

February 2017

The Best of Times

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STAY STRONG

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and
Love
It!



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

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



"I love this computer! It is easy to read and to use! I get photo updates from my children and grandchildren all the time."

— Janet F.

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

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

NEW

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on **News Radio 710 KEEL**,
A Townsquare Media radio
station in Shreveport, Louisiana.

February 4 - Family Health Day

Broadcasting **LIVE** from Feist Weiler Cancer Center
in Shreveport

February 11 - Health and Wellness Expo 2017

Broadcasting **LIVE** from Shreveport Convention Center

**February 18 - Reverse Mortgages can help seniors
fund their retirement**

Guest: Joe DeMarkey, Strategic Business Leader for
Reverse Mortgage Funding

February 27 - Decluttering your home or office

Guest: Marcie Lovett, professional organizer and
productivity consultant

Streaming live on the Internet at www.710KEEL.com

Also broadcasting live on 101.7 FM

Archived programs at www.TheBestOfTimesNews.com

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(Tear out and post this friendly reminder)

❑ Register for the 2017 S.A.F.E. Planning community workshop and
Learn about Protecting Assets from Nursing Home Costs and Medicaid
even if someone is already receiving care

February 9th (Thursday) at 10 am

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- Avoid leaving a spouse financially devastated!
- **Does your will leave everything to your spouse? It might be a HUGE MISTAKE!**
- How could **changing Medicaid rules and Expanded Medicaid** affect you?
- **Do you know how a spouse can receive up to \$2,980 per month of the income of their spouse in a nursing home and have their care paid for even while owning substantial assets?**
- Do you understand **Gifting Rules, Look-Back Periods**, how Medicaid treats common **"tax loopholes"** and ignores **pre-nuptial agreements**? Find out!
- **Could an Irrevocable Trust become your worst enemy? Learn the pitfalls and traps!**
- Do you know why it may be a bad idea to put **kids names on your accounts**?
- **Do you know how preserving assets can better assure a patient's quality of care and quality of life?**
- **Is a loved one already in a nursing home or receiving care? Find out why it may not be too late to save their estate!**



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Older Adults with Arthritis Need Just 45 Minutes of Activity Per Week

Older adults who suffer from arthritis need to keep moving to be functionally independent. Federal guidelines suggest achieving 150 minutes of moderate activity per week to prevent premature death and serious illness, however only one in 10 older American adults with arthritis in their knees meet these guidelines. But in an examination of a goal that is daunting for most of this aging population, a new Northwestern Medicine study found that performing 45 minutes per week is beneficial. Those participants who achieved this minimum of 45 minutes of moderate activity, such as brisk walking, per week were 80 percent more likely to improve or sustain high future function over two years compared with those doing less. This finding was true for both men and women.



Eating Hot Peppers May Decrease Mortality

Like spicy food? If so, you might live longer, say researchers at the Larner College of Medicine at the University of Vermont, who found that consumption of hot red chili peppers is associated with a 13 percent reduction in total mortality – primarily in deaths due to heart disease or stroke – in a large prospective study. The study was published recently in *PLoS ONE*. There are some possible explanations for red chili peppers' health benefits, state researchers in the study. Among them are the fact that capsaicin is believed to play a role in cellular and molecular mechanisms that prevent obesity and modulate coronary blood flow, and also possesses antimicrobial properties that “may indirectly affect the host by altering the gut microbiota.”

Aspirin Use Found to Lower Risk of Pancreatic Cancer

The regular use of aspirin lowers the risk for pancreatic cancer by almost 50 percent, a new study in China led by the Yale School of Public Health finds. The study is published in the journal *Cancer Epidemiology, Biomarkers & Prevention*.

Vitamin D Deficiency Increases Risk of Chronic Headache

Vitamin D deficiency may increase the risk of chronic headache, according to a new study from the University of Eastern Finland. The findings were published in *Scientific Reports*. The Kuopio Ischaemic Heart Disease Risk Factor Study, KIHDS, analyzed the serum vitamin D levels and occurrence of headache in approximately 2,600 men aged between 42 and 60 years. When the study population was divided into four groups based on their serum vitamin D levels, the group with the lowest levels had over a twofold risk of chronic headache in comparison to the group with the highest levels. Chronic headache was also more frequently reported by men who were examined outside the summer months of June through September. Thanks to UVB radiation from the sun, the average serum vitamin D levels are higher during the summer months.



Yoga for Heart Health

Yoga practitioners have been touting yoga's psychological and physical benefits for more than 5,000 years. Valley Medical Group's Center for Integrative Medicine in Ridgewood, NJ introduced a free cardiac yoga program designed to help patients deal with the stress of a diagnosis of heart disease on all levels: physical, mental, emotional, and spiritual. The program takes a gentle approach to cardiac rehabilitation and each class includes adaptive yoga poses and sequences, restorative yoga poses, gentle breathing techniques, relaxation and guided meditation. Participants experienced numerous physical and psychological benefits, which included decreased levels of stress, reduction in blood pressure, lowering of cholesterol levels and lessening of harmful inflammation.



MACULAR DEGENERATION

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Dr. Mona Douglas, Optometrist
Shreveport . Monroe . Lafayette
www.IALVS.com

FIVE FACTS your doctor should be telling you about CoQ10:



01

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

02

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

03

Coq10 Is A Powerful Antioxidant — It cleans up the destructive free radicals that are by-products of the energy production process.

04

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

05

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



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Our Featured 5

Great Ways to celebrate Valentine's Day



1) Recreate your first date.

2) Turn off the phones and computers and spend the day together. Walk the mall, then have a picnic lunch at Betty Virginia Park, followed by a movie. Cap off the day with a drive to Cross Lake and watch the sunset.

3) Dance to your favorite song in the living room.

4) Do something totally unexpected – go skydiving, take a hot air balloon ride, or ride the carousel at the Louisiana Boardwalk.

5) Help your loved one cross something off their bucket list.



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ONE-ON-ONE SETUP	Free
SENIOR AND MILITARY DISCOUNTS	Yes

Shreveport Then & Now



CLASSICS
WITH A
Twist
2016 2017



The Nitty Gritty Dirt Band

FRIDAY, SEPTEMBER 9, 2016

NEIL SIMON FESTIVAL'S

Driving Miss Daisy

FRIDAY, OCTOBER 7, 2016

Live And Let Die

A SYMPHONIC TRIBUTE TO
THE MUSIC OF PAUL MCCARTNEY

FRIDAY, NOVEMBER 18, 2016

Fame The Musical

THURSDAY, DECEMBER 1, 2016

Shanghai Acrobats

FRIDAY, DECEMBER 9, 2016

Pippin

FRIDAY, JANUARY 27, 2017

42nd Street

SATURDAY, MARCH 4, 2017

The Black Jacket Symphony

MICHAEL JACKSON'S "THRILLER"
SATURDAY, MARCH 18, 2017

RODGERS & HAMMERSTEIN'S

Cinderella

SUNDAY, JUNE 11, 2017

THE STRAND THEATRE
(318) 226-8555 or thestrandtheatre.com



First Baptist was founded in 1845 by John Bryce, a Baptist minister and Collector of Customs. The church (above) originally sat on the corner of Market and Travis Streets. Beginning with nine members, the church eventually grew to five thousand members and now sits on Ockley Drive in Shreveport. Government Plaza now sits on the site.



First Presbyterian Church was built in 1870 at 400 Travis Street in Shreveport. The church moved to its current location at 900 Jordan Street in 1925. Construction began in 1995 on the Beck Building which now stands on this spot.

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**ALL-NEW
Bigger
Buttons**

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

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

“I tried my sister’s cell phone... I couldn’t hear it.” The Jitterbug Flip is designed with a powerful speaker and is hearing aid compatible. Plus, there’s an adjustable volume control.

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

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

“My cell phone company wants to lock me in a two-year contract!” Not with the Jitterbug Flip. There are no contracts to sign and no penalty if you discontinue your service.



Monthly Plan	\$14.99/mo	\$19.99/mo
Monthly Minutes	200	600
Operator Assistance	24/7	24/7
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Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
Friendly Return Policy ¹	30 days	30 days

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

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

“Many phones have features that are rarely needed and hard to use!” The Jitterbug Flip contains easy-to-use features that are meaningful to you. A newly designed built-in camera makes it easy and fun for you to capture and share your favorite memories. And a new flashlight with a built-in magnifier helps you see in dimly lit areas, the Jitterbug Flip has all the features you need.

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Snapshot SLEUTH



Do you recognize any of the people in these photographs?

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

Top - Valentine Dance at Northwood Country Club in 1974. (Shreveport Times Collection)

Right - Valentine pictures of children at Judson School in 1970. (Shreveport Times Collection)



Information and Referral



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Consumer Center



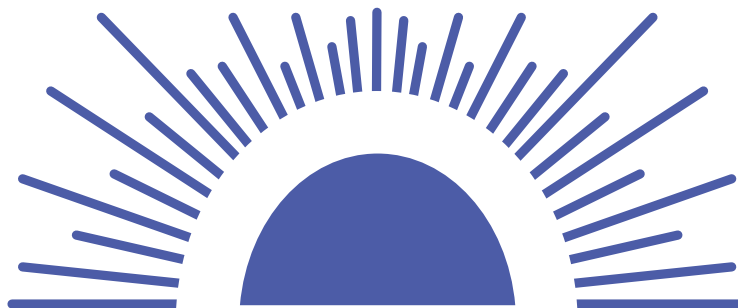
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& WELLNESS



EXPO



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GROUP EXERCISE

Socialize, Energize

STAY STRONG

Keep moving! It's the key to maintaining independence, balance and a healthy heart

by Kathleen Ward

*W*e start out the year with very good intentions. Sure, we overate during the holidays, but now we are going to exercise and eat right! Yet, around the end of January, our resolve starts to weaken and we are back on the couch with the big bowl of ice cream. Sound familiar?

