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VICKIE T. RECH,
*Client Care Coordinator
and Certified Medicaid Planner™*

Vickie Rech is the Client Care Coordinator in the estate planning practice of Weems, Schimpf, Haines, Landry, Shemwell & Moore, APLC assisting clients with their long-term care planning, including qualification for Veterans Benefits and long-term care Medicaid. Mrs. Rech has achieved the designation of Certified Medicaid Planner™ through the Wealth Preservation Institute. To become a CMP™, a candidate must meet certain educational and experience requirements, successfully pass the certification exam, and agree to abide by the highest ethical/professional conduct. Mrs. Rech is the only CMP™ in Louisiana.

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Guest: Dr. Alex Gomelsky, Urologist

January 14 - Senior Services Available From The
Area Councils on Aging
Guest: Mary Alice Rountree, Executive Director of
Caddo Council on Aging and Tamara Crane, Executive
Director of Bossier Council on Aging

January 21 - We Are Safer Today Because of
Epidemiologists
Guest: Dr. Bob Robinson, epidemiologist

January 28 - Anesthesia in the News
Guest: Dr. Charles Fox, Professor of Anesthesiology
at LSU Health in Shreveport

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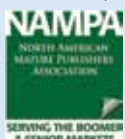
Founded in 1992 as *Senior Scene News*
ISSN Library of Congress #1551-4366

A monthly publication from
TBT Multimedia, LLC
P.O. Box 19510

Shreveport, LA 71149
(318) 636-5510

www.TheBestOfTimesNews.com

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January 2017 • Vol. 26, No. 1

Publisher

Gary L. Calligas
Gary.Calligas@gmail.com

Editor

Tina Miaoulis Calligas
Editor.Calligas@gmail.com

Account Executives

Patrick Kirsop
kirsop@sbcglobal.net
Mary Driscoll
Ad.TBT.Mary@gmail.com

Design & Layout

Jessica Rinaudo
Karen Peters

Webmaster

Dr. Jason P. Calligas

Writers

Kathleen Ward

Contributors:

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

WK Treats Stroke by Removing Clot

Willis-Knighton Health System has successfully performed its first endovascular mechanical thrombectomy, treating a patient with an acute ischemic stroke.

The patient was transported from an out-of-town hospital to WK Pierremont, the site of the health system's center of excellence for stroke. Understanding that "time is brain," the team performed the thrombectomy within two hours of arrival. The procedure involves removal of a thrombus or clot within the vascular system that is preventing the flow of blood.

The patient was receiving care via telemedicine at the outlying facility where she was given the clot buster drug. Neurohospitalist Dr. Alan Little was contacted at WK Pierremont and after reviewing a CT angiogram, he identified the clot in an area that could be reached by catheter. Dr. Little and the WK Pierremont stroke team coordinated efforts with Dr. Hugo Cuellar, a neurointerventional radiologist.

The procedure was a huge success. The patient, who had complete paralysis on her left side, has fully recovered and has returned to her daily routine.

Dementia on the Downslide, Especially Among People with More Education

In a hopeful sign for the health of the nation's brains, the percentage of American seniors with dementia is dropping, a new study finds. The downward trend has emerged despite something else the study shows: a rising tide of three factors that are thought to raise dementia risk by interfering with brain blood flow, namely diabetes, high blood pressure and obesity. Those with the most years of education had the lowest chances of developing dementia, according to the findings published in *JAMA Internal Medicine* by a team from the University of Michigan. This may help explain the larger trend, because today's seniors are more likely to have at least a high school diploma than those in the same age range a decade ago. In all, 11.6 percent of those interviewed in 2000 met the criteria for dementia, while in 2012, only 8.8 percent did. Over that time, the average number of years of education a senior had rose by nearly an entire year, from 12 to 13. Years of formal education was the only marker tracked among the study participants. But researchers noted, it is likely that the other ways that people challenge and use their brains throughout life - reading, social interactions, what occupation they have, and how long they work - may also have an impact on dementia risk in later life.



Peak of Flu Season is Yet to Come

Flu cases are being reported across the country. Experts at the Johns Hopkins University School of Medicine say everyone 6 months and older should get vaccinated against the influenza virus every year. They noted that many people don't realize that flu season runs until May and peaks between December and March. If you haven't gotten your flu vaccine, it's still not too late.

Brain Activity May Predict Risk of Falls in Older People

Measuring the brain activity of healthy, older adults while they walk and talk at the same time may help predict their risk of falls later, according to a study published online in *Neurology*®. Experts from Albert Einstein College of Medicine in the Bronx looked at people with an average age of 75 who had no disabilities, dementia or problems with walking. They then used brain imaging to measure changes in oxygen in the blood in the front of the brain as each person walked, recited alternate letters of the alphabet and then did both tasks at the same time. Researchers then interviewed participants every two to three months over the next four years to see if they had fallen. The study found higher levels of brain activity while both walking and talking were associated with falls, with each incremental increase of brain activity associated with a 32 percent increased risk of falls. Such an association was not found when looking at brain activity levels during just walking or talking. The speed of the walking and naming letters did not help predict who was more likely to fall.



Our Featured **5**

Favorite Quotes to start the New Year



1 Be at war with your vices,
**AT PEACE WITH
YOUR NEIGHBORS**, and
let every new year
**FIND YOU A
BETTER MAN.**
– Benjamin Franklin

Let our New Year's resolution be
this: **WE WILL BE THERE FOR
ONE ANOTHER AS FELLOW
MEMBERS OF HUMANITY**, in
the finest sense of the word. – Goran
Persson

3

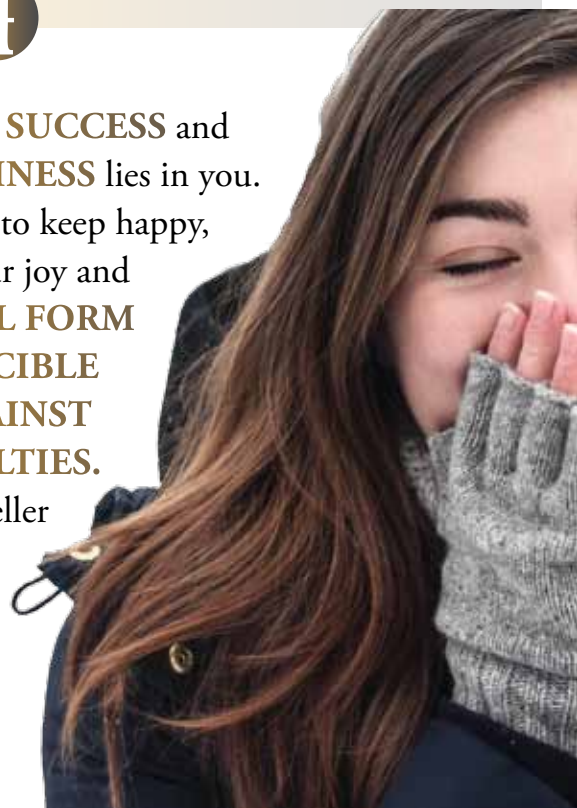
2 I hope that in this year to
come, you make mistakes.
Because if you are **MAKING MISTAKES**,
then you are **MAKING NEW THINGS**,
trying new things, learning, living,
pushing yourself, **CHANGING
YOURSELF, CHANGING YOUR
WORLD.**
– Neil Gaiman

Write it on your heart that
EVERY DAY is the **BEST DAY** in
the year. –Ralph Waldo Emerson

4

Your **SUCCESS** and
HAPPINESS lies in you.
Resolve to keep happy,
and your joy and
**YOU SHALL FORM
AN INVINCIBLE
HOST AGAINST
DIFFICULTIES.**
– Helen Keller

5



(Tear out and post this friendly reminder)

❑ Register for the 2017 S.A.F.E. Planning community workshop and
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even if someone is already receiving care

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OR

February 9th (Thursday) at 10 am

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- Avoid leaving a spouse financially devastated!
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- **Do you know how a spouse can receive up to \$3,022 per month of the income of their spouse in a nursing home and have their care paid for even while owning substantial assets?**
- Do you understand **Gifting Rules, Look-Back Periods**, how Medicaid treats common **"tax loopholes"** and ignores **pre-nuptial agreements**? Find out!
- **Could an Irrevocable Trust become your worst enemy? Learn the pitfalls and traps!**
- Do you know why it may be a bad idea to put **kids names on your accounts**?
- **Do you know how preserving assets can better assure a patient's quality of care and quality of life?**
- **Is a loved one already in a nursing home or receiving care? Find out why it may not be too late to save their estate!**



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Shreveport Then & Now



The **Saenger Theater**, named for its owners Julian and Abe Saenger, was located at 620 Milam Street in downtown Shreveport. It opened on March 26, 1911. On March 24, 1967 it was renamed **Capri Theater**. It was later converted into a night-club/entertainment venue. In 2012, it was again used as a cinema when it became one of the venues for the LA Film Prize Festival.



