

August 2012

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**Saturday, October 13, 2012**

8:30 am to 12:30 pm

(Registration begins at 8 am)

**Saturday, November 17, 2012**

8:30 am to 12:30 pm

(Registration begins at 8 am)

**Saturday, December 8, 2012**

8:30 am to 12:30 pm

(Registration begins at 8 am)

**Call NOW for reservations to attend  
one of the above course dates  
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## Last year's *The Best of Times* Poker

Rally was held in  
conjunction with  
our anniversary

celebration. It was such a huge success  
that we decided to make it an annual  
event. This year it's being sponsored by  
DiamondJacks Casino and Hotel and  
Hebert's Town & Country. You don't  
want to miss out on a chance to win one  
of 25 prizes with a first prize package  
valued at over \$3700!! For full details see  
pages 8 and 9.

The Judging event for the Poker  
Rally will be held in conjunction with  
a business expo on August 29. There  
will be lots of giveaways, entertainment  
and dozens of door prizes. Additionally,  
DiamondJacks is offering discounted  
meals at their Legends buffet with a  
Rewards Club Member Card (obtaining  
a card is FREE). Plus for those of us 50+  
DiamondJacks is offering 1 free entry in  
that day's Slot Tournament with a top  
prize of \$1000.

Until then, we hope you enjoy this  
issue. As always, it's packed with valuable  
information and fun.

See you on the 29th.

*Tina*

# WE'RE MOVING

The Best of Times Radio  
Hour is moving to

# KEEL NEWS RADIO 710

on Saturday  
September 8  
at 9:05 a.m.



# The Best of Times

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Do you have a question for one of our guests? Call 320-1130 during  
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"Avoiding Car Care Problems"  
Pam Oakes, ASE certified  
automotive technician



## The Best of Times Invites you to participate in the "TBT Poker Rally"

Simply visit 5 featured businesses located in Shreveport and Bossier City to pick up sealed envelopes containing poker cards. The prize winners will be determined by the highest ranking 5 card poker hands.

Contestants will be able to mail in their entry or submit their five card poker hand for validation and ranking at the **"Judging Event and Business Expo"** on Wednesday, August 29 between 9:00 a.m. and 11:30 a.m. in the Ballroom at DiamondJacks Casino and Resort located at 711 Diamond-Jacks Boulevard in Bossier City.

## Featured Businesses

Accucare Medical  
9011 Linwood Avenue  
Shreveport  
Monday - Friday 10 am to 5 pm

Allmed Mobility  
303 North Market, Suite B  
Shreveport  
Monday - Friday 10 am to 5 pm

Alzheimer's Agency of Shreve-  
port/Bossier, Inc.  
Sponsored by Dr. Gary Booker  
851 Olive Street  
Shreveport  
Monday - Friday 9 am to 4 pm

Azalea Estates  
516 Flournoy Lucas Road  
Shreveport  
Monday - Friday 9 am to 4 pm

Bailey's Jewelers  
2934 East Texas Street  
Bossier City, LA 71111  
Monday - Friday 10 am to 5 pm

Bossier Council on Aging  
706 Bearkat Drive  
Bossier City  
Monday - Friday 8 am to 4 pm

Caddo Council on Aging  
1700 Buckner Street, Suite 240  
Shreveport  
Monday - Friday 9 am to 4 pm

Canaan Towers Apartments  
400 North Dale  
Shreveport  
Monday - Friday 9 am to 5 pm

Cedar Hills Apartments  
7401 St. Vincent  
Shreveport, LA 71106  
Monday - Friday 9 am to 5 pm

DiamondJacks Casino and Resort  
711 DiamondJacks Blvd.  
Bossier City  
Daily 10 am to 5 pm

Food Bank of Northwest  
Louisiana  
2307 Texas Avenue  
Shreveport  
Monday - Friday 9 am to 4 pm

Hebert's Town and Country -  
Dodge Chrysler RAM Jeep  
1155 East Bert Kouns Industrial  
Loop  
Shreveport  
Monday - Saturday  
10 am to 6 pm

Louisiana State Exhibit Museum  
3015 Greenwood Road  
Shreveport  
Monday - Friday 9 am to 4 pm

New Horizons Independent  
Living Center  
8508 Line Avenue, Suite D  
Shreveport  
Monday - Friday 8 am to 4 pm

NurseCare of Shreveport  
1736 Irving Place  
Shreveport, LA 71101  
Monday - Sunday 9 am to 5 pm

Optical Zone  
7607 Youree Drive  
Shreveport  
Monday - Friday 9 am to 4 pm

Snell's Orthotics and Prosthetics  
8730 Youree Drive, Building A  
Shreveport  
Monday - Friday 9 am to 4 pm

Snell's Orthotics and Prosthetics  
1833 Line Avenue  
Shreveport  
Monday - Friday 9 am to 4 pm

Willis Knighton Hospice  
616 Flournoy Lucas Road  
Shreveport  
Monday - Friday 8 am to 4 pm

**THANK YOU** to sponsors **DiamondJacks Casino and Resort** and **Hebert's Town and Country**



# 2012 TBT Poker Rally Official Rules

## Eligibility:

a. The contest is open to any resident of the ArkLaTex who is 35 years of age or older. No person under the age of 21 may assist a contestant in this contest or attend the judging event to be held on August 29th at DiamondJacks Casino and Resort located in Bossier City, Louisiana.

## How to play:

a. A contestant must visit five (5) of the featured businesses listed in the August 2012 issue of *The Best of Times* and at [www.TheBestOfTimesNews.com](http://www.TheBestOfTimesNews.com) between August 13 and August 28, 2012 on their regular business days during regular business hours to obtain a TBT Poker Rally sealed envelope with the official label on the outside of the envelope containing one poker card. There is a limit of one TBT Poker Rally sealed envelope per contestant per visit to a featured business.

b. Opening any of the received sealed envelopes containing the poker card by a person other than the official contest judges, will disqualify the contestant from winning any prizes of this contest.

c. There is no registration or entry fee to participate in the TBT Poker Rally, but the contestant is asked to bring canned good(s) to the featured businesses and to the judging event to be donated to the Food Bank of NWLA.

d. After a contestant has visited 5 featured businesses and received five sealed envelopes containing poker cards, the contestant has a valid entry of a five card poker hand for the judging event.

## How to enter:

a. On Wednesday, August 29th from 9:00 am to 11:30 am bring the five unopened and sealed contest envelopes to the ballroom at DiamondJacks Casino and Resort located at 711 DiamondJacks Boulevard in Bossier City to be officially opened by the contest judges to determine the contestant's five card poker hand for entry into the contest. Any contestant not in line by 11:30 am on August 29th will not be eligible to win any of the prizes.

b. Contestants unable to attend the

judging event on August 29th may package the five unopened and sealed contest envelopes and mail, along with the contestant's name, address, phone, and email address to: 2012 TBT Poker Rally, P. O. Box 19510, Shreveport, LA 71149-0510. Entries must be received no later than 12 noon on August 28, 2012. Entries received after the deadline date and time will be deemed ineligible.

## Determining the winners:

a. The prize winner will be determined by picking the person who presents the highest ranking 5 card hand from all mailed and "in person" entries received by the deadlines. Winning hands will be ranked in order from highest to the lowest.

b. Regular poker playing cards will be used.

i. Hands are ranked as follows from high to low: Five of a kind, Straight Flush, Four of a kind, Full-house, Flush, Straight, Three of a kind, Two pair, Pair, High card.

ii. Playing cards are ranked as follows from high to low: Ace, King, Queen, Jack, 10, 9, 8, 7, 6, 5, 4, 3, 2, Ace. (Ace can be high or low).

iii. Suits are ranked from high to low: Spades, Hearts, Diamonds, Clubs

c. In the event of a tie, the names of the holders of the tied hands will be placed into a random drawing. The first name drawn will win the appropriate prize. The next name drawn will win the next available prize.

d. The determination by the TBT Poker Rally judges is final. Winners will be announced between 11:45am and 12:15 pm on Wednesday, August 29th at DiamondJacks Casino and Resort and listed in an upcoming issue of *The Best of Times*.

## Prizes:

a. The highest ranking poker hands will win one of 25 prize packages as listed on the website of The Best of Times at [www.thebestoftimesnews.com](http://www.thebestoftimesnews.com) as of August 28, 2012.

## General Terms and Conditions

See full details, conditions, and terms at [www.TheBestOfTimesNews.com](http://www.TheBestOfTimesNews.com)

# Prize Packages

## 1<sup>st</sup> Place (Total Value = \$3709):

One (1) new three wheel scooter by Golden Technologies Model GC221 donated by AllMed Mobility (Value \$3,000); Certificate for dinner for 2 at "DJs Steakhouse" at DiamondJacks Casino and Resort in Bossier City (Value \$100); 1 pair of tickets to an upcoming 2012 concert at DiamondJacks Casino and Resort in Bossier City (Value \$70); One night stay at DiamondJacks Casino and Resort in Bossier City (Value \$159); 2 Season memberships to Shreveport Little Theater 2012 - 2013 performances (\$160); 4 Tickets to Sci-Port Discovery Center (Value \$100); Bowling for 2 hours for up to 6 people at Holiday Lanes in Bossier City (Value \$120)

## 2<sup>nd</sup> Place (Total Value = \$480):

Certificate for dinner for 2 at "DJs Steakhouse" at DiamondJacks Casino and Resort in Bossier City (Value \$100); 2 Season memberships to Shreveport Little Theater 2012 - 2013 performances (\$160); Gift Certificate to an area restaurant donated by AllMed Mobility (\$100); Bowling for 2 hours for up to 6 people at Holiday Lanes in Bossier City (\$120)

## 3<sup>rd</sup> Place - 7<sup>th</sup> Place (Total Value = \$360):

Certificate for dinner for 2 at "Legends Buffet" at DiamondJacks Casino and Resort in Bossier City (Value \$40); Gift Certificate to an area restaurant donated by AllMed Mobility (\$100); Four Tickets to Sci-Port Discovery Center (Value \$100); Bowling for 2 hours for up to 6 people at Holiday Lanes in Bossier City (\$120)

## 8<sup>th</sup> Place - 25<sup>th</sup> Place (Total Value = \$75):

Two tickets to Sci-Port Discovery Center (Value \$25); DiamondJacks Casino and Resort gift Package (Value \$25); \$25 Gift Certificate at area Restaurant

## "TBT Poker Rally Judging Event" and "Business Expo"

Wednesday  
August 29, 2012  
9:00 am to 12 noon

FREE Admission, Parking, & Giveaways  
Door Prizes, Entertainment, and Info about  
products and services from dozens of businesses

DiamondJacks Casino and Resort  
711 DiamondJacks Blvd.  
Bossier City, Louisiana



## Want to Lose Weight? Keep a Food Journal

Women who want to lose weight should faithfully keep a food journal, and avoid skipping meals and eating in restaurants – especially at lunch – suggests new research from Fred Hutchinson Cancer Research Center. The findings are published online in the *Journal of the Academy of Nutrition and Dietetics*. Researchers found that:

- Women who kept food journals consistently lost about 6 pounds more than those who did not
- Women who reported skipping meals lost almost 8 fewer pounds than women who did not
- Women who ate out for lunch at least weekly lost on average 5 fewer pounds than those who ate out less frequently (eating out often at all meal times was associated with less weight loss, but the strongest association was observed with lunch).

