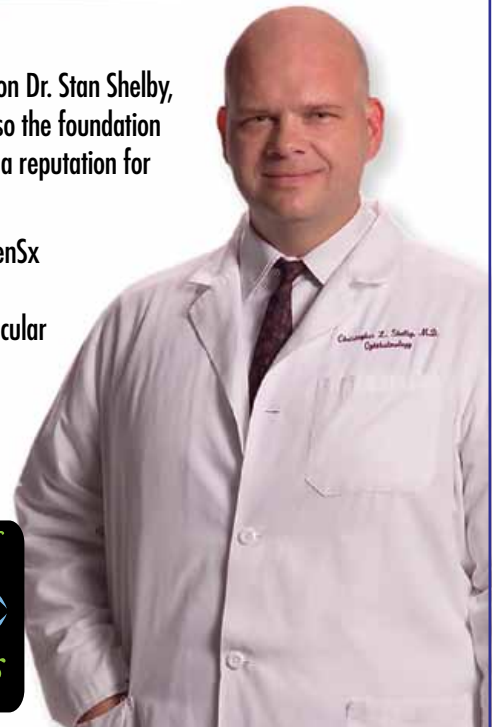
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Fired for Being Too Good Looking

by Lee Aronson

Who do you think is the most terrifying person in all of Shreveport? I can tell you right now who it is: my dentist. Not that he's a particularly gruesome fellow; I just have a real phobia of dentists.

But I read a recent case about a dentist in Iowa who was the exact opposite of scary: he was loveable. His patients loved him. And so did his employees.

One of his dental assistants had worked with the dentist for over 10 years. He had hired her right after she had gotten out of community college. She saw the dentist as a father figure and they often used their cell phones to send each other text messages outside of work. The texts "involved updates on their kids' activities [the dentist and the assistant both had spouses and children] and other relatively innocuous matters."



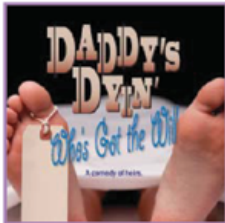
Then one day the dentist's wife found the text messages on her husband's phone. She hit the roof and demanded that her husband fire the assistant. Both the dentist and the assistant told the wife that nothing was going on and there was no sexual or intimate relationship between the two. I don't know if the wife believed them, but she knew that the assistant was a good looking woman and insisted that her husband fire the assistant because "she was a big threat" to their marriage.

The dentist and his wife consulted with a senior pastor at their church and the dentist agreed to fire the assistant. He told her that she had done nothing wrong or inappropriate and that she was the best dental assistant he ever had, but that their relationship had become a detriment to the dentist's family. Sound legal to you? The assistant didn't think so. So she sued the dentist, alleging that he discriminated against her on the basis of sex. When it comes to gender discrimination, the law says that it is illegal for an employer to fire someone if their sex "is a motivating factor in the employer's decision."

The assistant argued that she would not have been fired but for her gender: if a male employee had sent the exact same text messages to the dentist, his wife would have had no problem. Therefore, according to the assistant, her sex was a

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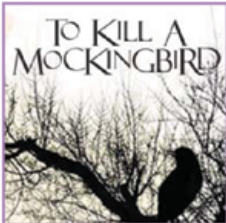
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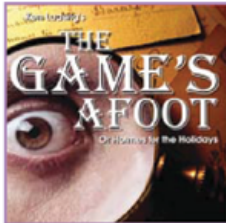
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motivating factor in the dentist's decision to fire her.

The dentist argued that the assistant's gender was not why she was fired: the motivating factor behind her firing was the perceived threat to the dentist's marriage.

The assistant responded by pointing out that the perceived threat only existed because she was a woman.

Illegal sex discrimination? Not according to the Iowa Supreme Court. That Court said that the dentist's decision to fire the assistant was not based on gender itself. Instead, it was "an isolated employment decision based on personal relations...individual feelings and emotions regarding a specific person...and is not gender based."

So all you good looking people out there: watch out. It could get you fired.

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



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Door County, Wisconsin

Where keeping healthy means eating pie

by Andrea Gross • Photos by Irv Green



The little girl behind me giggles, a deep throaty tee-hee-hee. The woman next to me catches my eye, and we start laughing too. “Heather, sshh,” says the girl’s mother.

But Heather finds the actions taking place on the stage in front of us hilariously funny, and pretty soon the entire audience is giggling along with her. Part of it is because the child’s laugh is contagious, part of it is because the play, a production of the American Folklore Theatre, is genuinely funny, and part of it is because we’re all just so darn glad to be here.

“Here” is Door County, Wisconsin, a small poke of land that juts out from the eastern shore of the state into Lake Michigan, about 150 miles north of Milwaukee. Seventy miles long and less than 15 miles across at its widest point, the narrow peninsula has more than 300 miles of coast, five state parks and enough sporting adventures, picturesque villages and recreational activities to satisfy the pickiest of people.

