

December 2014

The Best Of Times

"Celebrating Age and Maturity"

Inside

GIFT GUIDE
FOR BOOK
LOVERS

NIAGARA FALLS
BASH: CANADA'S
GRAND YEAR'S
EVE PARTY

HOW SPICES
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Choo Choo

Choosing a Hobby

The Wonderful World of Model Trains



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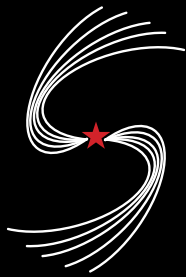
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The Best Of Times

December 2014 • Vol. 23, No. 12
Founded in 1992 as *Senior Scene News*
ISSN Library of Congress
#1551-4366

A monthly publication from:
TBT Multimedia, LLC
P.O. Box 19510
Shreveport, LA 71149
(318) 636-5510
www.TheBestOfTimesNews.com

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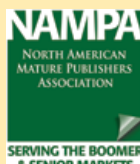
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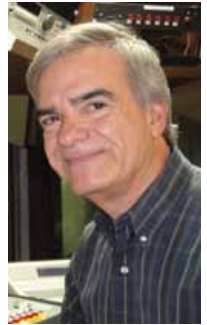
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December 6: Behind the Scenes at a Daily Newspaper
Guest: Alan English, Publisher of the Shreveport Times

December 13: Model Railroading – A Growing Hobby
Guests: Russell Pedro and Dave Bland from Red River Valley Railroad Historical Society

December 20: Help is Available for the Compulsive Gambler
Guest: Janet Miller, with the Louisiana Association on Compulsive Gambling Office

December 27: Common Sayings and Slang Terms – Part I

January 3: Common Sayings and Slang Terms – Part II

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I cannot even begin to thank you enough for how you took such great care of my parents' affairs and helped us through the tall weeds of wrapping up all of the end of life business concerns.... I was able to focus on what was going on with family without worry because I knew all of the legal things were handled well. I particularly appreciated your compassionate interactions with us. You never made us feel inferior for asking so many questions or even the same questions over and over. It is astounding how cloudy the mind becomes during these times. Thinking clearly was quite a chore. I can tell you that we have highly recommended your office to many others. Hiring your firm was one of the best decisions we made during the past several years. I have tears in my eyes recalling so many of the events of this passage of time and I can assure you we navigated it much more gracefully with your help. Thank you again for everything. Quite sincerely thanking God for you.

-Terri Miller and family

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Stat! Medical News & Info

Worry, Jealousy, Moodiness Linked to Higher Risk of Alzheimer's


Women who are anxious, jealous, or moody and distressed in middle age may be at a higher risk of developing Alzheimer's disease later in life, according to a nearly 40-year-long study published in an online issue of *Neurology*®. The study found that women who scored highest on the tests for neuroticism (being easily distressed and personality traits such as worrying, jealousy or moodiness) had double the risk of developing dementia compared to those who scored lowest on the tests. Being either withdrawn or outgoing did not appear to raise dementia risk alone, however, women who were both easily distressed and withdrawn had the highest risk of Alzheimer's disease in the study.



Men Who Exercise are Less Likely to Wake Up to Urinate

Men who are physically active are at lower risk of nocturia (waking up at night to urinate), according to a study led by a Loyola University Chicago Stritch School of Medicine researcher. The study is published in *Medicine & Science in Sports & Exercise*. Nocturia increases with age, and is estimated to occur in more than 50 percent of men 45 and older.

Among men in the study group, those who were physically active one or more hours per week were 13 percent less likely to report nocturia and 34 percent less likely to report severe nocturia than men who reported no physical activity. (Nocturia was defined as waking two or more times during the night to urinate; severe nocturia was defined as waking three or more times to urinate.)

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

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Intragastric Balloon Beats Diet and Exercise Alone for Weight Loss

After six months, people with intragastric balloons in their stomachs lost more than twice their excess weight, compared to people who tried to lose weight under a medically supervised diet and exercise program alone, according to new research from a randomized clinical trial. In the study, the combination of a dual-balloon implant and diet and exercise, helped those with a body mass index (BMI) of about 35, lose 28.5 percent of their excess weight, while those on a diet and exercise program alone, lost 11.3 percent. The study was conducted at the Hamilton Medical Center Bariatric Surgery program. In the dual intragastric balloon procedure, two uninflated balloons are inserted into the stomach through the mouth and esophagus via an endoscopic procedure, and then inflated with saline to reduce the capacity of the stomach, in turn making patients feel more full with less food. The balloon is removed after six months. The advantage of this device is its endoscopic method of implantation. However, the device can only be left in place for a limited period of time.

Dietary Flavanols Reverse Age-Related Memory Decline

Dietary cocoa flavanols - naturally occurring bioactives found in cocoa - reversed age-related memory decline in healthy older adults, according to a study led by Columbia University Medical Center (CUMC) scientists. The study, published in an online issue of *Nature Neuroscience*, provides the first direct evidence that one component of age-related memory decline in humans is caused by changes in a specific region of the brain and that this form of memory decline can be improved by a dietary intervention. Age-related memory decline is different from the often-devastating memory impairment that occurs with Alzheimer's, in which a disease process damages and destroys neurons in

various parts of the brain, including the memory circuits. The researchers point out that the product used in the study is not the same as chocolate, and they caution against an increase in chocolate consumption in an attempt to gain this effect.



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Choo Choo

Choosing a Hobby

The Wonderful World of Model Trains

by Mary Flanders

Jt started with a single track, one small engine, a coal car and two box cars, a tiny toy train tooting its way around the base of the Christmas tree. The next year, the train had passenger cars, another engine and wound its way through a miniature village spread out across a tabletop. The next year there were multiple tracks, more trains, a bridge and a tunnel. It was so elaborate, it stayed up all year. And after that more cars, more track, more accessories, growing until the house was filled with buildings scenery, tiny people and animals, yards and yards of tracks and switches, and dozens of locomotives and train cars. And then it's time to knock out a wall and add another room, and another and another!

When you mention model trains, a lot of Arklatex residents speak nostalgically of the enormous model train on display at the Louisiana State Fair during the 1950s and early '60s. It may have contributed a bit to making model railroading one of the world's most popular hobbies. Hundreds of thousands of people around the globe spend countless hours and enormous amounts of money researching, building and operating complicated and detailed layouts, buying and constructing rolling stock. There are dozens of magazines and even television shows like, "I Love Toy Trains" on the RFD network, dedicated to the model railroader. Model railroaders seldom stick to a single aspect of their hobby, incorporating railroad photography; recording railroad sounds railroad history, model building, landscape architecture, construction. Even computer skills are used in model railroading.



Among some of the more famous model railroaders are rocker Rod Stewart, who travels with his layout, Frank Sinatra, the late President Ronald Reagan, actress Raquel Welch and the late Gypsy Rose Lee.

Here in Shreveport there is a group of very dedicated model railroaders. Some of their layouts and collections have been built over many years and are quite valuable so they have asked not to have their names used. They devote one night a week to meet together and develop their avocations.

Mr. R's collection features tin plate cars, some of which date back a hundred years. He was quick to point out the very first train set he had as a child, which proves the love of toy trains often starts in childhood.

But model railroading is not a game just for little boys. Building and operating a layout is a serious business for grown men. It's a great deal more than just watching smoking locomotives clack around on an oval track. These people are enthusiasts of the highest degree with rooms filled to the ceiling with train cars and engines on display, train signs, railroad memorabilia and incredible layouts complete to the tiniest detail of lettering on the milkman's shirt; huge layouts with multiple tracks that weave in and out of tunnels, over bridges, thru towns; layouts that continue thru several rooms; complete shops designed to house the trains, banks of computers to run them and walls of books dedicated to their hobby.

Some of these layouts and equipment can run into the hundreds

of thousands of dollars. Local model railroader, Mr. M, whose enormous four room layout takes up an entire building including a computerized control room is quick to say "it's not 'playing' with trains!" There's so much more to it - starting with building the layout. It requires construction skills, artistic ability, a penchant for history and an eye for detail. That's just the beginning. There are a million details to consider and a lot of skills to master.

A great deal of the work goes into the layout construction. There's an incredible amount of planning, detail and precision that goes into even the smallest layout. It's not only the gauge of the trains but the extent of the layouts ranging from table top to from four feet by eight feet (the size of a standard sheet of plywood) to entire houses filled with tracks and buildings and tunnel and computer equipment.

One of the main considerations in designing a layout is what gauge it is to be. Gauge is the width of track. Scale measures the size relationship. Gauge and scale are actually two different things but the words are frequently used interchangeably.

According to local builder and avid model railroader, Mr. R, when starting a layout, "you have to begin with the end in mind. Like all construction you have to work from the walls out." There's the amount of space to work with, the gauge of the trains, and what the overall layout is to represent. Some model railroaders build historically accurate models, based on books, photographs and records from the past, some design their layout based on a certain era and some create mythical towns that spring from their imaginations.

There are hundreds of engines and cars and accessories in a variety of gauges and scale and made out of different materials on the market now, but the earliest tin model trains were made between 1906 and the beginning of WWII. These tin plate toy trains were called standard gauge and are larger than the trains that are common today.

Lionel created the standard gauge as a unique entity in the toy market. Prior to that the only gauge was called "one" created by the Ives Toy Company, which had been around since 1868. In 1921 Ives changed to standard gauge and in 1925 the American Flyer Company also began manufacturing toy trains in standard gauge.

