

November 2012

The Best Of Times

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and Maturity"*

**EVERY
VOTE
COUNTS**

How Your Vote Gets Collected & Counted



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NOVEMBER 3

"Counseling to Improve the Lives of All"

Laura Brucia Hamm, Executive Director of The Center for Families

NOVEMBER 10

"Good Times at the 2012 Les Boutiques de Noel"

Michele Odom, Shreveport Opera Guild

NOVEMBER 17

"SRAC and the gala 2012 Christmas in the Sky"

Pam Atchison and Julia Foley, SRAC

NOVEMBER 24

"Aging Gracefully"

Marian Dehan, Community Relations Manager with the OAKS of Louisiana

DECEMBER 1

"Researching your Family History"
Jim Jones, President of GENCOM

Do you have a question for one of our guests?

Email Gary.Calligas@gmail.com prior to the show.



November 2012
Vol. 21, No. 11
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

For a mailed subscription, send your name, address, and \$20 to cover postage and handling to the address above.

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It's hard to believe that the holiday season is upon us already! It is traditional at Thanksgiving to make a list of all of our blessings, and certainly we should. But this space is far too small for me to list everything that I am thankful for, so I'll just take this opportunity and space to thank those who have helped make this publication the premier resource for "those of us 50+" - our writers, contributors, and graphic designers. They've done it again! We just returned from our annual convention for mature publishers in Reno. I'm so proud that *The Best of Times* was awarded a record 18 national awards. Among the judges comments: lively, stylish design, smart, content savvy, engaging, valuable, clearly organized, informative, colorful, consistent, vibrant, and professional. Kudos especially to graphic designer Jessica Rinaudo, writer Kelly Phelan Powell, and contributors Lee Aronson and Brian Bradley for sharing their special talents with us and to all who contributed to our success. I'm also thankful for our advertisers and readers, for without their loyalty and support this publication would not be possible.

As many of you know, we at *The Best of Times* are all about having fun. And what could be more fun than a trip to one of our most beautiful states. Join us in July as we cruise to the fabulous state of Alaska. For details about this exciting adventure, please see our back cover.

By the time many of you read this issue you will have already cast your ballot on November 6, but have you ever wondered who the people are that are working at the polling areas and what happens after your vote is cast. For a "behind the scenes" look at how your vote gets collected, counted and the results reported after the polls close, make sure to read Mary Flander's excellent feature "Every Vote Counts" on page 9.

Finally, please remember to thank those who have served our nation so valiantly, especially on Veteran's Day on November 11.

Tina



IT IS The Best of Times

and our record number of **18 awards** at NAMPA's (North American Mature Publishers Association) annual convention confirms our position as the premier senior publication. Our success is because of the input from our designers, contributors, writers and **our** readers. **THANK YOU.**

"Each issue of The Best of Times truly does celebrate age and maturity with a pairing of lively, stylish design and smart, authoritative content. Stories are plentiful and engaging. ..."

Judges comment in the second place General Excellence category

— Our Awards —

— First Place

- Best of Show
- Briefs & Shorts
- Briefs & Shorts (Design)
- Best Single Color Ad
- Most Improved
- Table of Contents
- Best Use of Color
- Best Banner
- Awards Self Promotion

— Second Place

- General Excellence
- Column Review (Brian Bradley's *Broadway: A Personal Perspective*)
- Senior Issues (Lee Aronson's *Laws of the Land*)
- How-To Feature (Kelly Phelan Powell's *Unleash Your Creativity*)
- Feature Writing (Kelly Phelan Powell's *Locals Take Center Stage*)
- Special Section (Silver Pages)
- Best Overall Design
- Website General Excellence

— Third Place

- Urgent Senior Issues (Kelly Phelan Powell's *Don't Be A Victim*)



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Zinc Deficiency Linked to Aging and Disease

A new study has outlined for the first time a biological mechanism by which zinc deficiency can develop with age, leading to a decline of the immune system and increased inflammation associated with many health problems, including cancer, heart disease, autoimmune disease and diabetes.

The research published in the *Journal of Nutritional Biochemistry* suggests that it's especially important for elderly people to get adequate dietary intake of zinc, since they may need more of it at this life stage when their ability to absorb it is declining.

Researchers recommend senior citizens take a dietary supplement that includes the full RDA for zinc. Zinc can be obtained in the diet from seafood and meats.

Levels of zinc intake above 40 milligrams per day should be avoided, researchers said, because at very high levels they can interfere with absorption of other necessary nutrients, including iron and copper.

Eating Tomatoes May Lower the Risk of Stroke

Eating tomatoes and tomato-based foods is associated with a lower risk of stroke, according to new research published in *Neurology*. Tomatoes are high in the antioxidant lycopene. The study found that people with the highest amounts of lycopene in their blood were 55 percent less likely to have a stroke than people with the lowest amounts of lycopene in their blood. The study adds to the evidence that a diet high in fruits and vegetables is associated with a lower risk of stroke.

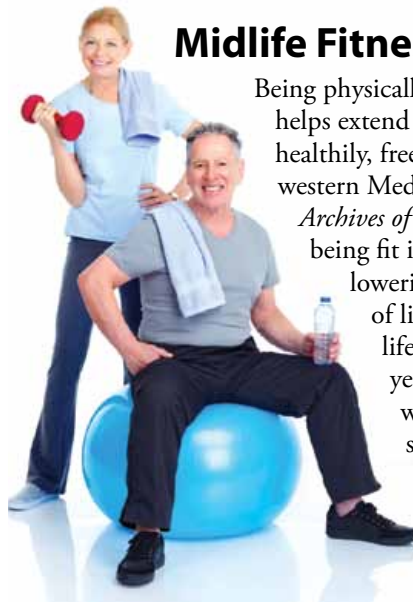


Low Levels of Vitamin D Are Associated with Mortality in Older Adults

Low levels of vitamin D and high levels of parathyroid hormone are associated with increased mortality in African American and Caucasian older adults, according to a new study accepted for publication in *The Endocrine Society's Journal of Clinical Endocrinology and Metabolism* (JCEM). The study also indicates that the potential impact of remediating low vitamin D levels is greater in African Americans than Caucasians because vitamin D insufficiency is more common in African Americans.