It's hard to change habits and routines, but the older we get the more crucial to our health exercise becomes. It's not just about weight and how we look. It's about warding off diseases and ailments, being strong enough to perform tasks and chores that once came easily, staying physically strong and mentally alert, and doing everything possible to maintain our independence and mobility.

Get off your butt!

Older adults need at least two hours and 30 minutes of moderate-intensity aerobic activity every week, according to the Centers for Disease Control. That can be a brisk walk five days a week for 30 minutes. Work in some muscle-strengthening activities on the other two days to strengthen all the major muscle groups and the results can be life changing.



OLDER ADULTS NEED
at least **TWO HOURS**
AND 30 MINUTES of
moderate-intensity
aerobic **ACTIVITY**
EVERY WEEK.



"If you have a health condition such as arthritis, diabetes, or heart disease it doesn't mean you can't be active. In fact, it's just the opposite. Regular physical activity can improve your quality of life and even reduce your risk of developing other conditions," says the CDC website www.cdc.gov.

Dr. Randy del Mundo, an internal and geriatric medicine specialist in Shreveport, recommends that older people just starting an exercise program be screened by their physician to determine "the appropriateness of the exercise regimen they would like to engage in," he said.

"Unfortunately, increased age correlates with increased risk of heart disease and functional impairment," said del Mundo. "Certain illnesses warrant special accommodation like angina in heart patients, shortness of breath in lung patients, and joint pain in arthritis patients," said del Mundo.

By starting with low-impact aerobic exercises such as chair aerobics and resistance training with elastic bands, del Mundo said patients will build strength and endurance to take on more energetic and demanding exercise.

"The rule of thumb on what counts as 'cardio' or aerobic activity is those types of exertion that gets your breathing and heart beating faster for at least 10 minutes," said del Mundo.

"You can use hand weights starting with one to two pounds and gradually increasing per week or so, as tolerated, but not over 10 to 15 pounds. I encourage doing this with walking exercises to promote muscle strength and bone building. Wrist weights are an excellent alternative for arthritic patients," said del Mundo.

"Balance Training is encouraged in my practice to improve patients' posture and for fall prevention. It involves dynamic and static exercises designed to better a person's equilibrium

against the challenges of daily destabilizing stimuli from the environment. Yoga and Tai-chi are excellent forms of balance training and programs are offered locally for a nominal fee. DVDs are also readily available," said del Mundo.

So what's stopping us?

If it's the cost, that shouldn't be a problem. Many seniors qualify for SilverSneakers, the program for seniors covered by most Medicare insurance plans, which costs the insured nothing.

In Shreveport and Bossier City, Fit Nation, Anytime Fitness and LA PLEX are all SilverSneakers facilities with a range of programs for seniors. Planet Fitness, with two locations in Shreveport,



offers memberships for as low as \$10 a month with no long term commitment.

At 10 a.m. each Monday, Tuesday, Thursday and Friday, Fit Nation in Bossier City has a SilverSneakers exercise program that incorporates several of the types of exercises recommended by Dr. del Mundo, said Jeff Barbera, general manager of Fit Nation.

“Our SilverSneakers classes do a 60-minute chair-based class. It includes exercises seated and standing, using light hand weights and resistance bands,” said Barbera. “Fit Nation seniors who participate in our SilverSneakers classes have use of our whole facility. If they are looking to do other machines in the club, we set an appointment with a trainer to decide the best way to start.” That could include “treadmills, bikes, low-impact machines and light hand weights,” said Barbera.

LA PLEX in Shreveport also offers a popular class for active older adults Monday through Friday at 10:30 a.m., said Charlie Eizel of LA Plex.

“It averages about 30 people,” said Eizel. “We use exercise bands, exercise balls and lightweight dumbbells.” He said the group of regulars have become good friends who celebrate birthdays and holidays together.

SPAR and the Bossier and Caddo Councils on Aging have a variety of free programs for seniors. Kenneth Cornelius, Youth and Senior Program Coordinator for SPAR, said a new program promoting active living and exercise will be offered soon at some of SPAR’s senior centers.

“It’s a health and wellness program that helps seniors get active by incorporating daily living skills in their regular exercise program. This program is grant funded with so many great opportunities for seniors ranging from nutrition, to gardening, to light-to-moderate exercise,” said Cornelius. SPAR already offers senior aerobics and country and western dancing, and participates in the Senior Olympic games.

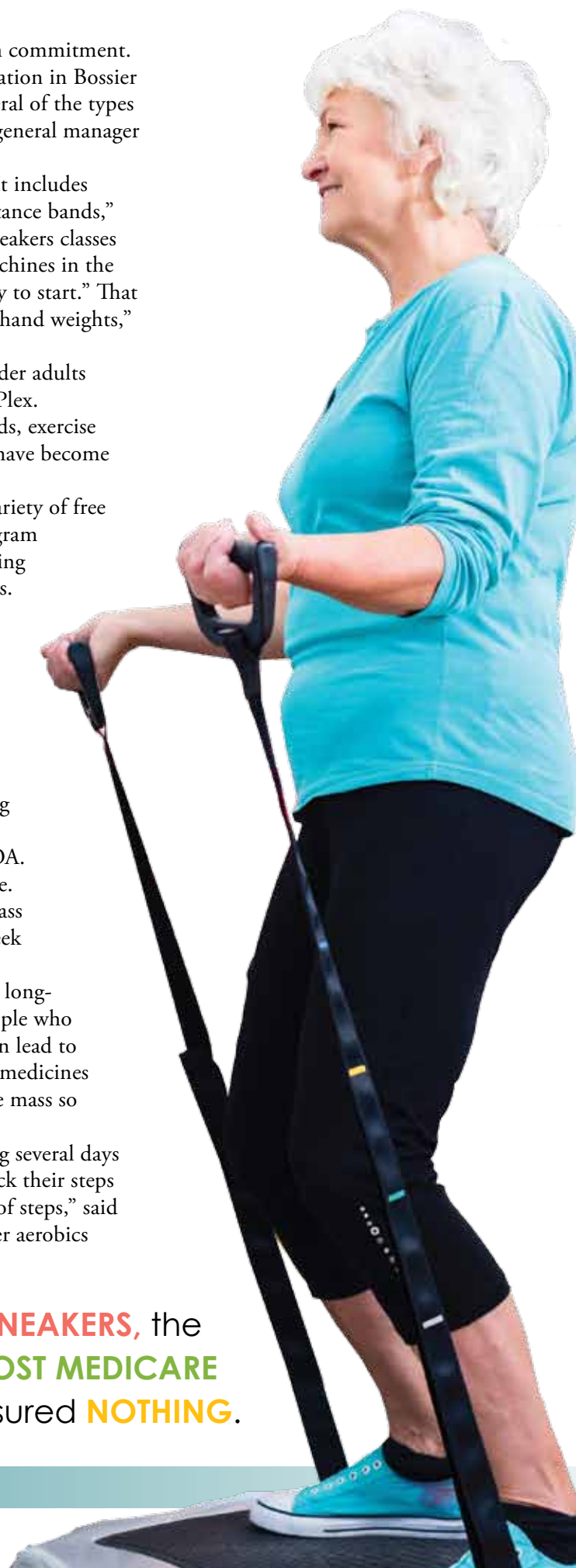
SPAR also works in conjunction with Caddo Council on Aging to improve seniors’ health through a better diet and more active social life, said Mary Alice Rountree, Executive Director of CCOA.

“We offer a ‘Balance Matters Class’ twice a year,” said Rountree. “Dr. Paula Click Fenter from LSU Allied Health conducts the class about balance and exercises that help with balance.” The four-week class begins March 2, 2017.

“Staying physically active and exercising regularly can produce long-term health benefits and even improve health for some older people who already have diseases and disabilities. Lack of physical activity can lead to more visits to the doctor, more hospitalizations and more use of medicines for a variety of illnesses,” said Rountree. “Seniors can lose muscle mass so quickly if they are sick and in bed for any period of time.”

Bossier Council on Aging offers chair aerobics and line dancing several days each week. “We have a ‘Walk with Ease’ program where they track their steps with a pedometer and receive awards for increasing the number of steps,” said Anita Berard with the BCOA. During the summer months, water aerobics classes are held in the outdoor pool.

Many seniors **QUALIFY FOR SILVERSNEAKERS**, the program for seniors **COVERED BY MOST MEDICARE INSURANCE PLANS** which costs the insured **NOTHING**.