Overton Brooks VA Medical Center, located at 510 E. Stoner, sits on the site of Fort Turnbull also known as Fort Humbug. The fort was the last Confederate fortification of Louisiana. The hospital serves over 37,000 veterans per year. It was named after Thomas Overton Brooks, a Democratic U.S. Representative from the 4th Congressional District of NWLA, in recognition of his support of veterans' causes.

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Seated (L to R): Somanya Jackson, Kacee Ferrier
Back Row (L to R): Angie Hayes, Charlotte McCune, Donnie Flint



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Snapshot SLEUTH

Do you recognize any of the people in these photographs?

The Best of Times has partnered with the library at LSU Shreveport to identify individuals in photos from their collections. If you know any of the people in these photos or if you have any memory or comments about the images, please email Tina at editor.calligas@gmail.com or Laura at laura.mclemore@lsus.edu.



1 Christmas gifts being presented by Henry Clay at the Goodwill Industries Christmas Party, 1952.

2 Agnew Town & Country Day School, 1962.

3 Byrd High School food campaign, 1964.

4 Packing Christmas boxes at St. Vincent's Academy, 1957

(All photos courtesy of Northwest Louisiana Archives at LSU Shreveport. Jack Barham, Photographer)





FIVE FACTS your doctor should be telling you about CoQ10:

01

Sparks Energy – Many cases of heart failure are actually caused by a lack of CoQ10. CoQ10 sparks energy in every cell of your body including your heart which is your body's largest energy user. Without enough CoQ10, your heart doesn't pump blood as efficiently as it should.

02

Feel Younger – The lack of energy we call "aging" is often just a CoQ10 deficit. Your body naturally produces CoQ10 throughout your life, but production drops as you get older. When people start taking CoQ10, they often feel 10 years younger.

03

CoQ10 Is A Powerful Antioxidant – It cleans up the destructive free radicals that are by-products of the energy production process.

04

On A Statin Medication? – If you're on a statin medication, you **MUST** take CoQ10. Not only do statins stop cholesterol production, but they also hinder your body's production of CoQ10. That's why many people end up with muscle aches and weakness while taking statins.

05

What Brand To Choose

Not every CoQ10 supplement works. The form of CoQ10 you take affects how well it is absorbed into your body. We like Boudreaux's brand CoQ-10 Pre-Emulsified Liposomal (PEL) Delivery System. Evidence has shown that pre-emulsified CoQ-10 delivery forms show increased absorption over powdered forms.



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France Awards Shreveport Veteran the *Legion of Honor*

Turret ball gunner looks back on major World War II bombing missions

by Kathleen Ward

Slim and 5'7" tall, Marvin Graham was the crew member who could fit into the B-24 Liberator's claustrophobic turret ball along with his electronically heated suit, warm clothing, two .50 caliber machine guns, sights and ammo. Staff Sergeant Graham had joined the U.S. Army Air Forces at 17 to serve with thousands of others in the righteous war that would restore the world to some semblance of order and shut down a madman.

"If I was much bigger, I couldn't have gotten into it," said Graham, now robust and thoughtful, looking back at age 93. As part of the crew of the "Jive Bomber" of the 579th Bomb Squadron, 392nd Group of the 8th Air Force, he flew 30 heavy bombing missions over Germany and France. He also flew one "milk run" when appendicitis forced him out of the turret and into emergency surgery. A bombing mission was called a "milk run" if the plane didn't take on enemy fire. His crew only went on one.

"We were always fired on," said Graham. "On a regular bombing mission, with hundreds of planes involved, there was always antiaircraft fire involved. Always. There were lots of noises and air whistling through the holes. They were coming at you at 400 mph. You couldn't see."

The turret ball was made of plexiglass and faced forward so the gunner could fire on enemy planes trying to shoot them down.

"Picture him in there," said Shawn Bohannon, one of the historians with the Air Force Global Strike Command History Office at Barksdale Air Force Base. "When you were flying at 20,000 feet they weren't pressurized so they were exposed to subzero temperatures. So cold; he's cramped in there alone. When the German's



antiaircraft fire exploded, it was like a giant shotgun shell, gagged pieces flying everywhere.”

“Now, here’s this guy hanging on a small ball under the aircraft. It was a very dangerous position,” said Bohannon. If the plane got heavily damaged, the turret ball in which he sat had to be rotated back into the plane before the pilot could attempt to land.

“The gunner could bail directly out of the turret if he was able to wear a parachute inside the cramped space. More typically, the gunner would rotate the turret with guns facing down and exit the turret by crawling into the fuselage, don a parachute and bail out of the aircraft’s rear hatch,” said Bohannon.

It was a crucial defensive position that Graham talks about in the modest, straightforward manner of speaking typical of WWII vets, who know what they accomplished and don’t need affirmation.

“When push came to shove, it was really no different from any of the other crew positions if you got shot down,” said Graham.

“Flight crews had the highest rate of casualties of any branch of the service during the war. It was extraordinarily mentally taxing to fly those combat missions,” said Bohannon. “It became impossible, if there was no end in sight,” so the crew was assigned a specific number they had to complete before they could be reassigned, he said.

Graham’s crew had flown 29 missions together,



Mr. Graham was part of the crew of the B-24 'Jive Bomber'.

including one in which the plane lost two engines on the same side. They were a well-honed team that trusted each other to finish a successful mission and get back to the base. The delay of that 30th and last mission caused by the three surgeries to fix his burst appendix weighed heavily on Graham.

“I wanted to finish up with them in the worst way,” said Graham of his crew of longtime friends. “I only had one mission to go and everybody knew it.”

Part of his crew were reassigned to other planes so they had completed their requisite 30. His pilot, Gordon Hammond, was shot down and taken prisoner by the Germans on his 30th mission. Graham was apprehensive, but joined the new crew.

“I knew them. They were from our group and they were on their last mission,” said Graham. The morning of the final run, the crew learned they were to bomb German vehicle and troop concentrations that would free trapped U.S. troops at the Battle of Saint-Lô.

Saint-Lô was a strategic crossroads that had been held by the Germans since 1940. Gen. George Patton Jr.’s Third Army needed to move through that area to proceed south after the invasion of Normandy.

“Because of the trouble with friendly fire, they decided to send the planes at a very low altitude, hundreds of yards from the ground,” said Graham.

“I was standing by a window and there was a brown box full of chaff. My job was to throw out a bundle of chaff and I would count and then I would throw out another bundle,” said Graham.

Chaff was aluminum foil or other material that was thrown out of planes and burst open to form a cloud to deceive enemy radar.

Genevieve Tournezie, whose father was a French soldier held by the Germans as a prisoner of war, pinned the medal to Graham’s lapel.



"All of a sudden, there was a huge explosion on our aircraft. I put on my parachute and almost had one foot out the window to bail out. Another crew member said, 'Don't worry. We will get back. We've got a very good pilot,'" said Graham. "We continued with the mission and we got through it. We had hundreds of bullet holes. At 300, we stopped counting."

His bravery has not gone unrecognized. For his service during the war, he "received the Air Medal with three oak leaf clusters, the European Theater of Operations ribbon with four Bronze Stars and the Distinguished Flying Cross," said Dana Kress, the French Honorary Consul General for Northwest Louisiana.

On November 11th, Veterans Day, Graham was awarded the National Order of the Legion of Honour, France's highest decoration, during a ceremony honoring veterans at The Chapel at The Oaks.

All of a sudden, there was a huge explosion on our aircraft. I put on my parachute and almost had one foot out the window to bail out.

"Monsieur Graham fought in the three main campaigns of the liberation of France: Normandy, Provence and Northern France, serving as a photo lab technician and a turret ball gunner in France and Germany," said Kress. "Today, we are approaching the 75th anniversary of your heroic deeds and we are here to show you that France has never forgotten your sacrifice or the sacrifices of all those young Americans who gave the ultimate gift to France."

Genevieve Tournezie, whose father was a French soldier held by the Germans as a prisoner of war, pinned the medal to Graham's lapel.

"Thank you for freeing our country," said Tournezie in a moving speech during the presentation. "These young men took so many chances. It touches me to the core."

For many years Graham stayed in touch with three of his original crewmembers,

who lived around the country. He is the last survivor.

"We had thought we had left a better world," said Graham.