Midlife Fitness Staves Off Chronic Disease

Being physically fit during your 30s, 40s, and 50s not only helps extend lifespan, but it also increases the chances of aging healthily, free from chronic illness, investigators at UT Southwestern Medical Center and The Cooper Institute reported in *Archives of Internal Medicine*. Researchers determined that being fit is not just delaying the inevitable, but it is actually lowering the onset of chronic disease in the final years of life. This positive effect continued until the end of life, with more-fit individuals living their final five years of life with fewer chronic diseases. The effects were the same in both men and women. The data suggest that aerobic activities such as walking, jogging, or running translates not only into more years of life but also into higher quality years, compressing the burden of chronic illness into a shorter amount of time at the end of life.



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Saturday, November 17, 2012

8:30 am to 12:30 pm

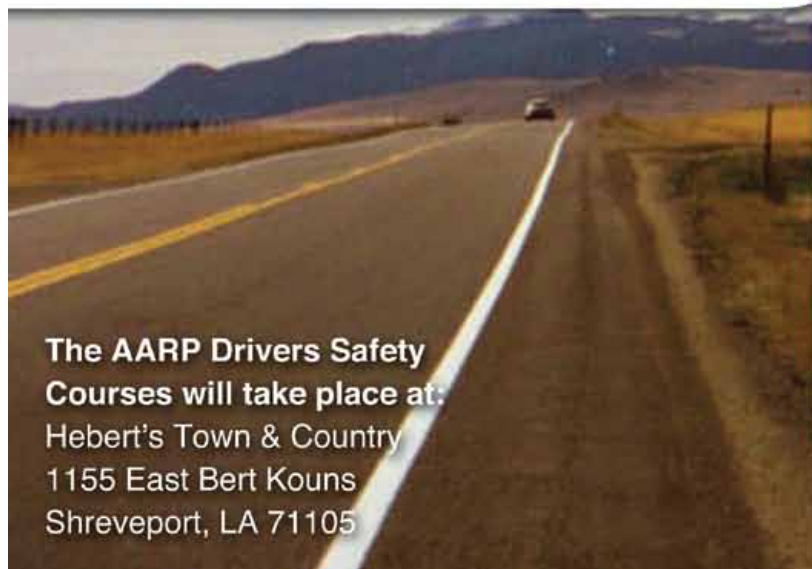
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Saturday, December 8, 2012

8:30 am to 12:30 pm

(Registration begins at 8 am)

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The background of the page is a stylized American flag. The top half features a field of yellow stars on a dark blue background, while the bottom half consists of vertical red and white stripes.

EVERY VOTE COUNTS

by Mary Flanders

It's been said every vote counts. The difference of just a few votes has turned around many elections. In several recent elections, that has been proven over and over. Remember in the 2000 presidential election when the entire country's future hinged on less than a thousand votes in Florida?

In the United States we regard voting as a civic duty. Voting for who and what we feel is right is a responsibility everyone should be proud to perform. Being able to cast a secret ballot without fear is a large part of our precious liberty. Most of the spotlight is focused on the political arena; the attention is on the contest between the parties and the electrifying outcome that will affect each one of us for a long time to come.

Do you realize that for you to exercise your civic duty, for you to be a part of history in the making, it takes a small army of civil servants and professional people working very hard to ensure your commitment is easy for you to carry out, and that the results are reported accurately and fairly.

Have you ever wondered how exactly your vote gets from the voting machine in your precinct to the totals on the news? It's a fascinating story that gets lost in the glare of the political drama.

You probably know your poll workers if not by name by sight. They're your neighbors and friends, the familiar faces sitting behind the folding tables with big binders full of lists of names.

These folks that work at the polls, the Election Commissioners, and the precinct Commissioner in Charge, are paid "volunteers." They work very hard to insure the voting is legal, fair, and accessible to everyone. Commissioner in Charge Judy Brockwell retired as a full time employee from the Clerk of Courts office in 2008. After seeing it from that side for so long, she decided to become an election commissioner.

"Our main function," Judy says, "is to make sure every registered



voter who wishes to vote can vote.” Judy tells of an example that happened in her precinct not too long ago. One of the commissioners went far above the call of duty to provide a wheelchair to a voter who had recently had surgery and was unable to walk from the car into the polling place.

It’s a long day for the commissioners. They have to be at their polling place by 5:30 am the day of the election to prepare for the polls opening at 6 am. And they are there until at least 30 minutes after the polls close at 8 pm to make sure everything is closed out correctly. In addition, the Commissioner in Charge then takes the sealed contents of each machine to the courthouse. Not a lengthy trip if you’re in Broadmoor, but quite a bit more time-consuming if you’re in Oil City. It won’t be quite so difficult next year, Judy says, because starting in January 2013 the commissioners won’t have to get up quite as early as the polling place hours will change to 7 am to 8 pm for all elections other than presidential elections

There’s a lot of work involved in being an election commissioner, including making sure everything including the machines are in place before the polls open and making sure all election laws followed during the day. Among other things they do during the Election Day is to monitor the area to make sure there is no campaigning going on within 600 feet of the polling place. Did you know you are not allowed to wear a shirt or a cap or anything with a candidate’s name on it into the polling place? That is construed as campaigning and is illegal within 600 feet of a polling place.