We stop at a small, family-owned restaurant where we’re served our first piece of Wisconsin cherry pie. The county has more than 2,500 acres of cherry orchards, and eating cherries is a major activity. At Orchard Country Winery and Market, the location of 70 of these acres, we walk through rows of lush trees laden with tart Montmorency cherries. Our guide hands us a brochure touting their benefits:

- They contain antioxidants that are thought to prevent cancer and heart disease.
- They contain melatonin, which may reduce the brain deterioration associated with aging.
- They often relieve the pain of arthritis and gout.

The list goes on, but that’s

enough for me. If eating cherry pie can keep me healthy, I’m all for it. Over the next few days I devote myself to a health regime that includes a breakfast of cherry muffins and cherry chocolate coffee at the Door County Coffee & Tea Company, a lunchtime cherry sundae at Wilson’s Restaurant and Ice Cream Parlor and an afternoon snack of cherry chocolate clusters at Door County Candy. And, no matter where I eat dinner, I make sure to sip a glass of Cherry Chardonnay.

In between sugar-highs, I wander through the peninsula’s many shops and galleries. In Sturgeon Bay I’m captivated by the museum-quality work of Stephanie Trenchard, who uses glass to create biographical sculptures, but for over-all shopping fun, I head to Fish Creek, my favorite of the area’s quaint towns. It’s there, in the studio of local artists Tony and Renée Gebauer, that I find the perfect Door County take-home: a handsome, hand-crafted, oven-safe pie plate!

Cherries are baked into muffins, placed atop sundaes, and mixed into chocolate.



“The county has more than **2,500 acres of cherry orchards**, and eating cherries is a major activity.”

Small villages are filled with good places to browse and shop.



Meanwhile, my husband eschews cherry-gorging to indulge in other, more familiar health-promoting activities — ones that involve exercise rather than eating. He passes on kayaking and sailing and chooses a morning bike ride and an afternoon Segway tour through — surprise! — cherry orchards. The next day he hikes to one of the peninsula's 11 historic lighthouses and follows it with a walk through Whitefish Dunes State Park, home to the highest sand dunes in Wisconsin.

But while cherries are a main attraction during the summer months, Door County has become as much an autumn destination as a summer one. In fact, both Trip Advisor and Travel + Leisure have named Door County as one of the country's top fall foliage destinations.

As fall approaches, cherries are replaced by apples and pumpkins, both of which are rich in antioxidants and fiber. Therefore, folks can continue to enjoy guilt-free pie; they just have to choose a different filling.

We also indulge in another Door County culinary tradition, a rousing fish boil at Rowley's Bay Resort. Potatoes, onions and locally-caught whitefish are put in a large cauldron and cooked over an open fire until the fish reaches flakey perfection. Then the boilmaster — in our case, a gentleman with definite tendencies towards pyromania — douses the fire with kerosene. As he jumps back from the flames that flare six-plus feet into the air, the fish oils overflow and leave behind an oil-free stew. Once again, healthy and delicious!

After dinner it's off to the theater. Door County has an impressive program of theatrical and musical productions, and during our stay we see serious drama as well as lighthearted comedy. But it's at the American Folklore Theater, sitting on cushioned seats under the stars, where we have the most fun. This is where we meet Heather, the giggling seven-year-old, and we're reminded that, when it comes to health, laughter is the best medicine of all.

www.DoorCounty.com



ABOVE: With more than 300 miles of coast, Door County has plenty of beaches. BELOW: Fish boils are a long-standing tradition in areas which, like Door County, have large Scandinavian populations.



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Happy Birthday *Rose Marie*

By Nick Thomas

Best known for her role as Sally Rogers in the 60s CBS sitcom *The Dick Van Dyke Show*, Rose Marie turns 90 in August. "I don't feel it," she admitted when I spoke with her recently. "I feel 60, and still keep busy."

In the past year, that included voiceover work for *The Garfield Show* on the Cartoon Network. "I love it. You don't have to dress up or put on makeup. All you have to do is show up! Although I can do many different voices, the producer wanted my voice so people would know 'that's Rose Marie.'"

Audiences have known Rose Marie for nine decades, since she began performing at an age when most children would still be potty training. Her phenomenal singing voice as a child (see www.miss-rosemarie.com) rocketed her to fame overnight.

"I have no idea where that voice came from, I think God just gave me a wonderful gift," she said. "When I was three, I won an amateur contest, and my family took me to Atlantic City. We saw a show-girl named Evelyn Nesbit perform and I started singing along. She invited me up on stage to sing with her, then people began throwing money."

Backstage, Nesbit suggested changing her name to Baby Rose Marie and her career soon took off. "I had my own radio show coast to coast on NBC when I was five."

But there were also doubters. "Unlike other child singers, I sang adult songs with adult phrasing and mannerisms.



People would write to the station in disbelief saying that

no child could sing like that and I must have been a midget. So NBC sent me out to play theaters to prove I was a child."