Graham married a young woman from Wales, Patricia Price, whom he met in London. They had two children. She died in 2002. He moved to Shreveport a few years ago to be close to his daughter and met his wife, Sarrah. The two married six years ago in the same chapel in which he received France's highest honor.

On a trip to Germany several years ago, the couple were preparing to depart their train and he asked his wife where they were. When told they were in a certain small town in Germany, Graham said, "I can't get off here. We bombed the hell out of them."

Other World War II Veterans May Be Eligible for This Honor

*A Note from the French Consulate
in New Orleans*

The Legion of Honor, or the National Order of the Legion of Honor, is a French order established by Napoleon Bonaparte on May 19, 1802. The Legion of Honor is the highest decoration in France. The award is granted only to qualifying veterans who have fought in at least one of the four main campaigns of the Liberation of France: Normandy, Provence, Ardennes or Northern France.

"The President of the French Republic is the Grand Master of the Order. He appoints all other members of the Order, by convention, on the advice of the government," said Brandon Kafarella, Chargé de communication at the Consulate General of France in Louisiana.

"The President of the Republic has decreed that every World War II veteran who has fought under enemy fire on French soil is eligible for this distinction. Upon presentation of their military file, U.S. veterans who risked their life during World War II fighting on French territory may be awarded this distinction. Those selected are appointed to the rank of Knight of the Legion of Honor," said Kafarella.

You can learn more about this applying for this distinction on the website: www.consulfrance-nouvelleorleans.org/Order-of-the-Legion-of-Honor.html#How-is-the-Legion-of-Honor-awarded.



**Mr. Graham in uniform
with 1st wife, Patricia.**



testify and miss work where they were desperately needed. After explaining to them that I could not give legal advice, I did tell them that not honoring the subpoena could have dire consequences.

A subpoena is a court order to appear in court on a certain date and a certain time to testify. The subpoena may also require certain documents be brought by the person subpoenaed to testify. A subpoena is a valid court order and is not a request to appear. The subpoena cannot be ignored and must be honored or punishment for not honoring the subpoena may be issued by the court. In addition, if the subpoena is not fully honored by the party subpoenaed, the court may issue a punishment for not complying fully with the subpoena. Some of the most commonly used forms of punishment by the court are as follows.

If a person is subpoenaed and does not appear in order to testify or bring documents to the court, the court may issue a Writ of Attachment for the

Do I Have to Honor a Subpoena?

Too many times, I have been called by persons asking me the above stated question. In many instances, the party who had received

the subpoena was a business person or professional and they were extremely busy at work. The person did not understand how they could be called to

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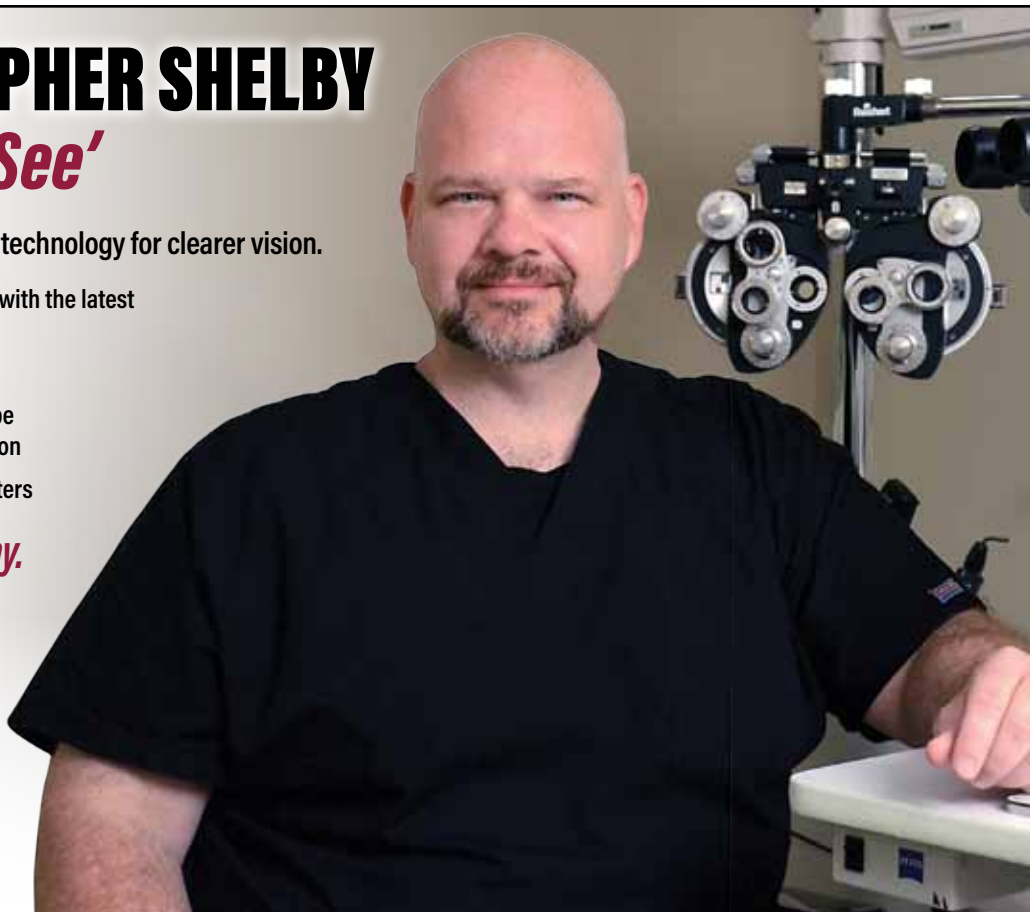
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person. This is commonly called a Writ in the courtroom. If a Writ is issued, the Sheriff's office is notified to go pick up the person subpoenaed and bring them to the courtroom. It does not matter where the person is located. They may be at home, in the middle of an important meeting, or about to leave on vacation and boarding a plane. No matter where they are, the Sheriff's office will detain them and bring them to court in order to testify or produce the documents requested. Many times this will cause the person subpoenaed severe embarrassment as they are escorted by the Sheriff's office from where they are located in front of possibly family members, co-workers, and/or the public.

Once in the courtroom, the Judge can hold the person subpoenaed in contempt. The Judge can choose to fine the person for failing to show up in the courtroom and testify. Usually a Judge will tailor any fine to the costs of the Sheriff's office having to search for and find the person subpoenaed to testify. In certain instances, the Judge may also order that the person who was subpoenaed be incarcerated for failing to honor the subpoena. The Judge may feel the person who disregarded the subpoena is intentionally trying to avoid the courtroom and may feel that incarceration is the appropriate remedy due to their intentional avoidance of the subpoena. Judges usually try to avoid incarcerating people for this offense, but will do so if they feel it is necessary.

What can a person do if they are subpoenaed and have a busy work schedule? The person who is subpoenaed can call the lawyer's office that is subpoenaing them and ask to be placed on call and given an estimated time in which to appear. Most lawyers will attempt to work with witnesses, especially professionals, in order to limit their time in the courtroom. If the person subpoenaed cannot get the lawyers to agree to place them on call or give an estimated time when they should appear, then the person subpoenaed can appear in court on the allotted day and request the court to be placed on call. Usually the court will try to accommodate a person if they can do so. However, in some instances, the court will not be able to accommodate the person subpoenaed as the case may require the person subpoenaed be available to testify at a moment's notice. In any instance, if you receive a subpoena, please honor the order of the court.

On a personal note, I want to thank all of you who encouraged me during my campaign with your notes and letters. I cannot tell you how much this meant to me and knowing that so many of you follow this column on a regular basis and supported our campaign with your efforts of telling people about me. I will officially begin my new job at the Court of Appeal on January 1, 2017. I will look forward to serving you there and will continue to write this column with hopefully helpful information. Again, thank you all.

Judge Jeff Cox is judge for the Louisiana Circuit Court of Appeal for the Second Circuit.



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Prepare for Medicare Part A and B Price Changes in 2017

If you're eligible for Medicare, or will be in the coming year, there are a few changes you should know about for 2017.

An increase in the Department of Labor's Consumer Price Index (CPI) means there'll be an increase in Social Security benefits and Medicare Part B premiums. For most recipients the increases almost offset each other, but those who aren't covered by the "hold harmless" provision (about 30 percent of recipients) face a larger Part B premium increase.

These changes, along with several others, will go into effect soon and you should consider how they could affect your budget.

A slight increase in your Social Security benefits.

Since 1975, Social Security benefits have an automatic cost-of-living adjustment (COLA). The adjustment depends on the CPI and helps keep your benefits in line with the rising cost of goods.