For individuals who are trying to lose weight, the No. 1 piece of advice based on these study results would be to keep a food journal to help meet daily calorie goals. Study participants were given the following tips for keeping a food journal:

- Be honest – record everything you eat
- Be accurate – measure portions, read labels
- Be complete – include details such as how the food was prepared, and the addition of any toppings or condiments
- Be consistent – always carry your food diary with you or use a diet-tracking application on your smart phone

## New Vaccine for Nicotine Addiction

Researchers at Weill Cornell Medical College have developed and successfully tested in mice an innovative vaccine to treat nicotine addiction. In the journal *Science Translational Medicine*, the scientists describe how a single dose of their novel vaccine protects mice, over their lifetime, against nicotine addiction. The vaccine is designed to use the animal's liver as a factory to continuously produce antibodies that gobble up nicotine the moment it enters the bloodstream, preventing the chemical from reaching the brain and even the heart.

## Positive Feelings May Help Protect Your Heart



Harvard University researchers reviewed more than 200 studies that addressed psychological well-being and heart health. They found that positive psychological traits such as optimism, life satisfaction and happiness were linked to a lower risk of heart disease, heart attack and stroke. In particular optimism was found in some studies to cut the risk of a first heart attack in half. Positive people tend to have healthier blood pressure, cholesterol and weight, the results showed. They're also more likely to lead healthier lifestyles by exercising more, eating better and getting enough sleep. The study's lead author, Julie Boehm, said more research would be needed to determine whether positive feelings lead people to adopt a heart-healthy lifestyle, or if those healthy habits are what make people happier.

## Go Red Instead to Manage Pain

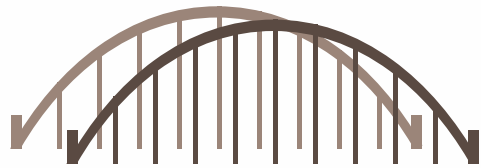
Tart cherries may help reduce chronic inflammation, especially for the millions of Americans suffering from debilitating joint pain and arthritis, according to new research from Oregon Health & Science University presented at the American College of Sports Medicine Conference (ACSM) in San Francisco. In fact, the researchers suggest tart cherries have the “highest anti-inflammatory content of any food” and can help people with osteoarthritis manage their disease. In a study of women ages 40 to 70 with inflammatory osteoarthritis, the researchers found that drinking tart cherry juice twice daily for three weeks led to significant reductions in important inflammation markers – especially for women who had the highest inflammation levels at the start of the study. Along with providing the fruit's bright red color, the antioxidant compounds in tart cherries – called anthocyanins – have been specifically linked to high antioxidant capacity and reduced inflammation, at levels comparable to some well-known pain medications. Previous research on tart cherries and osteoarthritis conducted by researchers at Baylor Research Institute found that a daily dose of tart cherries helped reduce osteoarthritis pain by more than 20 percent for the majority of men and women. Tart cherries are available in dried, frozen and juice forms.

## Sleep Debt Hikes Risk of Stroke Symptoms

Getting a good night's rest continues to be of utmost importance to your health. New data from researchers at the University of Alabama at Birmingham shows not getting enough sleep can increase the risk for stroke symptoms in people with a healthy body mass index who are at low risk for obstructive sleep apnea and have no history of stroke. The study found in people with a low risk for obstructive sleep apnea and a BMI of 18.5 to 24.99, which is considered optimal, there was a four-time greater risk of stroke symptoms in participants who had fewer than six hours of sleep per night, compared to participants in the same BMI range who got seven to eight hours of sleep per night. The study found no association between short sleep periods and stroke symptoms among overweight and obese participants.







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# Get Involved with

# AREA CLUBS

by Kelly Phelan Powell



**A**s mature adults ease down the road toward retirement age, with kids growing up and moving out and careers shifting into a mercifully lower gear, they often find themselves with more and more time to devote to their hobbies and interests. Sometimes, though, it turns out to be more difficult than they thought to find people with whom they can share those passions. Or they may have a hard time determining just what their individual passions might be.

Fortunately, there's a club, organization or interest group for just about anything and everything you might want to do with your spare time, from digging in the dirt to cutting a rug. Here, read about some of the groups in our community who are learning, having fun and making a difference in the lives of others.

Saletha Clanton never imagined herself as the president of a garden club, but that's precisely where she's found herself in the last year. She was a member of a local rose-growing society, but most of the membership didn't actually garden anymore, and they met at a local nursing home. She and some other members decided to start a club that was geared more toward active gardeners who grow more than just roses. In 2011, the ArkLaTex Rose & Garden Society held its inaugural meeting at the American Rose Center in Shreveport. Now they have 15 to 18 regular, faithful members whose ages range from 35 to 70. They meet at 2 p.m. the fourth Sunday of each month (except July and August) at the Barnwell Garden & Art Center in downtown Shreveport.

"We don't just sit and take tea. We get our hands dirty," Clanton said of the group, which invites a guest speaker each month, holds planting and pruning demonstrations, hosts a plant swap and meets offsite about three times a year in order to tour gardens like Plantation Point in Mooringsport. And they focus much more on growing great plants than on nurturing any type of formal governing body for their membership. "Our whole attitude is we're here to have fun," she said. "We have a ball. We don't do any of the stuff that's boring." The next meeting of the ArkLaTex Rose & Garden Society will be from 2 to 4 p.m. on Sun., Sept. 23 at the Barnwell Center, and the topic of the month will be landscape design. Dues are \$15 a year, kids are welcome and snacks are provided. For more information, contact Clanton at (318) 780-8545 or visit [www.arklatexrose.com](http://www.arklatexrose.com).

Though most of the 104 members of GENCOM, a genealogy club, are retirement-age and older, they utilize more technological resources in the pursuit of their hobby than many people half their ages. Also known as the Computer Genealogical Society of North Louisiana, the GENCOM group focuses on the use of technology, especially computers and various genealogy Web sites, to do their research. It began in 1992, which coincided with genealogy resources being published on the Internet. They meet at 2 p.m. on the fourth Sunday of each month at the Broadmoor branch of Shreve Memorial Library. On average, about half the membership attends each month's meeting.

At the meetings, genealogists, including Jones, share their hints and tips for conducting research, show videos and present webinars. Members need not be experienced in the field of genealogy – GENCOM holds classes for beginners as well. It's not even necessary to own a computer. "The Broadmoor library has a great genealogy department," Jones said. "That's one reason we meet there." For instance, Ancestry.com, a popular genealogical research site, charges subscribers for memberships, but it's available at the library for free. GENCOM dues are \$15 per year.




In October, GENCOM will hold an annual event called GENFEST, in which members set up display tables of genealogy research for people to browse throughout the afternoon. Some of their findings are remarkable – Jones has traced his own family tree back to the 1700s. To learn more about GENCOM, visit [www.gencomla.wordpress.com](http://www.gencomla.wordpress.com).

Northwest Louisiana has only had its own Mardi Gras celebration since 1989, but in just over two decades, it has become one of the region's most popular and beloved activities. The Krewe of Elders has been part of the fun since 1998. "Our mission is to help those on a fixed income be part of the excitement of the Mardi Gras season," said Jay Prudhomme, events chairman for the krewe. He and his wife, Sue, who is the current secretary, have been members for nine years, and he has served in several capacities, including co-captain, captain and king.

The Krewe of Elders is a 501(c) 3 nonprofit organization exclusively for people age 50 and older. "It's a fun krewe," Prudhomme said, but they spend the majority of their time serving the community. They visit nursing homes, Sutton Children's Medical Center and the VA Medical Center, help with fundraisers for the American Legion and Vets 4 Vets and volunteer at the Shreveport Regional Arts Council's Christmas in the Sky celebration, held every other year. This is in addition to fish fries, barbecues, a Halloween party, a Christmas party, the Grand Bal and coronation and, recently, their first garage sale. "We do a lot of charity and volunteer work," he said. "We're more active than most."

Membership in the Krewe of Elders costs \$35 per year, and all members have the option to purchase beads through the krewe and ride on the float in the Highland Parade. To join, email Prudhomme at [jprudhomme@bellsouth.net](mailto:jprudhomme@bellsouth.net) or call him at (318) 464-4275.

Paul Lerchie of Southern Swingers Square Dance Club knows all about the importance of staying active. Seven years ago, he and his wife, Susan, who enjoyed square dance when she was younger, were empty nesters who were quickly settling into a rut. "We were sitting around staring at the TV and not at each other," he said. They heard about Southern Swingers and decided to give it a shot. The couple discovered a mutual passion, and they've never looked back. "We've looked each in the eye more in the last seven years



GENCOM is a genealogy club for retirement age and older. They utilize technology to do their research and have regular monthly meetings.

than we have in our entire marriage," he said.


"It's not what you remember from grade school," Lerchie said. "It's a great place to have a lot of fun, and it's great exercise. It's a very light cardiovascular exercise." And those worried about their two left feet often have a much easier time with square dance than with other types. Square dance, which is the national folk dance of the U.S., involves a "caller" who announces the moves ahead of the dancers. "There are a lot of people who square dance who still have two left feet, but they still enjoy themselves square dancing," he said. "If you can listen and move your feet in a forward motion, then you can square dance." No fancy costumes or equipment are required – jeans and comfortable, closed-toe shoes are all you need.

"We have lessons that begin in September, and the lessons run from September to around March, then at that point, we have graduation, and at that point, the people who have graduated are asked to join the club," Lerchie said. The first month of lessons is free. Members begin paying at the end of October, and classes are \$4 per person per night. "That's probably the least expensive form of entertainment around," he said. Currently, there are 104 people in the club, and their ages range from late 40s to early 90s. They perform at exhibitions a few times a year at venues like the Bossier Parish Library and Bass Pro Shops.


Those interested in checking out Southern Swingers, which began in the '50s and is the largest square dance club in the state, should attend Dance Fest, an open house showcasing square

dancing and round dancing. It's at 6 p.m. on Tues., Aug. 28 at Promenade Hall at 5400 Benton Road in Bossier City. Refreshments will be served. "Square dance people are some of the friendliest people," Lerchie said. "All very friendly, friendly people. Very fun-loving people." To find out more, email him at [pd1518@bellsouth.com](mailto:pd1518@bellsouth.com), call him at (318) 393-4436 or go to [www.southernswingers.net](http://www.southernswingers.net).

These are just a handful of the entertaining, educational and intriguing activities there are for folks over 50 in Shreveport-Bossier. Look into some of these organizations, or find one that focuses on whatever you're interested in. There's nothing to lose and only friendship, fellowship and fun to be gained.



Southern Swingers Square Dance Club offers lessons and, upon completion, invites students to join their club.