As her fame grew, the famous wanted to meet her. President Franklin Roosevelt invited her to the White House when she was just six. "After I sang for him, we played tiddlywinks with some poker chips I found in his office."

She caught the attention of the infa-

mous, too. While working with Milton Berle in Chicago, a visitor came backstage. "It was Al Capone and he wanted to invite me to dinner! He picked me up the next day and we went out to eat with all the mob."

Years later as a young adult, she was invited to perform at the opening of the Flamingo Hotel, in Las Vegas, in 1946, along with Jimmy Durante, bandleader Xavier Cugat and other stars of the day. The invitation came from notorious mobster and hotel owner, Bugsy Siegel. "We became friends and he was very good to me. I just didn't think of those guys as gangsters."



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At age ten, Rose Marie met Morey Amsterdam, who would become an important influence in her career and later her co-star on *The Dick Van Dyke Show*. "He was a popular writer for comedians like Fanny Brice and Fred Allen and become a comic himself," she recalled. "We met when I guest starred on a radio program. He also wrote most of my nightclub material and become a life-long friend. I actually got him the Dick Van Dyke Show job."

As for Dick Van Dyke, she says it was a joy to work with someone so talented, and has only fond memories of Dick and the cast. "We were a close group and genuinely liked working together. Everyone came to work happy, and oh did we laugh!"

Speaking from his Malibu home, Dick Van Dyke recalled meeting Rose Marie for the first time. "I knew she had been in show business since she was three, but never met her until the first reading of the script," he said. "She just knocked me over. She probably had the most razor sharp sense of timing of anybody I ever worked with. She was a delight and still is."

Thomas' features and columns have appeared in more than 300 magazines and newspapers, and he is the author of Raised by the Stars, published by McFarland. He can be reached at his blog: <http://getnickt.blogspot.com>



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"The Sweetest Hallelujah"

by Elaine Hussey, ©2013, Harlequin, \$15.95, 346 pages

Your best friend knows everything she needs to know. She knows your secrets, and the dreams you hold. She chases away your insecurities, your sorrows are her burdens, your joy is her triumph.

Your best friend knows your heart, and loves you better for it. And in the new book "The Sweetest Hallelujah" by Elaine Hussey, a friendship that starts with a secret ends with a forever bond.

Dead Alice Watkins knew how to send a message to residents of Shakerag, Mississippi, on the north side of Tupelo.

When something bad was about to happen, everybody knew that Alice sent the odor of barbecue and notes from a blues harmonica around. Now, those things could be blamed on Tiny Jim's barbecue house and juke joint, it was true, but most folks knew a warning when they smelled one.

And lately, ten-year-old Billie Hughes smelled barbecue a lot.

She tried not to think about it, however, even though she knew Mama was sick. That's because Billie knew something Alice didn't: if Billie could find her daddy, he'd fix everything. He was a famous musician in Memphis, and was surely rich. Billie figured he was kind of like Roy Rogers, only black.

Betty Jewel, Billie's Mama, knew her daughter idolized the father she'd never met. Billie talked all the time about finding him, but Betty Jewel knew that Saint Hughes was no good. He ruined her life and her career. The only thing he'd ever give Billie was his last name.

Ten years after her husband, Joe, died, Cassie Malone still grieved deeply.

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Not one day went by without her missing his hugs, his laughter. She couldn't bear to get rid of his clothes, or the empty crib for the babies they never had. She regretted most of all that they never had children. Three miscarriages still made her ache.

Which is maybe why the ad in the weekly paper caught her eye.

"Desperate," it said. "Dying woman seeks mother for her child."

What would make a woman do that? Cassie had to know – though lynchings and Jim Crow laws would make it dangerous to find out. So she left her well-appointed Tupelo house, and stepped right into a secret...

I loved this book, but not for the story itself - which is wonderful and a little reminiscent of a certain Oscar-winning movie, only with a twist. I loved this book, but not for the exceptionally likeable characters. No, I loved "The Sweetest Hallelujah" because of the way author Elaine Hussey has written it.

With words that will make you weep and descriptions that put you directly in the scene, Hussey tells a tale of racism, understanding, and a mother's love. There's conflict in here, and maybe a bit of controversy; some Southern hospitality, and a haint that plays a surprisingly large part in the story.

It's a beautiful novel. That's all.

If your book group is in need of a great title, give them this one: "The Sweetest Hallelujah." With that, they have everything they need to know.

Terri Schlichenmeyer has been a professional book reviewer for over a decade.



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RIESLING:

Oregon's Best Kept Secret

By David White

If you play word association with a wine enthusiast and throw out the word "Oregon," chances are pretty high that the response will be "Pinot Noir."

For good reason. In the 1960s, a handful of young vintners moved to the state, all passionate about wine and eager to be a part of something new. Within a decade, those who believed Oregon's climate would be too cold and wet for grapes were proven wrong when a Pinot Noir from one of those trailblazers, David Lett, took home gold at the 1979 Wine Olympics in Paris.