There wasn't a COLA for 2016 benefits, but there is a .3 percent adjustment for next year. Meaning, you'll get an additional \$3 per \$1,000 you receive in benefits. The estimated average monthly benefit for all retired workers is expected to increase \$5, from \$1,355 to \$1,360.

Medicare Part B premiums will also rise.

The COLA also affects Medicare Part B premiums, the part of Medicare that covers some types of procedures and medi-

cal equipment. However, for about 70 percent of Medicare recipients, the Social Security Act's "hold harmless" provision prohibits an increase to Medicare B premiums of more than the previous year's COLA adjustment.

According to the Centers for Medicare and Medicaid Services, held harmless recipients will pay \$109 per month, an increase of \$4.10.

If you aren't held harmless, Part B premiums could increase by about 10 percent.

The remaining 30 percent of Social Security beneficiaries will have their Part B premium increase by about 10 percent. You could fall into the non-held-harmless group if you:

- Are a new enrollee
- Enrolled in Medicare but don't receive Social Security benefits
- Get billed directly for Medicare Part B
- Receive Medicare and Medicaid benefits and your state Medicaid programs pay your Part B premium
- Are a high-income earner subject to an income-adjusted premium

For the non-held-harmless group, the premium depends on the recipient's (or couple's when filing a joint tax return) adjusted gross income (AGI).

- The lowest monthly premium, for individuals who have an AGI of \$85,000 or less (\$170,000 for couples), will increase from \$121.80 to \$134 a month per person.
- On the high end, for recipients with an AGI over

\$214,000 (\$428,000 for couples), the monthly premium will increase from \$389.80 to \$428.60 per person.

Medicare Part A and B deductibles will also increase.

Most people don't have to pay Medicare Part A premiums, but you could still have to pay a deductible or coinsurance for some Part A benefits.

- The deductible for inpatient hospital coverage, which helps cover the first 60 days of care, will increase from \$1,288 to \$1,316 per benefit period.
- Daily coinsurance for the 61st through 90th day of treatment will increase from \$322 to \$329.
- Daily coinsurance for day 91 on will rise from \$644 to \$658.
- Each day past day 90 counts towards your lifetime reserve. You have a maximum of 60 lifetime reserve days; after which you could be responsible for all costs.
- Skilled nursing facility care is completely covered for your first 20 days.
- Daily coinsurance for day 21 to 100 of skilled nursing care will increase to \$164.50.
- You could be responsible for all costs beyond day 100.

The Part B annual deductible will also increase, from \$166 to \$183. Generally, after you've met your deductible, you'll pay 20 percent of Medicare-approved costs for services covered by Part B.

Bottom line: Social Security benefits, Medicare Part B premiums and Part A and B deductibles and coinsurance will increase in 2017. Whether you're held harmless or not, take steps to understand which changes could affect you and alter your budget accordingly.

Nathaniel Sillin directs Visa's financial education programs. To follow Practical Money Skills on Twitter: www.twitter.com/PracticalMoney.



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Can You Sign That For Me?

Mike put approximately \$40,000 of his own money into a bank certificate of deposit. The certificate of deposit was in his name only but was also payable to one of his step-daughters, Jan, upon his death.

Before Mike died, he decided that he wanted to cash out his certificate of deposit and leave the money to Carol, his wife. (All of the names in this article have been changed, but the case is real.) Because Mike made this decision while he was bed-ridden, he sent his three sons to the bank to cash out the certificate of deposit for him.

When the sons got to the bank they were told that because they did not have power of attorney over Mike and because their names were not on the certificate of deposit, only Mike could cash out the certificate of deposit. The bank gave some paperwork to the sons and told them that the easiest way to cash out the certificate of deposit would be for them to bring the paperwork home to their father, have him sign it and then bring it back to the bank.

When the sons got back to Mike's home, he wasn't feeling too well. In fact, Mike's health was so bad that he was physically unable to sign his name so he asked his wife to sign the certificate paperwork for him.

Carol signed Mike's name, the sons took the certificate of



deposit paperwork back to the bank, cashed out the certificate and put the money into their father's checking account.

Apparently, nobody ever told Jan anything about this transaction because after Mike died, she showed up at the bank demanding her \$40,000. When the bank explained that the certificate of deposit had been cashed prior to Mike's death, Jan sued the bank.

Jan first argued that the bank had acted unreasonably when it cashed out the certificate of deposit because it was not actually signed by Mike: it was Carol, his wife who had signed



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Mike's name on the certificate. Would you consider that to be a forgery? The Judge didn't. The court held that although Mike "did not sign the CD himself, he directed his wife to do so... She heard this request and fulfilled it in his presence." The court went on to state that "Where a person's name is signed for him at his direction and in his presence by another, the signature becomes his own, and is sufficient to give the same validity to an instrument as though written by the person himself."

Jan next tried to argue that the bank had acted unreasonably because the money in the certificate of deposit was her inheritance and she didn't consent to the cash out. The court rejected this argument, stating that the money belonged to Mike until he died, and "he could do with it as he pleased." Jan was only a "prospective legatee," which means that Mike had every right to change his mind before his death and not leave the money to his step-daugh-

ter and that there was nothing Jan could do about it.

As a general rule, a person can change his or her will at any time. A person can also change the beneficiary on their life insurance or retirement plan at any time. And a person can change the pay on death designee on a certificate of deposit or bank account at any time. But once you actually give away money by handing it over, you usually have no right to get it back. There are a few exceptions: for example, if you give \$1,000 to your son and he later tries to kill you or "is guilty towards you of cruel treatment, crimes or grievous injuries," then you can sue to revoke the donation and get your \$1,000 back.

Lee Aronson is an attorney in Shreveport with Gilsoul & Associates, LLC. His practice areas include estate planning and elder law.



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From Flapjacks to Moonpies on the KENTUCKY Bourbon TRAIL

Story by Andrea Gross; photos by Irv Green

It's 8:00 in the morning, and my husband and I have already devoured a huge stack of bourbon-infused flapjacks topped with Jim Beam black caramel sauce. This is not my normal style. I'm more of a spinach egg-whites-only omelet type of gal. But today I'm in Bardstown, Kentucky, the Bourbon Capital of the World, and here bourbon is as omnipresent as milk on a Wisconsin farm.

Nearly a half million visitors a year travel Kentucky's Bourbon Trail, a meandering route that leads them to tours and tastings at a host of distilleries, most of which are within an hour's drive of Bardstown.

After visiting the Museum of Whisky History, where among other alcohol-related artifacts we see a replica of George Washington's still, we set off to educate our minds and refine our palates.

Our first stop is Heaven Hill Distilleries, the largest independent family owned and operated producer of distilled spirits in the U.S. There we taste-test some of their products and receive a brief course in Bourbon Basics.



Limestone Branch Distillery specializes in handmade small batches of old Appalachian moonshine.



In short order, we learn the following:

- All whiskey is made from grains and water, but to be considered bourbon, the mash must contain at least 51% corn. This is no problem for Kentucky distillers; the state produces more than 100 million bushels of corn a year.
- Much of Kentucky sits atop a bed of limestone, and the resulting water, be it from a natural spring or lake, is free of iron, a mineral that gives bourbon a black color and unappealing taste. This natural iron-filter is another boon for Kentucky distillers.
- Bourbon must be aged for at least two years in barrels that are made from white oak. Yet another win for lucky Kentucky, where the climate is hospitable to white oak trees.
- Finally, Kentucky has always been rich in human know-how. During the late eighteenth century the state received an influx of Irish, Scottish and German immigrants. These folks brought their knowledge of distilling with them and this, coupled with the state's fortunate natural elements, provided the roots for Kentucky's booming \$3 billion a year bourbon industry.

George Washington's still is on display at Bardstown's Whiskey Museum.

Over the course of three days we visit a variety of distilleries — from big to boutique as well as traditional to inventive — and one factory that makes barrels. After learning that there are more used bourbon barrels in Kentucky than horses and people combined, and that none of these barrels can be recycled for bourbon since bourbon must be aged in spanking new barrels, I vow to become a bourbon barrel maker in my next life.

At each distillery, we learn more and taste more.

Barton 1792 Distillery is the oldest fully-operating distillery in Bardstown. Named to honor the year Kentucky became a state, it sits on a 196-acre estate that is rife with natural springs that supply iron-free water and fields that supply the necessary corn.

But what we notice first is rows of multistory buildings lined with narrow, vertical windows. These, we're told, are rickhouses, which are specially designed warehouses where bourbon is stored during the aging process. As the rickhouses are neither heated nor air-conditioned, the seasonal temperature variations produce a more richly flavored product than they would if the temperature were constant. Barton has 28 of the historic rickhouses, each holding 19,600 barrels, each barrel filled with 53 gallons of aging spirits.