# I'm Happy, You're Happy, We're Happy

## 'Gray divorce' is on the rise, but experts say the key to a healthy marriage once the nest is empty is to find purpose, happiness, and stability

By Darci Swisher

**W**ith divorce rates for couples over 50 at record levels, couples need to work harder than ever to keep their marriage – and themselves – happy as they enter their senior years.

"Fifty is like a watershed moment in a lot of people's lives," says Gina Ogden, Ph.D., author of *"The Return of Desire: A Guide to Rediscovering Your Sexual Passion"* (Trumpeter, 2008).

At a half-century, changes abound: Children begin leaving home. The body's aging

process is in full swing. Careers can be at a demanding level.

And all of these changes have the potential to affect a marriage – even long-term relationships. A recent study from Bowling Green State University found that a quarter of the couples who divorced in 2009 were over the age of 50. That number is double what it was just two decades ago, when less than one in 10 people who divorced were over 50. Interestingly, the study notes that divorce rates, in general, stayed steady during that time period.

But it's empty-nest syn-

drome – the term commonly used for when children move out and leave their parents at home, alone, for the first time in many years – that is often attributed to post-50 relationship issues.

"Couples who are doing the demanding, stressful job of raising children have a tendency to stop focusing on their personal relationship and instead see each other only as co-parents," Tina B. Tessina, Ph.D., psychotherapist and author of *"Money, Sex and Kids: Stop Fighting about the Three Things That Can Ruin Your Marriage"* (Adams,

2008). "When the kids leave the house, the couples are faced with a moribund couple relationship."

The next major life event for many, retirement, may only compound issues, Tessina adds. "Not only do the couple lose their parental roles, they also lose the structure of work – it drastically changes the amount of time they have together, and highlights the lack of connection between them."

She notes a common reason people over 50 cite for divorcing is a lack of connection. A wife may not feel her husband listens to her anymore, a



husband might not think his wife cares about him, or both may feel bored with their relationship, she points out.

But all is not lost. Happiness may be the key to staying together. But spouses shouldn't just be happy with their marriage, Tessina says, they also should be happy with themselves.

"All three work together," she explains. "A happy wife or husband has more to contribute to the partnership, and more to give the partner. If both parties sincerely desire a happy, committed relationship, it isn't difficult to figure out what they need to do to be happy, to make each other happy and reap the benefits of a happy relationship."

Ogden agrees, pointing out the importance of people determining what makes them happy, and how they bring self-esteem to themselves. Perhaps it's shopping, gardening or making money, she says; regardless, knowing how self-esteem is achieved and whether the method is healthy and nurturing is essential to achieving happiness.

Thankfully, there's good news ahead for 50-somethings in the happiness department: A May 2011 study for the Gallup-Healthways Well-Being Index found that Americans over age 65 have the highest overall well-being and are less sad and depressed than other age groups.

To find happiness as a couple, spouses need to realize that they may be entering into a new relationship with each other, because the person they fell in love with may have morphed over the years, according to Ogden.

But change doesn't have to mean all is lost.

"There's growth possible through every age and stage of our lives," she explains. "At 50, we need to understand that we can change, and we can keep reinventing ourselves, in terms of self esteem, in terms of noticing our partner, and update what we want now."

The key is for spouses to identify who they are and what they want, both together as a couple and separately, Ogden notes. They should do so with an awareness of balancing their bodies, minds, hearts and spirits, she stresses.

Those who find themselves dissatisfied with their partner should try to create a new partner before looking outside the marriage to fill that need, adds Ogden. For example, those dissatisfied with their love life might consider writing an ad for an ideal partner – together, or alone, and then sharing it – and then owning all those qualities for themselves. Or someone looking for a partner who is more sensitive should try to be more sensitive.

"Become the partner you want to be," she says.

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Source: U.S. Department of the Treasury, Financial Management Service

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## Excess Weight Creates Excess Estrogen: That Spells Cancer

**Q** Dear Pharmacist,  
My sister and mother have both had breast cancer, so far I'm okay (but obviously worried). What is your number one recommendation for me since my genetics are bad. Thanks. --K.B., Florida

**A** Answer: When it comes to breast health, your weight matters the most in my opinion. But another important factor is hormone balance. Let's start with weight. I do not know your particular size or weight, so I will speak from a general standpoint. Those flabby abs and thighs can increase production of dangerous cancer-causing hormones, including estrogen. Clinical trials will often conclude

that 'estrogen promotes cell proliferation in breast tumors' which could also be stated this way: Fat causes cancer.

Fat cells hold on to estrogen, and estrogen drives certain cancers. Losing weight helps because doing so, reduces estrogen load in the body, and this may slow growth of tumors (even before you find out they're in you). Yes, even before diagnosed. Why wait for the cancer to be diagnosed. Remember, tumors don't grow overnight, it has been growing for



years, sometimes 10 to 20 years before it's picked up by an imaging scan.

Losing weight also works because this lowers serum insulin, and high insulin is a risk factor in the development of cancer as well as other 30 other disabling medical conditions. You see, insulin increases an enzyme in your body called "aromatase enzyme. This is the same enzyme which converts testosterone and androstenedione to estrogen within the cells. Remember, I just told you excessive estrogen fuels cancer growth. I've posted an article I wrote on this at my website, just use my search box to find "Many Diseases Linked to High Insulin."

The point is losing weight is critical, and choosing good foods can help you regain your figure while slashing your risk of cancer. I think the best breast food you can eat is broccoli. This vegetable, as well as other crucifers (cauliflower, Brussels sprouts, cabbage, turnips) have a positive impact on the way you break down your estrogen. They benefit breast health by reducing 4 and 16 estrogens (considered harmful) while increasing a protective, potent anti-cancer form of estrogen called

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On my no-no list are fried or fast foods, any boxed, processed or heavily refined dinners, anything artificial as well as a diet high in refined sugar. Coconut, olive, avocado and grape seed oil are all wonderful to include in your diet. Spices such as curcumin and saffron are powerful herbs you should eat frequently (or supplement with). And obviously, monitor your hormones with a urine analysis each year.

*This info is not intended to treat, cure, or diagnose your condition. For more information please visit [www.DearPharmacist.com](http://www.DearPharmacist.com). Distributed by Dear Pharmacist, Inc. ©2012 Suzy Cohen, R.Ph.*



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## Would You Buy a Car That Had Been in an Accident?

by Lee Aronson

I hope you never get into a auto accident. But if you do, there's something you need to know about: diminished value.

Let's say that you want to buy a used car. And you know exactly what you want: a 2008 Ford Taurus. You find two for sale in your area. They both have about the same mileage. The only real difference between the two cars is that one had been in an accident and was repaired while the other has never been in an accident. Which one would you buy? If you are like most people, if the cars are the same price, then you would buy the one that has never been in an accident. That's why cars that have been in accidents and then repaired are worth less than cars that have never been in an accident. People in the industry say that a car that has been in an accident has a "diminished value."

And that means that if you get into an accident and your car is damaged, then it is going to be worth less money when you go to sell it. So who should be responsible for this decrease in value?

One case I read about involved an accident that took place on Kings Highway in Shreveport. Cliff rear ended Norm (not their real names). The accident was Cliff's fault and Norm's car ended up with a bent frame. Both Cliff and Norm had insurance which was a good thing because it cost about \$7,700 to fix Norm's car. Because there was no question that Cliff was at fault, his insurance company paid the \$7,700. But Norm wanted more. He knew that once his car had been involved in an accident, it would have a diminished value even though it had been repaired. An expert examined Norm's car and did some research and found that the car had gone down in value by \$2,000 because of the accident. Cliff's insurer didn't want to pay this extra \$2,000 so Norm sued. The Judge said that Cliff's insurer had to pay: "In a case involving damages to an automobile, where the measure of damages is the cost of repair, additional damages...may be recovered for the diminution of value due to the vehicle's involvement in an accident [but] there must be proof of such diminished value."

But what if Norm, rather than being in an accident, had his car damaged in a hail



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storm? Because he has good car insurance, his insurance company paid to repair the hail damage. An expert examined Norm's car and did some research and found that the car had gone down in value by \$4,000 because of the hail damage even though it had been repaired. But Norm's insurance company refused to pay this extra \$4,000. So Norm sued. The Judge took a very close look at Norm's insurance policy. It said that the insurance company would pay for "loss to your car caused by hail" but the "limit of liability is the cost of repair." What do you think? The Judge decided that the "cost of repair" meant only the cost to fix the physical damage caused by the hail. So Norm did not get the \$4,000 of diminished value.

Here's the difference: if your insurance company is paying for damage done to your car, then whether or not you get diminished value depended on what your insurance policy says. But if someone else damages your car and they or their insurance company is paying, then Louisiana law says you can get diminished value.

But that's Louisiana law. And as you probably know, Louisiana law is different than the laws of the other 49 states. When it comes to diminished value, each state has its own laws. For example, had Norm lived in Georgia, his insurance company would have had to pay the \$4,000 diminution in value caused by hail.

*Lee Aronson is an attorney with Legal Services of N. LA whose practice areas include consumer protection, housing and health care law.*



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son claiming the property has a good faith basis to believe the property is his or her property, the Louisiana Civil Code states that after 10 years the property becomes the property of the good faith possessor. If the fence has been shown to be in the tree for more than 30 years, then the property becomes the property of the person claiming possession whether the person is in good faith or not. Fence posts and corner posts also can have direct implications in property line disputes where testimony shows how long these posts have been in place.

The moral of this column is to keep a check on your property. If you have property that you haven't checked on in a long period of time, you need to make a visit to that property. By checking the property often, you can make sure that your property lines are not breached and hopefully avoid expensive litigation.

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



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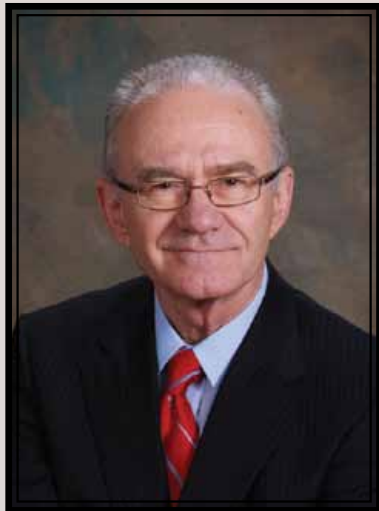
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## How to Catch a 'Phish'

By Jason Alderman

**T**heir names may sound funny but their financial consequences are not: "Phishing," "smishing," "vishing" and "pharming" are just a few of the ways criminals gain access to personal information via your computer or smartphone. If you're not careful, identity thieves can use harvested information to open fraudulent bank or credit card accounts, take out loans, rent apartments or even charge medical procedures to your insurance plan.

Unfortunately, every time the authorities plug one hole, crafty criminals figure out new ways to trick unsuspecting victims. Here are some identity theft scams to watch out for:

**Phishing:** This is where you receive an email, purportedly from a trusted source like a government agency, bank or retailer that asks you to supply or confirm account information, log-in IDs or passwords. These imposters are "fishing" for your personal information. Legitimate organizations never ask you to verify sensitive information through a non-secure means like email.