"A water-based aerobics program offers an advantage of low risk of fall due to the buoyancy of the water, provides social interactions, and reduced strain on arthritic joints. The natural resistance of the water provides adequate strengthening exercise to weak muscles and improve balance," said del Mundo.

Willis-Knight Fitness Centers, with three Shreveport locations and one Bossier location (\$40 per month for seniors), Christus Louisiana Athletic Club in Shreveport (\$46.50 per month for seniors), Fitness Lady in Bossier (\$47 per month) and the YMCA's downtown and Knight Street locations (\$37 per month for seniors) have indoor pools and offer water aerobics classes.

Working out with a group, rather than as an individual, in itself has numerous benefits, according to the American College of Sports Medicine's website. The social atmosphere, safe environment, equipment designed for low-impact exercise and experienced training guides assure a safe and effective workout.

"Some of the basic exercises used in our senior classes include walking in place, standing/sitting multiple times, hand/eye coordination with exercise balls, along with resistance bands exercise," said Bruce Blue, owner of LA PLEX. "We also throw in a group dance at the end of each class. If we can keep it fun and entertaining, the seniors will keep coming back because they are having fun." •



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Home Sweet Gone

by Ric Cochran

Don't Ignore a Medicaid Estate Recovery Notice!

Louisiana is moving assertively to recover funds spent when Medicaid patients over age 55 die, especially those who die in nursing homes. Beginning in 1993 Medicaid had a right to see recovery but efforts were sporadic, often nonexistent, leading many to believe there was no risk. That has changed! Attorneys are being instructed to visit a Medicaid website when opening successions. Medicaid is now blasting out letters when no succession has been opened, sometimes shortly after death, sometimes months later.

Dan's mom passed away in a nursing home with Alzheimer's. He had looked after her for years. His siblings agreed it was only fair that Dan inherit their mom's homestead. None considered the state would seek to collect what had

been paid for their mom's care under Medicaid, in this case more than the place was worth.

The children were flabbergasted when they got a Notice of Estate Recovery seeking to collect against her estate. It didn't seem fair, they reasoned, because rather than try to preserve any of her money as they'd heard could be done, they'd spent all her money at the nursing home. Dan filled out papers for Medicaid to pay afterward with the help of someone at the facility. Once approved, Dan's mom only got to keep \$38.00 a month for "personal needs" out of her income. The rest of her income went to pay toward the nursing home cost. Medicaid picked up the balance each month. Dan often went into his savings to provide for his mom's

additional out-of-pocket needs including better fitting diapers than those the nursing home furnished. He spent his own money maintaining her home—paying property taxes, homeowners insurance, utilities, and keeping the grass mowed. After all he was in her will to inherit it. He didn't know the state had priority.

As people are prone to do, especially when feeling overwhelmed, Dan set the letter aside and did nothing, even though it mentioned he might have rights to have the state's claim waived under certain conditions. Unbeknownst to Dan, there were additional rights not even mentioned in the letter he could have asserted to have the amount waived, or reduced, if specific criteria were met. But Dan didn't act within 30 days of receiving the notice; the full amount the state sought became final and enforceable with no administrative or judicial appeal, as stated in the letter.

Opportunities to save the "old home place" were missed during his mom's life, even while she was receiving care, and again after her death when the notice arrived. Sadly, nothing was done. Game over. Don't let this happen to you!

Ric Cochran works for SAFE Planning assisting families with long-term care planning. He can be reached at ric.cochran@gmail.com or at 318-869-3133.

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Dr. Gomes is originally from Canada but completed her Family Medicine residency at LSU Medical Center and has since made Louisiana her home.

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Avoid Identity Theft

Identify Ways Criminals Can Acquire Your Personal Information and Things You Can Do To Prevent It

Each day, we read more and more about identity theft. We see more of these types of crimes in our local area every time we turn on the evening news or listen to radio. Not one person is exempt from this type of crime. How does a person obtain another person's identification and how can this be prevented? This article will attempt to give brief answers to both questions.

First, how does a person obtain another person's identification? In listening to court cases and prosecuting these types of crimes, I have learned that the criminal involved in these types of crimes uses several methods

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to gain information. The first method is to dig through a person's garbage. People throw away tons of junk mail each day. Some of this junk mail contains vital information about the person who receives it. Just by going through the garbage, a criminal can identify the person who lives in the home and obtain vital information on that person to open credit cards or charge accounts.

A second way information can be obtained is through the place where a criminal is employed. Many times a person will work in a doctor's office or at a store. When a person comes in to these places, they are asked all kinds of information. This information can be used to open false charge accounts or credit cards.

A third way criminals obtain information is by phone scams. Someone will call an unsuspecting person and tell them that they are checking certain information about an account they have due to fraud in that account. They will ask them to give them the account number, their mother's maiden name, and certain other information. Armed with this knowledge, the criminal can open an account in the name of the person they acquired the information from with the phone call.

Another method criminals are using is skimmers. A criminal can place the skimmer in gas pumps or in ATM machines and skim information from credit cards or ATM cards. I have also heard about wait staff at eating establishments using skimmers in order to get financial information.

Finally, the criminal can obtain information from hacking, or getting into computer files. This takes a sophisticated criminal who understands computers and codes. New software for computers makes it harder for criminals to acquire access. However, as software improves, so does the person committing these types of crimes.

How can a person attempt to prevent these types of crimes. First, watch what you throw in the garbage. Make sure all information thrown in the garbage has no identifying information on it.

Second, know who is obtaining your information. Make sure that the people obtaining the information are sensitive to your private details. Do not give any information to someone until you have thoroughly investigated them.

Third, be careful of phone scams. If a person calls about an account, they will have your information. Do not give them any more information than they need. If you have any questions about who they are or where they are calling from, ask for their number and ask to call them back. If they won't give you a number or they are hesitant, this may be an indication they are hiding something.

Fourth, watch for any cracked gas pumps or ATM machines where you insert your card. This may indicate that the machine has been tampered with by someone. If a wait person takes a long time to return with your credit card, you may question why it took so long.

Fifth, if you use a computer, make sure your software is up to date. Make

sure that all security measures are in place to protect your information as you do business on the computer. Computers should be updated frequently to make sure they are protected.

Finally, make sure that you check your credit card and bank statements each month for unauthorized charges. If you determine any unauthorized charges have been made, make sure to call and report these charges immediately. The quicker they are reported, the sooner someone can investigate and hopefully apprehend the offender.

These measures cannot guarantee that you will not be a victim of identity theft, but they can go a long way in trying to prevent it. Hopefully, this information will at least get you to thinking about ways to prevent your identity from being stolen.

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



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Handling Retirement And The Loss Of Identity

Recent studies report that about 78 million Americans of the Baby Boomer generation are at or near retirement age. While some may continue in their jobs for a few more years, for many retirement may be looming large and with it a number of questions.

Yes, many worries have to do with financial issues related to savings, Social Security and future health care concerns and costs.

The financial questions of retirement are certainly important, but there are also additional retirement issues that have to be faced. These include basic questions about being able to handle the psychological aspects of no longer being part of the work force.

We live in a society that places a great deal of value on "doing" things. We've been taught to be busy, productive citizens and, for many of us, our lives revolve around that thing we "do" for a living. We're usually known to others as a nurse, teacher, accountant, or whatever career we've been working in. Then, suddenly, one day we no longer hold that title but are simply "retired." We've lost that identity of being a "doer" and, unfortunately, many of us judge people who are not "doing" things as being of less value.

That's why someone who is facing retirement will often be asked, "What are you going to do?" It seems an innocent

query but carries with it the implication that now that the defining job will be gone, what can possibly be of value in the person's life?

For someone approaching retirement, it's necessary to accept that he or she is heading into a new life stage with different meanings and a new status. It requires understanding that there are many changes to be faced and many questions, a lot more important than, "What are you going to do?" to be answered.

If retirement is near or recent, take the time to really evaluate how it's going to affect you, not just financially but in all aspects of your life.

Check out some of the many books, videos and websites now available with suggestions for better handling the challenges retirement can bring.

But if retirement seems like an overwhelming black hole in your future, consider making an appointment with a professional counselor who can help you with the issues you are facing. You can find one through the "Find A Counselor" tab on the American Counseling Association home page (www.counseling.org).

"Counseling Corner" is provided by the American Counseling Association. Comments and questions to ACACorner@counseling.org or visit the ACA website at www.counseling.org.



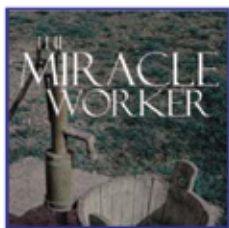
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5 Minute Health Hacks

Pimple - Put a dab of essential oil of tea tree on it. Or put a dab of bentonite clay on it (mixed with water) you want a clay paste. You can do both back to back (tea tree then clay mask). Can leave the dab on there overnight.

Foot cramp or Charlie horse - If these are just occa-

sional from over-stretching or dehydration, long travel, wearing high heels too long and so forth, just buy coconut water and drink it. The electrolytes work to stop the cramp and spasms. You can do this right before bedtime if it's frequent. Any electrolyte drink will work, unfortunately commercial drinks most contain artificial colors.