While Barton brings to mind the science of making bourbon, Maker's Mark Distillery embodies the art, both in its methodology and its surroundings.

Its bourbon is made with tender loving care in small batches of fewer than 19 barrels. Each bottle has a "maker's mark" on the bottom, reminiscent of the signature marks that are often placed on the bottom of fine crafts. In addition, each bottle is sealed with the company's distinctive red wax.

As for the surroundings, the buildings are deep gray shuttered in bright red and surrounded by a green lawn and winding stream. A 36-foot by 6-foot canopy by renowned glass artist Dale Chihuly crowns one of the halls in an aging warehouse and adds a modern touch.

I'm artistically enchanted with Maker's Mark, but it's at Limestone Branch Distillery, a family-owned business that produces small, hand-made one-barrel batches, that I get into the true spirit of spirits.

Here drinks are made according to old Appalachian moonshine recipes. During a six-shot tasting, I sample Apple Cinnamon, Jalapeno and Cherry Pie Sugar Shine. As I'm deciding what to order next, the bartender tosses a few scoops of chocolate ice cream into a blender, adds milk, chocolate syrup and two shots of potent Chocolate MoonPie Moonshine. Then he pours the concoction into a marshmallow-rimmed Mason jar, sprinkles on graham cracker crumbs and tops it with whipped cream and a cherry.

Goodbye to vegetarian omelets. I've finally found my style.

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All the Birds in the Sky by Charlie Jane Anders is a book that encompasses many themes. Prime among them is the man versus nature battle for superiority that manifests in its two main characters: Patricia and Laurence. But don't let that fool you, *Birds* is also very much a fairy tale, or perhaps sci-fi, blending many genres.

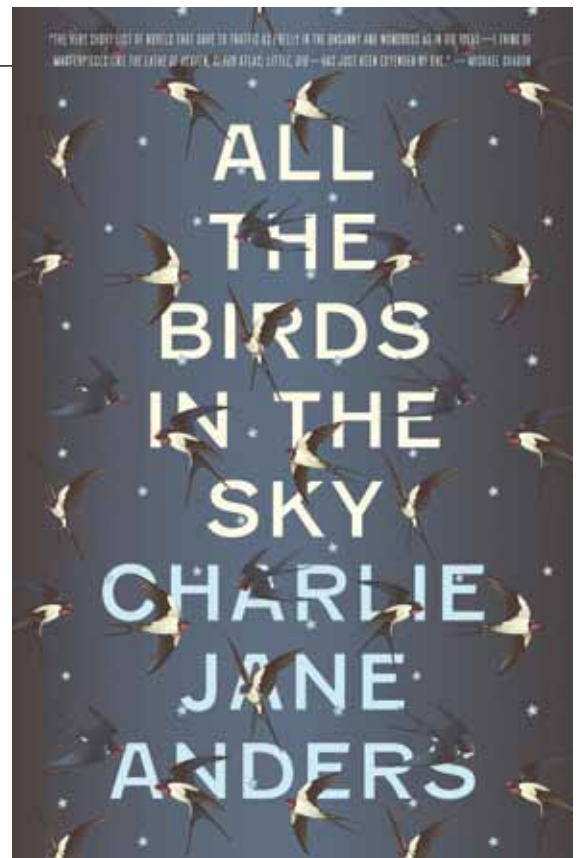
I think at some point in our lives we all want to believe there's another world out there, just under the surface of what we're seeing, or something about ourselves that makes us special and unlike anyone else. Patricia finds that when she discovers, at age 6, that she can talk to birds, or, as the birds put it, they finally found a human who can speak. Laurence, in turn, scours the Internet and hidden world of hackers and technology to create a two-second time machine, allowing him to step into a very different elite world of man-made technology.

Birds follows both Patricia and Laurence as their lives intersect in middle school and they try to mesh their weird-

ness into a normal existence, but fail miserably in the wake of mean kids, bullying and even an unintentionally funny and manipulative assassin posing as a guidance counselor. Together they become reluctant friends who inadvertently help one another's skills develop.

Birds really soars for the first half of the book. The childhood and awkwardness of middle school feels nostalgic even in its pain. Perhaps because they are young, there is a definite sense of adventure as the story progresses. The story lags a bit as Patricia and Laurence transition to adulthood, despite the revelation of Patricia's school for witches and Laurence's initiation into a small and highly sought after technology group.

But as the world begins to spin towards its possible end, Patricia and Laurence delve into their respective "crafts" to do what they think they must to save it. There are many great passages on human nature, love, friendship and selfishness, many of

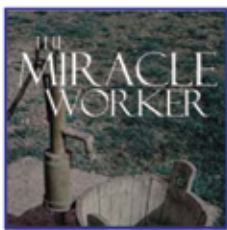


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which are written with a whacky sense of humor, like, "Someone who doesn't care if they get tater tots or turnip slurry is a person who has given up on life."

Despite its magic and early focus on the characters as children, *Birds* is not a children's book. There are terrifying consequences that happen when people delve too far into nature or technology that both characters have to first survive and then find a way to live with the consequences.

All the Birds in the Sky is a little bit weird, but it's mostly an interesting coming of age tale that asks us to think critically about how humans interact with the world and speaks to the witch and geek in all of us.

Grade: B

Jessica Rinaudo is an editor and graphic designer who has fostered a love of reading from a very young age. She lives in Shreveport with her husband and four children.



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'Gladys Ormphby' Settled Down in Texas



Drab, handbag-wielding TV character Gladys Ormphby never met a celebrity she didn't feel compelled to smack senseless at the slightest provocation. Short in both statue and patience, the feisty diminutive spinster's victims - such as Dean Martin or Frank Sinatra - were more likely to be paralyzed by laughter than fear.

Portrayed by comedic actress Ruth Buzzi in the late 60s TV show "Laugh-In," Gladys soon found her way into the popular culture of the day, landing guest spots on other shows such as the Dean Martin Celebrity Roasts of the 70s.

Today, Buzzi - who turned 80 last year - is now chilling out on a 600-acre cattle and horse ranch in the Lone Star state with husband, Kent Perkins. But what of Gladys?

"She's retired, waiting to go to the Smithsonian Museum in a box!" noted

Buzzi. "I haven't appeared as Gladys in so long, but she was always fun to do."

If Buzzi's return visits to Hollywood are any indication, Gladys still has her fans.

"So many people ask me to hit them with my purse. In fact, a few years ago we were at a Beverly Hills party and in walked Elton John. He immediately made his way over to me and said, 'For God's sakes, Ruth, please hit me with your purse. That's been on my bucket list for years!'"

Growing up in the Connecticut/Rhode Island region, young Ruth moved out West where she attended college in Pasadena and began appearing in revues. Early on, she formed a comedy duo with Dom DeLuise.

"We were together working small comedy venues," she recalled. "He asked me to be his 'magician's helper' and I named her Shakundala. We wrote

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From the first time he laid eyes on a motorcycle as a little kid, Bobby Sims knew that he wanted to ride, and ride fast...so it came as no surprise when at the age of 17 he began racing in motocross events. But as fate would have it, after Bobby quit riding competitively, he severely injured his left leg doing a "whip" stunt on a friend's bike, which led to amputation.

Since coming to Snell's for his prosthetic care, the staff has treated Bobby like family. After going through several types of knees that couldn't take the "punishment" of Bobby's active lifestyle, it was determined that a Genium X3 microprocessor knee by Ottobock was his best option.

Bobby is delighted with the knee, which requires less concentration on his part, allowing him to easily ascend stairs and go from walking to sprinting at a moment's notice.

"One of the best things about having this knee is that I can keep up with my little girl," exclaimed Bobby.