Over the next 30 years, hundreds of winemakers set up shop in Oregon, eager to produce world-class Pinot Noir. Today, the state's wine industry promotes itself with posters and other promotional items that say "Drink Pinot, Think Oregon."

But while Lett and other pioneers were focusing on Pinot Noir, a number of other vintners were giving it a go with Riesling. Indeed, about a quarter of Oregon's vineyards were planted to Riesling in 1980. As Pinot Noir acreage exploded, however, Riesling became overshadowed.

Today, though, Oregon Riesling is experiencing a resurgence. And it's better than ever.

Many consumers recoil at the sight of Riesling, as it's still associated with the sweet, simple German wines of yesteryear, like Blue Nun. Wines like these are still produced and they'll always have fans. But they do a disservice to true Riesling. It's not by accident that Riesling has long been known as the "noblest of the noble grapes."

For one thing, Riesling is honest.

Because most Riesling is fermented in stainless steel, it isn't manipulated through oak aging or other winemaking techniques. So it's remarkably transparent and excels in capturing terroir, or a wine's sense of place. As Robert Parker, the world's most famous wine critic, once explained, "If you want to talk about terroir, talk

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about German Rieslings or Alsace Rieslings, where the wines are naked -- there's no makeup."

Riesling is also quite versatile. Some of the world's best Rieslings are syrupy and lusciously sweet, while others are bone dry. Most fall somewhere in between, and all are extremely fragrant. And thanks to its high acidity, Riesling is an extremely adaptable food wine.

Misconceptions still abound, but fortunately, consumers are starting to recognize that Riesling is a serious grape.

I recently tasted through a dozen Oregon Rieslings and was impressed with all them.

One bottle worth finding is Chehalem's "Three Vineyard Riesling." Marked by exotic citrus fruits, green apples, and chalk-like minerality, the wine is exceptionally vibrant. Other wines worth looking for include Amity Vineyards' Wedding Dance Riesling, Penner-Ash's Willamette Valley Riesling, and Elk Cove's Estate Riesling. All are refreshing and delicious, offering delicate notes of citrus fruits and apples. These four wines do have quite a bit of residual sugar, but they almost taste dry because they're balanced by bracing acidity.

Plus, they're affordable. While these producers are known for their Pinot Noir -- many of which cost upwards of \$50 per bottle -- these Rieslings can be found for right around \$20.

Riesling might be Oregon's best kept secret. So make sure you try some before the word gets out.

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 Palate Press: The Online Wine Magazine (PalatePress.com).

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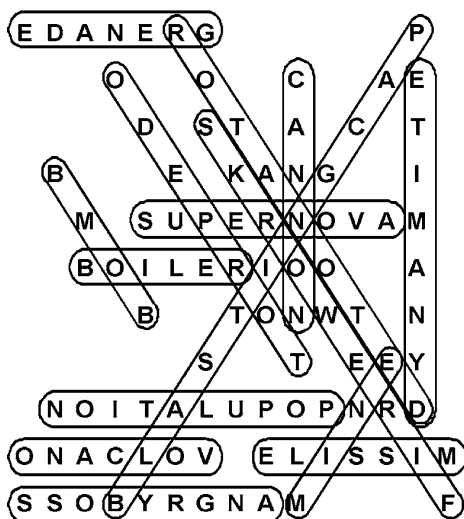
— King Crossword —

Answers

Solution time: 25 mins.

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

THINGS THAT EXPLODE



SUDOKU

Answer

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

RECENT DVD RELEASES

The Great Gatsby **½ (PG-13)

This latest screen version of the classic novel is a mixed bag of assets and flaws. Director and co-writer Baz Luhrmann ambitiously tries for a 3-D spectacle with several lavish party scenes that Busby Berkeley would have envied.

Most of the glitz one sees in the trailers comes in the first half of this 143-minute extravaganza, with the rest more somberly following F. Scott Fitzgerald's sad tale of love and loss, as told by a rather nerdy observer and participant, Nick Caraway (Tobey Maguire). He's the poor cousin of Daisy Buchanan (Carey Mulligan), and neighbor of the enigmatic Mr. Gatsby (Leo DiCaprio), relating the seminal events of that summer in a wraparound. Nick may be American literature's earliest, albeit reluctant, wingman, alternately abetting both males in the romantic triangle - Gatsby and Daisy's loutish husband, Tom.

On the plus side, major themes of abuses by the rich and powerful, obsession with gaining and flaunting wealth, and short-sightedness in the pursuit of fun and profit are solidly developed. The boom of that era is not unlike that of recent vintage - especially in the ill-fated, nearly religious zeal over Wall Street as the easy path to riches beyond what anyone could earn from his labors. Buchanan embodies today's One Percenters in many respects, none of which are flattering.