Kitchen cuts and wounds - Cayenne powder, the spice, is a well-known hemostat so it stops bleeding within seconds. Outdoor survivalists know this and often have it in their backpack, but what about the rest of us? It's amazing that you can pour this onto a cut and within 10 seconds, the bleeding will pretty much stop. I found this out when I cut some crusty bread and the knife slipped onto my finger! The water from the faucet wasn't helping, nor any of the shameful words I mumbled while hopping from one foot to another..... so I poured some cayenne pepper on there and took a deep breath waiting for a burn. Surprisingly, no pain, but it did control the bleeding. Super cool for a hot pepper extract!

Headache - Sometimes a cup of coffee or black tea will help because of the caffeine, and you can also add 2 ibuprofen. If that doesn't help, then take a cool pack and put it on both your temples and take 250 - 350 mg of chelated magnesium.

Hangover - Truthfully, I have no experience with this one as my drinking habits amount to probably one drink (or a few sips of one drink), about 3 times a year. I just don't like feeling 'messed up' in my head and it causes insomnia for me. But lots of my friends drink, and some get hangovers. I suggest you take two N-acetylcysteine supplements (approximately 1200 mg of NAC) and also a B1 (thiamine) tablet with your drinks or in the morning. There's a biochemical reason for why this works better than drinking raw eggs or sweating in a sauna, just take my word for it.

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Dry, chapped lips - Drink more, always infuse your water with marshmallow root (keep it in the fridge) and apply honey to your lips (instead of lip gloss). You're more kissable that way too. I have a much longer version of this article with more 5 minute health hacks, it's free at my website, and now here's the last hack for a cold.

Stuffy nose - Take a hot shower so it is steamy in there and dump a few drops of essential oil of Eucalyptus on your shower floor. This allows you to gently inhale the steam infused with a known decongestant. Basil essential oil is a good expectorant.

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You Think Your Kids Are Bad!

Charles Dickens went over to the home of his good friend, Miss Haversham. (Some of the names in this article have been changed.) Well, it really wasn't Miss Haversham's home. After she finished college, she had a hard time finding a job, so she moved back in with her parents.

Once Charles arrived at the bleak house, he and Miss Haversham got into a big fight, which really wasn't a big surprise as she was known to be "easily excitable and emotionally volatile." But what happened next was pretty surprising: Miss Haversham got a loaded pistol, which belonged to her father, and shot Charles dead.

Charles' parents were devastated. They thought it might make them feel better to do something...anything. So they sued Miss Haversham for money damages. Because Miss Haversham was young and unemployed, Charles' parents knew she didn't have any money. In addition to suing Miss Haversham, they also sued her parents.

Her parents? Yes, her parents. Even though Miss Haversham was over the age of 18, which in Louisiana means that she was an adult.

But Mr. and Mrs. Dickens thought Miss Haversham's parents should be responsible anyway. They let their daughter live in their house, they knew their daughter was "easily excitable and emotionally volatile," yet they kept a loaded gun at their daughter's disposal, and to make matters worse, failed to teach her about firearm safety.

Miss Haversham's parents, on the other hand, tried to get the case



GETTING TO FISH ANOTHER DAY

As Chuck Patterson was motoring across the lake in 2013, he suddenly hit a submerged sandbar that threw him completely out of his boat. Unfortunately, the boat continued traveling up and over him breaking two vertebrae and mangling his left foot in the process. He managed to crawl back to his boat where he found his cell phone and was able to call 911. While waiting for help to arrive, he fashioned a tourniquet out of his belt to keep from bleeding to death.

Fortunately, Chuck eventually made a full recovery and despite having his foot amputated several inches above his ankle, the 83 year-old Korean War Veteran has returned to fishing thanks to the prosthesis he now wears.

"It takes a little while to go through the process of getting a prosthesis, so I got to know the staff at Snell's pretty well—they became like family to me," said Chuck. "Those folks are so honest and forthright, you can't help but like them."

You can still find him fishing out on Cross Lake most Thursday and Friday mornings when the weather is good.



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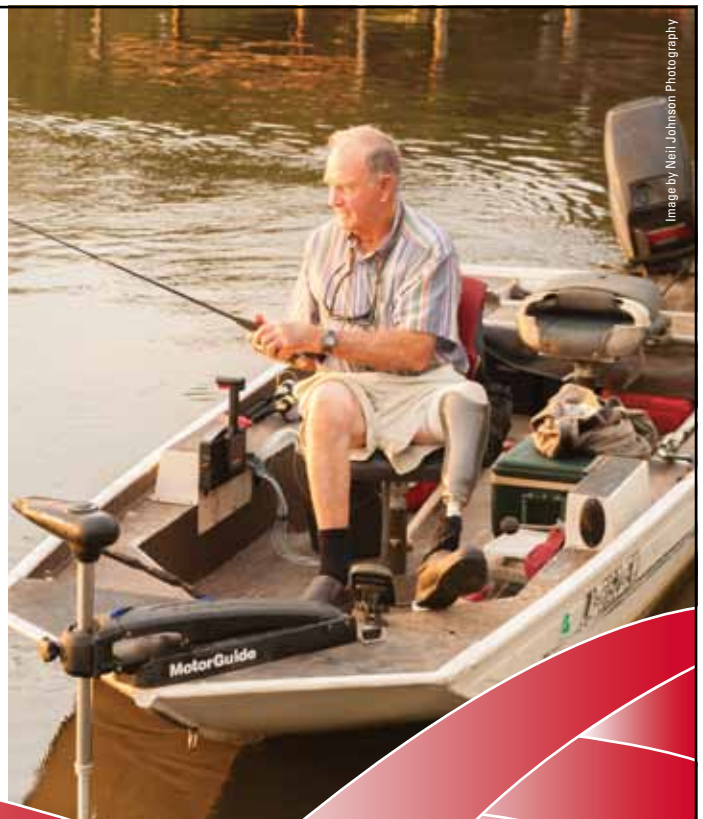


Image by Neil Johnson Photography



thrown out right away. They pointed out that they shouldn't be responsible for their adult daughter's behavior. They didn't hand the gun to her or suggest that she go get the gun. They weren't even home on the night of the incident! They further pointed out that Miss Haversham had never used the gun before or even threatened to use the gun.

If you were the Judge and the only thing you had to decide was whether to throw the case out or let Mr. and Mrs. Dickens' case go to court, what would you say?

Before you answer, let me tell you about a more recent case that took place down in south Louisiana. There was this 23-year-old car thief living with his parents. His parents knew their son was a car thief and that he "conducted criminal activity from their home." The 23-year-old, who I'll call Oliver (not his real name), was arrested for stealing 3 cars from a local business owner. Let's call him Ebenezer.

After the arrest, Ebenezer decided to get personal revenge against Oliver and his parents. He put up some flyers in the windows of his business which said that Oliver was about to "be the girlfriend of other prison inmates" and went on to give the names and addresses of Oliver's parents.

The parent's sued Ebenezer to get him to take the signs down. Ebenezer countersued the parents for the value of his three stolen cars, arguing that they should be responsible for their adult son's actions.

The south Louisiana Judge threw out Ebenezer's counter-suit against Oliver's parents for the value of the cars. Why? Because in Louisiana, it's almost impossible to hold parents liable for the actions of their adult children. In fact, according to the south Louisiana Judge, it's only happened once. Care to guess when? In the Charles Dickens case.

In Charles Dickens parents' case, the Judge said that he would not throw out the case against Miss Haversham's parents right away. Instead, the case could continue. Did Mr. and Mrs. Dickens end up winning? I don't have an answer for you; despite my great expectations, the final result was never published.

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



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SOUTH KOREA - FROM HANBOKS TO HEADSETS

Story by Andrea Gross; photos by Irv Green



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Women enjoy wearing hanboks as they stroll the streets of Seoul's historic area.

Skyscrapers line the car-filled streets of downtown Seoul.



Flash back 60 years. Korea had barely recovered from half century of domination by the Japanese when it became ground zero for a contest between China and Russia to the north and United Nations forces to the south. The streets of Seoul were filled with oxcarts, the buildings were pockmarked with shrapnel, and starving people, dressed in tattered hanboks, foraged in the country for food.

Today the streets are filled Hyundais, the buildings have been replaced with skyscrapers, and the country has morphed from one of the poorest in the world to one of the richest. Korea's growth has been so extraordinary that it is commonly referred to as "The Miracle on the Han," the Han being a river that flows through the center of Seoul.

To accomplish such a miracle, a country needs folks who are driven. It also needs folks who are caffeinated. Fortunately, South Korea has both. And now it plans to use that energy to brag a bit, to invite others to learn about its pre-war past and its remarkable present. It seems to be succeeding. National Geographic lists Seoul as one of the top go-to places for 2017.

Thus, here we are — tourists in the Land of the Morning Calm, which actually isn't very calm at all. The only thing that's calm is the traffic, which is calm because it's gridlocked to a standstill.

It takes us a while to acclimate. Few signs are written in English, few people speak English, and most are too rushed to try even if they can. But on the other hand, it's worth the trouble. Where else can you see a miracle still in the making?

We begin our exploration at Deoksugung Palace, one of five royal homes in Seoul that served as the seat of government during the Joseon Dynasty (1392-1910). It's here that we're able to glimpse the city's transition from past to present. Seen from certain vantage points, the changing of the royal guard takes place in front of the stately gate of the ancient palace. From others, the drum rolls are backed by streets of distinctly modern buildings.