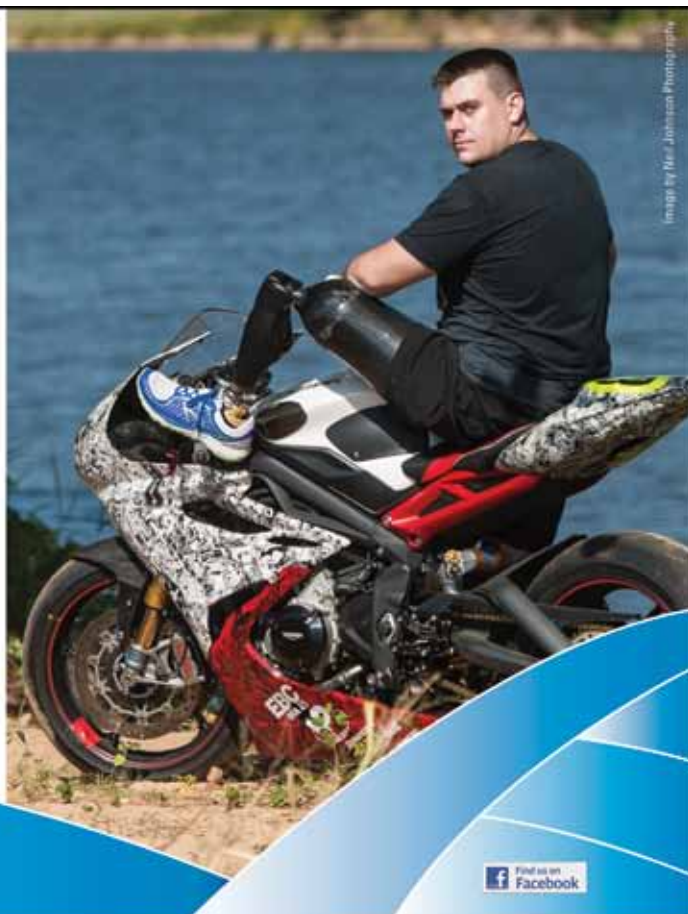
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several bits and they all just killed the audience. Soon we were spotted by 'The Entertainers' host, our friend Carol Burnett. She was ahead of us career-wise, already on a big hit series, and it was a huge thrill to go out and get a fantastic audience reaction with our silly magic act."

Despite being best-known for one "Laugh-In" character, Gladys, it wasn't her favorite. Yet she remains grateful for the frumpy little old lady.

"My favorite character to play was actually 'Doris Sidebottom' the sloppy drunk," she explained. "I also had fun with 'Busy Buzzi' the gossip columnist and my hooker character, 'Kim Hither.'"

Buzzi is also quick to credit others who helped refine Gladys.

"She is mostly a creation of mine from my rendition of Agnes Gooch in 'Auntie Mame,'" she explained. "But she got more refined by the writers on 'Laugh-In' and it was Arte Johnson's brother Coslough 'Cos' Johnson, a very funny guy, too, who actually thought of

putting Arte and me together as 'Tyrone and Gladys' on the show."

Her later appearances with Dean Martin were always highly anticipated by the audiences and guests. "The audience was aware someone would get beaten to a pulp, and they were never disappointed."



Contrary to appearances, her handbag lashings were harmless.

"No, it didn't hurt," she revealed. "It looked vicious but it was just a felt

purse lined and filled with old pantyhose and cotton. I was able to swing it with all my might and it still wouldn't hurt anyone, although it looked great and sounded great with a 'thud' when it landed."

But did she ever consider stuffing a horseshoe in her purse to batter someone who was particularly annoying?

"Yes, you, if this interview doesn't wind down pretty soon!"

Today, Ruth and Kent are happily retired on their Texas ranch in Erath County, about 60 miles from Dallas/Ft. Worth.

"Living in the beauty and solitude of this ranch is the perfect way to unwind from a hectic career and the hustle and bustle of Hollywood."

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



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Grilled Citrus Rosemary Catfish

Recipe courtesy of *The Catfish Institute*.
Find more catfish recipes at uscatfish.com.

(Servings: 4)

Citrus Sauce:

- 1 lime, juice and zest only
- 1 lemon, zest only
- 1 orange, zest only
- 6 ounces pineapple juice
- ½ cup brown sugar
- 1 tablespoon fresh rosemary, chopped
- ¼ teaspoon salt

Catfish:

- 4 U.S. farm-raised catfish fillets
 - 2 lemons
 - salt, to taste
 - freshly ground black pepper, to taste
- Heat grill.

To make citrus sauce: In small saucepan, combine all sauce ingredients. Bring to boil; reduce heat and simmer 5 minutes.

To make catfish: Place catfish in shallow dish and squeeze ½ fresh lemon over each fillet. Sprinkle with salt and pepper. Let rest 5 minutes.

Grill catfish fillets, skin-side-up, 3-4 minutes. Flip over and grill 2-3 more minutes.

Transfer catfish to serving plates and spoon warmed citrus sauce over fillets.



Winter Weather WARM-UP

FAMILY FEATURES

Sweaters and scarves aren't the only ways to brace yourself against blustery weather. There's no time like winter to putter in the kitchen, where the cozy heat from the stove and the aromas of mouthwatering dishes can warm you from the inside out. Find more recipes for warming up this winter at culinary.net.

Black Skillet Beef with Greens and Red Potatoes



Recipe courtesy of the *USDA*. Find more healthy main dish ideas at health.gov.

- 1 pound top round beef
- 1 tablespoon paprika
- 1½ teaspoons oregano
- ½ teaspoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon black pepper
- 1/8 teaspoon red pepper
- 1/8 teaspoon dry mustard
- nonstick spray
- 8 red-skinned potatoes, halved
- 3 cups onion, finely chopped
- 2 cups beef broth
- 2 large garlic cloves, minced
- 2 large carrots, peeled and cut into 2½-inch strips
- 2 bunches (½ pound each) mustard, kale or greens, stems removed, coarsely torn

Partially freeze beef. Thinly slice across grain into strips 1/8-inch thick and 3 inches wide. Trim away visible fat.

Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper and dry mustard. Coat strips of meat with spice mixture.

Spray large, heavy skillet with non-stick spray. Heat pan over high heat.

Add meat; cook, stirring constantly, 5 minutes.

Add potatoes, onion, broth and garlic. Cook over medium heat, covered, 20 minutes.

Stir in carrots; lay greens over top and cook, covered, until carrots are tender, about 15 minutes.

Serve in large serving bowl with crusty bread for dunking.

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Moore Center, 3101 Fairfield Avenue, Shreveport. Caddo Council on Aging. Coffee and cookies at 9:30 AM. Programs begin at 10:00 AM. Senior Tech Talk, with emphasis on beginner skills, Fridays at 10 AM. **FREE**. 676.7900.

EVENTS

"A Brief History of the U.S. Census"

- Presented by the Genealogy Department of Shreve Memorial Library. 10:30 am on January 18 in the Meeting Room of the Broadmoor Branch at 1212 Capt. Shreve Dr. Douglas White, from the Center for Business and Economic Research at Louisiana State University - Shreveport will be the featured speaker. Prof. White's talk will cover some of

the history of the U.S Census as well as how to access the current information available online. For more information please call the Genealogy Department at 219-3468. Registration is not required.

Krewe of Elders Grande' Bal - Saturday, January 28 at 6:00 p.m., at Events on the Red (formerly Reeves Marine) located at 2000 Reeves Marine Dr., Bossier City. Entertainment will be provided by Ambush, BYOB, set-ups provided, black tie optional, buffet dinner. Open to the public. \$55.00 members; \$65.00 non-members. Info: 631-8865; 752-9175.

MEETINGS

GENCOM Genealogical Computer Society Meeting - Broadmoor Library,

1212 Captain Shreve Drive, Shreveport on Sunday, January 22 in the large meeting room, 2:00 p.m. to 4:00 p.m. Members and guests will participate in a Quiz Bowl based on questions concerning genealogy. Refreshments will be served. **FREE** and open to the public. For information, call Kathy Love at 318-377-6394.

PERFORMANCES

Alfred Hitchcock's The 39 Steps - Presented by StageCenter. January 20, 21, 27, and 28 at 7:30 PM; January 22 at 3:00 PM; January 28 at 2:00 PM at Emmett Hook Center, 550 Common St. in downtown Shreveport. One part epic spy-tale, one part madcap comedy extravaganza. THE 39 STEPS follows innocent bystander Richard Hannay as he races cross-country to solve a mysterious crime - before it's blamed on him! All tickets are \$15. Call 318.218.9978 or visit www.stagecenterla.com.

Bluegrass Breakdown - Shreveport Little Theatre, 812 Margaret Place, Shreveport. Performances are January 6, 7, and 14 at 7:30 pm, January 8 and 15 at 2:00 pm. The Blake Brothers' Band, the premier bluegrass band in the Ark-La-Tex plays a high energy combination of bluegrass and bluegrass gospel. All tickets are \$20. Call 318.424.4439 or visit www.shreveportlittletheatre.com

Pippin: The Broadway Musical - Friday January 27 at 8 PM at The Strand, 619 Louisiana Ave., Shreveport. "Pippin" is a high-flying, death-defying



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hit Broadway musical, full of extraordinary acrobatics, wondrous magical feats and soaring songs from the composer of "Wicked". This unforgettable new production is the winner of four 2013 Tony Awards® including Best Musical Revival. Tickets are \$72.50, \$59.50, \$42.50. Call 318-226-8555 or visit www.thestrandtheatre.com.