Election commissioners are certified every four years in conjunction with the Clerk of Court term. The only job requirements are that they are not a convicted felon, are

residents of the parish of Caddo, and have not been convicted of election offenses. You can go to their website, www.Caddoclerk.com to see the process. The Clerk’s office is always looking for Commissioners. Even though it’s too late for this presidential election there are lots more to come. After attending class, they are required to take a state test and achieve the required test score needed to be a commissioner. The election board of supervisors meets after qualifications by the candidates are met and assigns them to the precincts by drawing of lots. Commissioners in

Charge go to a separate class and are taught how to be the “supervisors” of precincts. The commissioners in charge have additional duties including transporting the results from the machines to the courthouse to be tallied. Security of precincts is handled by Caddo Parish Sheriff’s

“Our main function is to make sure *every registered voter who wishes to vote can vote.*”

Deputies that travel around the parish on Election Day. When there is a report of a problem, it is noted at the clerk’s office and a deputy is sent to that precinct. Judy says in her experience almost all problems are small and she’s never seen a case of voter fraud.

Mike Spence, Chief Deputy, Caddo Parish Clerk of Courts began his career in 1978. Back then he says, “We had enlarged poster boards. Once the hand written results were sent to our office, we added by adding machine, hand wrote on the poster and send to a printer to make into small sheets of paper. In 1978 for example, I would get home around 3 am from a presidential race, now I am in bed at midnight. Also, in 1978 we had large crowds at the voting warehouse when we opened the machine to find mistakes by the commissioners. Now, there are no mistakes since it is computerized.”

“Voting,” he says, “along with jury duty is one of the most

www.caddoclerk.com

www.geauxvote.com

www.sos.la.gov



What happens on **ELECTION DAY** in Caddo Parish?

- Certified election commissioners arrive 30 minute prior to polls opening to set up and make sure machines are in place.
- Voter machines are read and certified to verify voter count.
- After polls close, the Commissioner in Charge takes the sealed results to the court house to be tallied. Voting machine cartridges and keys are also taken to the courthouse.
- The results of each machine are placed on the Secretary of State's computer system and on a local backup system.
- News station computers gather data from a subscription service like Regional News Service. For smaller races, news teams call parishes and county election offices and check the Secretary of State's website.



important things we do in America. It is the one thing that separates us from the rest of the world. It is great to see many young people getting involved, but everyone needs to be involved in all elections, not just presidential. I do believe there is a greater trust factor in Louisiana now over elections, since we have had cutting edge technology over the rest of the country."

The number of employees working the election varies, but with a big election like the upcoming presidential election, every one of the 70 Clerk of Court employees will be on duty.

For the future Mike says "I have seen voting machines that would ease the pain for voters in the future. One being where you can vote in any precinct in the parish, using an identification card that would be issued."

The voting machines used by the state of Louisiana are, According to the Secretary of State's website, the AVC Advantage voting systems for standard elections. There are also voting machines available to accommodate voters who can't read or write or speak English and different machines for early voting. Each machine has its own "reader card" that is brought to the courthouse for reading on election night. Before each election the voter count

on the machine is read and certified then read and certified after the election to verify the voter count. The commissioner in charge brings each cartridge from the precinct. These cartridges are independent to each machine and cannot be "hacked." Caddo Parish alone uses about 450 machines.

Once the polls close, the cartridges and keys to each machine are brought to the Caddo court house office. They're then checked off to assure each cartridge is delivered, inserted into a reader and update the computer system at the Court House. The results of each machine are placed on the secretary of state's computer system, along with a local backup system in case the secretary of state goes down, which has happened. The backup system used by the Clerk of Court's office is unique for the state of Louisiana. The results are live, so once they are updated by the cartridge reader, they are updated as fast as the secretary of state system can accept.

The Clerk of courts gathers the votes, ensuring they're reported to the Secretary of State accurately. From there, The Secretary of State's office is in charge of the election administration. A great deal of information can be found at www.geauxvote.com and www.sos.la.gov

Then how does it get to the television screen? If you think it's exciting at the court house, you should be in a television newsroom on election night.

NBC 6 News Director Chris Huston, has been in television news for over 30 years, first as a reporter, then as an anchor and then as News Director. He's seen a lot of elections and in his thirty three year career he's seen huge changes in the way election results are reported. In the beginning, Chris says, results were written on a tote board and reports were done by hand on a typewriter and everything took place in the studio. Now computers gather the data, put it up on the screen and thanks to the latest satellite technology, reporters can be anywhere at any time to reports on events in the field.

Chris says the coverage at his station varies depending on the size of the election, on the number of people interested in or affected by the results. For the presidential election the entire staff, all reporters and videographers as well as behind





the scenes staff will be on duty. The NBC 6 news department began the buildup to November 6 over a year ago.

Election data is supplied to NBC 6 by a subscription service, Regional News Services. RNS is a web crawler service that constantly searches the internet for results and sends them to the stations. For the smaller races; the news team calls the individual parish and county election offices to collect the data. They also utilize the Secretary of State's website for results. All the data is posted electronically to the computer graphics in the newsroom - a far cry from a typewriter and a tote board.

The most exciting part of election night to Chris is watching everything come together smoothly without major equipment or computer melt downs.

Often political issues are passionate ones as well. When asked about how difficult it was to remain objective in an emotional race, Chris was quite emphatic. "Being fair and impartial isn't difficult for a trained journalist, he said.

"Their job is to get one side, get the other side give them a fair hearing. The idea of "hidden bias" just isn't true.

Now you have an idea of how it's done here in the 156 precincts of Caddo Parish. Right here there are hundreds of people just like you working to insure our freedom to choose our own leaders and rules of government. Imagine this sequence of events repeated thousands of times across the country.

No matter who wins the election, it is us, the American people who win. We win because we can vote the way we want to without fear of retribution. We win because we have confidence in our election system. We win because we know that it is our friends and neighbors who care to make being a part of history possible. ●

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I have a rotator cuff tear. Do I need surgery?

It depends. Rotator cuff tears are a common source of shoulder pain, which increases in incidence with advancing age. A person can have a rotator cuff tear without experiencing pain. (The incidence varies from a reported 5% to 40%.) 40% of tears will enlarge, and of these, 80% will be symptomatic. 20% of patients remain symptom free for a 5 year period. There is no evidence that delaying surgery to attempt a non-operative treatment protocol adversely affects results. If you have significant weakness and/or a large tear, surgery may be advisable sooner. MRI's are valuable tests to determine tear anatomy and degree.