There are quite a lot of these standard gauge engines, cars and track still in existence today and they are highly sought after by collectors everywhere as original and unique. If you are beginning a standard gauge collection, one of the things to look for in potential additions is engines and cars with a smudge of blue paint. What may look like a flaw to the beginning collector is actually highly sought after. The smudge of blue paint indicates it is a paint sample. That means it was used as the standard and, as cars were manufactured, they were

There are hundreds of engines and cars and accessories in a variety of gauges and scale and made out of different materials on the market now, but the **EARLIEST TIN MODEL TRAINS WERE MADE BETWEEN 1906 AND THE BEGINNING OF WWII.**





compared to the sample car for quality control.

It wasn't until the 1940s that other gauges became available. There's O scale which is 48:1 or 7mm to the inch and the gauge is 1¼ inches. HO scale, which is half O scale, and the most common model railroading standard scale, is 16mm to the inch with 5/8 inch gauge, all the way down to Z scale which is 1:220 and a gauge of 6.5mm. It's so tiny that an entire layout can be built on a platform small enough to fit in a carryon suitcase.

Often layouts are done exclusively with one gauge, but in some of the bigger ones, larger scale trains are used in the foreground and smaller gauge trains in the background to force perspective and make the layout seem even more expansive. Animated scenes, from ice skaters on a pond to loaders that move cattle, logs, coal, and ice, crossing arms that drop when trains pass, engines with whistles and ringing bells, and mooing cattle cars contribute to the scene.

When you see a well-constructed layout, pay close attention to the tiny details. Look for the scene within the scene. For instance, you may at first glance see a forest on the side of a mountain; take a minute and look more closely. You might see a cougar stalking a deer. Look, too, for design details such as tiny birds on the telephone wires.

A great deal of artistic ability goes in to constructing a layout. From the initial planning stages where the designer determines whether the layout is to be historically and scale accurate or a mythical location. Everything has to be meticulously planned from the walls out. Notice too, there are no ninety degree angles in a layout. This helps the eye travel from one point to the next instead of stopping at the corner. You might see mirrors strategically placed to increase the field of vision. Buildings may be free standing, they may be cut in half to fit closer to the wall, and you will see flat buildings as well, all to force the perspective and fool the eye.

Many toy trains today feature the latest in authentic sound and electronic control features.

Increasingly, toy trains use digital technology both onboard and at the control panels. This allows greater control, introduction of new features, and new challenges. In fact, wiring has always been a task requiring planning and skill when creating a train layout.

Today, many Baby Boomers have embraced toy train collecting and operating. They can be seen in basements, at Christmas exhibits, running in gardens, and in special displays.

Collectors and operators even plan "traincations" to see legendary layouts, places like the Toy Train Museum in Strasburg, Pennsylvania and or meet with like-minded model railroaders to advance their knowledge and collections at events like the Train Show recently held in Fort Worth. Shows are held all around the world, there are even cruises for toy train enthusiasts.

The Train Collectors Association (TCA) is the largest and oldest group of toy train enthusiasts in the world and is a great place to start researching this wonderful hobby.

The internet is great for research, for ideas and how-tos, but local collectors and operators warn that the internet is not the best place to begin building your collection as it is difficult to tell an original from an imitation. If you are just starting out, it's best, they recommend, to talk to experts, get their advice, get help in discerning the good from the average, the authentic from the reproduction.

Another piece of advice from the experts to the beginner: get the best you can afford, whether it's track or accessories or rolling stock. It's better to get one really great piece that you will be proud of for years, than to settle for something less. Toy trains prices range from economical to very expensive. Some are repaired, restored, traded and sold, with careful standards applied to their condition and worth. It takes an experienced eye to know what is what. A beginner would do well to trust the experts.

Here in Shreveport there's a very enthusiastic group dedicated to this hobby and its peripheral interests. If you're interested in this fascinating hobby, stop by Trends and Trains on Mansfield Road and talk to owner Tom Duval. He can help you get started. For more train talk, the Railroad Photography club meets on the first Friday of every month at the Glen on Flournoy-Lucas Road

For some model railroaders, the delight is in the joy of collecting and operating, while for others the focus is on absolute scaled accuracy. But the one thing they all share is a passion for everything to do with trains and everyone. As Mr. R. said when asked what his wife thinks of his extensive hobby, "she likes, it!" He laughs, "She always knows exactly where I am!"

On Track with History by Mary Flanders

Red River Valley Historical Train Museum

The history of Shreveport is closely tied to the history of the railroads. From before the Civil war the railroads have connected our town to the rest of the country.

In a shirt that boldly declares the wearer “still plays with trains”, Russell Pedro’s enthusiasm is contagious as he shows off the Red River Valley Historical Train Society Museum. He is president of the RRVHTS and rightly proud of this of this facility adjacent to the Water Works Museum just north of downtown Shreveport on the Common Street Extension.

The museum is a single room, but don’t let the size fool you. This building is packed with display cases, artifacts, train signs, books, furniture, even an HO scale model railroad layout filled with precise details. Be sure and look for the tiny people dangling their legs over the tunnel entrance. Contained in those four walls is an incredible amount of history, memorabilia, and art work.

The oldest item in the museum predates the Civil War. A piece of wrought iron track found near the river front that was part of a rail line that ran out to the village of Jewella. The dating is accurate because after the war, the rails were steel not iron.

There are items that were used for building the tracks, like a level used for banking turns on the tracks. Components from the gigantic locomotive engines, like a huge piston. There’s a stencil used on the KCS box cars and a bar code used to identify individual cars, their contents and destination. A large display case is filled with artifacts used in the U.S. Mail cars. One of the gems of the museum is the Texas and Pacific neon sign from the Art Deco T & P station that was demolished in 2005 to make way for the Hilton Hotel in downtown Shreveport.

There’s china and silver from the dining cars, highly collectible “date” nails, tools, lanterns, even a collection of railroad “money” from the Civil War that at one time was worth more than the money of the Confederacy. There are furnishings from the passenger cars including a turquoise leather chair from the club car of the Southern Belle, the last passenger train to leave Shreveport, bound for New Orleans in 1969.

One of the stars of the museum is a collection of O. Winston Link books and photographs. He was a world renowned photographer specializing in

photographing the last running steam engines of the Norfolk and Western Railroad in the late fifties and early sixties, and making sound recordings of those classic old steam engines. His beautiful black and white photos are amazing for their composition and lighting as well as the subject. O. Winston Link was a pioneer of night photography and helped establish rail photography as a hobby.

Most of the items were donated; all of the work done is donated by a core group of men who love trains, the members of the Red River Valley Railroad Historical Society, Inc.

But it doesn’t stop there, the train equipment spills outside on to the grass where you can see traditional hand pulled baggage carts, a couple of single person signal maintainer cars, one with the water cooler still strapped to it, and into another storage area that contains a tiny steam engine, with child sized cars and tiny track

Even the museum property is tied to the railroads. In 1887, Texas and Pacific Railroad President Jay Gould, sold two and a half acres of railroad land to Samuel Bullock, to build the Shreveport Water Works Company. You can see that original signed deed at the Waterworks museum.

In the future the Red River Valley Historical Train Society plans to move and restore the old steam engine now located at Ford Park. The steam engine was originally used in construction of the Panama Canal. It was bought to Ford Park in 1957 as an enhancement to the then thriving zoo, by the

Shreveport Civitans, but is currently in sad disrepair because of vandalism. Fortunately for restoration plans, some of the details such as the light were saved by SPAR and are waiting to be returned.

To get an idea of how Shreveport and the railroads have been connected, you only need to go as far as 142 North Common Street between Caddo and North Market Streets, to the Shreveport Railroad Museum adjacent to the Water Works Museum. The Museum is open 10:00 a.m. to 4:00 p.m. Wednesday thru Saturday. Admission is free, but donations are more than welcome. And, if you’re lucky enough to meet one of the enthusiastic members of the Red River Valley Railroad Historical Society, you’ll have a tremendous experience and you might just catch train “fever.”



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Gift Guide for Book Lovers

by Terri Schlichenmeyer

Every year, your gift list gets longer. Some of the newbies on your list are also new to the family. Some are friends to whom you've grown close. There's that neighbor who's so awesome, the new supervisor at work, an uncle who's visiting this year, your child's new teacher, and a Secret Santa program you've joined. And usually, you're able to keep up with your list and know exactly what to give... but then there's that one person who's so hard to shop for.

Why not give a book? Books never run out of batteries, they don't have to be turned off before bedtime, and they're totally calorie-free. Take a look at these suggestions...

Fiction

If historical fiction is of great interest to someone on your gift list, then look for "Desert God" by Wilbur Smith. This novel, set in ancient Egypt, includes a hero who is very close to the Pharaoh... almost too close. Magic, love, war – what else could your giftee want?

The Neil Gaiman fan on your list is in luck this year: first, "The Truth is a Cave in the Black Mountains," illustrated by Eddie Campbell is a novel with aspects of graphic novels and the flair that Gaiman fans relish.

Western lovers will love reading "The Ploughmen" by Kim Zupan, a story of a

green lawman and the older jailed killer he's tasked with watching. Set in the Old West, this book is laced with a tautness that modern readers will love. Wrap it up with "Painted Horses" by Malcolm Brooks, a novel with a modern setting and a romantic spin.