Wideman Piano Competition Finals
- Presented by the Shreveport Symphony. Saturday, January 28 at 7:30 PM at RiverView Theatre, 600 Clyde Fant, Shreveport. This final round of the Wideman Competition will be a night of incredible piano music featuring three different piano concerti performed by the finalists, concluding with the live announcement of the winner! Tickets are \$19 - \$59. Call 318.227.8863 or visit www.shreveportsymphony.com.

SUPPORT GROUPS

Caregivers' Memory Loss Support Group - Support group for those caring for loved ones suffering from memory loss related illnesses. 5:30 p.m. - 6:30 p.m., on the first Thursday of every month at Harrell Library at The Glen (Access via Main Entrance on Flournoy Lucas Road). **FREE**. For information call 798-3500 or email info@theglen-system.org.

Weight Loss Support Group - The All Women's chapter of Take Off Pounds Sensibly (TOPS) meets every Monday at 5:30 p.m. at Fitness Lady, 1800 Old Minden Road. Contact 318-773-5923


for more information.

WORKSHOPS

Asset Protection Workshop - Presented by S.A.F.E. Planning on January 12 at 10 AM at the Broadmoor Branch Library, 1212 Capt. Shreve Dr, Shreveport. Learn about protecting assets from nursing home costs and Medicaid even if someone is already receiving care. Reserve your seat by calling 318.869.3133 or visit www.safeplanning.net/event.

Menopause Monologue - Presented by Willis Knighton Health System. Thursday, January 12, 6:00 - 7:30 PM at WK Bossier Health Center Auditorium, 2400 Hospital Drive, Bossier. Nancy Wells, of Women's Health Clinic in Bossier City, will discuss what to expect from this season of life, while reinforcing the positive of "being of a certain age." Pre-registration is required. Call (318) 212-8225 or online at www.wkhs.com classes and events. **FREE** for WOW members; \$5 for non-members.

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The Best of Times Crossword

Puzzle answers
on page 34.



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The Nitty Gritty Dirt Band
FRIDAY, SEPTEMBER 9, 2016

NEIL SIMON FESTIVAL'S
Driving Miss Daisy
FRIDAY, OCTOBER 7, 2016

Live And Let Die
A SYMPHONIC TRIBUTE TO
THE MUSIC OF PAUL MCCARTNEY
FRIDAY, NOVEMBER 18, 2016

Fame The Musical
THURSDAY, DECEMBER 1, 2016

Shanghai Acrobats
FRIDAY, DECEMBER 9, 2016

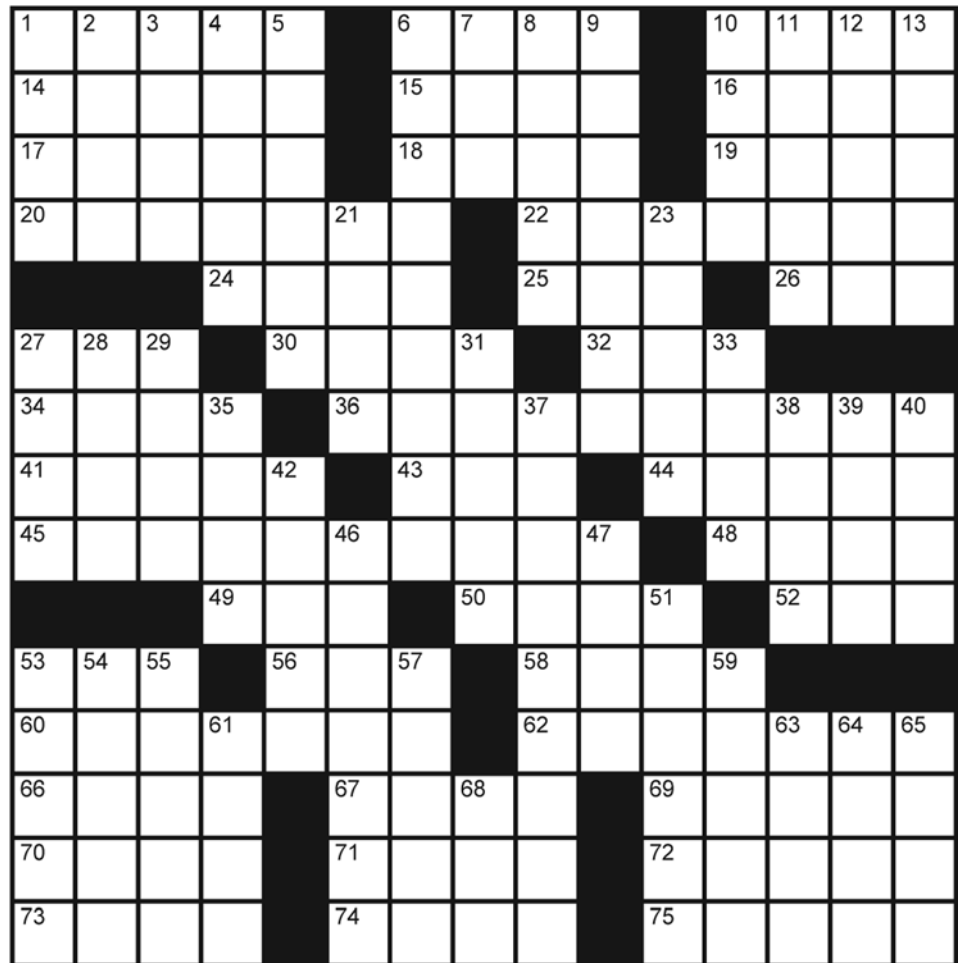
Pippin
FRIDAY, JANUARY 27, 2017

42nd Street
SATURDAY, MARCH 4, 2017

The Black Jacket Symphony
MICHAEL JACKSON'S "THRILLER"
SATURDAY, MARCH 18, 2017

RODGERS & HAMMERSTEIN'S
Cinderella
SUNDAY, JUNE 11, 2017

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Across

- 1 Herring of the east North Atlantic
6 Be slack-jawed
10 Low-___ diet
14 Have an impact on
15 Enthusiasm
16 Woodwind
17 Kind of tube
18 Cozy retreat
19 Opera star
20 Draw back
22 Blasts of anger
24 Formal dance
25 Air hero
26 "C'___ la vie!"
27 Wrecker's job
30 Caribou
32 Psychoanalysis subject
34 Bailiwick
36 Leaving one place for another

- 41 Springs
43 Cause of wrinkles
44 Vernacular
45 Shippers
48 Breed
49 Chemical ending
50 Appraise
52 Born
53 Masseur's workplace, maybe
56 Not to mention
58 Classic art subject
60 Coal miner
62 First
66 Mixed bag
67 Perfume brand by Dana
69 Specific task
70 Hawaiian strings
71 Mosque V.I.P.
72 Moon of Saturn
73 Catches some rays

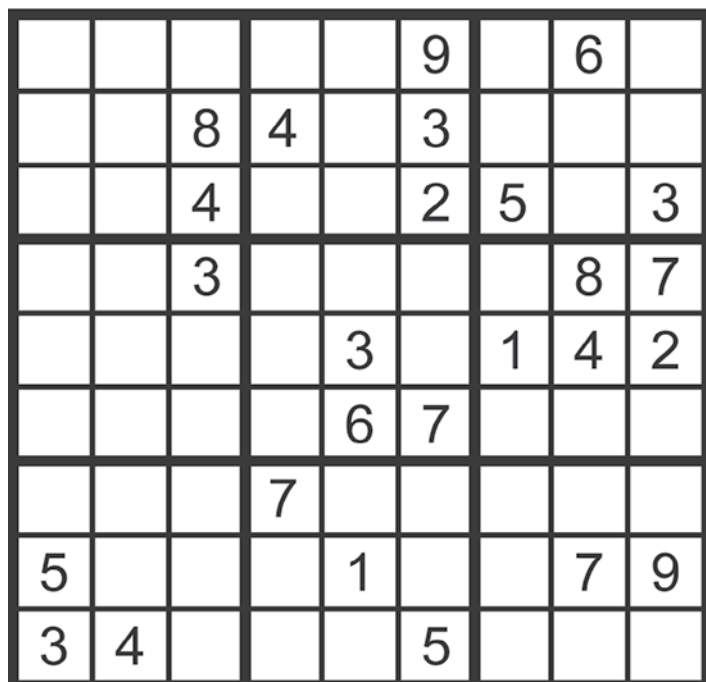
Down

- 74 Axes
75 Signs of healing
1 The big house
2 Corn bread
3 Litter member
4 Having a bite
5 Stitching need
6 1942 Errol Flynn boxing flick, "___ Jim"
7 Brewpub offering
8 Noodles
9 Siren
10 Musical finale
11 Endure
12 Wanders
13 Savage
21 Sheltered, at sea
23 Fit for a king
27 Toiletry item
28 Creme-filled cookie
29 Withdraw

- gradually
31 Hardship
33 Mayberry sot
35 Basilica area
37 Cranesbills
38 Get ___ a good thing
39 Grimm villain
40 Musical mark
42 Biblical mount
46 Hereditary
47 Flabbergast
51 Fiats
53 Pathfinder
54 Folk dance
55 Out of this world
57 Literary genre
59 Work ___ (set of values)
61 Red ink amount
63 Minute amount
64 Speedy steed
65 Telescope part
68 Prohibit

Sudoku *(Answers on page 34)*

Each row, column and box must contain the numbers 1 to 9.