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**Now is the time!
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What is the benefit of having an earlier enrollment period?

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Visit www.alzagency.org for information about local resources
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Time To Shop for the Best Medicare Deal

By Bob Moos, Southwest public affairs officer for the Centers for Medicare & Medicaid Services

Now's the time for Louisiana residents with Medicare to check their health and drug coverage for 2013. Medicare's open enrollment period runs from October 15 until December 7.

Open enrollment is the best time to make sure your health and drug plans still meet your individual needs, especially if you've had any changes in your health.

By now insurers should have notified you of any adjustments in your health or drug coverage or any changes in your out-of-pocket costs for next year.

The average monthly premiums for Medicare Advantage plans will inch up \$1.47 to \$32.59, while the average monthly premiums for basic drug plans will hold steady at about \$30.

Medicare Advantage remains a strong alternative for people who prefer to receive care through a private insurer rather than through Medicare's original fee-for-service program.

Enrollment in the private Medicare Advantage plans is expected to grow by 1.5 million to 14.5 million people in 2013 – almost 30 percent of Medicare beneficiaries.

Even if you've been satisfied with your health and drug coverage, you may benefit from reviewing all your options. Shopping around may save you money or improve your coverage.


THE AMERICAN LEGION
and
THE OAKS OF LOUISIANA
*join in saluting our military veterans of all wars this
November 11th - and every day. Thank you for serving
America with honor, courage and commitment.*

VETERANS DAY 2012
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Even if you've been satisfied with your health and drug coverage, you may **benefit** from reviewing all your options. Shopping around may **save you money** or **improve your coverage**.

Louisiana residents in Medicare's original fee-for-service program can choose from 30 drug plans with monthly premiums ranging from \$15 to \$118.80 – about the same number of plans and premium range as last year.

Look beyond premiums, though. The only way to determine the true cost of your drug coverage is to consider other factors like deductibles, co-payments and coinsurance.

Medicare's website – www.medicare.gov – has the best tool for helping you narrow your search for a new health or drug plan. Just click on "Find Health and Drug Plans."

After entering your ZIP code and the list of your prescriptions, you can use the "Medicare Plan Finder" tool to compare your coverage and out-of-pocket costs under different plans.

The quality of a health or drug plan's customer service should be considered, too. To help you identify the best and worst, the Plan Finder provides star ratings for each plan.

A gold star will show plans with the highest, five-star rating, while a warning icon will alert you to plans that have performed poorly for at least the past three years.

Besides using Medicare.gov, you can call Medicare's toll-free help line at 1-800-633-4227 or consult your "Medicare & You 2013 Handbook," which you have just received in the mail.

One-on-one benefits counseling is also available through your State Health Insurance Assistance Program. In Louisiana, you should call 1-800-259-5301.

Thanks to the health care law, you'll enjoy more savings on your prescriptions in 2013 once you land in the coverage gap, known as the "doughnut hole."

You'll receive a 53 percent discount on your brand-name drugs and a 21 percent discount on your generic drugs while in the gap.

The doughnut hole begins once you and your drug plan have spent \$2,970 for your drugs.

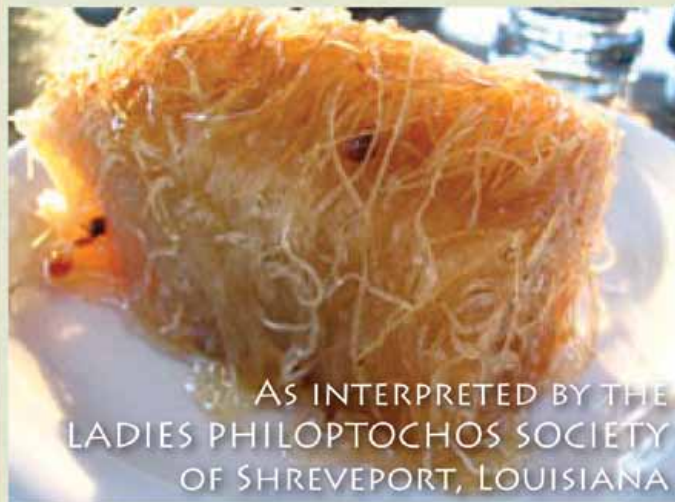
Almost 32,000 Louisiana residents have saved more than \$19.9 million on their prescriptions so far this year.

If you're having difficulty affording your medications, you may qualify for extra help with your drug coverage premiums, deductibles and co-payments. The amount of help depends on your income and resources. But, generally, you'll pay no more than \$2.60 for generic drugs and \$6.50 for brand-name drugs. Thirty-one percent of Louisiana residents with Medicare's drug coverage now get such a break.

To learn more about whether you qualify for extra help, visit www.socialsecurity.gov/prescriptionhelp or call Social Security at 1-800-772-1213.

There's no better time to check your Medicare coverage. Any changes you make will take effect on Jan. 1.

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Beyond the Beaches of Puerto Rico

Story by Andrea Gross • Photos by Irv Green

It's Sunday afternoon, and I'm in the mountains of central Puerto Rico, munching barbecued pork under a tin roof. "This reminds me of Sundays when I was a child," says our guide. "Except instead of eating in a lechonera [restaurant specializing in pork], we ate in my grandmother's kitchen." She heaps some arroz on my plate. The rice is seasoned with sofrito [onions, garlic and peppers] and has a yellow color and nutty flavor from annatto seeds. It's a plain, hearty meal, the kind the grandmothers of Puerto Rico have been serving for generations.

Puerto Rican meals are a unique blend of European, African and Latin American flavors. While the early inhabitants of the Island survived on corn, fruit and fish, their diet expanded when the Spaniards came in the early 1500s, bringing with them pigs and cattle as well as wheat, rice and olive oil. Later when the Africans arrived, people learned to combine these foods into exotic dishes, such as pasteles [meat, green banana and spices wrapped in plantain leaves] and mofongo [fried plantain stuffed with pork or seafood]. The grandmothers suddenly had more options.