For the suspense fan who loves a little ghost story, too, how about "Haunted" by Randy Wayne White? This suspense novel features White's newest character, Hannah Smith, who is tasked with saving a supposedly-haunted house. But is the rumor of a ghost worse than the reality of a murderous flesh-and-blood human? Wrap it up with "Remains of Innocence" by J.A. Jance, a suspenseful novel about a dying woman and her money, a dead man and a scandal, and the sheriff who must solve both terrible cases.

The thriller fan on your list will love "Mercy 6" by David Bajo, a novel about a mystery disease that's killing people in a California hospital – or is it? Are the patients dying of illness or something else? Grab this one, and toss "Bones Never Lie" by Kathy Reichs, in the bag, too. It's a novel of suspense featuring forensic anthropologist Temperance Brennan.

General Non-Fiction

There is absolutely no trivia fan in the world who could be without "1,339 Quite Interesting Facts to Make Your Jaw

Drop" by John Lloyd, John Mitchinson, and James Harkin. This totally fun book is filled with I-didn't-know-that facts that practically beg to be read aloud. It's the kind of book you want to take on the ride to Grandma's this holiday, so you can share it on the road.

If there's someone on your gift list who likes to poke the bear and stir up trouble, then "Villains, Scoundrels, and Rogues" by Paul Martin may be the right thing to wrap. This book is filled with short chapters on all kinds of real-life troublemakers and shady citizens. How fun is that? Wrap it up with "Madam Belle: Sex, Money, and Influence in a Southern Brothel" by MaryJean Wall, for an even more rascally gift.

Your card sharp will find Lady Luck smiling when he (or she!) opens "Blood Aces: The Wild Ride of Benny Binion, The Texas Gangster Who Created Vegas Poker" by Doug J. Swanson. This is a book to prove that what happens in Vegas doesn't necessarily stay in Vegas – and that's a good thing.

The gardener on your list is going to go wild for "A Garden of Marvels" by Ruth Kassinger. This is a book about the secret lives of plants: what they eat, how they mate, and how they grow. Wrap it up with a trowel and a few packages of seeds, for a nice promise-of-spring gift.

For the musician or lover of classical

music, “The Late Starters Orchestra” by Ari L. Goldman will be a nice surprise this holiday. It’s the story of a group of amateur musicians of all ages who get together once a week to do something that makes their hearts soar – and it’ll put a song in the heart of your giftee.

For the True Crime aficionado, “Death Dealer: How Cops and Cadaver Dogs Brought a killer to Justice” by Kate Clark Flora might be the most thrilling gift she opens this year. It’s the story of a missing woman, murder, and the cooperation between law enforcement departments in two countries.

For the spiritual person on your gift list, “The Grateful Table” by Brenda Knight, foreword by Nina Lesowitz will be an excellent book to wrap up. It’s filled with prayers, graces and thoughts meant for mealtime, but not only. Your giftee will be more than welcome to use it anytime... maybe even right after it’s opened! Pair it up with “Having the Time of Your Life: Little Lessons to Live By” by Allen Klein, a book of quotations to further enhance joy.

History

The Royal Watcher on your list might like watching back a few hundred years with “How to Ruin a Queen” by Jonathan Beckman. This book is about Marie Antoinette, Louis XVI, their lives and times – but it also focuses on a true crime mystery of missing diamonds. Yep, this book might work for your favorite mystery maven, too. Wrap it up with “The Romanov Sisters” by Helen Rappaport, a book about Russian Tzar Nicholas’ four daughters and the horrifying end of their young lives.

World War II buffs probably have shelves and shelves of books about the War, but here’s an unusual book that might work as a gift this year: “The Dog Who Could Fly” by Damien Lewis, It’s the tale of a two-legged airman and his four-legged co-pilot, a small German shepherd that accompanied his human on many flights and even saved his life. Pair it with “War Dogs” by Rebecca Frankel, a book filled with tales of four-legged heroes and their fellow (human) soldiers.

For the veteran in your life – or for the historian who studies the Vietnam War, look for “Defiant” by Alvin Townley. It’s the story of eleven POWs held in Hanoi during the war, how they survived, and what happened to them (and their families) in the years since their release.

(continued on page 16)



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Gift Guide for Book Lovers *(continued from page 15)*

Historians who also love a little geography in their books will love “Empire’s Crossroads: A History of the Caribbean from Columbus to the Present Day” by Carrie Gibson. It’s a sweeping brick-of-a-book that encompasses the whole area, the countries that have laid claim to it over the years, and the people who live there now.

Biographies and Memoirs

Surely, there’s an adrenaline junkie on your list who will relish the chance to read “Alone in Antarctica” by Felicity Aston! This memoir from the first woman to ski across the globe’s southern-most continent all by herself is filled with danger, adventure, and everything armchair daredevils want. Pair it up with “A World of Her Own” by Michael Elsohn Ross, which is absolutely filled with adventure through profiles of 24 women explorers from years ago and today.

If there’s a storyteller on your gift list this year, then “Shake Terribly the Earth” by Sara Beth Childers might be the best thing you can give. It’s a book filled with tales of the Appalachian Mountains and its people: growing up, knowing your kin, and holding friend-of-a-friend tales up for examination.

Stefani Germanotta. If that name means something to someone on your gift list, then you’ll get a lot of smiles when you give “Lady Gaga: Born to Be Free,” an unauthorized biography by Jake Brown. This book takes a good look at the Lady herself, her fans, her career, and yes, there are pictures inside... Wrap it up with

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“Benson: The Autobiography” by George Benson (with Alan Goldsher). Yep, it’s about (and by) the musician himself – his life, his friends, and his tunes. You might also want to look for “The Beat of My Own Drum” by Sheila E., which is the story of her life on and offstage, and how she overcame abuse she endured as a child.

For the person who loves compelling memoirs, “The Answer to the Riddle is Me: A Memoir of Amnesia” by David Stuart MacLean could be the best gift ever. It’s the story of a man who lost nearly every memory he had and his journey, not only back home to America, but to the life that almost disappeared forever. Wrap it up with “A Long Way Home” by Saroo Brierley, the story of a child who got lost on a train, the man he became, and his return home – twenty-five years later, all because of a small memory and a website.

The romantic soul on your list will LOVE “Romance is My Day Job” by Patience Bloom. Bloom is an editor at romance-novel giant Harlequin, but she’d never found love herself. She’d given up on it, in fact, until a tiny little chance encounter changed everything. Happy ending? I’m not saying, but it’s a romance, after all, you know...

The art lover on your list will smile enigmatically when opening “Mona Lisa: A Life Discovered” by Dianne Hales. It’s the story of da Vinci’s most famous model, her life, and what life was like when she sat for her portrait.

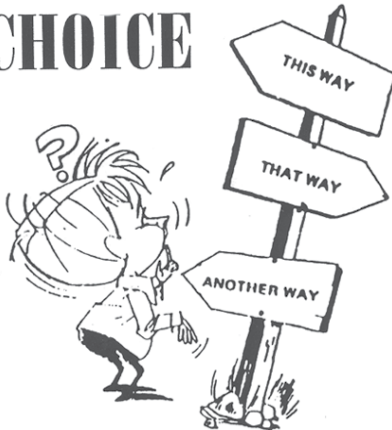
And there you are! A whole lot of ideas for that hard-to-buy-for person on your gift list. Best of all, if these ideas don’t fill the bill, then you can always give a gift certificate, so what are you waiting for?

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Honoring the Emotional Needs of Those Facing the Holidays After the Passing of a Loved One

by Eddie P. Millhollon, LPC

Facing the holidays when someone who has been such an important part of past holidays is gone is perhaps one of the greatest challenges loved ones who remain will ever endure. So many family rituals that surround the holidays can't help but awaken past memories shared with the missing loved one.

In preparing this article, I asked my sister, who lost her daughter Aimee in a tragic accident over thirteen years ago, how this painful loss changed how she has faced holidays in subsequent years. She said she felt she could not be at home that first Christmas and spent it away at our brother's home in Arizona. At that time, she said the pain was so great she couldn't imagine how she would face future holidays. To this day, she hasn't been able to continue many of the rituals she did when Aimee was alive. However, she said she has established new traditions and stays busy focusing on others, making her remaining family feel special. All this, she says, helps to keep her mind off the pain that still lingers during the holidays. Thankfully, she has found that time is a great healer.

How we make it through the holidays after losing a loved one is going to be different for everyone, but I think there are important things to be learned from my sister's experience.

First, it is important that the emotional needs of those grieving a loss be honored. Friends and family may think they know what is best for those experiencing grief at this time, but remember that people grieve in different ways and, as a result, have different emotional needs during this process. Listen to the expression of those

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needs and do what you can to help meet them. If they feel they would rather spend some time alone, honor that. If they feel they need to get away this holiday season, offer to go with them or help them plan the trip. All the while, of course, make sure they are taking care of themselves physically and mentally. Sometimes professional help may be needed from a physician or mental health professional.

It is unrealistic to expect that, after what may be considered a sufficient period of time, everything will eventually return to normal. In reality, the world will never be the same with the absence of a loved one. That doesn't mean that future holidays will always be sad; they won't. They will, however, be different. There may be a desire to discontinue old holiday traditions for a while because they seem inseparably linked to the memory of one who is gone. Remember, adjustments in established traditions may be a necessary part of adapting to a loss. These changes may be temporary or they may be long-lasting, as they have been with my sister.