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Gone Golfing *(Answers on page 34)*

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

Approach	Driver	Hole	Slice
Ball	Duffer	Hook	Stroke
Birdie	Eagle	Irons	Tees
Bogey	Fairway	Links	Water
Bunker	Flag	Match Play	Wedge
Caddy	Glove	Putter	Woods
Chip Shot	Greens	Rough	
Dog Leg	Hazard	Sand Trap	

Tracking

Trivia!

compiled by Gary Calligas

Test your trivia knowledge.

The answers can be found on page 39.

- Who was the first U.S. President to live in the White House?
- What popular magazine was the first to feature a nude male in a centerfold? Who was the male?
- Air Force One is the official name for the special plane used to carry the U.S. President on his travels. What was the nickname given to the first specially converted aircraft for presidential use?
- People all over the world watched the first manned moon landing on their televisions and most erupted with applause with the announcement "The Eagle has landed". Who landed on the moon? Where?
- What was the name of the hotel in which Marion Crane, played by actress Janet Leigh, was stabbed to death in the shower in the movie, "Psycho"?
- What was the name Walt Disney originally considered for Mickey Mouse?



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I am told once I choose hospice I cannot return to the hospital. If I choose hospice care, am I able to return to the hospital?

YES, once you select hospice care, your care and options are actually expanded, not limited. The hospice team is there to help you manage your healthcare decisions. Call Regional Hospice at 318-524-1046 any day of the week to arrange an informational visit.



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

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

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- 2) the ability of the family to provide the care themselves in a home environment, and
- 3) the comfort level of the physician that the person's needs can be met outside a medical setting.



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See our ad on page 16.

Is Osteoarthritis (OA) hereditary?

OA does have a genetic predisposition. Common forms of OA of the hands has a familial component. Obesity is a modifiable risk factor for bilateral (both) knee OA and weight loss will reduce the risk of OA in the knee. Obesity, surprisingly, does not show an increased risk of hip OA, but does show increased risk of hand OA. Whether adipose tissue releases OA-causing growth factors or hormones is not known at present, but what is known is that weight loss does have an identifiable improvement in OA of the knee.



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

(Puzzles on pages 32-33)

2	3	5	1	7	9	4	6	8
6	9	8	4	5	3	7	2	1
1	7	4	6	8	2	5	9	3
9	2	3	5	4	1	6	8	7
7	5	6	9	3	8	1	4	2
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8	1	9	7	2	6	3	5	4
5	6	2	3	1	4	8	7	9
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U	A	Q	E	V	A	Z	D	E	C	E	H	K	S	P	N	C
R	K	N	Y	W	T	W	V	O	J	A	F	Z	O	P	S	H
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T	A	N	S		C	A	N	S		S	C	A	B	S

PARTING SHOTS



Christmas in the Sky, a gala benefiting the Shreveport Regional Arts Council (SRAC), was held on Saturday, December 10 at Harrah's Louisiana Downs.



Drs Neera and Anil Chhabra



Wine auction chairs Alan and Sheryl Little with committee members Karen and Scott Kennedy



Bill and Pat Stell



Sue Prudhomme and Charles Citrano



Richea and Michael Corbin



Casey Jones, SRAC Executive Director Pam Atchison, and Sky Chair Waynette Ballenege



Hugh Johnson and Jay Covington

(far left) Harold and Beverly Sater

(left) Shreveport Mayor Ollie Tyler



Randy and Tracey James

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The Multi-Cultural Center of the South held Christmas Around the World Open House on December 15.

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Erlinda Mackinnon,
Emma White, and
Loreta Leavitt ⇒



Nancy and Charles Alexander ⇒



↑ Janice Gatlin,
Julia Testilova, and
Steven Cadwell



The Foster Grandparents Volunteer Recognition luncheon was held on December 9 in Shreveport.



Diane Tucker and Lashanda Davis



Betty Rock and Helen Samuels



(Standing l to r) Leola Rhodes, Mildred Hallaway, Goldie Bryant, and Erma Frederick were among the honorees.

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Les Boutiques de Noel, an annual fundraiser for the Shreveport-Bossier Opera Guild, was held November 17 - 19 at the Bossier Civic Center. A special party, "Glamping in the Moonlight", was held the evening of November 18.



Lorraine Pennington with Lynn and Gerry Woolman



DiamondJacks Casino & Hotel donated 100 turkey & ham vouchers, valued at \$2,000, to the Shreveport Salvation Army. The donation was presented to a representative of the Shreveport Salvation Army by General Manager Mike Howard at DiamondJacks Casino on November 18.



(l to r) Ken Maher,
Jane Anderson,
Diane Sino,
Bill and Carol Reyenga

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January

PARTING SHOTS (CONTINUED)

N*ew York to Louisiana*, a fashion show featuring the hottest and latest styles, was held at Harrah's Louisiana Downs on December 7. The event was a fundraiser for Felicia Williams foundation, Gertrude's Gifts, which helps abused and homeless women get back on their feet (l to r) Sparkle Love, Emmy-nominated anchor of KSLA News 12 Domonique Benn, and image consultant Lanier Long who flew into Shreveport to direct the event. Mr. Long has worked with many celebrities, including CBS morning anchor Gayle King, Oprah Winfrey, Aretha Franklin and Justin Bieber.



R*ockets Over the Red*, an annual holiday fireworks extravaganza, and December on the Red Roof Top Party at Horseshoe Casino were held on November 26 on the riverfront.



Jerry and Candy Welch with Gwendolyn and Bobby Washington

Tracking Trivia!

ANSWERS

1 Construction on the White House was begun in October of 1792. Although President George Washington oversaw the construction, he never lived in it. It was not until 1800, when the White House was nearly completed, that its first residents, President John Adams and his wife Abigail, moved in.

2 Burt Reynolds became the first man to pose naked for a magazine when he shot a centerfold for the April 1972 issue of *Cosmopolitan*. Helen Gurley Brown, *Cosmopolitan*'s editor-in-chief, had initially approached Paul Newman, but he refused.

3 In 1943, officials of the United States Army Air Forces became concerned over the reliance on commercial airlines to transport the president. A C-54 Skymaster was then converted for presidential use. This aircraft, nicknamed *Sacred Cow*, carried President Franklin D. Roosevelt to the Yalta Conference in February 1945 and was subsequently used for another two years by President Harry S. Truman.

4 Apollo 11 carried the first humans that landed on the Moon. Neil Armstrong and Buzz Aldrin landed the lunar module Eagle on July 20, 1969, in Mare Tranquillitatis (Latin for Sea of Tranquility).

5 "Psycho" is an Alfred Hitchcock film about the encounter between Marion Crane, who ends up at the secluded Bates Motel, and the motel's disturbed owner-manager, Norman Bates.

6 Walt Disney got the inspiration for Mickey Mouse from a tame mouse at his desk at Laugh-O-Gram Studio in Kansas City, Missouri. "Mortimer Mouse" had been Disney's original name for the character before his wife, Lillian, convinced him to change it because she thought it sounded too pompous.



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Gilsoul & Associates, LLC

2950 Fairfield Avenue, Suite 300 • Shreveport, LA • 524-9966
visit us at • www.gilsoul-law.com • or email us at • firm@gilsoul-law.com

Joe offers over 32 years of experience in elder law, and Lee over 22 years.

Both have appeared on The Best of Times Radio Hour, and Lee is the author of an award-winning monthly column for The Best of Times magazine. Each gives frequent lectures to the public on elder law related issues, and Joe has presented at seminars for attorneys at LSU Law School and the Louisiana State Bar Association.