**Smishing** (for "Short Message Service"): Like phishing, only it uses text messages sent to your cellphone. Even if you don't share any information, just by responding you're verifying that your phone number is valid, which means it probably will be

sold to others who will try to trick you into their own scams.

**Vishing** (voice phishing): Where live or automated callers direct you to call your bank or credit card issuer under the pretext of clearing up a problem (like theft or overdrawn accounts). You'll be asked to share personal or account information. Keep a list of toll-free service numbers for all companies you use so you can call them directly without fearing you've been given bogus information. I also program these numbers – but not account numbers – into my cell phone in case I'm traveling.

**Pharming:** Where hackers redirect you from a legitimate website to an impostor site where your personal information is harvested ("farmed"). Social networking sites like Facebook and Twitter increasingly are being targeted, so always be wary of

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opening any links – even from trusted friends – because their account may have been hacked.

A few tips for spotting risky emails and texts:

- Although the "From" line may appear to be from a valid company email address, that's easy for fraudsters to mimic (called "spoofing").
- Beware of subject lines and body copy that use ominous or threatening language (e.g., "Your credit card has been suspended").
- Lack of a personalized salutation or closing details (e.g., "Dear Valued Customer").
- Watch for typos, poor grammar, punctuation, capitalization consistency and other warning signs it's not legitimate.
- Scroll your mouse over any embedded links before clicking to check for suspicious domain endings like ".be."
- Verify that an alert or request for information is legitimate by looking up the company's phone number and calling it yourself.

- Make sure your anti-virus and anti-spyware software is current.

For more tips protecting personal and account information and preventing online fraud, visit:

- The National Cyber Security Alliance's [www.staysafeonline.org](http://www.staysafeonline.org).
- The FBI's Be Crime Smart page, which highlights the latest scams and tells you how to report crime and fraud ([www.fbi.gov/scams-safety](http://www.fbi.gov/scams-safety)).
- Visa Inc. offers VisaSecuritySense.com, which features tips on preventing fraud online, when traveling, at retail establishments and ATMs, deceptive marketing practices, and more.

And finally, don't forget good-old-fashioned pickpocketing, mail theft and dumpster diving as ways people may try to steal your personal information.

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## ❧ Bossier Council on Aging ❧

**Bearkat Site** (741-8302), 706 Bearkat Dr., Bossier City. 8:00 AM - 4:30 PM;

**Plain Dealing Site** (326-5722), 101 E. Oak St., Plain Dealing, 9:00 AM - 1:00 PM

**Info & referrals** - 741-8302

**Transportation** - Vans available to seniors 60+ who have no means of transportation for medical appointments, grocery store, drug store and other necessary stops. Wheelchair accessible. One week notice required. \$3 round trip suggested. Also through referrals from Medicaid.

**Outreach** - Home visits are made

to help qualify seniors for services.

**Homemaker** - Trained employees provide light housekeeping for seniors having difficulty maintaining their homes. \$3/visit suggested.

**Caregiver** - Support services are provided for family caregivers including in-home respite care for the caregiver, education for the family, and material aid and sitter services for the patient.

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

**Congregate (Site) Meals** - Hot,

nutritious meals served at 11:30 AM at the sites, Monday - Friday. \$1.50 per meal is suggested.

**Home Delivered Meals** - Meals provided 5 days per week for elderly homebound in Bossier Parish, \$1.50/meal suggested.

**Personal Medical Response System** - With a referral from BCOA, an auto dial unit is available for installation on your phone. Necklace, wristband, or pocket clip styles provided. Press the button for immediate help. \$20 fee per month.

**Senior Centers** - Recreation, crafts, educational seminars, and

health information. Also: day trips, extended trips, exercise/dance classes, bingo, cards, dominoes, health screenings, exercise equipment room, Senior Games and Thursday night dances with a live band.

**Medication Management** - Seminars, brown bag services provided by pharmacists and programs provided by health care providers. Drug plan assistance available.

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

## ❧ Caddo Council on Aging ❧

**Information Referral** - Call 318.676.7900 for specific problems

**Resource Directory:**

www.caddocouncilonaging.org

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

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

**Foster Grandparent** - 318.676.7913. Seniors age 60+ can serve as mentors, tutors & caregivers to youth with special needs. Foster grandparents must meet federal income requirements. A modest tax-free salary is given for 20 hours' per week service.

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

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

- Medicare Counseling - Answer Medicare coverage questions

- Medicare Part D Application

- Assist you to find the best plan every year through www.medicare.gov

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

**Legal Services** - Referrals for individual counseling

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

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

**Personal Care** - Personal care provided weekly for homebound seniors.

**Nursing Home Ombudsman** - An advocate will investigate and resolve senior's nursing home complaints.

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

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

**Senior Centers/Dining Sites** - Fun activities. Lunch is served for a \$1.25 donation. Transportation is provided on a limited basis. Call 318.676.7900 for information.

- AB Palmer SPAR - 547 E. 79th Street, Shreveport. Monday - Friday, 9 am - 1 pm. Lunch served at 11:30 am. 673-5336.

- Airport Park Spar, 6500 Kennedy Drive, Shreveport. Mon. - Fri. 9 am - 1 pm. Lunch served at 11:00 am. 673-7803.

- Broadmoor Neighborhood Center - Broadmoor United Methodist Church, 3715 Youree Drive, Shreveport. Friday Only. 9:30 am - 12:30 pm. Lunch served at 11:30 am. 861-0586.

- Cockrell SPAR, 4109 Pines Road, Shreveport. Monday - Friday, 10 am - noon. Lunch served at 10:30 am. 629-4185.

- Cooper Road - Cooper Road Community Center, 1422 Martin Luther King Blvd, Shreveport. Monday - Friday, 9:30 am - 1:30 pm. Lunch served at 11:30 am. 222-7967.

- Lakeside SPAR - 2200 Milam

Street, Shreveport. Monday - Friday, 10 am - noon. Lunch served at 11:30 am. 673-7812.

- Morning Star - Morning Star Baptist Church, 5340 Jewella Ave., Shreveport. Monday - Friday. 9 am - noon. Lunch served at 11 am. 636-6172.

- Mooringsport - Mooringsport Community Center, 603 Latimer Street, Mooringsport. Tuesday, Wednesday, Thursday. 9 am - 12:30 pm. Lunch served at 11:30 am. 996-2059

- New Hill - New Hill CME Church, 8725 Springridge Texas Rd, Keithville. Tuesday and Thursday. 9 am noon. Lunch served at 11 am. 925-0529

- Oil City - Oil City Community Center, 110 Furman Street, Oil City. Monday and Friday, 9 am - 12:30 pm. Lunch served at 11:30 am. 995-6687

- Southern Hills SPAR - 1002 Bert Kouns, Shreveport. Monday - 10 am - 12:30 pm. Lunch served at noon. 673-7818.

- Valencia Park Community Center SPAR - 1800 Viking Drive. Monday - Friday, 9 am - 5 pm. Lunch served at 11 am. 673-6433.

## ❧ Webster Council on Aging ❧

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

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

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

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

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

**Home-Delivered Meals** - Noon meal delivered to eligible home-bound elderly (illness, disability or while caring for spouse who is), 5 days a week.

**Homemaker services** - Provided to those meeting specific requirements.

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

**Wellness** - designed to support/improve the senior's mental/physical

well-being through exercise, physical fitness, and health screening.

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

for a homebound child or grandchild.

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

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

**Medicaid enrollment center** - take initial Medicaid applications

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



# Aqua Ballet Lower Body Toner

By: Mirabai Holland, MFA

We are filming for several hours a day starting at the crack of dawn. The weather is cooler than but not for long. My only relief has been to strip off my workout clothes, which are almost



pasted to my body, jump into a swimsuit and plunge into the pool. After about 45 minutes of laps back and forth (I'm so motivated from watching all these Olympic swimming trials on TV) I get an idea. What if I try some ballet barre exercises in the water, holding on to the side of the pool? Aqua Ballet Barre, not such a bad idea I'm thinking. So I try

one of my on-land favorites for my legs and butt. I like it! I can really feel it working. It may be even more effective with the water for added resistance.

Try it yourself.

Stand facing front, heels together, feet turned out. Hold on to the edge of the pool with your right hand. Slowly bend left knee, bringing foot



up to right knee forming a triangle. Slowly stretch leg in front of body. Then bring foot back to the knee of the standing leg and return to the starting position. Repeat 4 times to the front, side, and back.

Turn around and repeat exercise on the other leg holding on with your left hand.



*Legendary fitness pioneer Mirabai Holland M.F.A. is one of the leading authorities in the Health & Fitness industry, and public health activist who specializes in preventive and rehabilitative exercise for people. Her Moving Free® approach to exercise is designed to provide a movement experience so pleasant it doesn't feel like work. © 2012 [www.mirabaiholland.com](http://www.mirabaiholland.com)*



## ANSWERS FROM THE EXPERTS

*My father is taking many prescription medications and is about to be admitted to a nursing home for rehab care from hip surgery. How will he get prescriptions refilled and will Medicare cover them?*

The hospital's discharging physician will write orders for medications. Generally, the nursing home's primary pharmacy will dispense the meds and they will be delivered to the center the same day. As to cost, if your father admits under Medicare Part A, the medications are paid for by the nursing center. If he admits as private pay, either your father or his prescription drug plan will be billed for the costs. If he is eligible for Medicaid and has been awarded benefits, the pharmacy will bill Medicaid for reimbursement.



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*My father has glaucoma and is blind in one eye. When should I be checked, even though I see fine?*

A family history of glaucoma is a very strong risk factor for the disease. Other risk factors include advancing age, African-American race, and nearsightedness. If you have a first or second degree relative with glaucoma, you should be evaluated as soon as possible. Glaucoma is a painless progressive disease which, left untreated, causes irreversible blindness. If you have a family member with glaucoma or have other risk factors, schedule a screening at 212-3937.