DiCaprio plays Gatsby with an odd stiffness, especially compared to Robert Redford and others who have assumed that role. Mulligan's Daisy is too ephemeral to give resonance to anyone's feelings about her, which undermines the emotional core around which the rest revolves. Arguably, she never was intended to be a relatable character, as opposed to a lovely canvas upon which adoring men would project their idealized versions of her, enamored of the fantasy, without knowing her reality. But that dichotomy is harder to craft on a big screen than the printed page. The film has many moments and elements to admire, but Luhrmann's excesses ultimately sink the ship.



Kon-Tiki *** (PG-13)

I assume every school kid still learns about the daring adventure of Norwegian Thor Heyerdahl, who set sail from Peru to Polynesia in 1947 on a raft like the pre-Inca Peruvians might have built 1500 years earlier, to prove his radical theory that those



Pacific islands were settled by explorers from South America, rather than Asia. The film covers his backstory, including his bold scientific motives, and difficulties in getting the trip financed. Everyone thought they knew he was wrong, and that his 5,000 mile trip would be suicidal. He who laughs last...

Knowing the outcome doesn't keep this dramatization of the ordeal any less exciting or suspenseful. Despite little collective sailing experience, the six-man crew trusted their leader enough to follow Heyerdahl's orders. Only by restricting themselves to the ancient materials and methods could they prove that those people might have made the journey back then. No one could have predicted that DNA testing would come along several decades later to trace genetic origins in the comfort of laboratories.

The cinematography is superb, and part of the reason it earned Oscar and Golden Globe nominations for Best Foreign Language Film. These guys were huge international heroes in their time, and deserve this homage to their courage and endurance. With most of the running time spent on the raft with the crew, we feel their fears through sharing numerous moments of danger, from many types of threat to their physical and emotional survival. The epilog adds a nice dimension to this realistic tribute.

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



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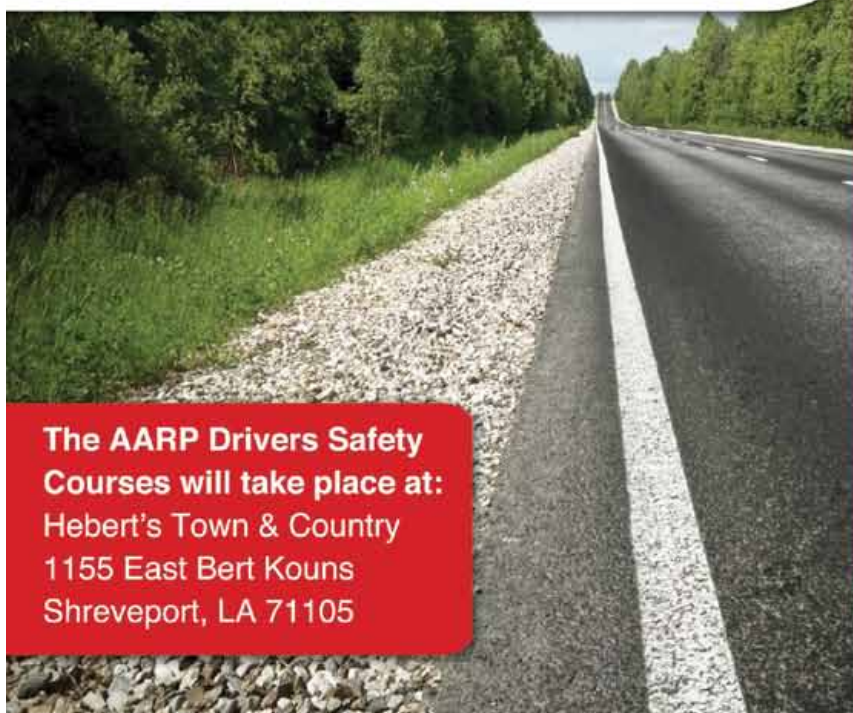
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(Registration begins at 8 am)

Saturday, July 20, 2013

8:30 am to 12:30 pm

(Registration begins at 8 am)

Saturday, August 17, 2013

8:30 am to 12:30 pm

(Registration begins at 8 am)

Saturday, September 14, 2013

8:30 am to 12:30 pm

(Registration begins at 8 am)

Saturday, October 12, 2013

8:30 am to 12:30 pm

(Registration begins at 8 am)

Saturday, November 9, 2013

8:30 am to 12:30 pm

(Registration begins at 8 am)

Saturday, December 7, 2013

8:30 am to 12:30 pm

(Registration begins at 8 am)



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FAMILY FEATURES

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Mediterranean Sirloin Skewers

Serves 4 to 6

2 pounds Sirloin Tips
1 cup Mediterranean Steak Marinade
4 to 6 skewers

Thaw sirloin tips.

Prepare Mediterranean Steak Marinade.

Drain sirloin tips and place in a resealable bag with marinade. Marinate sirloin tips in refrigerator for at least 8 hours or overnight. Agitate bag periodically to ensure marinade is well combined with the sirloin tips.