Lastly, I would like to remind readers that there is a purpose to grief. It is a healing process. It may seem like things will never get better, but in time they will. Those experiencing grief during the holidays likely feel like they are a stranger in a strange land. What helps most during these times is a gentle, understanding, assuring, and guiding presence to help them navigate through unfamiliar territory.

Eddie P. Millhollon, LPC is the Director of Clinical Services for The Center for Families, a non-profit agency that provides counseling on a sliding fee scale to anyone seeking assistance.



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Don't Be Surprised by Retiree Healthcare Costs

By Jason Alderman

Retirement isn't cheap. Even though you're no longer drawing a paycheck, you still must pay for housing, food, utilities, transportation and healthcare, to name just a few expenses. As prices continue to escalate, it's not surprising that the ages at which people expect to retire – and when they actually do – have crept up in recent years.

Speaking of healthcare costs, here's a number that'll stop you in your tracks: According to an annual Fidelity Investments study of retirement costs, the average couple retiring in 2014 at age 65 is expected to need \$220,000 (in today's dollars) to cover their medical expenses in retirement. Those planning to retire at 62 can expect another \$17,000 in additional annual expenses.

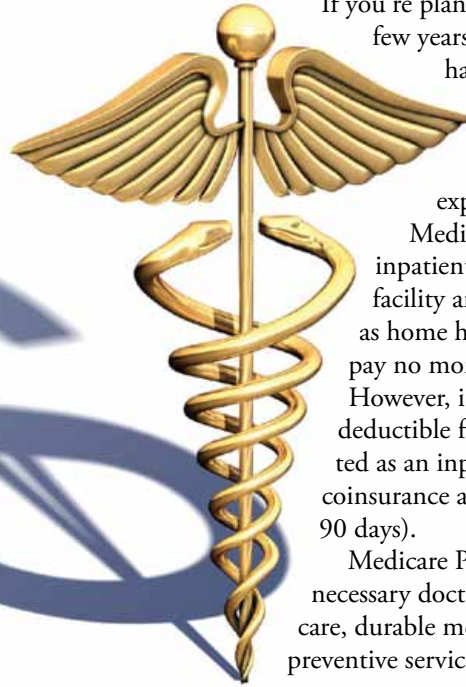
Fidelity's estimate includes Medicare premiums, deductibles, copayments and other out-of-pocket costs, but notably does not include most dental or vision services, over-the-counter medications or, most importantly, long-term care.

When Fidelity polled pre-retirees aged 55 to 64, 48 percent believed they'd only need \$50,000 to cover their healthcare costs in retirement. That's quite a reality gap.

If you're planning to retire in the next few years and are concerned you haven't saved enough money to cover your healthcare expenses, here's a sampling of what you can expect to pay:

Medicare Part A helps cover inpatient hospital, skilled nursing facility and hospice services, as well as home health care. Most people pay no monthly premium for Part A. However, in 2014 there's a \$1,216 deductible for each time you're admitted as an inpatient, plus a \$306 daily coinsurance after 60 days (\$608/day after 90 days).

Medicare Part B pays toward medically necessary doctor's services, outpatient care, durable medical equipment and many preventive services. It's optional and has a



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Medicare Part C (Advantage) plans are offered by private insurers as alternatives to Parts A and B. They're usually structured like HMO or PPO plans. Most cover prescription drugs (so Part D is unnecessary) and some also provide dental and vision coverage. You must use the plan's doctor, hospital and pharmacy provider networks, which are more restrictive than under Parts A and B.

Advantage plan costs vary considerably, based on factors such as annual out-of-pocket maximums, monthly premiums, copayments and covered medications. Some Advantage plans cost no more than Part B, while others have a higher premium (to account for drug and other additional coverage).

Medicare Part D helps cover the cost of prescription drugs. It's optional and carries a monthly premium. These privately run plans vary widely in terms of cost, copayments and deductibles and medications covered. The 2014 national average monthly premium is about \$32, although plans can cost up to \$175 a month. Plus, higher-income people pay an additional surcharge. You may not find a plan that covers all your medications, but aim for one that at least covers the most expensive drugs.

Use the Medicare Plan Finder at www.medicare.gov to compare Part D and Advantage plans in your area. To learn more about how Medicare works and what it does and doesn't cover, read "Medicare & You 2014" at the same website.

Bottom line: Even though Medicare does pay a significant portion of retiree medical care, make sure that when you're budgeting for retirement you take into account the many out-of-pocket expenses you're likely to encounter.

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



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How Spices Work Like Medicine

by Suzy Cohen, R. Ph.

I'm one of those cooks that combines whatever I find in the fridge or pantry without a plan. I'll throw spices and foods together like a mad scientist, kind of how I did in Organic Chemistry in 1987 (hoping I wouldn't blow up the lab). Recently, I went to my first cooking class, "Secrets of Indian Cuisine" at Sur La Table.

Focusing was difficult since I was distracted by the incredible aroma of the garlic, onion and seasonings which were simmering in the pot. Our chef taught us how to create the most amazing Chicken Tikka Masala I've ever tasted! In between bites and moans, I asked why his tasted so much better than the restaurant version. He said, "The secret is the spice you use." He did not use the powdered spices you get from a regular grocery store. His were fresh and he turned both the cumin and coriander seeds into powder using a little electric coffee grinder.

Our eyes widened as he passed around his freshly ground spice with the same store-bought version. The color was completely different. One whiff and his point was made! I decided it's worth the extra 5 minutes to use spices his way. Indian spices are some



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Garam masala - This is not one spice, it's a blend which differs regionally. It usually contains cinnamon, nutmeg, cloves, peppercorns, turmeric and mace (not the kind of mace you spray in a mugger's face, this "mace" is a waxy red coating off a nutmeg seed.) Garam masala can help you with digestion and respiratory conditions.

Curry - This contains a blend of spices, including turmeric known for its anti-cancer benefits and ability to reduce inflammation. Curry blends may cause diarrhea in sensitive people. In case you have ever experienced an Indian food reaction, curry is the 'laxative.'

Coriander - It's from the seeds of the cilantro plant but it tastes nothing like cilantro. Lightly toast them to extract more flavor. This spice reduces insulin and blood sugar and one study suggests it binds heavy metals such as lead.

Green cardamom seed - During cooking class, I gently popped open the seeds in a mortar and pestle by tapping them, and then simmered both the seeds and outer shells in oil. Cardamom is rich in minerals, especially potassium so it's medicinal action on the body is to reduce blood pressure and control blood clot formation. Chewing the seeds helps with bad breath.

Cumin seed - This is rich in iron in case you have anemia. Cumin is the seed of a small parsley plant. It helps you secrete bile acids and pancreatic enzymes and that helps you break down your food. It also has anti-diabetic actions like the sulfonyleurea medicines.

At my website suzycohen.com, there's a longer version of this article, as well as the mouth-watering recipe.

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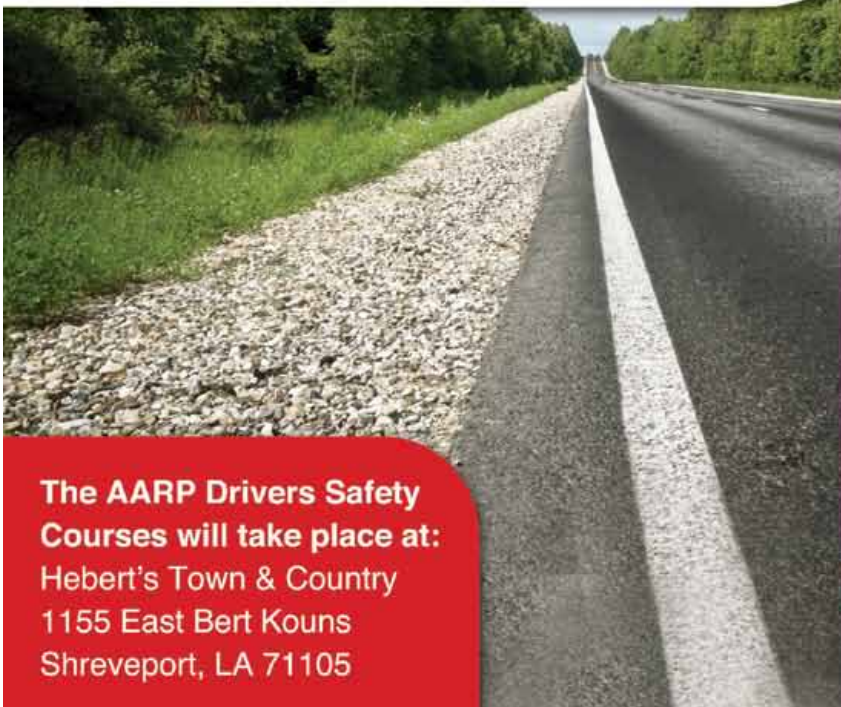
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Time Isn't Always on Your Side

by Lee Aronson

Aunt Bee (not her real name) finally had enough of small town living, so she moved to New York City, swearing that she would never come back to Mayberry ever again. Which made it kind of difficult for her to sell her home, so she asked her good friend Barney (again, not his real name) to take care of it for her. In order to give Barney the legal authority to sign all of the paperwork that comes along with selling a home, Aunt Bee signed a legal document called a power of attorney. The power of attorney she signed specifically gave Barney the authority to sell Aunt Bee's house, which is exactly what he did. It didn't sell for as much as Aunt Bee wanted, but she got her money and was glad to get on with her new urban lifestyle.