A short subway ride takes us to Bukchon Hanok Village, an authentic enclave of centuries-old homes (hanoks). Many of



Bukchon Village is an historic neighborhood filled with traditional homes, narrow alleys and a few teashops and eateries.

the homes have been turned into guest-houses and cultural centers, and women stroll the streets dressed in colorful hanboks, the short-jacketed, long-skirted dresses that date back thousands of years. No matter that the women are tourists who spent \$20 to rent a hanbok for four selfie-filled hours. They give the Village a certain panache, and I'm delighted to revel in a picturesque version of Korea's past.

What's more, off in the distance, framed by wing-roofed homes, I can see the high-rises of downtown Seoul. This serves as yet another reminder of the miracle that has transformed the city.

We leave the past behind when we go to Hapjeong, a former riverfront neighborhood that is now dominated by Mecenatpolis Mall, a group of three towers that punch more than 40 stories into the air. On the streets people scurry about, a smart phone in one hand, a latte in the other. This is the home of

the driven, folks who are harried as well as hurried.

But as we wander a few blocks downhill from the mall, we come upon a neighborhood that has yet to be renovated. It's filled with homes that date back to the Seventies; some still have echoes of traditional architecture. The owner of a small cafe tells us that these buildings are slated to be torn down and replaced with modern skyscrapers filled with offices for tech-savvy geeks. "But," he says, "others are betting it'll become part of the area's creative renaissance, a place for filmmakers, musicians and other artists. After all, Hapjeong is part of the new Seoul."

Located across the Han River, Gangnam is the new Seoul on steroids. The people may be determined, but they're also energized — not only by the omnipresent coffee shops but also by a palpable enthusiasm that permeates the rarefied air.

A while back Gangnam was rice fields, but then came the 1988 Olympics and the rice fields became expensive real estate. In 2012 a South Korean rapper named Psy released a song about the upscale neighborhood in which he grew up. After Gangnam Style was featured on a YouTube video that received a reputed billion hits, his old neighborhood became Seoul's hippest hangout.

We gaze at tall skyscrapers, visit the largest underground shopping mall in Asia and wander through a maze of upscale shops, galleries and restaurants that seems to go on forever.

It's a far cry from the war-torn and depressed city of the Fifties. Korea has indeed leapfrogged from hanboks to headsets with unprecedented speed. It's a miracle to be sure.

For more information on Korea, see the Napkin Notes section of our website: www.traveltizers.com

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M*A*S*H'S LORETTA SWIT PAINTS TO HELP ANIMALS

On screen, she amused TV audiences as feisty nurse Maj. Margaret Houlihan for 11 seasons in the highly acclaimed late 70s/early 80s comedy war drama, M*A*S*H. But away from the cameras, Loretta Swit surrounded herself with paintbrushes and watercolors instead of scalpels and plasma.

A collection of her paintings appears in "SWITHEART - The Watercolour Artistry & Animal Activism of Loretta Swit" (www.SwitHeart.com).

Published in January, SWITHEART is written by Mies Hora with the full support and participation of Swit who provided dozens of images for the book. Proceeds will help fund programs dear to the TV legend's heart.

"I've always used my artwork to support charities," said Ms. Swit from her home in Manhattan. "We plan to help many animals from the book sales."

Swit, who turned 79 last November, says she has always dabbled in art.

"As a child, my mother was

forever telling me to go outside and play, but I wanted to just sit at the table with my sketchpad and pencils and doodle away," she recalled.

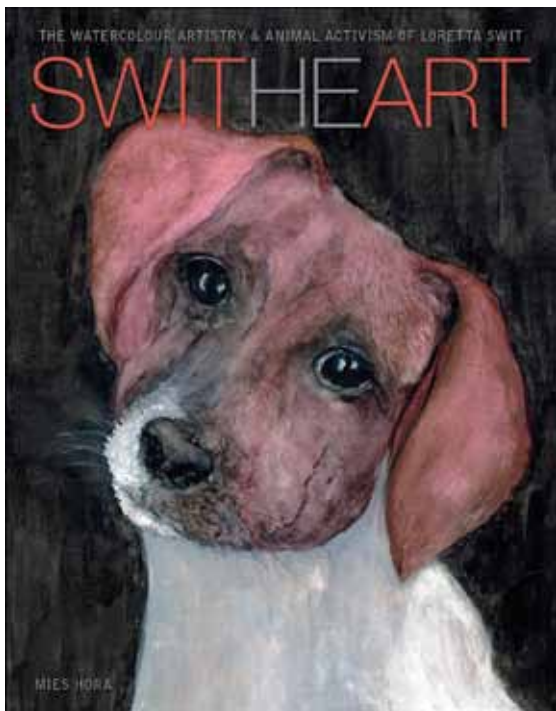
The animal world has also always been a part of hers.

"My parents said even when I was just a tot in a carriage and I'd see a dog, I would get all red in the face, giggly, and yell out 'doggie, doggie, doggie!' and wouldn't stop," she laughed.

While she can still turn red at the sight of an animal, these days it's triggered by witnessing animal abuse of any kind.

"A fur coat represents the death of 80 animals," she said in a horrified tone. "Fake fur has come a long way. It's twice as warm and just as beautiful – if not more so – than real fur. I have two of them and they're so realistic I wear a button to say it's fake!"

Swit's love of animals was known to M*A*S*H writers who incorporated it into the season 6 episode, "Images," where her character develops a



fondness for a stray dog in the camp.

"The dog gets killed by a jeep and Margaret ends up in tears partly because of the dog but also because the story is woven into the stress of working in a wartime O.R. The writers knew about my animal activism and brilliantly used it to develop Margaret's character."

As one of the most celebrated TV shows ever produced, Swit says it didn't take long to realize she was involved with a special series.

"The realization was really from the outside-in at first," she recalled. "I would go out to do interviews and from people's response learned how important the show was becoming. The genius of M*A*S*H was the brilliant writing that was always different, fresh, and unexpected. Our tight-knit ensemble could transform the scripts into stories that were funny and entertaining and yet touching and profound."

During production, Swit used her artistic talents to express her affection for the cast.

"I did drawings of the guys and

presented each with one as a Christmas gift," she said. "Art is just something I did and probably took it for granted for a long time. While I never took any lessons, others have given me advice and helped me to grow as an artist over the years and I talk about that in the book."

But much of her art always focused on animals and nature because, she says, "I love my subjects so much."

"Perhaps I see animals in a different way because I have so much passion for my activism," she adds. "I'm doing anything I can to better their lives."

Photo credits (counter clockwise beginning at the top): Headshot, elephant photo from SWITHEART, and book cover provided by Ms. Swit; publicity photo of the cast of M*A*S*H.

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



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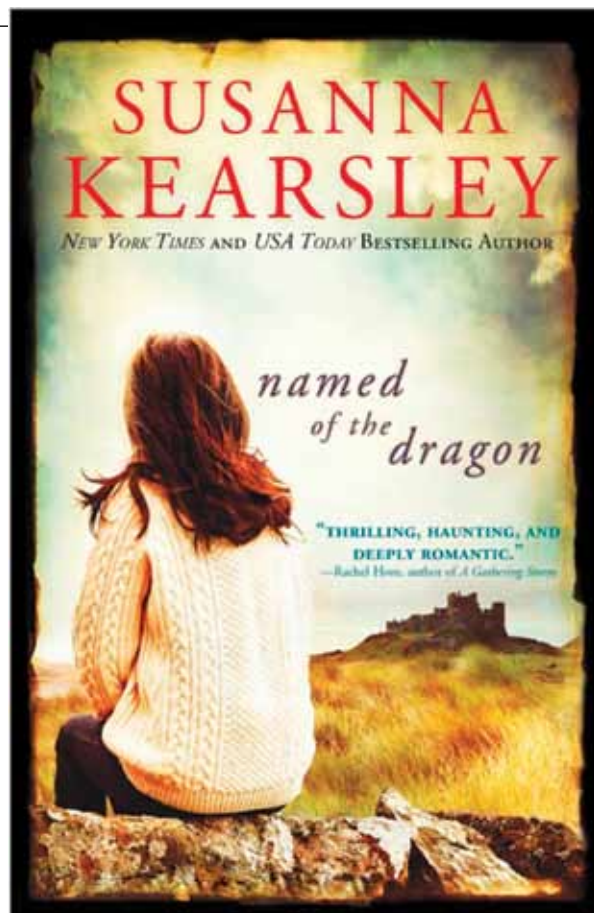
Review of *Named of the Dragon*

Susanna Kearsley has a distinct writing style and common elements in most of her books. And though her books have a familiar “feel” to them, each is told with enough mystery, history and good writing that I find myself picking them up often and then having trouble putting them down again.

Named of the Dragon is one of these books. In it literary agent Lyn is coping with life after the loss of her baby and husband. But as Christmas draws near, she is enticed by her charming and sometimes grating client, Bridget, to go to Angle, Pembrokeshire in Wales for Christmas. Kearsley paints the scene of Castle Farm, the home of writer James Swift and his brother and the place the women stay for the holidays, so that it feels as if

you’re stepping back in time when the women arrive.