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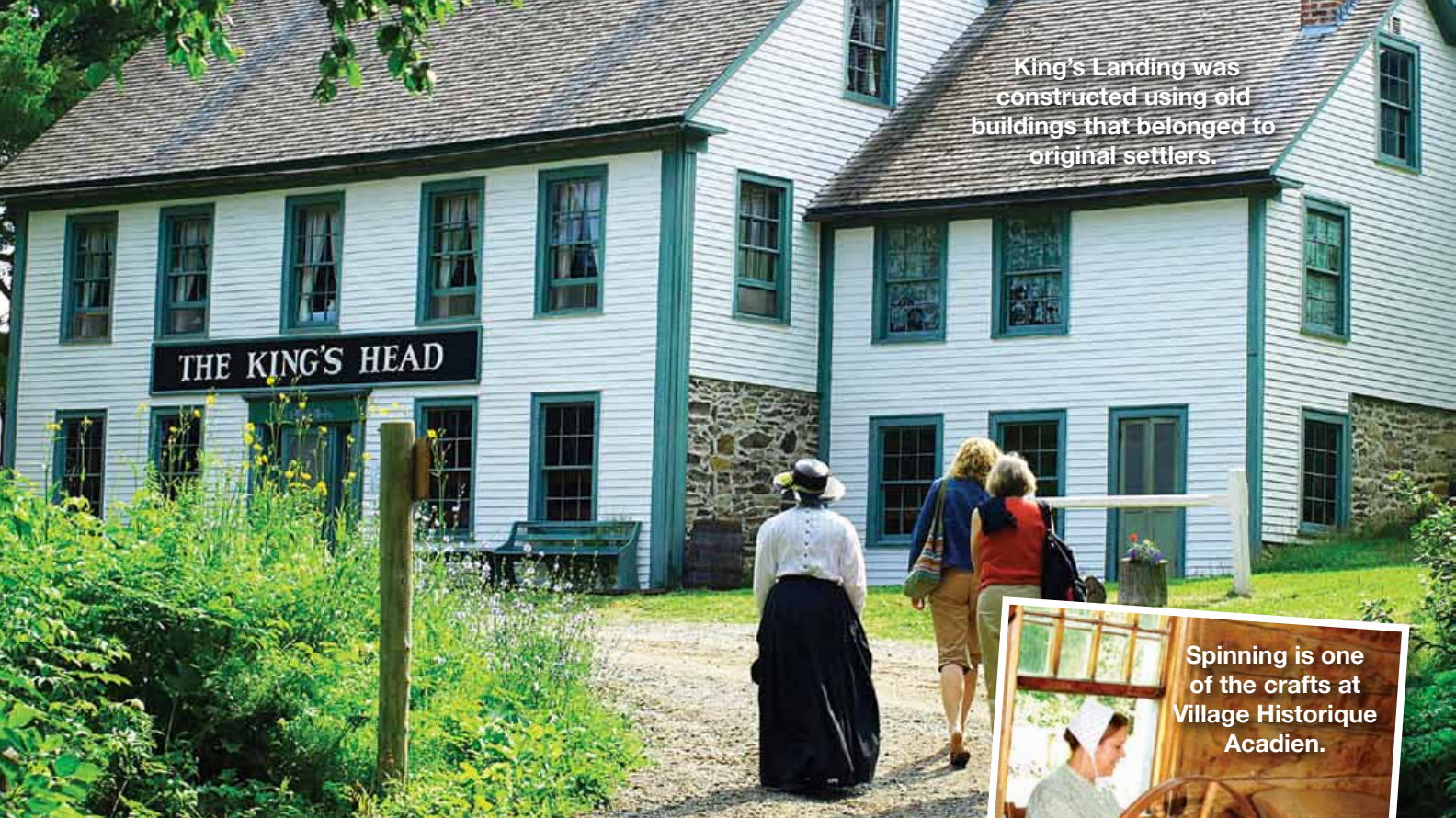
*I broke a bone last year. Do I have osteoporosis?*

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

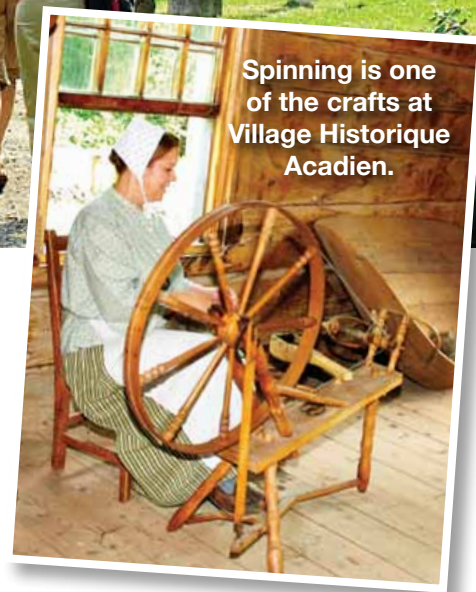


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King's Landing was constructed using old buildings that belonged to original settlers.



Spinning is one of the crafts at Village Historique Acadien.

Story by Andrea Gross  
Photos by Irv Green

# Hello & Bonjour IN NEW BRUNSWICK

Take a walk through a bi-lingual Canadian province that still holds fast to British and French crafts and traditions.

**T**wo rows of young men are standing before me, poised at crisp attention and perspiring heavily. The perspiration is understandable because despite the 90-degree heat the men are formally outfitted in white helmets and heavy red coats with high black collars. About 100 people are staring at us.

I've been selected from among the onlookers to "inspect the guards," a ceremonial throwback to the 1800s when the British were settling North America. At that time Fredericton, now the capital of the Canadian province of New Brunswick, was a refuge for Loyalists who remained true to the crown while many of their brethren championed an independent United States.

The head cadet and I walk down the

aisles, checking the troops. Their boots-polished. Their pants - pressed. Their jackets - neatly belted. "Satisfactory," I say. He nods and leads his men through a high-stepping series of formations. Then they strut off the green to the delight of the many tourists.

Fredericton is awash with free and low-cost tourist-pleasing activities. In addition to the changing of the guards, the Historic Garrison District is filled with museums and old government buildings and surrounded by trendy restaurants and craft shops. In fact, Fredericton and the two surrounding counties have more craftspeople per capita than any other place in Canada.

During the summer, free concerts are performed on the old military parade

ground, and people can enjoy 50 miles of well-maintained walking trails that follow the banks of the St. John River.

But for us the biggest attraction is King's Landing, a recreated Loyalist village. There are no power lines and no motor vehicles. Instead we find wagons with wooden wheels, women with hooped skirts and men with hoes and fiddles.

As we wander through the seventy-plus buildings that once belonged to settlers from the surrounding area, we speak with articulate and knowledgeable costumed interpreters - a woman who is quilting, a lad who is tending his horse, a man who is working at the sawmill. They tell us stories about the former owners of the various homes and workplaces.

Two hundred miles to the north, life was very different. The French were also lured by the agriculturally-rich area, and



by the mid-1600s they had established communities in the region they called Acadia.

In 1755, after years of increasingly hostile skirmishes between the two European powers, the British ordered the Acadians to pledge allegiance to the crown. The Acadians refused, and the British ordered them deported. Thousands lost their lives as they were herded onto small boats and forced out to sea. Others fled to the American colonies or other parts of Canada, hiding until it was safe to return to the rural areas of New Brunswick. There they eked out a living in British-controlled territory.

Today New Brunswick is the only Canadian province that is officially bilingual. People who live in the central and western parts of the province trace their heritage to England while those in the north and east are fiercely French in their customs and language.

As we proceed up the coast

towards the Village Historique Acadien, which is the French counterpart to King's Landing, the Acadian flag seems to be everywhere. It's painted on the fronts of buildings, flies on poles in the yards of private homes and hangs from ropes strung in front of gas stations. By the time we reach Caraquet, even the stop signs have changed to reflect the predominant population. Whereas in Fredericton the English word stop is above the French arrêt, in this part of New Brunswick the arrêt precedes the stop.



To visit the Village Historique Acadien is to time-travel through Acadian life from after the Deportation (*Le Grand Dérangement*) in the mid-1700s up to the mid-1900s. As we did in Kings Landing, we make our way through the village - stopping at homes, sipping beer at the tavern, watching fish processing at the hatchery - while interpreters help us understand daily life in French Canada.

It's easy to see that life in Acadia was difficult. "Acadians started the day with the sun and ended with the sun," says one woman, as she adjusts her apron and adds some vegetables to the stew that's cooking over the fire. "They had to work hard, but *c'est la vie*."

As is true on most of our trips, the more we learn, the more we want to know. But now we have to say farewell to New Brunswick - in two languages of course.

*Au revoir* and good-bye.  
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# BROADWAY

## A Personal Perspective

by Brian Bradley, exclusively for *The Best of Times*



The Signature Theatre presented Kenneth (*Margaret*) Lonergan's *Medieval Play*. ©Joan Marcus

Summer brings all sorts of theatre to New York. There is Shakespeare in the Park, festivals and plenty of Off-Broadway offerings. And of course recent Tony winners like *Once* and star driven vehicles like *Evita* continue to draw audiences looking for the current hit or safer (familiar) fare.

Unfortunately, the summer also brings closings. *Venus in Fur* and *Other Desert Cities*, two award-winning dramas closed on June 17th. June 24<sup>th</sup> brought three closings including the Broadway to Off-Broadway transfer *Million Dollar Quartet* as well as *Godspell* and *Priscilla Queen of the Desert*. Come July 1<sup>st</sup> *Jesus Christ Superstar* will be gone. On July 8<sup>th</sup> *Anything Goes* goes. As of July 22<sup>nd</sup> the all-black revival of *A Streetcar Named Desire* will no longer aggravate Williams purists. August 5<sup>th</sup> *Memphis* is outta here. On August 26<sup>th</sup> we lose the habit when *Sister Act* closes. And September 2<sup>nd</sup> marks the scheduled ends of best play *Clybourne Park* and the delirious *One Man, Two Guvnors*.

Summer also brings unexpected delights like the Roundabout Theatre Company's revival of *Harvey*. We won't comment on the fact that Mary Chase's endearing comedy took the Pulitzer Prize over Tennessee Williams' *The Glass Menagerie* in 1945. Everyone after all eventually falls for the eccentric charms of the drinker and dreamer Elwood P. Dowd and his invisible companion Harvey who just happens to be a 6-foot-tall white rabbit. Sorry my mistake, Harvey is 6-foot-3 1/2-inches-tall. I stand corrected.

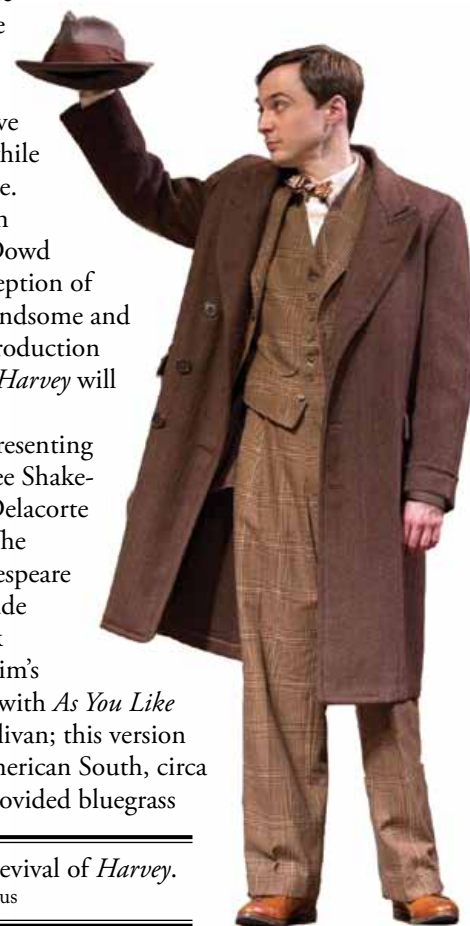
Two-time Emmy winner Jim Parsons (of *The Big Bang Theory*)

stars in the role James Stewart immortalized but brings his own brand of warmth, charm and sincerity to his portrayal of Elwood. He exudes a genuine concern for and interest in the people with whom his path crosses. He's both funny and credible handling Elwood's literal-minded exchanges and bewildered reactions. His measured, clean characterization is both droll and whimsical, his interaction with Harvey without italics and utterly convincing. It's easy to root for his Elwood.