Seven years later, Aunt Bee's nephew, Opie, who had moved to Milwaukee and hadn't kept in close contact with his aunt, found out about the sale of

her home. And he was furious. He knew how much his aunt loved that home and how she had always said that she would never let it leave the family. Opie thought that Aunt Bee must have been out of her mind when she sold the home, so he started to do some investigating.

When Opie found out that Aunt Bee had asked Barney to help with the sale of her home, he knew something must have been wrong. Aunt Bee had always said that Barney was a good man, but someone would have to be crazy to trust him with anything related to business. Then Opie learned that his aunt had been diagnosed with dementia. He wasn't sure when the

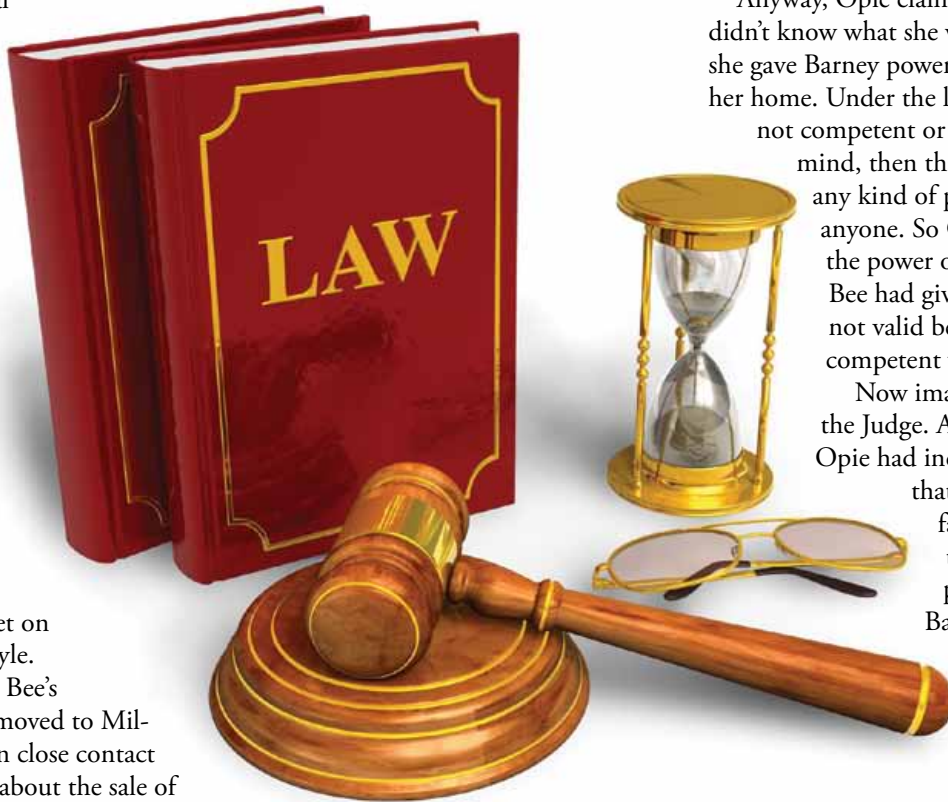
diagnosis was made, but it looked like it was probably three (3) years before the home was sold.

Opie then went back to Mayberry and talked to some of the people who knew Aunt Bee. They all said that Bee had been acting very oddly before she moved to New York. One of her neighbors told Opie that right before Bee moved, she couldn't remember where she lived and the police had to bring her home. Then, while Opie was on his way to New York City, Aunt Bee died.

Opie decided that he would try to honor his aunt's wishes by filing a lawsuit to try to get the house back. We all "grieve" in different ways.

Anyway, Opie claimed that Aunt Bee didn't know what she was doing when she gave Barney power of attorney to sell her home. Under the law, if a person is not competent or not in their right mind, then that person can't give

any kind of power of attorney to anyone. So Opie claimed that the power of attorney Aunt Bee had given to Barney was not valid because she was not competent when she signed it. Now imagine that you are the Judge. And imagine that Opie had indisputable proof that Aunt Bee was in fact mentally ill on the day she gave power of attorney to Barney and that there was a bus load full of doctors who were willing to testify that there was no way for it



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to be medically possible for Aunt Bee to have understood what she was signing. What would you do?

As hard as it is to believe, you would have to throw the case out. Here's why. Louisiana has a time limit for filing lawsuits. Different kinds of lawsuits have different time limits. Suits involving invalid powers of attorney have a five year time limit. In Opie's case, that time limit started on the day that the papers that Barney signed to sell the house were filed at the courthouse. Because the home sold on June 29, 1998 and the papers were filed at the courthouse the very next day on June 30, 1998, Opie had until June 30, 2003 to file suit. But because he didn't file his suit until December 2010, he missed the deadline. That means that no matter how strong his case, the Judge was left with no choice but to throw it out.

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



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Dealing with a Loss

by Judge Jeff Cox

By the time most of you read this column, my father will have been gone for a year. It's hard to believe that a year has already passed. This will be our first Thanksgiving without him and our second Christmas. As time goes by, the memories only get sweeter and the tears get less, but everything he taught me remains strong within me. I still strive to do everything I can to make him and my mom proud, just like he was here and I still remember the things he taught me along the way that help me handle different situations today. Although my family and I miss my dad, I thought of all the people in our community who have lost loved ones this year and the loss they will feel this Holiday Season.

We all see death on a daily basis. We see physical death where we lose a loved one and cannot talk to them again. We also see the living death, such as in divorce or losing a close friend. Sometimes the living death is hardest because the person is alive, but for some reason the bond of friendship is broken and that person does not want to communicate with or talk to the other person. I see this in divorce court on a daily basis. There is a loss which takes place in both instances. The loss can be very difficult to handle, but we all usually come out on the other side stronger.

Most professional counselors describe grief from a loss as a several step process. First, the grieving person may be depressed and withdraw




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from society. The person may be moody and emotional. Second, the person may feel lost and feel their whole world has collapsed around them. Third, the person may become angry and ask why this had to happen. Fourth, the person starts to accept the loss. And finally, the person begins to move on with life. This process can take several months, or even years, to go through depending on the person and the circumstances. It is not an overnight process and it does take time to get over the grief.

Many people do not know what to do when a person loses a loved one to death. Many people go to the funeral home and do not know what to say. Sometimes there is nothing that you can say depending on the circumstances. Sometimes saying nothing is better than saying something wrong. Your presence means more than any words you can say. The grieving family members need your company and will need someone to talk to after everyone has left and the funeral is completed. Grieving persons need a shoulder to lean on, a heart to comfort them, and plenty of hugs to get them the loss of someone.

If the grieving process starts because of a divorce, that person also needs friends. Typically where a divorce is involved, friends usually stay away due to the fact that they don't want to get involved, don't know what to say, or don't want to be in the middle of the legal process. The people involved in the divorce feel all alone and feel like they have lost their best friend. Grief can sometimes be even harder in this situation as the other person is still alive and could be contacted.

Regardless of the reason for loss, grief is a process. Each person grieves in their own way. If you know someone dealing with the loss of someone, be a friend. Listen and be there for them as it might be your turn next. This Holiday Season, try to especially remember those friends and family members who have lost someone and reach out to them. If you are dealing with a loss, know the time will come when the sun will shine bright again and life will make sense.

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





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Fireworks mark the coming of the New Year during Niagara's New Year's Eve bash. (Photo Courtesy of Winter Festival of Lights)

NIAGARA FALLS Bash — Canada's Grand Year's Eve Party

Story by Andrea Gross

I'm half-submerged in a luxurious whirlpool tub, sipping from a glass of sweet ice wine and looking out the window at the cascading waters of Horseshoe Falls, the largest of the three falls that make up Niagara Falls.

Over there, in the distance, is the United States. Here, at the Radisson Hotel, is Canada. Divided in part by the Niagara River, the two countries share the Falls, with Horseshoe on the Canadian side, American and Bridal Veil Falls technically in the United States although better viewed from Canada.

They're not the tallest falls in the world, but they're among the most powerful, and tonight, illuminated in festive colors, they're surely the most beautiful.

Waterfalls, wine and a whirlpool tub — could there be a more glorious way to spend New Year's Eve? I think not, but a party is waiting outside — not just any party, but one of the grandest in Canada and the only one that's televised from coast-to-coast. In short, "It's Canada's answer to Times Square," says Niagara Falls Mayor Jim Diodati.

My husband and I don our parkas — December weather in Niagara typically ranges from the low 20s to the mid 30s — and set out for Queen Victoria Park. It's not far from the hotel, and as we walk along the path bordering the Falls, we're surrounded by trees sparkling with more than a million lights and over 100 illuminated displays representing everything from Noah's ark and an Inuit kayak to humungous Canadian and United States flags.

By the time we arrive at the park, music is blaring from the stage and the place is packed with revelers. Off to the side the Skylon Tower rises 775 feet above the Falls. The circular top, which resembles a space station, is aglow with lights, and the exterior glass-enclosed elevator, called the "Yellow Bug," streaks up and down, ferrying visitors to and from the revolving dining room and observation deck at the top.