The setting and characters in themselves are enough to draw in the reader, but no Kearsley book would be complete without a fair bit of history and a modest helping of the surreal and mysterious. This comes in the form first of Lyn’s strange dreams and nightmares of the son she lost and the recurring appearance of a serpent. When she arrives in Wales, the dreams start to contain an unknown woman begging for Lyn’s help to protect a mysterious boy. Soon ties to the ancient legend of King Arthur and Merlin become intertwined with her dreams and the story. Kearsley, as always, does her homework and there are some interesting references to historical Arthurian literature, myths and poems.



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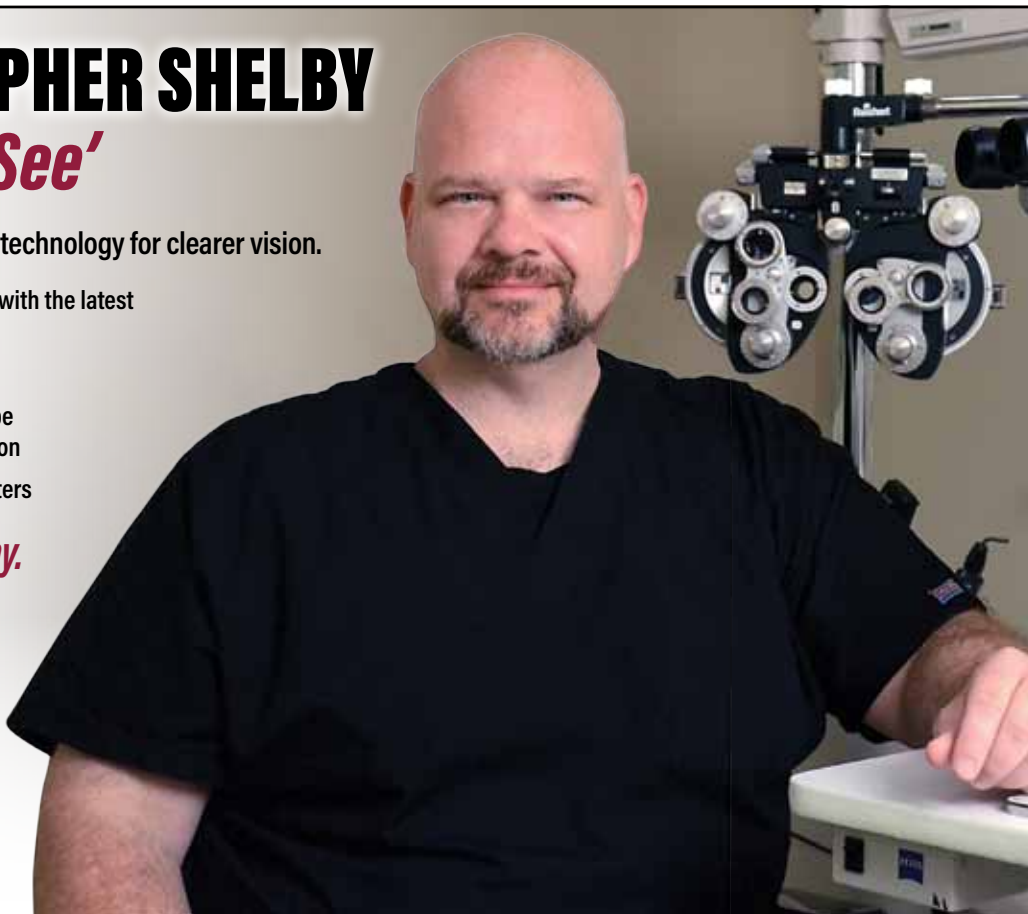
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During her stay in Angle, Lyn keeps bumping into and disagreeing with a moody and talented playwright, Gareth, who also happens to be the object of her friend's intentions. His character and place in the story enhance the book's mystery and lend the story a "Wuthering Heights" feel. All the characters are entertaining to watch and the setting is fun to explore (especially when they visit old castles and seaside haunts), but the mystery of what is happening to Lyn and her tie to a neighbor who is having similar dreams propel the story onward.

Kearsley draws connections from the characters in her modern day story to those in the old Arthurian legends, creating a dynamic that's fun to follow. And while the story builds well and is ultimately satisfying, there were a few plot points that were dropped before the story ended, making me want more from it. Still though, this book – and all of Kearsley's books – are great to pick up and easy sink into in the evenings, or on vacation (especially if you're headed to England or Wales). There's something satisfying in knowing that you will go on a journey with the author, delve into mystery and come out of it feeling satiated, maybe even having learned something fascinating about history in the process.

Grade: B

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



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Beef and Potato Tzimmes

Recipe courtesy of the National Honey Board. Find more honey-infused recipes at honey.com
Servings: 6

- 2 tablespoons vegetable oil, divided
- 2 pounds beef, cut into 1½-inch chunks
- 2 cups chopped onion
- 2 cups carrots, sliced 1-inch thick
- 2 teaspoons garlic salt
- 4 cups water, plus 3 tablespoons (optional)
- 2 cups potatoes, cubed 1-inch thick
- 2 cups sweet potatoes, cubed 1-inch thick
- ⅓ cup honey
- ½ teaspoon ground cinnamon
- 1/8 teaspoon ground pepper
- 4 ounces dried apricots
- 4 ounces pitted prunes
- 2 tablespoons flour (optional)
- 2 tablespoons chopped parsley (optional)

In heavy 5-quart pot over medium heat, heat 1 tablespoon oil. Add beef and brown on all sides.

Remove beef from pan, add remaining oil, if necessary, and sauté onion until tender. Return beef to pan; add carrots, garlic salt and 4 cups water to cover ingredients. Bring to boil, reduce heat, cover and simmer 1 hour.

Add potatoes, sweet potatoes, honey, cinnamon and pepper; stir and return to boil. Reduce heat and simmer, partially covered, 30 minutes, or until potatoes are barely cooked.

Add apricots and prunes and simmer, uncovered, 30 minutes, or until beef is tender. Liquid should be slightly thickened. If necessary, dissolve flour in 3 tablespoons water and stir into stew; return to simmer, stirring frequently.

Sprinkle with parsley before serving, if desired.

WARM UP with Comfort Foods

Pumpkin Butterscotch Bread Pudding

Recipe courtesy of Nestlé. Servings: 12

- 1 loaf (14 ounces) cinnamon challah bread or cinnamon brioche, cut into ¾-inch cubes
- 4 large eggs
- 2 cans (12 ounces each) Carnation Evaporated Lowfat 2 percent Milk
- 1 can (15 oz.) 100 percent Pure Pumpkin

- 1 cup granulated sugar, plus 1 tablespoon
- 1 teaspoon vanilla extract
- 1¼ teaspoons ground cinnamon, divided
- ½ teaspoon salt
- 2 tablespoons packed brown sugar
- 1 cup Toll House Butterscotch Flavored Morsels
- Slow Churned Light Ice Cream

Heat oven to 350 F. Grease 13-by-9-inch baking dish.

On rimmed baking sheets, spread bread cubes in single layer. Bake, tossing occasionally, 10 minutes, or until dry.

In large bowl, beat eggs; stir in evaporated milk, pumpkin, 1 cup granulated sugar, vanilla extract, 1 teaspoon cinnamon and salt. Add bread; toss gently to coat. Transfer mixture into prepared baking dish; let stand 30 minutes, or until bread is thoroughly saturated.

Combine brown sugar with remaining granulated sugar and cinnamon. Sprinkle morsels over bread mixture; top with brown sugar mixture.

Bake 45-55 minutes, or until knife inserted in center comes out clean. Cool on wire rack 30 minutes to set. Serve warm with ice cream.



Find more dessert options at verybestbaking.com.

Roasted Sonoma Chicken with Wild Rice and Carrot Butter

*Recipe courtesy of chef Ari
Weiswasser*

Serves: 4

4 bone-in, skin-on chicken
breasts

¾ cup kosher salt, plus ad-
ditional for seasoning

⅓ cup sugar

1 gallon water

1 cup carrot juice

4 tablespoons butter, diced

1½ cups wild rice

3⅓ cups chicken stock

2 large onions, diced

3 - 4 tablespoons olive oil

2 teaspoons curry spice

2 tablespoons apple cider
vinegar

4 tablespoons sun-dried
tomato, chopped finely

canola oil or olive oil

¼ cup parsley, chopped

Brine chicken in ¾ cup salt, sugar and water. Refrigerate 1 hour; pat dry and store overnight, uncovered, in fridge.

Add carrot juice to saucepan and reduce to thick consistency on high heat, 10-15 minutes. Whisk vigorously if juice separates. Whisk in butter. Set aside to cool.

In pot, cover wild rice with chicken stock. Bring to simmer and cook 45 minutes to 1 hour. Season with salt.

Heat oven to 400 F.

In frying pan on medium-high heat, sweat onions in olive oil until soft. Add curry spice and toast until aromatic, 1-2 minutes. Add vinegar and salt; stir well. Fold through sun-dried tomatoes.

Place chicken skin-side up on roasting pan fitted with rack. Brush chicken with canola or olive oil and season with salt. Roast about 25-35 minutes until golden brown; internal temperature should be 165 F. Drizzle with roasting juices; add salt and chopped parsley before plating.