For this amiable comedy to work, it requires both seasoned actors and delicate direction. This revival has both. Jessica Hecht as Elwood's vexed sister who would like to get Elwood committed to a sanatorium, but whose nervous behavior inadvertently gets her committed instead, Charles Kimbrough who would like to cure Elwood until he falls under Harvey's spell, Carol Kane as his wife and Larry Bryggman as the Dowd family lawyer all bring a marvelous bag of tricks to their characters. They can extend moments and laughs way beyond what's inherently there with their comic gifts. Of course actors need the editor's eye of a skilled director and Scott Ellis does a fine job reigning in what could have easily been over-the-top while still allowing them to shine.

The physical production which revolves from the Dowd family mansion to the reception of the sanatorium is quite handsome and elaborate. In fact all the production values are really first rate. *Harvey* will make you smile.

The Public Theatre is presenting the 50th anniversary of free Shakespeare in the Park at the Delacorte Theatre in Central Park. The season, promoted as Shakespeare and Sondheim will conclude with the second New York revival of Stephen Sondheim's *Into the Woods*, but began with *As You Like It*. Directed by Daniel Sullivan; this version is pointlessly set in the American South, circa 1840. Steve Martin has provided bluegrass



Jim Parsons stars in the revival of *Harvey*.

©Joan Marcus



compositions that are not well integrated. The cast, including Andre Braugher, Oliver Platt, Lily Rabe and Stephen Spinella clearly articulate their dialogue but they are also lacking in passion, the pacing is sluggish and the whole production lacks energy. Oh, and the set is tacky. I couldn't have been more bored.

Meanwhile at the Little Shubert Theatre Harry Potter is getting a comic makeover with *Potted Potter*. Written and performed by comic actors Daniel Clarkson and Jefferson Turner, this parody deconstructs all seven Harry Potter books and plays them back in a mere seventy minutes. There are amusing musings over props and audience interaction including a sort of Quidditch competition with a rather large Golden Snitch. The plot summaries are hysterical. Muggle approved.



*As You Like It* is set in the American South. ©Joan Marcus

The Signature Theatre presented Kenneth (Margaret) Lonergan's *Medieval Play*. Set during the 14th century, it's as if Mr. Lonergan and Monty Python decided to write a play and this was the result. Josh Hamilton and Tate Donovan are terrific as two conflicted, soul-searching friends who can't always agree. The descriptions of the ravages of war are intentionally riotous as is the mayhem. Lonergan's production delivers with just the right amount of cheese.

*New York based theatre critic Brian Bradley is a voting member of the Outer Critics Circle. Send questions to [brianbradley@nyc@hotmail.com](mailto:brianbradley@nyc@hotmail.com).*

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## Jonathan Winters

*Written/illustrated by Marshall Jay Kaplan*

**T**he legendary comedian known for his outrageous characters may be retired but it is definitely not a quiet retirement. After all, he is Jonathan Winters!

Winters was born on November 11, 1925 in Dayton Ohio. His mother was Alice Kilgore – a radio personality at the time. After Jonathan's mother left her alcoholic husband, mother and seven-year-old son moved away where Jonathan attended Military Academy. After graduation, he enlisted in the Marines, serving



in the South Pacific during WWII. Upon returning home, he studied cartooning and then began developing comedy routines. After winning a talent contest, he started to appear on local radio shows. Winters' strength was that of developing odd, yet funny characters.

With his zany comedic characters, Winters became a comedy club and television guest favorite. Best known is his character, 'Maudie Frickert' – a sweet old lady with an acid tongue.

Winters was a favorite of both Jack Paar and Johnny Carson. Carson never knew what character Winters would appear on the show as, and in turn, simply interview the 'character' in the guest seat to learn more about them.

With the success of television and clubs, Winters began recording comedy albums earning him a Grammy Award. As well, Winters appeared in motion pictures – most favorite with fans is *It's a Mad,*

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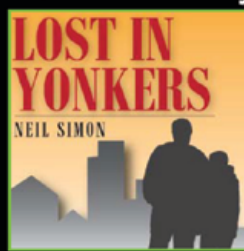
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Mad, Mad, Mad World (1963). Co-stars recall Winters becoming a multitude of characters as he waited for his scenes in his trailer.

In each decade of the 1950's, 1960's and 1970's Winters had his own television shows. However, he received his greatest exposure as Mork's son, 'Mearth' on Mork and Mindy (1981).

As a side note, Twilight Zone fans recall a dramatic Jonathan Winters starring in the 1961 episode, 'A Game of Pool'.

Winters' range of characters made him a favorite with television advertisers as he peddled their wares on air in a variety of hilarious personalities.

Over the past ten years, Winters has taken it easy. He once had a nervous breakdown in 1959 where he was hospitalized for eight months. In recent years, he has come to learn that he suffers from manic depression and he is currently working on his autobiography that addresses this.

That being said, the man of a thousand characters resides in Santa Barbara, California where he is regularly visited by his biggest fan, Robin Williams, or he can be seen having fun at local antique markets. Most recently Winters is the voice of 'Papa Smurf' in the animated film, The Smurfs - a complete surprise to him. "It was a miracle that they called me to do the film because at 88 the only thing I do is plant geraniums!"

*Marshall Jay Kaplan is a Gemini Award nominated television producer, syndicated cartoonist, and television host.*





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# Recent DVD Releases



Mark Glass

## The Hunger Games ☆☆☆



fuels a media frenzy among the elite, leading to wagers and sponsorships for favored competitors. We view all of this primarily through the eyes of a highly sympathetic protagonist, played by Jennifer Lawrence, whose breakout role came in the indie drama, *Winter's Bone*.

(PG13) The premise of this sci-fic action flick stirs and blends a handful of familiar themes. In a dystopian, post-rebellion future, the government requires each of the 12 Districts it subdued to select a young man and woman for its annual two-week televised death match. 24 enter; only one can survive. Preliminary pageantry

Stanley Tucci camps it up as a TV celebrity, whipping up enthusiasm among the viewers. Elizabeth Banks channels Helena Bonham-Carter as an absurdly overblown toady, anxiously currying favor for herself and district in the halls of power. Woody Harrelson plays a drunken former winner of the games, mentoring Lawrence and her District 12 cohort, while coping with the guilt and shame of knowing how he earned his privileged status.







As a pure action flick, the setting and primitive weapons make for considerable excitement, though some camera work obscures what could have been more adrenaline-producing fight scenes. As to its cultural relevance, the more you ponder any parallels to current trends, the less escapist the film will feel. One might long for times when flicks like *Mad Max* or *Blade Runner* seemed too farfetched to loom as cautionary tales. (release 8/18/12)

## The Pirates! Band of Misfits ☆☆☆

(PG) This animated romp following a feckless pirate captain (actually named Pirate Captain) and his amiably inept, but loyal, crew as they vainly try to compete with their more competent colleagues is a bit of a sneaky treat. While PC, voiced by Hugh Grant,



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covets the Pirate of the Year prize that's eluded him for over 20 years, and surely will again, Queen Victoria is almost rabid in her contempt for those who practice his profession. He seems doomed to fail once more when a chance meeting with not-yet-famous Charles Darwin offers an absurdly unlikely path to the success that has eluded him for so long.

The film starts off slow and silly, only appealing to the youngest of viewers. But the script grows more satiric, the action perks up, resulting in a more broad-based, entertaining family activity than the early going promises. Science nerds become prime fodder, along with playful buffeting of Darwin's theories, and some clever deployment of nautical maps. Besides Grant (who often sounds like John Cleese, which is a definite comedic plus), the voice cast includes Salma Hayek, Jeremy Piven and Imelda Staunton. (release 8/28/12)

## Darling Companion ☆ ☆

(PG13) This near-miss drama is especially disappointing, since its stellar cast includes Kevin Kline, Diane Keaton, Diane Wiest, Richard Jenkins and Sam Shepard, under the previously masterful guidance of Lawrence Kasdan. Keaton is all weepy about reaching the empty-nest phase of her marriage to stoic surgeon Kline. One married daughter lives far away. When Keaton rescues a stray dog from a snow bank along the freeway, she finds a new love object for her home, but loses the second daughter to the handsome vet to whom they take their bedraggled discovery.

The wedding occurs at the parents' cabin in the Colorado Rockies. When the dog (cutely named Freeway) runs off, the



humans begin a search that leads to all sorts of catharses and alterations in their relationships. That could be a viable premise for insightful character dramas- especially with such a deep, solid cast - but the material is surprisingly short on substance and originality. Keaton and Kline are middle-class caricatures. She's too emotional, he doesn't feel enough. Yadda, yadda, yadda. The caretaker for their cabin (Ayelet Zurer) who joins the search is an absurdly attractive, intelligent woman for that position. While the cast scours the woods for Freeway, viewers keep waiting for some payoff. As noted prominently in a song used in one of Kasdan's best films (*The Big Chill*), you can't always get what you want. (release 8/28/12)

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

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# Olives and Olive Oil

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**N**ow is the perfect time to relax and invite friends for an evening of good food and great company. Entertaining can be as easy as preparing a few simple, yet impressive appetizers - and olives and olive oil are a great way to add life and flavor to any menu. Visit [www.addsomelife.org](http://www.addsomelife.org) for more inspiration, and stay up to date on all things olive by following Add Some Life on Facebook and Twitter.

### Crispy Garlic Shrimp Skewers

- 6 Tbs. extra virgin olive oil, divided
- 2 Tbs. fresh lemon juice, divided
- 1 egg white
- 2 large cloves garlic, minced
- 32 raw medium shrimp, shelled and deveined (about 1 1/4 pounds)
- 1 tsp. finely chopped fresh dill or parsley
- 1/2 tsp. grated lemon peel
- Dash salt, optional
- 3/4 cup panko bread crumbs
- 1/3 cup finely shredded pecorino or Parmesan cheese
- 16 pitted large green olives
- 16 pitted large ripe olives
- 32 grape tomatoes
- 1/2 medium cucumber, sliced lengthwise and cut into 32 pieces
- 32 (4 to 6-inch) appetizer skewers

Heat oven to 475°F.

Blend 3 tablespoons olive oil, 1 tablespoon lemon juice, egg white and garlic in small bowl. Add shrimp; toss to coat; set aside.

Blend remaining 3 tablespoons olive oil, 1 tablespoon lemon juice, dill, lemon peel and salt in small bowl. Set aside.

Mix bread crumbs and cheese on waxed paper; dredge shrimp to coat evenly. Place in single layer on baking sheet. Bake 8 to 12 minutes or until light golden and thoroughly cooked. Gently loosen shrimp from baking sheet; cool 1 to 2 minutes.