The countdown begins shortly before midnight. Eight, seven, six.... One! The Yellow Bug zooms to the top, fireworks explode from the tower, and the crowd



A three-story tall illuminated flag of Canada welcomes folks from the United States, who make up half of the 11 million travelers that visit Niagara each year. (Photo Courtesy of Winter Festival of Lights)

roars. Then, led by the performers on stage, everyone begins singing Auld Lang Syne.

It's almost 1 a.m. when we head back to the Radisson, and we have to run to catch the Falls Incline Railway before it closes. This saves us the uphill hike from the street level park to the Fallsview Tourist Area, where the hotels, casino, eateries and shops are located.

We arrive in our room chilled but thrilled, ready to start the new year.

The next day we explore more of Niagara's winter offerings. After walking further along the three-mile illumination route, we warm up amongst the poinsettias and Christmas cactus at the Floral Showhouse and then make our way to Journey Behind the Falls, an attraction that helps us truly appreciate the size and splendor of Niagara.

Dressed in waterproof ponchos (distributed free at the entrance), we slosh through tunnels to emerge 13 stories

below ground level at the point where Horseshoe Falls crashes into the Lower Niagara River. We're showered with mist as the equivalent of more than one million bathtubs full of water rush over the Falls every hour, traveling at a speed of 25 mph. (During the winter, the lower observation deck is closed, but there's drama and moisture aplenty on the upper deck.)



Niagara Falls consists of three separate waterfalls. From left to right: American Falls, Bridal Veil Falls, Horseshoe Falls. (Photo by Irv Green)

Although it's possible to see all three falls from the ground-level walkway, we take a helicopter ride in order to better understand the area's geography. From up high we can see how the Niagara River, which begins in Lake Erie and flows north into Lake Ontario, divides as it circles around Goat Island. The southern side plummets over a cliff to form Horseshoe Falls, while the northern side leads to American and Bridal Veil Falls. These two smaller falls are, in turn, separated from each other by the much smaller landmass of Luna Island.

Finally, since the Niagara Peninsula is one of the top ice wine producing regions in the world, we visit Inniskillin Estate Winery, an award-winning producer of the luxury wine. We see the vineyards, where harvesting of the frozen grapes has just begun; watch a video of the production process; and sample three different types of ice wine: Riesling, Cabernet Franc and Sparkling.

We can't agree on which one we like best, so we splurge on mini-bottles of each. If we can't make it back to Niagara next year, at least we'll be able to celebrate at home — but it won't be the same without the whirlpool tub and the magnificent view of the Falls.

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Horseshoe Falls is wider than seven football fields, and as the water drops the distance of a 13-story building, it creates an explosion of mist. (Photo by Irv Green)

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AND THE OSCAR WENT TO.... MAUREEN O'HARA

by Nick Thomas

Food, family, and fun are usually part of Christmas Day celebrations for many families. The festivity may also include watching old Christmas movies, with the 1947 version of "Miracle on 34th Street" being a traditional favorite.

In addition to its Christmas message, the film is remembered for its cast including Edmund Gwenn who won the Oscar for his role as Kris Kringle, adorable 9-year-old Natalie Wood as Susan, and feisty Maureen O'Hara who played her mother.

Although she starred in other Hollywood classics such as "The Hunchback of Notre Dame" (1939), "How Green Was My Valley" (1941), and the original "The Parent Trap" (1961), O'Hara was never even nominated for a competitive Oscar.

Last month, the Academy of Motion Picture Arts and Sciences finally recognized Ms. O'Hara's lifetime achievement in film when the 94-year-old Irish actress was presented with an Honorary Oscar during the 6th Annual Governors Awards.

"It was very exciting news and I'm so proud to be recognized by my peers," said O'Hara, from Boise, Idaho, where she has lived with family since 2012.




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O'Hara remains one of the most beloved classic film actresses, often playing the lively companion to John Wayne in films such as "McLintock!" (1963), and John Ford's "Rio Grande" (1950) and "The Quiet Man" (1952).

But her first big role came in "Jamaica Inn," a 1939 film costarring Charles Laughton and directed by Alfred Hitchcock, his last film before leaving the UK for Hollywood. Though critics slammed it, audiences flocked to theaters.

"It was a tremendous success in Canada, England and the US," noted O'Hara. "Hitchcock was fabulous to work with. But he couldn't help it. He had the gift of genius from the heavens and gave the world wonderful stories and movies."

Nor is it difficult to see why Laughton, who "discovered" O'Hara in a screen test, insisted on casting her in the film. She was the epitome of classic Hollywood beauty, yet not the typical helpless heroine or scream queen.



Maureen O'Hara and Edmund Gwenn in Miracle on 34th Street

In fact, her role as a determined and fearless leading lady in "Jamaica Inn" set the stage for the strong female characters she would play throughout her career.

"It would have been hard for me to be anything else because I am close in character to the women I played," said O'Hara. "While I love being sentimental, I am a hardheaded woman, too!"

Which probably explains why O'Hara was determined to perform many of her own stunts throughout her career. After being rescued from the gallows by Charles Laughton in "The Hunchback of Notre Dame," his stunt double lifts her high over his head atop the church tower.

"It scared the hell out of me," she recalled. "With no protective netting and I would have been killed if I'd fallen. But I'm pretty tough, and probably would have cracked the cement! It was rather silly risking permanent injury or death for the sake of a movie, but there was a thrill in it."

On November 8, however, Maureen O'Hara received one of her greatest thrills at the Los Angeles Hollywood & Highland Center when she collected her Oscar, in what was a sentimental journey for all fans of the Golden Age of Hollywood.

"Thank you...thank you," she replied, when I concluded our conversation by congratulating her on the Oscar.

Thank YOU, Ms. O'Hara. See you on Christmas Day!

Nick Thomas teaches at Auburn University at Montgomery, AL and has written features, columns, and interviews for over 450 magazines and newspapers.

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Turkey Croissant

- 1 pound (approximately 3 cups) of leftover turkey, cut into ½-inch cubes**
- 1 cup toasted pine nuts**
- 1 cup diced celery**
- 6 tablespoons chopped fresh chives**

- 6 tablespoons diced red bell pepper**
- 1 cup low-fat mayonnaise**
- 2 tablespoons lemon juice**
- 12 croissants**



Combine turkey, pine nuts, celery, chives and red pepper in medium bowl. Stir in mayonnaise and lemon juice. Split croissants and place generous helping of turkey salad on bottom half of each, top with remaining half and serve.

To toast pine nuts: Place nuts in dry skillet in single layer and toast over low heat for about 5 minutes, stirring as needed to prevent burning. Because pine nuts can burn easily, it is a good idea to watch until they are golden and fragrant, which means they are toasted.

Holiday Minis

- 1 pound (or 3 cups) chopped turkey (dark and white meat)**
- 1 package (14 ounces) cornbread stuffing mix**
- 1 jar (16 ounces) turkey gravy**
- 1 can (6 ounces) cranberry sauce with whole cranberries**

Preheat oven to 350°F. Spray mini muffin pans (as many as needed to make 48 bites) with nonstick cooking spray.

Chop freshly cooked or leftover turkey into ¼-inch pieces.

In large bowl, prepare stuffing mix as directed on package. Add turkey to stuffing mixture. Stir in 1 cup turkey gravy. Mixture should hold together when spooned into a ball. If mixture is too dry, add more gravy by tablespoons until correct consistency is achieved.

Spoon stuffing mixture into muffin pan, filling each cavity full, then pressing mixture down to level top of each bite.

Bake for 15–20 minutes or until tops are golden brown. Remove from pan and garnish each bite with cranberry sauce. Additional gravy may be heated and served on side as dipping sauce.

Cozy Turkey Soup

- 1 white onion, minced (reserve 2 tablespoons)
- 3 Tbs. extra virgin olive oil
- 1½ pounds (approximately 3 cups) of leftover turkey, chopped
- 1/8 teaspoon salt
- 1/8 teaspoon coarse ground pepper
- ½ cup diced celery
- 1 cup diced carrot
- 1 clove garlic, minced
- 5 yellow peppers, seeded and diced
- 2 medium potatoes, peeled and diced
- 1 can (15 ounces) chicken stock
- 1 tablespoon salt
- Bread bowls (optional)
- 2 tablespoons grated Parmesan cheese

In skillet, saute onion in 2 tablespoons olive oil for 2–3 minutes. Add cooked turkey and 1/8 teaspoon salt and pepper to desired flavor. Set aside.

Heat 1 tablespoon oil in large pot on low. Saute celery, carrot, garlic and reserved 2 tablespoons onion for approximately 10 minutes, or until vegetables are soft. Add yellow peppers, potatoes, stock and 1 tablespoon salt. Simmer for 15–20 minutes, until potatoes are tender.

Cool for 10 minutes, then transfer back to pot.

Add turkey and onion mixture to soup.

Ladle soup into bowls and garnish with grated Parmesan cheese.

Turkey, Spinach and Swiss Quiche

- Non-stick cooking spray
- ½ white onion, diced
- ½ red bell pepper, diced
- 2 cloves garlic, minced
- 1½ pounds (approximately 3 cups) of leftover whole turkey, cut into bite-size pieces
- 1 package (10 oz.) frozen spinach, thawed and well-drained
- 3 eggs
- ½ cup low-fat milk
- ½ teaspoon salt
- ¼ teaspoon coarse ground black pepper
- 1 cup grated Swiss cheese
- 1 (9-inch) pie crust, unbaked

Preheat oven to 350°F.