Preheat grill on high. Thread sirloin tips onto skewers. Grill for 4 to 5 minutes on each side.

Serve over couscous, pasta, salad or rice.

Mediterranean Steak Marinade

Makes 1 cup

½ cup extra virgin olive oil
2 teaspoons sea salt
1 teaspoon ground black pepper
¼ cup fresh squeezed lemon juice
2 tablespoons fresh garlic cloves, chopped
1 tablespoon fresh rosemary, chopped
1 tablespoon fresh oregano, chopped
¼ cup California chardonnay wine

Combine all ingredients and mix well.

Grilled Ribeye Steak with Chimichurri Salsa

Serves 4

4 Ribeye Steaks
Sea salt and fresh ground black pepper to taste
1 cup Chimichurri Salsa (recipe below)
4 cilantro sprigs

Begin by thawing steaks. Then season and grill to desired doneness.

Top each steak generously with Chimichurri Salsa. Garnish each steak with one cilantro sprig.

Chimichurri Salsa

Makes 1 cup

½ cup green onions, minced
2 teaspoon fresh oregano, minced
¼ cup red bell pepper, minced
¼ cup cilantro, minced
1 tablespoon jalapeño, minced
2 teaspoons fresh garlic, minced
½ teaspoon sea salt
¼ teaspoon fresh ground black pepper
1 tablespoon extra virgin olive oil
2 tablespoons red wine vinegar
½ lime, juiced

Combine all ingredients and mix well.



Korean Barbecue Beef Tenderloin with Stir-Fried Bok Choy *(Serves 6 to 8)*

- | | |
|--|---|
| 1 3-pound Tenderloin Roast | 1 14-ounce bottle Korean barbecue sauce |
| 2 cups Korean Barbecue Marinade (recipe below) | 6 to 8 cilantro sprigs |
| ¼ cup Steak Rub | 1 teaspoon black sesame seeds |
| 1 pound Stir-Fried Bok Choy (recipe below) | 1 teaspoon toasted sesame seeds |

Begin by completely thawing tenderloin. It will take 2 days in refrigerator or 1 hour in a sink full of cold water.

Remove tenderloin from plastic, and place in a large resealable bag with Korean Barbecue Marinade. Marinate overnight in refrigerator.

Remove tenderloin from marinade, and season with steak rub. Sear tenderloin on all sides on a pre-heated grill. Place in a 250°F oven for 1 hour and 15 minutes, or until the internal temperature is 125°F for medium rare.

With 15 minutes remaining, prepare the bok choy and heat Korean barbecue sauce.

Remove tenderloin from oven, let rest 15 minutes. Slice and serve. Garnish with cilantro and a mixture of sesame seeds.

Korean Barbecue Marinade *(Makes 2 cups)*

- | | |
|--------------------------------------|---------------------------------|
| 1 tablespoon sesame oil | 1 cup canned pear juice |
| 2 tablespoons garlic, finely chopped | ½ cup soy sauce |
| 2 tablespoons fresh ginger, minced | 2 tablespoons brown sugar |
| | 1 tablespoon crushed red pepper |

Place sesame oil in a thick bottom pot and add garlic and ginger. Place pot on a medium burner and add the rest of ingredients and slowly bring to a boil. Bring heat down to a simmer and cook while stirring for approximately 5 minutes. Remove sauce from heat and refrigerate for up to one week.

Stir-Fried Bok Choy

- | | |
|-----------------------------|---|
| 1 tablespoon canola oil | 1 tablespoon sesame oil |
| 1 pound bok choy, chopped | Sea salt and fresh ground black pepper to taste |
| ½ cup Korean barbecue sauce | |

In a wok, briefly heat canola oil. Add bok choy and cook for 2 to 3 minutes. Add Korean barbecue sauce and sesame oil to wok and mix well. Serve while hot.





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2014
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CIRQUE DREAMS ROCKS

Friday, September 20, 2013

RING OF FIRE

Saturday, September 28, 2013

BEAUTY AND THE BEAST

Wednesday, October 30, 2013

RAIN

— A Tribute To The Beatles

Friday, November 1, 2013

MEMPHIS

Wednesday, November 27, 2013

STEVE LIPPIA CHRISTMAS

Thursday, December 5, 2013

SHOJI TABUCHI Christmas Show

Friday, December 13, 2013

BRASS TRANSIT

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Friday, February 14, 2014

SWEET CHARITY

Friday, March 21, 2014

HELLO DOLLY

STARRING SALLY STRUTHERS

Tuesday, March 25, 2014

An Afternoon With

HAL LINDEN & HIS BAND

Sunday, April 6, 2014

WEST SIDE STORY

Thursday, April 10, 2014

VINCE:

The Life And Times Of Vince Lombardi

Saturday, May 3, 2014

ADAM TRENT

Magician/Illusionist

Friday, June 6, 2014

STAYIN' ALIVE

— A Tribute To The Bee Gees

Friday, June 13, 2014

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strand@thestrandtheatre.com

King Crossword

answers on page 38

ACROSS

- 1 Paddock
papa
- 5 Rotating
part
- 8 Lateen-
rigged boat
- 12 Mideastern
gulf
- 13 “The
Greatest”
- 14 Architect
Saarinen
- 15 Paper
quantity
- 16 Under the
weather
- 17 George
Herman
Ruth
- 18 Damage
- 20 Praise
highly
- 22 Conclusive
proof
- 26 Grip
- 29 Trigger's
rider
- 30 Id counter-
part
- 31 See 36-
Across
- 32 Victory
- 33 Auction
- 34 — out a
living
- 35 Lubricate
- 36 With 31-
Across, 1957
Pat Boone
hit
- 37 Forefront of
activity
- 40 From square

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18					19			20	21			
				22			23				24	25
26	27	28				29				30		
31					32				33			
34				35				36				
37			38				39					
			40				41			42	43	44
45	46				47	48			49			
50					51				52			
53					54				55			

- | | | |
|---------------------------|--------------------------------|-------------------------------------|
| one | 4 As a group | citrus |
| 41 Etta James
classic | 5 Egypt's
capital | 25 Christmas
refrain |
| 45 “The Forsyte
—” | 6 The whole
enchilada | 26 Staff leader? |
| 47 \$ dispenser | 7 Top prize | 27 Norse
trickster god |
| 49 Perjurer | on many
recent game | 28 Did a mean
job? |
| 50 Paradise | shows | 32 Some Native
American
homes |
| 51 Unruly group | 8 Fix, as
software | 33 Relieved |
| 52 Advan-tage | 9 Hats | 35 Individual |
| 53 “The Da
Vinci —” | 10 Sphere | 36 Pismire |
| 54 “Mayday!” | 11 Misery | 38 Crazy |
| 55 Dilbert's
workplace | 19 Mischievous
tyke | 39 Poetic feet |
| | 21 Whatever
number | 42 Staffer |
| | 23 Baleen
whale's
fodder | 43 Droops |
| | 24 Wrinkly | 44 “Star —” |
| | | 45 Moment |
| | | 46 Commotion |
| | | 48 Excessively |

DOWN

- 1 Ganges
garment
- 2 Footnote
word
- 3 Harvest

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Sudoku

by Linda Thistle

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

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

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

Angry boss	Cannon	Grenade	Supernova
Blasting cap	Detonator	Mine	Torpedo
Boiler	Dynamite	Missile	Volcano
Bomb	Fireworks	Population	

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- Sept. 14 8:30 a.m. – 12:30 p.m. Hebert's Town and Country, 1155 E. Bert Kouns Ind. Loop, Shreveport. Hosts: Hebert's and *The Best of Times*. Contact: 318-221-9000; Instructor Ray Branton

EVENTS

Dragonboat Festival - Saturday, Sept 14 at Riverview Park, 601 Clyde Fant Parkway, downtown Shreveport. 8:30 a.m. The annual Dragonboat Festival attracts teams from all across the Ark-La-Tex on the Red River. Spectators may attend **FREE**. There is a registration fee for participants. Proceeds will go to civil endeavors in the community. Sponsored by the Rotary Club of Shreveport.

Southern Hills Business Association Expo 2013 and Career Fair - Tuesday September 24. 4 - 8 p.m. Summer Grove Baptist Church Event Center. **FREE** and open to the public. For more info call 687-7808 or 422-7489.

Take off Pounds Sensibly (TOPS) open house - Wednesday, September 25, 9 - 11 a.m. at Summer Grove Methodist Church building, 9119 Dean Road, Shreveport. TOPS is a weight loss group that supports it's members as they take off

or keep off pounds sensibly. 688-6104.

Wine, Cheese, and Therapies – A fantasy filled gala benefiting The Center for Families. Saturday, November 2nd from 6 to 10 pm at Ristorante Giuseppe located at 4800 Line Avenue in Shreveport. This gala event will include a four course meal with wine, massage therapy, love therapy, green therapy, silent auction, laughter therapy, photo therapy, music therapy, thrill therapy, and MUCH MORE. In addition, there will be a special Jewelry Therapy Raffle to win \$2,000 shopping spree to Lee Michaels with raffle tickets at \$20 each. Early bird sale for tickets to this event are only \$90 per person, but deadline is September 30th. Regular ticket price is \$125 per person. For more information and reservations, please call (318) 222-0759 or visit the website at www.thecenterforfamilies.com.

EXHIBIT

Print - Artspace, 710 Texas, downtown Shreveport. Through Sat, Oct 19, 10:00 AM to 5:00 PM (Tuesday - Saturday). **Print** features limited edition fine art screen pieces from contemporary street artists such as Shepard Fairey and Cryptik to up and coming print artists. **FREE** and open to the public.