I take second helpings of pork and arroz, all the while tapping my feet in rhythm with the high-energy salsa music that drifts in from outside. I feel as if I'm at a neighborhood party as children play in the street, adults gossip with friends and almost everybody over a certain age sips frosty piña coladas, the deceptively innocent drink that was dubbed the official beverage of Puerto Rico in 1978.

Like most visitors to the island, we had whiled away our first days in Puerto Rico strolling on the beach, wiggling our toes in the warm sand and taking occasional dips into the water. But we knew that Puerto Rico is more than the sun, rum and grand hotels that line the coast. It also has a vibrant culture in the interior, one that is most easily experienced through a relatively new series of "epicurean



Caribe Hilton Piña Colada

(Serves 1)

- 2 oz. white rum
- 1 oz. coconut cream
- 1 oz. heavy cream
- 6 oz. fresh pineapple juice
- 1/2-cup crushed ice

Add the rum, coconut cream, heavy cream and pineapple juice in a blender with ice, then blend until smooth (approx. 15 seconds). Serve in a 12-ounce glass and garnish with a fresh pineapple wedge and a cherry.

Barrachina Piña Colada

(Serves 1)

3 parts fresh pineapple juice

1 part cream of coconut

2.5 oz. Rom del Barrilio rum

Blend together and garnish with a slice of orange and a maraschino cherry.



pilgrimages” or “themed trails.”

Therefore, thoroughly stuffed by our pig-feast on La Ruta del Lechón [The Trail of the Pig], which had taken us into the high country south of San Juan, we opt for a caffeinated high by going on La Ruta del Café. This brings us to Ciales, a small town in the mountains west of San Juan. Coffee has been produced in this area since the early 1700s.

Don Pello Maldonado, the third-generation coffee roaster at Café Don Pello, teaches us how to curl our hands around a cup of steaming brew, sniff deeply and sip slowly in order to detect subtle differences in aroma and taste. Then he tests our newfound knowledge by serving us cups of several top-ranked coffees. Without prodding, each person on the tour chooses his or her favorite. The winner: Puerto Rico’s Alto Grande, one of only three coffees in the world to be designated as “super-premium.” It’s so rarefied that it’s been served in the Vatican for more than 200 years.



The next day we return to San Juan and, having become enamored of Puerto Rican flavors, start our day at the century-old La Bombonera Restaurant. There we treat ourselves to some traditional mallorcas [a sugar-coated pastry, eaten plain, with butter or, more frequently, filled with a combination of meat, egg and cheese]. We accompany the pastries with acerola juice, which comes from a tropical berry known for being rich in vitamins. I trust the health benefits of acerola will compensate for the indulgences of mallorcas!

Afterwards we walk through the old parts of town, where the colors of the Caribbean overwhelm the senses. The buildings, painted in hues of turquoise, gold and salmon, have arched doors and handsome grillwork and are often adorned with bougainvillea. We pass the historic Fort El Morro and there, across the bay, is the Bacardi Rum Distillery.

While Ponce de Leon never found the fabled Fountain of Youth, he brought a fountain of rum to the Island, and that may have been equally appreciated. In the 600 years since he governed Puerto Rico, rum has become central to its economy.

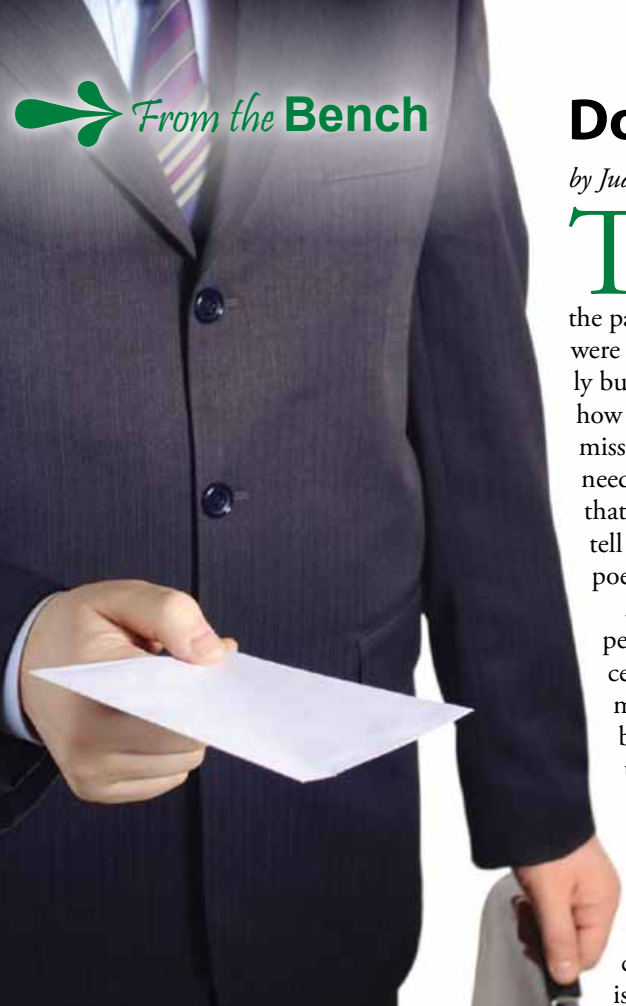
Over the next few days we try rum with mint and lime [a mojito], with cola and lime [a Cuba libre] and with pineapple and coconut [a piña colada].

We even convince a bartender to make us a coquito, which is a creamy coconut-and-rum concoction that’s generally only served during Christmas and New Year’s.

But with its bright colors, good food, coffee and rum, every day in Puerto Rico is like a holiday. ●

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Pictured: (far left) Pina colada is the official beverage of Puerto Rico; (left) At Cafe Don Pello visitors can taste-test premium coffees; (top) People feast on roast pork in countryside lechoneras. It can take six or more hours to roast a pig.