Spray large nonstick skillet with cooking spray and place over medium heat. Saute onion, pepper and garlic over medium heat until tender, about 3 minutes. Add turkey and thawed spinach (squeeze out moisture) and saute 1 minute or until all ingredients are heated through. Remove from heat.

In mixing bowl, beat together eggs, milk, salt and pepper. Sprinkle cheese into bottom of pie shell. Layer turkey, vegetable and spinach mixture on top of cheese. Pour egg mixture over top.

Bake approximately 50 minutes, or until center is set.



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Christmas at Cypress - Sunday Dec. 7 at 8:15 a.m. and 10:45 p.m. Music by the Sanctuary Choir & full symphony orchestra. Holiday Pops Concert featuring the Shreveport Symphony on Sunday 21 at 6 p.m. in the sanctuary. Cypress Baptist Church, 4701 Palmetto Road, Benton, LA. For more info, call 318-965-2296.

Darlene Love Christmas Show - Friday, December 5 at 8:00 p.m. at The Strand Theatre, 619 Louisiana Ave., Shreveport. Darlene Love is an American popular music singer who gained prominence in the 1960s for the song "He's a Rebel", and was one of the Phil Spector artists who produced a celebrated Christmas album in 1963. \$49.50, \$42.50, \$32.50. (318) 226-8555. www.thestrandtheatre.com.

Holiday Pops Stars on the Stage - Shreveport Symphony. Saturday, December 20 at 7:30 p.m. @ RiverView Theatre in downtown Shreveport. Featuring: Guest Artist & Broadway Stars Gary Mauer and Elizabeth Southard. Tickets: \$17 - \$58. Call 318-227-TUNE (8863). www.shreveportsymphony.com

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• Dec 13 - 8:30 a.m. – 12:30 p.m.
Hebert's Town and Country, 1155 E. Bert Kouns Ind. Loop, Shreveport. Hosts: Hebert's and The Best of Times. Contact: 318-221-9000; Instructor: Ray Branton.

• Dec 16 - 12:00 Noon – 4:00 p.m.
(Open to those with access to Barksdale Air Force Base). Barksdale AFB Fox Run Golf Course Clubhouse Meeting Room. Host: Retiree Activities Office Phone 318 – 456 – 4480; Instructor: Dave Jampole.

EVENTS

Christmas in the Sky - Saturday December 13. 7 p.m. - 3 a.m. at Harrah's Louisiana Downs. Benefiting Shreveport Regional Arts Council. Auctions, cocktail buffets, open bars, entertainment, dancing. For tickets, call 318-673-6500. Visit www.shrevearts.org.

Christmas Tour of Homes - Showcasing South Bossier and presented by Quota International of Bossier City. 1:00 - 5:00 PM, on Sunday, December 7. The homes range from traditional plantations homes to a mansion in a meadow. Plus someone will win a fabulous Christmas Basket. For tickets see any Quotarian or call 318-868-7961 or 318-746-0383.

New Year's Eve Party - American Legion Club, 5315 South Lakeshore Drive,

Shreveport. Ballroom door opens at 8 pm. Mainstreet Band will be playing from 8:30 pm to 12:30 am. \$10 admission. Bring your own appetizer. Cash bar provided with reasonable prices. Come by the office M-F from 8 am -4 pm to purchase ticket. For info call 318-635-8186.

MOVIES

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

RANDALL T. MOORE SENIOR CENTER

Senior Center Fun - Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Caddo Council on Aging. Every Thursday and Friday. Coffee and cookies at 9:30 a.m. Program/speaker every Thursday at 10 a.m. Fridays Senior Tech Talk at 10 a.m., 1on1 Tech at 11 a.m. **FREE**.

- Thursday December 4 - "Senior Stars" by Richard Folmer
- Friday December 5 - Tech Talk for Seniors Social Media Basics including: Facebook, Twitter and more
- Thursday December 11 - "Super Seniors" by Mary Caldwell
- Friday December 12 - Tech Talk for Seniors Social Media Basics including: Facebook, Twitter and more
- Thursday December 18 - "COPD" by Shondale Coleman
- Friday December 19 - Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tech tips
- Thursday December 25 - Closed
- Friday December 26

THEATRE

A Christmas Carol - Saturday, December 6 at 8 p.m. at The Strand Theatre, 619 Louisiana Ave., Shreveport. A powerful story of redemption, Charles Dickens' A Christmas Carol has enchanted audiences the world over with its simple message of selfless giving. Ebenezer Scrooge, a most unrepentant, miserly fellow, is made to see the light as he survives a merciless battery of revelations by the ghosts of his own Christmases: Past, Present, and Future. \$55.50, \$45.50, \$29.50. (318) 226-8555. www.thestrandtheatre.com



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30th
Anniversary!



Restless Heart

Saturday, August 16, 2014

**Black Jacket Symphony Presents
Fleetwood Mac's Rumours**

Saturday, September 13, 2014

The Oak Ridge Boys

Friday, September 19, 2014

Smokey Joe's Café —Featuring The Coasters

Friday, October 10, 2014

1964 — The Tribute (Beatles)

Saturday, November 15, 2014

Darlene Love Christmas Show

Friday, December 5, 2014

Charles Dickens' A Christmas Carol

Saturday, December 6, 2014

Guys and Dolls

Thursday, February 5, 2015

Seven Brides for Seven Brothers

Friday, March 13, 2015

Million Dollar Quartet

Thursday, April 23, 2015

Broadway by Jeri (Jeri Sager)

Saturday, May 16, 2015

Mamma Mia!

Thursday, June 18, 2015

THE STRAND THEATRE
(318) 226-8555

www.thestrandtheatre.com

King Crossword

Puzzle answers on
page 40

ACROSS

- 1 1960s hallucinogen
4 Traffic noise
8 — out (supplemented)
12 Have bills
13 Winglike
14 Not yet final, in law
15 Energy
16 Get up
17 Criterion
18 Charlie Sheen's brother
21 No longer chic
22 Round Table address
23 Church song
26 Corral
27 Taxi
30 Bay
31 Marry
32 Mentor
33 Coloring agent
34 Tina's "30 Rock" role
35 Got along
36 Shriner's chapeau
37 Cleo's slayer
38 Miami Sound Machine lead
45 Amusement park attraction
46 Puerto —

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

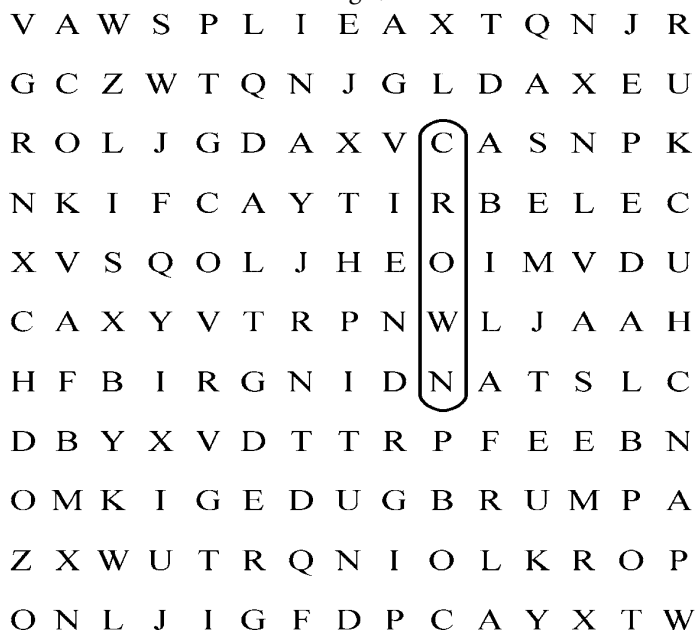
- 47 Swelled head
48 Works with
49 Let fall
50 Before
51 Wild party
52 Collections
53 Bando of baseball
6 Relaxation
7 Ironed
8 Sign up
9 Chicken —
10 Being, to Brutus
11 Airhead
19 Enjoy the hammock
20 Can material
23 Third degree?
24 Sauce source
25 Idolater's emotion
26 Dispensable candy
27 Mongrel
28 Exist
29 Bloom-to-be
31 Hogwarts
alumni
32 Stare stupidly
34 Mainlander's memento
35 Camera settings
36 Newly baked
37 Foppish neckwear
38 Food
39 Bart's sister
40 Works of tribute
41 Green acres
42 Lawyers' income
43 Taj Mahal city
44 Yule refrain

DOWN

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MAGIC MAZE ● — ROAST

For Aunt Angel, with love!