Thread a single shrimp, olive, tomato and cucumber piece on each skewer. Serve immediately drizzled with olive oil mixture.

**TIP:** Rub bread crumbs and cheese between your palms to create a uniform, consistent mixture. The mixture will adhere more evenly to the shrimp. (32 appetizers)



### Easy Scallop Appetizer Cups

- 1/3 cup finely chopped pitted ripe olives, drained on paper towels
- 3 tablespoons garlic and herbs spreadable cheese
- 15 prebaked phyllo shells (1 9-ounce package)
- 1 tablespoon olive oil
- 1 clove garlic, slivered
- 3 to 4 oz. bay scallops, thawed and patted dry
- 1/4 teaspoon dried tarragon leaves, optional

Combine olives and spreadable cheese in small bowl; mix well. Spoon evenly into shells (filling 2/3 to 3/4 full); set aside.

Heat olive oil in medium skillet over medium-high heat until very hot but not smoking. Add garlic slivers; cook and stir 10 to 15 seconds until fragrant. Remove and discard garlic. Reduce heat to medium; add scallops. Cook and stir 2 to 4 minutes or until scallops are thoroughly cooked. Remove scallops with slotted spoon.

Place 2 to 3 scallops in each shell, pressing lightly. Serve immediately. (Makes: 15 appetizers)



## Pork and Mushroom Sliders

- ¼ cup sour cream
- 2 Tbs. coarse ground mustard
- 5 Tbs. extra virgin olive oil, divided
- 2 large cloves garlic, divided and minced
- 1½ tsps. dried thyme leaves, divided
- 1 pound pork tenderloin, trimmed
- 4 cups finely chopped shiitake mushrooms
- ½ cup chopped ripe olives
- ¼ cup finely chopped shallots
- 12 small rolls, split (warmed, if desired)

Heat oven to 400°F.

Blend sour cream and mustard in small bowl; cover and refrigerate.

Combine 2 tablespoons olive oil, 1 clove garlic and 1 teaspoon thyme leaves in mini chopper or finely chop garlic and blend mixture in bowl with fork, mashing garlic.

Rub pork with garlic mixture; place in shallow baking pan and roast 25 minutes or until internal temperature is 160°F. Remove from oven; let stand at least 10 minutes.

Meanwhile, heat remaining 3 tablespoons olive oil in large skillet over medium-high heat. Add 1 clove garlic; cook and stir 30 seconds or until fragrant but not browned. Add mushrooms, olives, shallots and remaining ½ teaspoon thyme leaves. Cook and stir 5 minutes or until mushrooms are tender. Remove from heat; set aside.

Thinly slice tenderloin diagonally across grain. Spread each cut side of rolls with mustard mixture. Spoon half of mushroom mixture (about 2 tablespoons) on bottom of each roll. Top rolls evenly with sliced pork and remaining mushroom mixture. Cover with top halves of rolls. Serve on coated sandwich wraps or bakery sheets if desired.

**TIP:** Meat can be roasted several hours in advance, then refrigerated and sliced before assembling sandwiches. (Makes: 12 sandwiches)





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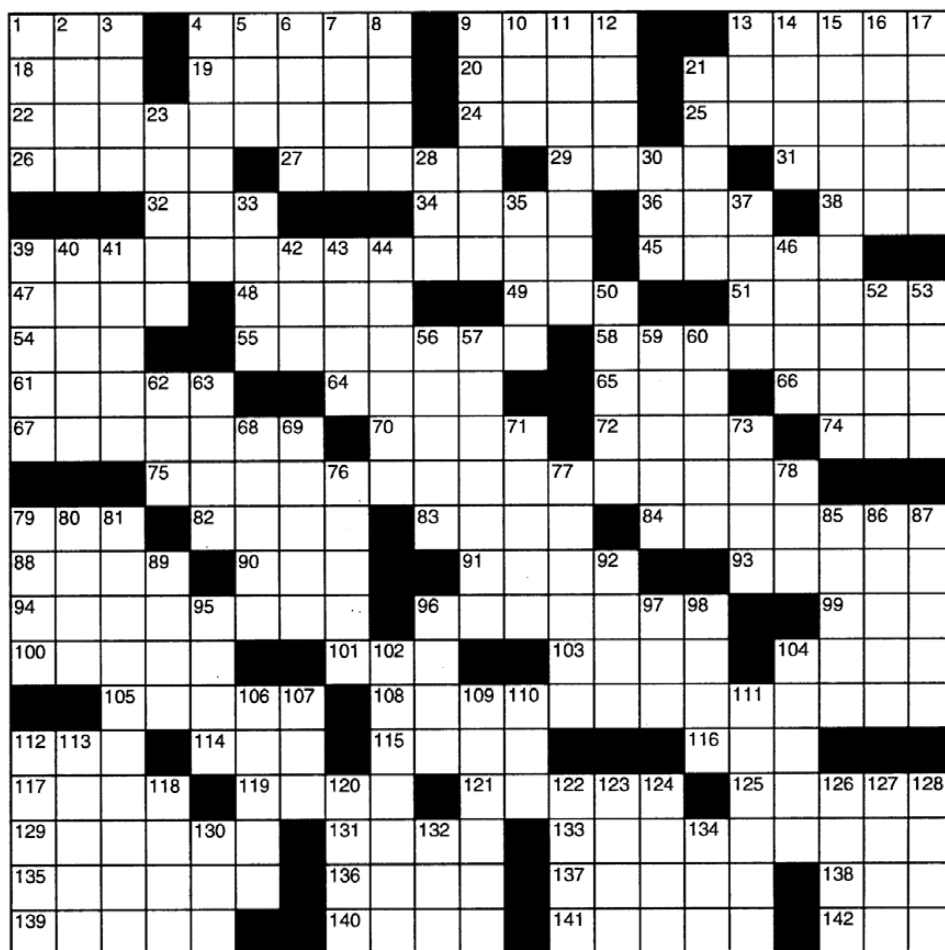
## ACROSS

1 Pugilistic poke  
4 Silenced a squeak  
9 Fuel source  
13 "Turandot" tenor  
18 Heady quaff  
19 Savanna sight  
20 Lhasa -  
21 Arbus apparatus  
22 Rodent's favorite  
Monkees tune?  
24 Lost in thought  
25 Nuclear  
26 Brimming  
27 Join up  
29 Take into  
account  
31 Hook's mate  
32 - reaction  
34 Diva Ponselle  
36 Moon crawler  
38 Relative of -ator  
39 Rodent  
cheesecake?  
45 Laundry  
problem  
47 Frigga's fellow  
48 Young boxers  
49 Relished a roast  
51 "Taras Bulba"  
author  
54 Emulate  
Pinocchio  
55 Brandy cocktail  
58 Protect with  
plastic  
61 Resident  
64 "Yours, Mine  
and -" ('68 film)  
65 Keatsian creation  
66 Redact  
67 "The Bartered  
Bride" composer  
70 Serenade  
accompaniment  
72 TV's "South -"

74 Road curve  
75 Rodent's  
educational level?  
79 Dit's cousin  
82 Read quickly  
83 Actress Virna  
84 Peeper protectors  
88 Oomph  
90 Tokyo, once  
91 Like some cellars  
93 It may suit you  
94 Closet freshener  
96 Calculator  
features  
99 Winter hazard  
100 Trattoria treat  
101 TV chef Martin  
103 "- Shuffle" ('77  
song)  
104 Seaweed  
product  
105 Bobby's  
flashlight  
108 Rodent's  
Olympic motto?  
112 Broad st.  
114 "Gotcha!"  
115 Article  
116 "- Night" ('58  
hit)  
117 Apt rhyme for  
squirm  
119 "L'-, c'est moi"  
121 Matches  
125 Inception  
129 Cartoonist  
Charles  
131 Writer Charles  
133 Fictional  
rodent?  
135 Rink rental  
136 List ender  
137 "Peer Gynt"  
composer  
138 Psychic Geller  
139 Veronica of

## SWEET GNAW-THINGS

Answer: Page 42



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"Hill Street Blues"  
140 Surrender  
141 Big revolver?  
142 Sticky stuff

## DOWN

1 Secure spot  
2 - mater  
3 Rosary part  
4 Speak freely  
5 Roth -  
6 Exist  
7 Temptation  
location  
8 Earl - Biggers  
9 Living room  
10 Antipollution  
grp.  
11 "The - Jungle"  
( '50 film)  
12 Carry  
13 Purrfect pet?  
14 Grandpa McCoy  
15 Rodent  
refreshment?  
16 Pisces follower  
17 Sapphire side

21 Future officer  
23 "We've Only Just  
-" ('70 hit)  
28 Hockey legend  
30 Urban transport  
33 Sugar amts.  
35 Barbecue  
37 Christmas  
visitors  
39 Voting venue  
40 Turn of phrase  
41 Sib's kid  
42 On the - vive  
(alert)  
43 Summer coif  
44 Tristan's tootsie  
46 Actress Skye  
50 Take the honey  
and run  
52 Mayberry town  
drunk  
53 "Why don't we?"  
56 Sadistic  
57 In the saddle  
59 Saying  
60 Cheerful  
62 Bk. convenience

63 Neighbor of  
Thailand  
68 Used the  
microwave  
69 Digression  
71 Prose piece  
73 Boat bottom  
76 Atlanta campus  
77 Indentation  
78 Mintz or  
Whitney  
79 Johnny of  
"Chocolat"  
80 Soap additive  
81 City of rodents?  
85 Architect Jones  
86 Window  
dressing?  
87 McCarthy's  
trunkmate  
89 West. alliance  
92 Brace  
95 Asta's mistress  
96 Snarl  
97 Banned pesticide  
98 London district  
102 Shake up

104 Actor's actor?  
106 Spassky's game  
107 Pillbox, e.g.  
109 Bit of a beach  
110 Medical grp.  
111 TV's "Eight  
Is -"  
112 About to sink  
113 Screwdriver  
ingredient  
118 Spouse  
120 Composer  
Wilder  
122 Prod  
123 Binchy's "-  
Road"  
124 Tend the sauce  
126 Wallop  
127 Architect  
Saarinen  
128 Small combo  
130 Gibson or Tillis  
132 Unbalanced  
134 Wager

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- 3 **MUSIC:** Who had a hit album in the 1970s titled "Innervisions"?
- 4 **LITERATURE:** Which of Shakespeare's plays contains the line, "By the pricking of my thumbs, /something wicked this way comes"?
- 5 **MYTHOLOGY:** What country was ruled by Midas, the king with the golden touch?
- 6 **GEOGRAPHY:** What is the capital of Portugal?
- 7 **TELEVISION:** What famous TV couple of the 1950s lived at the fictional address 623 East 68th Street?
- 8 **U.S. STATES:** Which state's nickname is "The Grand Canyon State"?
- 9 **POETRY:** What is a heroic couplet?
- 10 **HISTORY:** Who was Jesse James' brother and partner in crime?

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1. Morton Salt
2. Eardrum
3. Stevie Wonder
4. "Macbeth"
5. Phrygia
6. Lisbon
7. Lucy and Ricky Ricardo
8. Arizona
9. Two rhymed 10-syllable lines of poetry
10. Frank James

**Answers**

# Sudoku

by Linda Thistle

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

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!