Do I Have to Honor a Subpoena?

by Judge Jeff Cox

This past week, I have been called by persons asking me the above stated question. In both instances, the party who had received the subpoena were professionals and both were extremely busy at work. Both did not understand how they could be called to testify and miss work where they were desperately needed. After explaining to each person that I could not give legal advice, I did tell them that not honoring the subpoena could have dire consequences.

A subpoena is a court order to appear in court on a certain date and a certain time to testify. The subpoena may also require certain documents be brought by the person subpoenaed to testify. A subpoena is a valid court order and is not a "request" to appear. The subpoena cannot be ignored and must be honored or punishment for not honoring the subpoena may be issued by the court. In addition, if the subpoena is not fully honored by the party

subpoenaed, the court may issue a punishment for not complying fully with the subpoena. Some of the most commonly used forms of punishment by the court are as follows.

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



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A subpoena is a court order to appear in court on a certain date and a certain time to testify.

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

What can a person do if they are subpoenaed and have a busy work schedule? The person who is subpoenaed can call the lawyer's office that is subpoenaing them and asked to be placed on call and

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

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



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The Unpleasant Surprise Package

by Lee Aronson

George (not his real name) received a package in the mail. When he opened it up, he found a bunch of vitamins and a bill for \$300. This surprised George because he hadn't ordered any vitamins. So he called to complain. The vitamin company told George that they had received his order over the internet. This only made George madder as he does not own a computer, does not know how to use the internet, and absolutely didn't order any vitamins.

So the Vitamin Company then offered let George return the vitamins as long as he shipped them back at his own cost and to pay a \$90 restocking fee.

Do you think George should have to pay the \$90 restocking fee? I don't.

And I don't think George should even have to pay to send the vitamins back. Here's why: Louisiana has a law called the unsolicited merchandise law. It says that if anyone sends you something that you did not order, then "all such goods...shall be deemed to be a...gift to the recipient, and he may use or dispose of such goods...in any manner he sees fit without any obligation to the sender." So George can



take the vitamins, give them away or put them in the trash because Louisiana law says they are a free gift.

The Feds have a similar law to this Louisiana law, but the federal law only applies to merchandise sent through the United States Postal Service. One father in California tried to take this federal law to an extreme. An insurance company had used the United States Postal Service to send the man's minor daughter what looked like a \$2,000 insurance policy along with an invoice for \$9. Because this Dad had not made any application for insurance for his daughter, he knew that he did not have to pay the \$9 bill. And he also knew about the federal law says that "the recipient of unsolicited merchandise may treat the item received as a gift." So the Dad took the position that the \$2,000 policy on his daughter was "unsolicited merchandise" and therefore a gift. The Dad insisted that because of this mailing, he had \$2,000 worth of insurance on his daughter for free. The insurance company told the Dad that he was being ridiculous. The company pointed



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to the fine print that said the policy they had sent to the minor daughter was only “an offer to sell insurance” and “no insurance coverage could arise until the recipient completed the application and forwarded it with the premium amount.”

For reasons beyond me, the case went to court. The Judge acknowledged “the old and [wicked] practice of mailing unsolicited merchandise...to consumers and then trick or bully them into paying for it.” But the Judge held that the Dad had been sent an offer to sell insurance only and he and his daughter were therefore not entitled to \$2,000 worth of insurance for free.

Bottom line for you: if you get a package that you did not order, whether it be through the United States Postal Service or UPS or FedEx, do not be tricked. Do not be bullied. If you didn't order it, you don't have to pay for it. You don't have to pay a restocking fee and you don't have to pay to send the package back. It's yours to keep. For free.

But you better be sure you really didn't order the stuff. One guy in Pennsylvania thought he could keep a book sent to him called “A Man's Guide to Women” for free because he didn't remember ordering it. But the book publisher had the “one shot order card” the Pennsylvania guy had filled out showing he had ordered the book. (With a memory like that, no wonder this guy needed a guide to women.) And in the end, he had to pay for it.

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



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Money-Saving Open Enrollment Tips

By Jason Alderman

Over the next few weeks, millions of Americans will receive their 2013 open enrollment materials. Although it's tempting to simply check "same as last year," that can be a costly mistake – especially if your employer is offering different benefit plans next year or your family or income situation has changed.

Plus, an important feature of health care flexible spending accounts, which many people use to reduce their tax bite, is changing next year (more on that below).

Here's what to look for when reviewing

your benefit options:

Many benefit plans – especially medical – change coverage details from year to year. If you're offered more than one plan, compare features side by side (including plans offered by your spouse's employer) to ensure you're choosing the best alternative. Common changes include:

- Dropping or replacing unpopular or overly expensive plans.
- Increased monthly premiums for employee and/or dependent coverage.
- Increased deductible and/or co-payment amounts for doctor visits, prescription drugs, hospitalization, dental or vision benefits, etc.
- Revised drug formularies.
- Doctors and hospitals sometimes withdraw from a plan's preferred provider network.



- Raising maximum yearly out-of-pocket expense limits.

If offered by your employer, health care and dependent care flexible spending accounts (FSAs) can significantly offset the financial impact of medical and dependent care by letting you pay for eligible out-of-pocket expenses on a pre-tax basis; that is, before federal, state and Social Security taxes are deducted from your paycheck. This reduces your taxable income and therefore, your taxes.

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Here's how FSAs work: Say you earn \$42,000 a year. If you contribute \$1,000 to a health care FSA and \$3,000 for dependent care, your taxable income would be reduced to \$38,000. Your resulting net income, after taxes, would be roughly \$1,600 more than if you had paid for those expenses on an after-tax basis.

Keep in mind these FSA restrictions:

- Important: Effective January 1, 2013, employee contributions to health care FSAs are now limited to \$2,500 a year; however, if your spouse has FSAs at work, you still may contribute up to \$2,500 to each account.

- The dependent care FSA limit remains unchanged at \$5,000.

- Health care and dependent care account contributions are not interchangeable.