To plate, add carrot butter to wild rice; scoop ½ cup onto each dish. Place chicken skin-side up on top of rice. Dollop with onion, curry and tomato mixture.

Pair each serving with a glass of Kenwood Vineyards Sonoma County Pinot Noir 2014.



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- Friday February 3, 10, 17 & 24 - 10:00 AM. Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tech tips by John Bogan of the Caddo Council on Aging

EDUCATION

LSU Health Shreveport's Mini Med School - 4 week course every Tuesday, February 28 - March 21, 5:30 -7 p.m. LSU Health faculty will discuss interesting health topics and offer participants hands-on activities. To register for Mini Med, visit the LSU Health Sciences Foundation website. For more information, contact Angela Cason at 675-8789 or at acaso1@lsuhsc.edu. Cost is \$40 for first-time participants, which includes a white lab coat and all sessions. The fee for returning Mini Med alums is \$20.

- Feb. 28: LSU Health Shreveport in 3D. The first session will give participants a behind-the-scenes look at LSU Health Shreveport and the efforts of the health sciences center's research program. Students will visit the 3D Print Lab and the Research Core Facility.

- March 7: Technology and the Medical Student. Participants will get hands-on training in LSU Health's Clinical Skills Center simulation lab, where technology replicates real-life medical

situations. Participants will experience the role of both patient and doctor, as well as learn suturing techniques.

- March 14: The Picture of Health. Learn more about the impact and advancements in medical imaging.

- March 21: CSI LSU Health Style. Be one of the first to go inside the North Louisiana Crime Lab and learn how it will advance forensic pathology training at LSU Health Shreveport.

EVENTS

Mardi Gras Masquerade & Dance -

Presented by Cross Lake Dance Club at 6230 South Lakeshore with music by Steve Wells. New Orleans Style Buffet provided by members of Cross Lake Dance Club. Feb 4, 7:30 - 10:30 PM. Members \$12; non members \$15

Family Health Day - In honor of National Cancer Prevention Month, and World Cancer Day, the Feist Weiler Cancer Center in conjunction with University Health is sponsoring a "Family Health Day" to promote good health and cancer prevention. The whole family is invited to attend this **FREE** event on Saturday February 4 from 9 am to 1 pm at University Health, 1501 Kings Highway, Shreveport. **FREE** on site screenings for mammograms, prostate cancer (PSA), lung cancer (with low dose CT scanning) and colon cancer for participants who meet screening guidelines. Blood Pressure and glucose checks will be available. Beginning at 9 am, there will be Mardi Gras music and activities for the whole family, includ-



ing kids. **FREE** BBQ lunch will be provided with chances to win great door prizes. There will be presentations by faculty, physicians, and staff on health care topics including, skin cancer awareness, nutrition for health and cancer prevention, smoking cessation programs, and other topics. For more info, please contact (318) 813-1056.

Health and Wellness Expo 2017 - Hosted by KTAL-NBC6 and Fit for Life. Saturday, February 11 from 9 am to 6 pm at the Shreveport Convention Center, Caddo Street, Shreveport. Admission is **FREE**. Presentations on health, wellness, and fitness topics. Over 100 businesses will participate to provide attendees with information about their products and services. KTAL-NBC6 will launch a 3 month weight loss competition between 5 lucky contestants by following their weight loss journey. For more information about this expo, please call 318-294-0445.

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Valentine Party and Silent Auction - Benefit for the American Legion Post 14 on Cross Lake and Veteran Programs. Friday night, February 10. Doors open at 5 pm for the start of the auction; auction ends at 9:30pm. The Backbeat Boogie Band will play from 6:30 to 10:30 pm. Supper will be served at 6 pm for those interested. \$8 for Parmesan Crusted Tilapia, sides and dessert. **FREE** cover charge. Downstairs ball room at the American Legion on Cross Lake.

WAM (Wine, Art, & Music) - Presented by the Bossier Arts Council with Boomtown Casino and Eagle Distributing. Wednesday, February 8 from 5:30 pm - 8:00 pm. This event will feature local artist Diana Teeters, wine tastings, food pairings and live music performed by pianist, Haley Brooke. Food and wine pairings are a collaboration by Chef Monday and the award winning culinary team at 1800 Prime

Steakhouse and by Eagle Distributing. \$25 per person. For more information please visit www.bossierarts.org or call 318-741-8310.

MARDI GRAS

Mardi Gras Parades -

- Krewe of Centaur - February 18. Beginning at Lake Street @ Clyde Fant Parkway and ending at the corner of East Kings Highway and East Preston Street. 4 to 8 PM.
- Krewe of Gemini - February 25. Beginning at Lake Street @ Clyde Fant Parkway and ending at the corner of East Kings Highway and East Preston Street. 4 to 8 PM.
- Krewe of Highland - February 26. Beginning at Gilbert Drive and Ockley Drive in Shreveport. 2 PM.

MEETINGS

Ark-La-Tex Genealogical Association Meeting - Saturday, February 11 from 1 to 3 PM at the Randle T. Moore Center, 3101 Fairfield Ave (corner of Fairfield Ave and Kings Hwy), Shreveport. Ms. Chandra Lester, Family Historian will present "My Heritage Quilt", based on research of her African American ancestry. This program is **FREE** and open to the public. For information call 746-1851 or email jjohnson747@suddenlink.net.

GENCOM Genealogical Computer Society meeting - February 26 from 2:00 - 4:00 PM in the large meeting room at the Broadmoor Library, 1212 Captain Shreve Drive, Shreveport. The

speaker will be LSU-Shreveport Archivist Laura McLemore who will present a program entitled "I found it in the Archives." Refreshments will be served. The meeting is **FREE** to the public and everyone is invited to attend. For information call Kathy Love at 318 377-6394.

SUPPORT GROUPS

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

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

WORKSHOPS

Asset Protection Workshop - Presented by S.A.F.E. Planning on Thursday, February 9 at 10 AM at the Broadmoor Branch Library, 1212 Capt. Shreve Dr, Shreveport. Learn about protecting assets from nursing home costs and Medicaid even if someone is already receiving care. Reserve your seat by calling 318.869.3133 or visit www.safeplanning.net/event.



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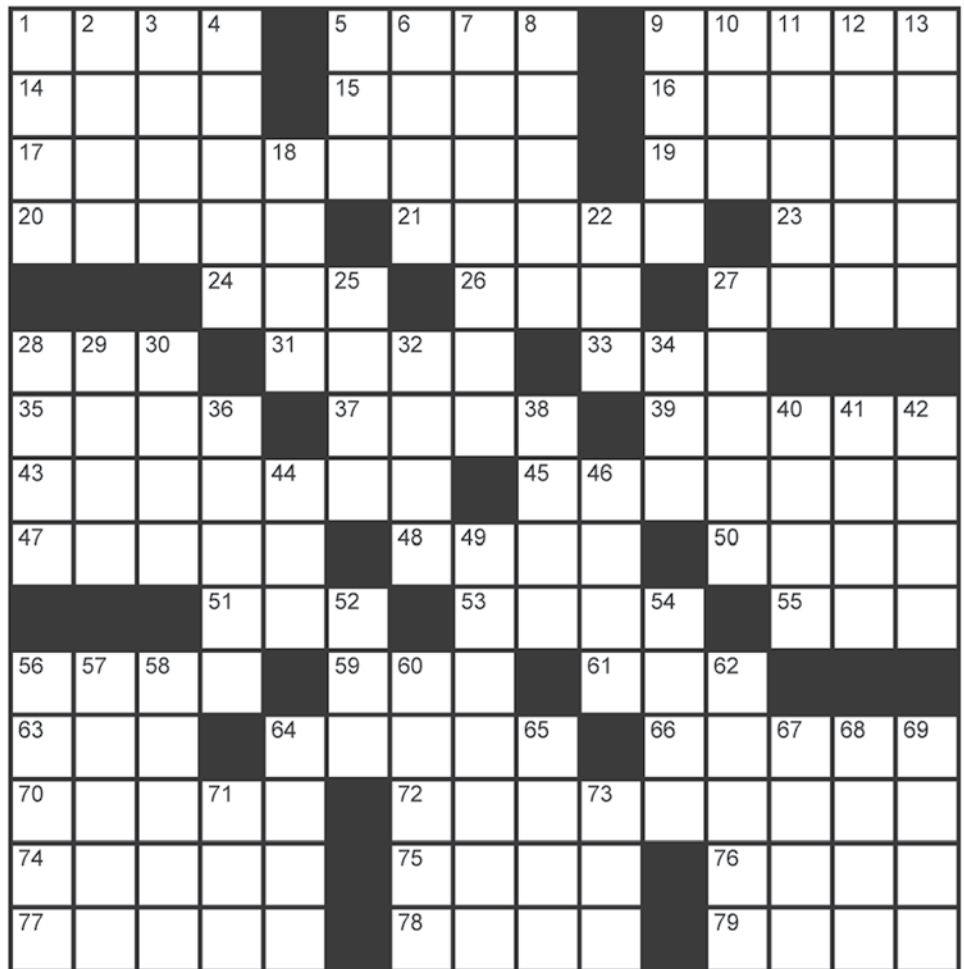
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The Best of Times Crossword (answers on page 42)