© 2012 King Features Synd., Inc. Answer: Page 42

## MAGIC MAZE ●

Answer: Page 42

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

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

Baba  
Banketi  
Buwa  
Daddy

Edesapa  
Father  
Missier  
Otac

Otosan  
Pabbi  
Parinte  
Peder

Tatah  
Vader  
Vatter

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# Strange BUT TRUE

by Samantha Weaver

- It was ancient Chinese philosopher Confucius who made the following sage observation: "It is only the very wisest and the very stupidest who cannot change."
- The 1,000 most common words in English make up approximately 90 percent of all writing in the language.
- If you're planning a trip Down Under, be sure you save some time for the Australian state of Tasmania. In the capital, Derwent, is the critically acclaimed Museum of Old and New Art, or MONA. One of the unusual -- I would even venture to say unique in the world -- offerings is the after-hours "naturist tour." Yes, that means naked. A naked tour guide leads naked tourists through the museum. Even the security guards are naked.

• You may be surprised to learn that hot and cold running water has been around for thousands of years. Members of the upper class in ancient Egypt used copper tubing to pipe it into their homes.

• The oldest goldfish on record lived 41 years. His name was Fred.

• According to the U.S. Census, the Pacific states (including Hawaii) are home to the men with the longest life expectancy, while women tend to live longer in the South.

In the late 1960s, J.I. Rodale, creator of *Prevention* magazine, was invited to be a guest on the "Dick Cavett Show." After talking confidently about his good health and predicting that he would live to be 100, he seemed to doze off. The host and another guest chuckled a bit about the apparent nap, until they realized that Rodale had died. Needless to say, the show never aired.

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- Every Saturday - 6 - 10 pm. Karaoke with Winkiedee. Happy Hour from 5-7 pm

- Every Sunday - 6:00 pm. Covered dish dinner in the lounge; 6:30-10:30 pm Karaoke with Teresa

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- August 23 - 12:00 noon – 4:00 p.m. Bossier Council

on Aging, 706 Bearkat Drive, Bossier City. Contact: Council on Aging – 318-741-8302  
Instructor: Ray Branton

- August 25 - 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*. Light refreshments, door prizes and giveaways. Contact: 318-221-9000; Instructor Ray Branton

- August 28 - 12:00 Noon – 4:00 p.m. (Open to those with access to Barksdale AFB). Barksdale Golf Course Clubhouse Meeting Room. Host: Retiree Activities Office. Phone 318 – 456 – 4480; Instructor: Dave Jampole

## EVENTS

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**Rally** - August 13 - 28. See full details on how you can win one of 25 fabulous prizes on pages 8 - 9.

***The Best of Times Poker Rally Judging Event and Business Expo*** - DiamondJacks Casino and Resort, Bossier City on August 29. 9 a.m. to 12 noon. **FREE** admission,



parking, & giveaways. Door prizes, entertainment, and info about products and services from dozens of businesses. Additionally DiamondJacks is offering highly discounted buffets at the Legends Buffet only on Wednesday, August 29th with a Rewards Club member card (obtaining a card is free). If a person earns 15 slot points on Wednesday, August 29th, they will receive one (1) FREE buffet only on this day but the person gets to keep these points. Finally a "Wednesday Slot Tournament" will be held on August 29th from 2 pm to 8 pm. A person wishing to enter in the tournament must register between 12 noon and 7:30 pm at Rewards Club Center. A person who is 50 years of age and older with a Rewards Club card will receive one (1) **FREE** entry in this tournament. Any person

earning 10 slot points will get another entry in the tournament. Maximum of 2 entries per day. Top Prize is \$1,000 for the highest score, but 24 other high scores will win cash or JackPlay prizes.

**Collector's Choice Wine Tasting & Auction** - Friday, August 24, 7 - 10 pm at Sam's Town Casino & Hotel in Shreveport. Benefitting the LA Association for the Blind. An evening filled with fun, food, and fellowship. Enjoy wines from around the world. Live and silent auctions. Tickets are \$100. Call 318-635-6471 for more information

**Lunch 'n Learn Series** - Presented by Alzheimer's Agency of Shreveport/Bossier. August 17 at 11:30 a.m. Broadmoor Library located at 1212 Captain Shreve Drive in

## Super Crossword

### Answers

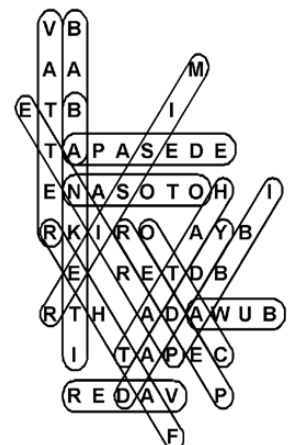
J	A	B	O	I	L	E	D	P	E	A	T	C	A	L	A	F
A	L	E	P	R	I	D	E	A	P	S	O	C	A	M	E	R
I	M	A	B	E	A	V	E	R	R	A	P	T	A	T	O	M
L	A	D	E	N	R	O	L	H	E	E	D	S	M	E	E	
			G	U	T	R	O	S	A	L	E	M	I	S	T	
P	I	N	U	P	S	Q	U	I	R	R	E	L	S	T	A	I
O	D	I	N	P	U	P	S	A	T	E	G	O	G	O	L	
L	I	E	S	I	D	E	C	A	R	L	A	M	I	N	A	T
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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

## Weekly SUDOKU

### Answer

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

## FATHER IN VARIOUS LANGUAGES





Shreveport. Attorney Joseph Gilsoul discusses powers of attorney and interdictions. Bring your own lunch. Call for reservations: 780-7906, or e-mail [j.hensley@alzagency.org](mailto:j.hensley@alzagency.org)

### EXHIBIT

**In the Shadow of Danger: Photographs of the Vietnam War, 1970-1971** - August 28 - October 14. Norton Art Gallery, 4747 Creswell Ave., Shreveport. Tuesday through Friday from 10 a.m. to 5 p.m.; Saturday and Sunday from 1 p.m. to 5 p.m.; Closed Mondays. FREE. 80 photographs of men at war. On Sept. 8, the Norton will host several of the men portrayed in these photographs. They'll be flying in from around the country, and will see each other again for the first time in more than 40 years. For info call 865-4201

### KREWE OF ELDERS



**Krewe of Elders party** - Sunday, August 19, from 1:00

p.m., until 5:30 p.m., at the American Legion Hall Post No. 14 located at 5315 South Lakeshore Drive, Shreveport. Entertainment provided by The Clyde Adams Band. Cash bar, door prizes, 50/50 raffle, food available for purchase. Open to public. \$6.00 members, \$10.00 non-members. Info: 635-4901, 752-9175.

### MEETING

**GENCOM Genealogical Computer Society regular monthly meeting** - Sunday, August 26 at 2:00 P.M. at the Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport. Members of GENCOM will make presentations showing some of the methods and tools they use in their genealogy research. Visitors are welcome and the meeting is free and open to the public. For info call 318-773-7406 or email [jjones09@gmail.com](mailto:jjones09@gmail.com).

### MOVIES

**Movies & Moonbeams** - Presented by Shreveport Public Assembly and Recreation (SPAR), along with the Robinson Film Center. Featuring a state of the art outdoor movie screen, projector and sound system. Bring your blanket or folding chair. Shreveport

Police Officers are onsite for all movies. For more information call 318.673.7892 or visit [www.mySPAR.org](http://www.mySPAR.org) or [www.moviesandmoonbeams.org](http://www.moviesandmoonbeams.org).

- August 3 - Riverview Park *The Muppets*. 8pm (PG)
- August 17 - AB Palmer Park. *Happy Feet 2*. 8pm (PG)

**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.

### TOURS

**TNT Express** - FREE Thursday Night Trolley tour rolls through downtown Shreveport every 3<sup>rd</sup> Thursday of the month, taking visitors to downtown art, cultural and science attractions including museums, galleries and historical sites. A professional guide rides along offering interesting tidbits about Shreveport's multicultural history. Trolley tours run approximately every 20 minutes from 5 to 8 p.m. Trolley stops vary each month. For more info including this month's destinations, contact the SRAC at (318) 673-6500 or artspace at (318) 673-6535.

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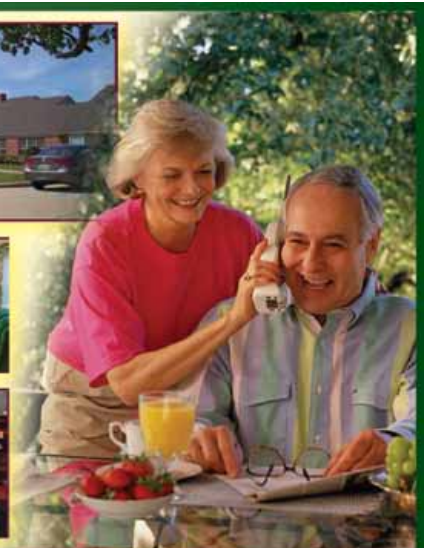
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# August Parting Shots

**The 2012 Remember in Shreveport and Bossier When Exhibit** was held from June 16 to July 28th at the Louisiana State Exhibit Museum.



(L to R) Bill and Pat Spell with Marilyn and Vernon Varnell



Jim and Dodie VanNess



Bruce and Betty Canfield



Minnie Kimbell (left) with daughter Peggy



Tammy Bailes and Buddy Flett

**Debutante Gina Goorley** was in the spotlight at a party in her honor that was hosted by parents Meg and Richard Goorley.



Elvis Tribute Artist Richard Cook with look-a-like contestants  
Nicolas Ashworth, Hailey Benson, and Cobie Miller

**"Art to the Point"** hosted by Artists Burt Sibley, Susie Paulovich, Chuck Gray, Diane Steen, and Diane Jones on Sunday, June 3rd at Steen's lovely Cross Lake home.



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## August Parting shots continued

**Back to School Shoe Giveaway** — State Representative Barbara Norton, Jourdan Williams, Radio Personality Quinn Echols and Candy Rain at the 12th Annual Free Back to School Shoe Giveaway Kick-Off.



**AARP Driver Safety Program Courses** — Hebert's Town & Country and The Best of Times sponsored a series of AARP Driver Safety Program Courses at Hebert's Town and Country in May, June, and July.



AARP District Driver Safety Coordinator Ray Branton with Mark Hebert of Hebert's Town and Country



John and Carolyn Durrett



(L to R) Bill Cothorn, Ray Branton, and Nancy Cothorn



(L to R) Carolyn Thompson, Mary Jane Turner, and Betsy Bell



**Ginny Bates as Lucy and Susan Lawson as Ethel** attended the Golden Age of Glamour Costume Party at the International Red Hat Society Convention in Las Vegas.



**Sophie Duke with grandson Nolan Tomasek** who starred in the Stage Center's School of Performing Arts/Peter Pan Players production of "Winnie the Pooh".

**\$12,500**

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