- Estimate planned expenses carefully because you must forfeit unused account balances. Some employers offer a grace period of up to 2 ½ months after the end of the plan year to incur expenses, but that's not mandatory, so review your enrollment materials.

- Outside of open enrollment, you can only make mid-year FSA changes after a major life or family status change, such as marriage, divorce, death of a spouse or dependent, birth or adoption of a child, or a dependent passing the eligibility age. If one of those situations occurs mid-year, re-jigger your FSAs accordingly for maximum savings.

- You must re-enroll in FSAs each year - amounts don't carry over from year to year.

Also remember that if you marry, divorce, or gain or lose dependents, it could impact the type - and cost - of your coverage options.

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



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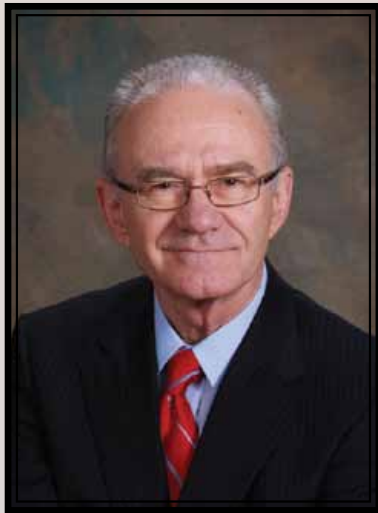
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Exercising With Asthma

by Mirabai Holland, MFA

Asthma is a chronic disease of the airways. Bronchial passages become inflamed and narrowed in response to triggers like cold air, exercise, smoke, pet dander, dust mites and stress. Breathing becomes labored and difficult and in extreme cases, asthma attacks can be fatal.

Asthma affects about 25 million people in the US according to the National Institutes of health, and 300 million worldwide.

There are many types and degrees of asthma. The most common symptoms are wheezing, shortness of breath and coughing. There is no cure, but modern medicine has provided options that help keep most asthma symptoms under control most of the time.

Exercising with asthma is a two edged sword. Exercise is an irritant trigger. It can induce asthma. In fact there is a whole category of asthmatics for which exercise induced asthma, EIA for short, is the main issue. However this can be overcome. Studies show that exercising for fitness, particularly aerobic exercise, strengthens and builds the cardiovascular and pulmonary systems to the same extent as it does in non-asthmatics. Asthmatics can become very fit. Many Olympic and professional athletes, have exercise-induced asthma.

So what kinds of exercise can and should asthmatics do? And what precautions should they take?

Pick an exercise that gets your heart rate up without putting too much pressure on your breathing. Generally, low intensity activities like walking, biking, moderate aerobics, and swimming outdoors where fumes from pool chemicals are less of an irritant, are more easily tolerated. Activities like high intensity aerobics or calisthenics can be more problematic.

Exercise limitations vary greatly from person to person. Some asthmatics have trouble with even low intensity exercise, while others can do almost anything most of the time.

- First and foremost consult your doctor before you begin. You may need to take medication, or take a puff or two from your inhaler before you begin.
- Use your peak flow meter and don't exercise unless you're in normal range.
- Keep your emergency inhaler handy during exercise just in case.
- Avoid triggers whenever possible. If it's too cold or the pollen count is high outside, exercise indoors. Exercise outside when the air is clear and humidity is higher. If you exercise in the cold, wear a scarf over your nose and mouth to warm and moisten the air as you breathe.

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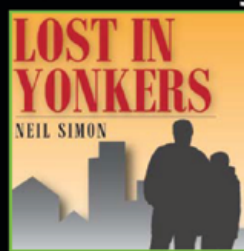
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- If exercise induces your asthma more severely, with your doctor's approval, you may want to try easing in with gentle movements while seated in a chair.

The bottom line is exercising with asthma is a very individual undertaking. One size does not fit all. Some people can do almost anything, while others have trouble with even light exercise. Talk to your doctor, listen to your body, start gently and build up. Stay in your comfort zone. Take precautions, get fit and live well.

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A Sprinkle of Cinnamon a Day Keeps the Metformin Away

by Suzy Cohen, R.Ph.

Dear Pharmacist, I heard that cinnamon might lower blood sugar, is this true? Can I use cinnamon spice to lower my blood sugar if I'm taking metformin? Does cinnamon have other health benefits? --E.G., Decatur, Illinois

There are different kinds of cinnamon, and the spice that you sprinkle on your oatmeal is not the best one in terms of health benefits. Yeah for real, didn't you know there were varieties of cinnamon? Hang on.

I think it's alright to combine cinnamon spice with metformin, but if you consume commercial supplements along with your medications, I suggest you track your blood sugar routinely and gain your physician's blessings. Remember, taking two anti-diabetic agents will enhance the blood sugar-lowering effect, and if it plunges too low, you get hypoglycemia. If you consume authentic, high-quality brands of cinnamon, this could actually happen to you. Symptoms of hypoglycemia include nausea, sweating,

palpitations, weakness, fainting and anxiety.

Does cinnamon work? Several studies that have established health benefits for the warming, aromatic spice of autumn. Researchers who conducted a meta-analysis concluded that cinnamon extract could reduce fasting blood sugar. That's great because it's well established that elevated fasting blood sugars are a risk factor for diabetes and heart disease. The glycemic action of cinnamon is almost comparable to your medication but don't take that as an invitation to stop your metformin! My point is that cinnamon has some merit that needs to be further elucidated. Here's one reference: Davis PA, Yokoyama W. Cinnamon intake lowers fasting blood glucose. *J Med Food*. April 2011.

Another study found that daily intake of cinnamon (for about 2 months) could significantly lower the fasting blood glucose, weight, and body fat mass in a patients with Type 2 diabetes, as compared to a control group. Scientists are trying to tease out whether cinnamon helps with colorectal cancer now. Just outstanding, but wait!