KREWE ACTIVITIES

The Krewe of Elders party - Sunday, September 15, from 1:30 to 5:30 p.m., at the American Legion Post No. 14, 5315 South Lakeshore Drive, Shreveport. Entertainment provided by AJ and the Two

CONCERT

Shreveport Symphony - Saturday, September 21 at 7:30 PM. RiverView Theater in downtown Shreveport. Opening night sparkles with the virtuosity of Avery Fisher Career Grant winner JENNIFER KOH and the famous violin concerto of Sibelius. Brahms' Symphony No. 1, perhaps the greatest "first symphony" of all, features a finale of unparalleled nobility and triumph. Free 'Inside the Music' pre-concert talk starts at 6:30 PM. Tickets start at \$15. Call 318-227-TUNE (8863).

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Tone Blues Band. Door prizes, 50/50 raffle, cash bar, snacks, open to public. Info. 752-9175, 631-8865. \$6 members, \$10 non-members.

MEETINGS

The Ark-La-Tex Genealogical Association, Inc. monthly meeting - 1 PM, Saturday, September 14. Randle T. Moore Center, 3101 Fairfield Ave., Shreveport. Featuring: Genealogists, Glenda Bernard and Peggy Suzanne La Cour. The presentation will be based on lessons learned while attending The Institute of Genealogy and Historical Research, "IGHR", at Samford University in Birmingham, Alabama. **FREE** and open to the public. 318-746-1851.

GENCOM Genealogical Computer Society Monthly Meeting - Sunday, September 29 at 2 p.m. at the Broadmoor Branch Library, 1212 Captain Shreve Drive, Shreveport. The program will be devoted to "Genetic Genealogy" and "DNA Testing". **FREE**. Guests are welcome. For information call 318-773-7406 or email jgjoness09@gmail.com.

MOVIES

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. Every Thursday and Friday. Coffee and cookies at 9:30 a.m. Program/speaker every Thursday at 10 a.m. Fridays Tech Talk at 10 a.m. Admission is **FREE**. Lunch is served at 11:00. Make lunch reservations by calling the Caddo Council on Aging at 676-7900. Suggested donation for lunch is \$2.

SEMINARS

Fitting the Parts with the Plans: Piecing Together Medicare Parts, Insurance Plans, Medicaid Coverage, and Estate Planning Options - Thursday September 5. 10 a.m. to 11:30 a.m. and 5:30 p.m. to 7 p.m. Shreve Memorial Library, Broadmoor Branch, 1212 Captain Shreve Dr., Shreveport. Speakers are Elli Burke of Burke & Burke Insurance, Mary Mason, Medicaid Analyst for the State of LA, and Stephanie Prestridge of Lineage Law, LLC. Seating is limited. Reservations are required. **FREE**. To reserve your seat, call 219-7874 or email info@lineagelaw.com.

THEATRE

Daddy's Dyin'. Who's Got the Will? - September 19, 20, 21, 26, 27, and 28 at 8 p.m.; September 22 & 29 at 2 p.m. Shreveport Little Theatre, 812 Margaret Place, Shreveport. Call 424-4439 noon to 4 p.m. Monday - Friday. www.Shreveportlittletheatre.com.

Edward Albee's Who's Afraid of Virginia Woolf? - September 6, 7, 13, & 14 at 7:30 p.m. September 8 & 15 at 3 p.m. at East Bank Theater. Janin Pou and Jim Cowles will face off as George and Martha, one of theatre's most notoriously dysfunctional couples in

Albee's hilarious and provocative masterpiece. They will be joined by an unwitting young couple (Luke Sexton and Rachael Lee Magill) invited over to George and Martha's for an unforgettable night of cock-tails and crossfire. Adults \$18; Seniors \$15. Call 218-9978 for tickets. For more info visit StageCenterLA.com.

The Cemetery Club - September 20, 21, 27, 28 at 7:30 p.m.; September 22, 29 at 3 p.m. Emmett Hook Center, 550 Common Street at Milam, downtown Shreveport. \$16 adults, \$14 seniors. 429-6885 or www.emmetTHOOKcenter.org

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SEPTEMBER PARTING SHOTS

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

Shreveport Little Theatre and Academy held their 12th Annual BRAVO! Awards Dinner at East Ridge Country Club. The ceremony honored SLT's 2012-2013 volunteer casts, production crews and graduating seniors.



The cast of MOON OVER BUFFALO won Best Production.

A surprise celebration was held for Dr. Gerald Dawkins (left) on July 28 on his retirement as Caddo Parish School Board superintendent. Also pictured (l to r) Burnadine Moss Anderson, Dottie Bell and Carl Pierson.



Immediate-past board president Gene Bozeman presenting the SLT Board of Directors Award to Martha Smith.



New board president Michael Ferrell, Martha Smith, and Gene Bozeman.

Sylvia Newman (right) received an Award of Appreciation for her contribu-



tions to the PHP Back To School Drive from Cheryl Young.



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