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

- | | | | |
|-----------|------|-----------|--------------|
| Beef | Dry | Pig | Standing rib |
| Celebrity | Lamb | Pork loin | Top blade |
| Chuck | Nut | Pot | Wiener |
| Crown | Pan | Rump | |

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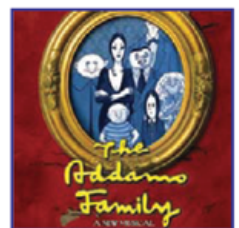
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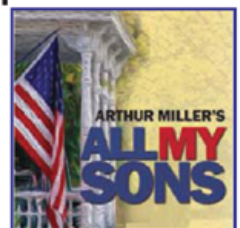
September 18-28, 2014



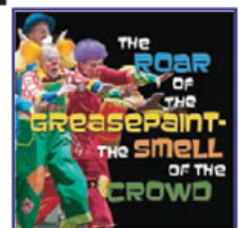
November 6-16, 2014



January 8 -18, 2015



Feb 26 - March 8, 2015



April 23 - May 3, 2015

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or online at www.shreveportlittletheatre.com
Or visit our Box Office 812 Margaret Place
Noon - 4 p.m. Monday - Friday

(Puzzles on pages 38-39)

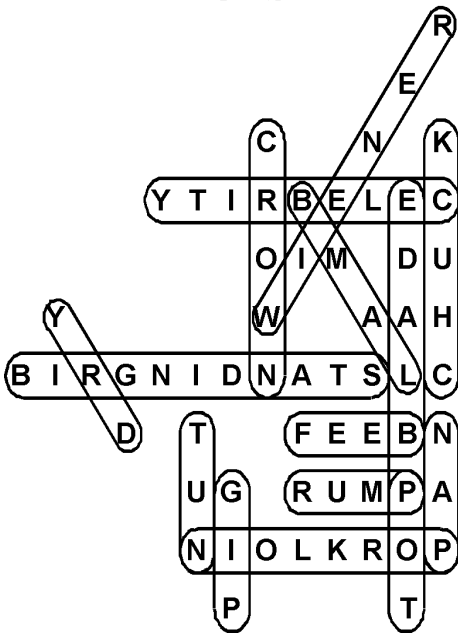
— King Crossword —

Answers

Solution time: 24 mins.

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

— ROAST



ANSWERS FROM THE EXPERTS

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Vicki Ott
NurseCare Nursing and
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(318) 221-1983
See our ad on page 48.

What can I do to help my mom with her medications? She has several different medications and they get confusing for us both.

Medicine Management is so important to wellness and is such a cost savings for health care providers, that your home health benefit can be used for just that, managing your medicines. A home health nurse will inventory, check for duplicate prescriptions, set up a weekly planner, and teach the patient and care givers about each medicine. The nurse will teach about diet, side effects, and timing of your medicines too. Lastly, some patients stop taking a medicine because they feel good, when the reason they feel good is because they were taking that medicine.



Don Harper
CHRISTUS HomeCare
& Hospice
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318-681-7200
See our ad on page 45.

What are the symptoms and treatment of torn cartilage?

Meniscus tears are the most common surgical condition involving the knee. Medial meniscus (inside) tears are 3 - 4 times more common than lateral tears (outside). The meniscus support 50% of the body weight with the knee extended and 90% with the knee flexed 90°. Because the meniscus supports body weight every attempt should be made to repair or maintain as much meniscus tissue as possible. Popping, giving way, locking, tenderness at the joint line, stiffness, and swelling are some of the signs/symptoms of cartilage tears. Arthroscopic surgery is generally done on an outpatient basis and recovery is from a few days to a weeks.



John J. Ferrell, M.D.
Mid South Orthopaedics
7925 Youree Drive;
Suite 210
Shreveport, LA 71105
(318) 424-3400

My mother is in her 70s and over the past few months has had extremely dry eyes. We are concerned that she is over-medicating with over-the-counter eye drops. What could suddenly cause dry eyes and should she see an eye doctor before it gets worse?

Dry eye syndrome is very common among the elderly. It generally develops and worsens over time. There are some diseases and medications that cause dry eyes. Over-the-counter medications are fine to use up to 4 times a day. If your mother is having to use tears more than 4 times a day she needs to see an Ophthalmologist. There are treatments to relieve the symptoms and restore ocular health. Call today at (318) 212-3937 to find out more.



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December Parting Shots



SENIOR DAY

at the
Louisiana
State Fair



Joe Etta Williams (red vest), Willie Pickett, and Sharon Allen visit with (seated) Jamie Martin and Jillian Washington at the LHCQF booth



Elvis tribute artist Greg Williams entertains the crowd

Mary Brownfield and Elizabeth Glover were the big winners of the Grand Prizes

SENIOR DAY at the Louisiana State Fair, hosted by TBT publisher Gary Calligas, was held in the Hirsch Coliseum on October 23 and featured live entertainment, games, prizes and informational booths.



Angie Haynes, Somanja Jackson, LaTunja Coleman visit with Michael Statterwhite at the NurseCare of Shreveport booth

Minnie Kimbell with daughter Peggy Kimbell

Steve and La Betha Casey

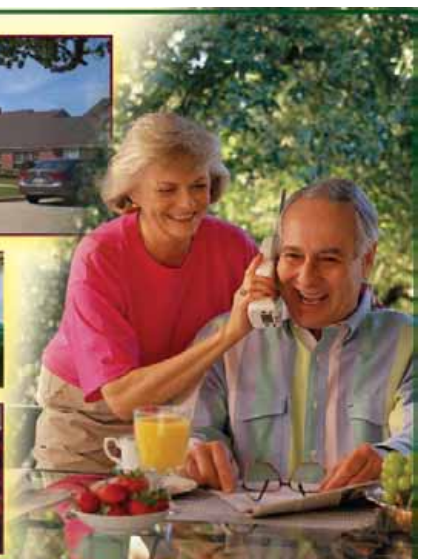


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December Parting Shots (continued)
CELEBRATING 50 YEARS



Wanda Smith with Maggie



Bill Stell, Julia Collins, Wanda Smith, Pat Stell, and George Kalmbach sporting "Maggie" glasses



A celebration honoring columnist Maggie Martin's 50 years with The Times was held on November 13 at artspace in downtown Shreveport.



Joan and Aubrey Lurie



Tim Mouser (left) with Mike and Janet Reeves



Martha Marak and Victoria Provenza



Ken Hickman, Africa Price, Paula Hickman



The Times Publisher Alan English, Maggie Martin, and John Colvin

AC Duct Cleaners

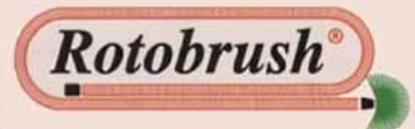
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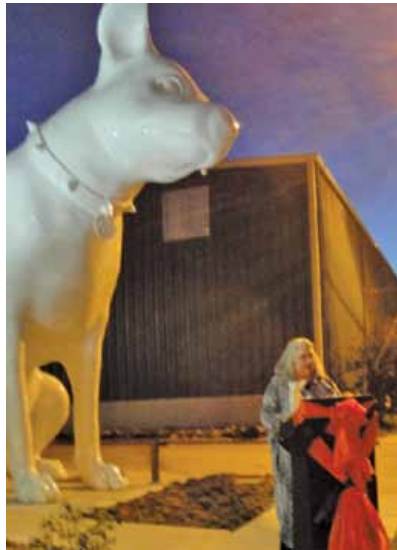
What you can't see
CAN hurt you



December
PARTING SHOTS
(continued)



ART, an almost 20 foot high fiber-glass dalmatian, was unveiled on November 7th as the new centerpiece for the exterior of Shreveport Regional Arts Council's Central ARTSTATION headquarters. Brandon Oldenburg, Bill Joyce and Moonbot Studios artists designed the dog.



SRAC Executive Director Pam Atchison introduces ART



Pam Atchison, William Joyce, and Sandi Kallenberg

The Bossier Arts Council hosted their quarterly Wine, Art, & Music event at Boomtown Casino in Bossier City on November 13.

Deborah Eaton and Renee Smith-Cheveallier



Featured artist Mark Charleville with Shelly Daigle

The Shreveport Symphony Orchestra invited 16 regional artists to paint or collage a violin that would then be raffled or auctioned to benefit the musical and educational mission of the symphony.

The violins are part of a traveling



exhibit that is displayed in the lobby at each of this season's concerts and in various area locations.



Photographer Neil Johnson with the violin he created
Deb and James Cockrell



Kathy Plante

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December Parting Shots (continued) ♦ **Family Matters**

The 2nd annual Celebrating Family Caregivers event was held on November 7 at the Shreve Memorial Library.

Elaine Camp with Sybil Kelly



Ruth Pledger, Bonita Bandaries, Bess Badgley

The Center for Families held their annual Wine, Cheese and Therapies event on November 15th at Ristorante Giuseppe in Shreveport.



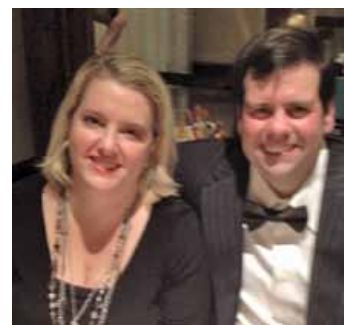
Mike and Vickie Rech



Gene and Karen Kersten



Chef Giuseppe with Deon Behrman, the Center's interim CEO



Marla and Kyle Moore



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December Parting Shots (continued)
LAGNIAPPE
Snippets from around town

Internationally recognized jewelry designer Konstantino Sioulas visited Lee Michaels Fine Jewelers in Shreveport on October 30th.



Konstantino and Linda Biernacki



Virginia Chastain with Konstantino

Bossier Mayor Lo Walker (left), Stacy Brown and Billy Montgomery at the NBA Pre-Season game of the New Orleans Pelicans and Dallas Mavericks which was held at Century Link on October 23.



South Highlands Magnet School 5th grade students (l to R) Jackson Hays, Ashini Modi, Jacob Jordan, and Ellery Copple won first place for their robotics project competing against 60 other teams on November 8 at Bossier Civic Center. They are pictured here with their teachers. Mrs. Shaw (left) and Mrs. Smithson.



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