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Across

- 1 Ancestry
- 5 Meal in a shell
- 9 Shopping centers
- 14 Jewish month
- 15 Crooked
- 16 Anticipate
- 17 Comic's offering
- 19 Cheeky
- 20 Bored
- 21 Orderly grouping
- 23 Solidify
- 24 Pudding ingredient
- 26 Bluejacket
- 27 Medicinal amount
- 28 Literary piece
- 31 Fill to excess
- 33 Cornfield sound
- 35 Office note
- 37 Fashion
- 39 Musical show
- 43 In love
- 45 Eternal
- 47 Poker pot
- 48 Nimble
- 50 Historic Virginia family
- 51 Seabird
- 53 Cobras
- 55 Before amble or cede
- 56 In the past
- 59 Consume
- 61 Lawn base
- 63 Sleep acronym
- 64 War horse
- 66 Boxer's stat
- 70 Muse of poetry
- 72 Calculator, of sorts
- 74 For the birds?
- 75 Cantina cooker
- 76 Fiber source
- 77 Food shops
- 78 Coconut producer
- 79 Swerves at sea

Down

- 1 Gyro meat
- 2 Object of worship
- 3 Zola heroine
- 4 Jagged
- 5 Lao-tzu principle
- 6 Pond organism
- 7 Romanced
- 8 "Lohengrin," e.g.
- 9 Umpteen
- 10 Reverence
- 11 Florida's Key
- 12 Nine ____
- 13 Newspaper section
- 18 Staying power
- 22 Compass doodle
- 25 Willing
- 27 Inhabit
- 28 City in the Asian part of Russia
- 29 Actress Moore
- 30 Radiate
- 32 Heavy weights
- 34 "____ you sure?"
- 36 Weasel relative
- 38 Canal zones?
- 40 Political second banana
- 41 Manipulative one
- 42 To be (Lat.)
- 44 Norse war god
- 46 Swindles
- 49 Kneecap
- 52 Butterfly catcher
- 54 Ticked off
- 56 Mountain nymph
- 57 Vitality
- 58 Internet messages
- 60 Fable writer
- 62 Churchill Downs event
- 64 Some offspring
- 65 Pickle flavoring
- 67 Subtle glow
- 68 Scratch
- 69 Coop group
- 71 Chi preceder
- 73 Water holder

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Breakers
Dogs
Drinks
Dune Buggy
Frisbee
Ice Chest
Kayak
Kids
Lotion
Ocean Spray
Paddles
Pelicans
Sand Castle
Sand Dunes
Seagulls
Shells
Sun Bathers
Sun Glasses
Surf
Towel
Umbrella
Volleyball
Water Wings
Waves

At the Beach (answers on page 42)

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

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Sudoku (Answers on page 42)

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

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

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My mother has been recently diagnosed with Alzheimer's disease, does she qualify for hospice care under her Medicare benefits?

Medicare will pay 100% for hospice services for Alzheimer's disease and any diagnosis where patients are determined to have a life expectancy of less than six months. Our hospice would need to obtain a physician's order to evaluate your mother to see if she meets the hospice Medicare guidelines of a 6 month prognosis to qualify for hospice care services.

How can people partner with healthcare centers to make them a better place to live?

Visit, visit, and visit. Choose a healthcare center and indicate your interest to the Administrator, Activities or Social Services Director. Indicate if you have any special talent or gift, or if you just want to befriend someone. They can likely find a need you can fill that will give some residents a smile and a sense of gratification for you.

I have diabetes and have heard that it can make you go blind. Is this true?

Diabetes is a very common cause of blindness in the United States. High blood sugar causes damage to the cells that line the small blood vessels, which causes them to leak. When leaking occurs in the back of the eye, it can lead to temporary or permanent loss of vision. If you have diabetes it is essential to have an eye exam at least once a year. Diabetic eye disease can be treated to prevent vision loss. Call today if you have diabetes and have not had an eye exam.

My grandchild complains of shoulder, neck and back pain when in school. Could this be due to his heavy backpack?

Yes. Backpacks are designed to distribute weight to larger muscle groups that can handle the load. Backpacks should have 2 padded wide shoulder straps, a padded back, and a waist strap (for heavier loads). Also backpacks should light and not add to the load. Rolling backpacks are an alternative, although stairs are a problem. Your grandchild should use both shoulder straps, tighten straps so the pack is 2 inches above the waist and closest to the body, not pack more than 20% of the child's body weight in the backpack, and pack only what he needs. Pack heavier items close to the back and unpack unnecessary items in the locker.



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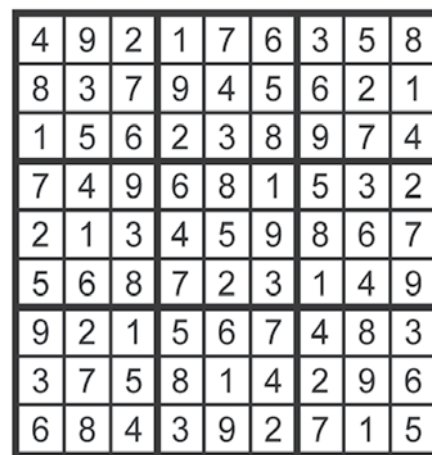
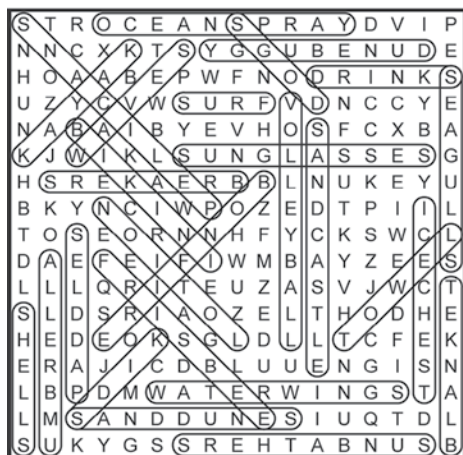


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John J. Ferrell, M.D.
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Shreveport, LA 71105
(318) 424-3400

(puzzles on pages 40 - 41)



Tracking Trivia!

compiled by Gary Calligas

Test your trivia knowledge.

The answers can be found on page 44.

1 What type of phonograph records were discontinued in the late 1950s?

2 What was the nonsense word "to say when you have nothing to say" in the song sung by Julie Andrews in the 1964 movie, *Mary Poppins*?

3 What do the numbers 10-2-4 on a Dr. Pepper bottle denote?

4 The manufacturing of golf balls is strictly regulated and standardized. How many dimples are on a regulation golf ball?

5 A desk sign that reads "The Buck Stops Here" sat on President Harry Truman's desk in his White House office. What did the reverse side say?

6 What was the name of the disembodied forearm on the *Addams Family* TV series?

7 What was the world's tallest structure until 1889 when the 1,063- foot Eiffel Tower was erected in Paris?

8 The children pictured to the right were the main characters in a series of popular first grade readers. What are their names?



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Tracking *Trivia!* ANSWERS

1. In 1925, 78 RPM was chosen as a standard for motorized phonographs. With the advent of 33 $\frac{1}{3}$ RPM records in 1948 and 45 RPM records in 1949, the last American commercially released 78 RPM singles appeared in 1959, however they were still made for children's records and older jukeboxes until 1964.

2. Supercalifragilisticexpialidocious

3. According to the bottling company, 10:00, 2:00 and 4:00 were "Dr. Pepper Time", the perfect times to take a break with a Dr. Pepper.

4. 336

5. The sign "The Buck Stops Here" that was on President Truman's desk in his White House office was made in the Federal Reformatory at El Reno, Oklahoma. The painted glass sign has the words "I'm From Missouri" on the reverse side.

6. Thing was usually played by Ted Cassidy, who also played the butler Lurch.

7. The Washington Monument at 555 feet.

8. Dick, Jane and Sally (who was also known as Baby).



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Kyle A. Moore of the law firm of Weems, Schimpf, Haines, Landry, Shemwell & Moore, APLC has been selected as the newest member of the Special Needs Alliance. The Special Needs Alliance (SNA) is a national, non-profit collective of many of America's leading disability and public benefits attorneys. Currently in 48 states, the SNA's mission is to help enhance the quality of life for people with disabilities by coordinating private resources with public benefit programs through special needs planning and trusts. Membership to the SNA is extended by invitation only and Moore is one of only three members in Louisiana.



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

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

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L Lauren Kamperi was named the recipient of the 2016 Adger Public Service Award. The award recognizes a Shreve Memorial Library employee for exceptional public service to senior citizens. Pictured (l-r): Ascension Smith, Deonci Sutton, Gena Box, Jenifer French, Julia Gahagan, Lauren Kamperi, John Tuggle, Jennie Paxton and Mary Canfield.

N Northwest Louisiana Master Gardeners (NWLAMG) awarded a total of \$10,000 to this year's recipients of NWLAMG Community Grants. This year's recipients of the MG community grants are from left to right: Hines Vaughan with Oakland Cemetery Preservation Society, Tamara McCrene and Marilyn Creswell with Bossier Council on Aging, Jennifer Donner with Martin Luther King Health Center, Master Gardener Grants Chair - Judy Roemer, and Janet Creech with the Red River National Wildlife Refuge.



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

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