As I mentioned earlier, there are different varieties of cinnamon. The most popular kind is called Cassia and it's found in grocery stores, and served at coffee shops and restaurants. It's everywhere. Genuine cinnamon, the kind I strongly recommend is called Ceylon, and you



must buy it from nice spice shops, some herbal apothecaries or online. Cassia and Ceylon cinnamon come from two different species. Cassia, while tasty and used by millions of us, has a stronger, harsher tasted compared to Ceylon. Cassia is actually known to contain a small amount of a moderately toxic component called coumarin. You don't have to worry about this, but hypothetically, if you took a ginormous dose, it could cause liver and kidney damage; it's also known to thin blood, considered a good thing but those of you on anti-coagulant drugs need to know. Ceylon has a fine texture, tastes lovely, and contains a lot of health-promoting compounds. As we head into fall, sprinkle it on everything because Ceylon cinnamon contains eugenol and terpenoids which are strong antiviral agents.

This information is not intended to treat, cure, or diagnose your condition. For more info please visit www.DearPharmacist.com. ©2012 Suzy Cohen, R.Ph.



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Strange BUT TRUE

by Samantha Weaver

☉ It was inventor Thomas Edison who made the following sage observation: "We don't know a millionth of 1 percent about anything."

☉ Those who study such things say that chewing gum will reduce your recall ability by 10 percent.

☉ You probably know that J. Edgar Hoover was the first director of the FBI, helping to found the bureau in 1935 and serving until his death in 1972. You might not realize, though, that in his career he never made an arrest or even personally conducted an investigation.

☉ It's been reported that the last words of famed composer Ludwig van Beethoven were "Friends, applaud; the comedy is over."

☉ The Rubik's Cube, that ubiquitous 1980s toy, was invented by a mathematician in Hungary to help teach math to his students. The device was first marketed as a toy in Hungary -- where one in five citizens owned one -- then was brought to the U.S., from whence it became an international sensation. The success of his cube made Erno Rubik the first self-made millionaire in a communist country.

☉ The next time you're visiting Washington, D.C., keep in mind that in our nation's capital, it is illegal to throw a bull in any way.

☉ On a per capita basis, Switzerland consumes more chocolate than any other country. No. 2 and No. 3 are Norway and Great Britain, respectively.

Thought for the Day: "Don't let your opinions sway your judgment."

~Samuel Goldwyn

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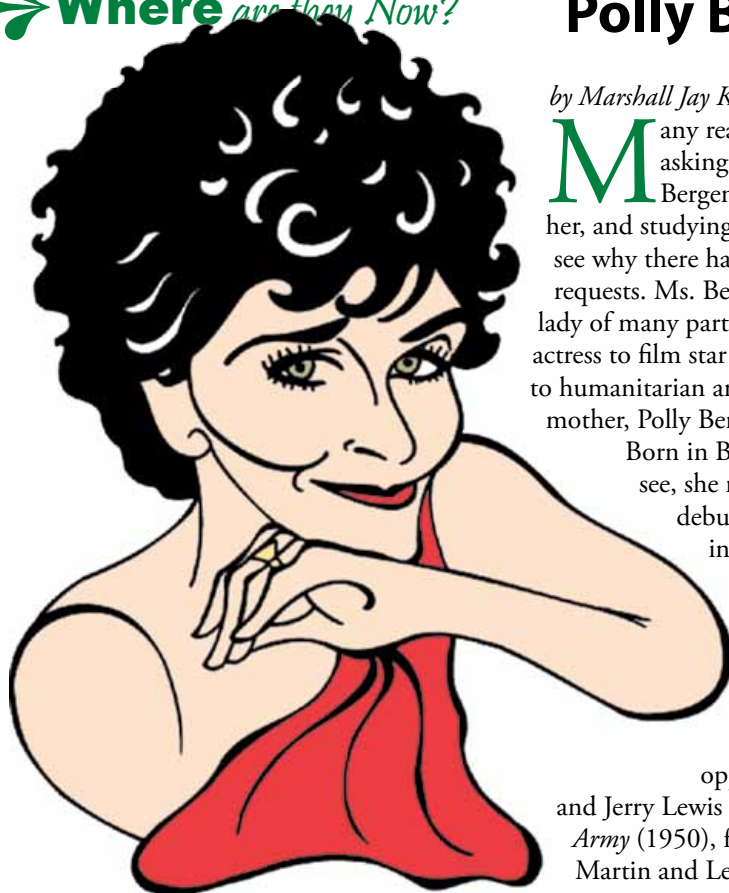
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Polly Bergen

by Marshall Jay Kaplan

Many readers have sent letters asking for a story on Polly Bergen. After contacting her, and studying her career, one can see why there have been so many requests. Ms. Bergen is definitely a lady of many parts. From singer to TV actress to film star to author to lecturer to humanitarian and now to Grandmother, Polly Bergen has done it all. Born in Blue Grass, Tennessee, she made her theatrical debut at age 15. While in her teens, Polly was discovered by legendary film producer, Hal Wallis. She began her motion picture career starring opposite Dean Martin and Jerry Lewis in *At War with the Army* (1950), followed by two more Martin and Lewis films, *That's My*







Boy (1951) and *The Stooge* (1953).

When Hal Wallis failed to note that her Paramount contract was expiring, MGM raced to sign this multi-talented actress. Polly reminisces, "Being a singer, I thought that MGM, famous for extravagant musicals, would be the perfect place for me, but the timing was terrible. The studio had begun cutting back on musical features, so I was only cast in a number of dramatic films. So much for musicals and glorious Technicolor." After MGM, Polly starred in the classic film, *Cape Fear* (1962) opposite Gregory Peck and Robert Mitchum and was nominated for a Golden Globe award for her role in *The Caretakers* (1965).

During the 1960's, she appeared on countless television dramas and variety shows, starred on Broadway and recorded a dozen albums for Columbia Records. In 1965 she founded the Polly Bergen Company — a marketing business for her cosmetic line. The company became a multi-million dollar business and was bought by Fabergé in 1973.

She won an Emmy award for *The Helen Morgan Story* and was nominated for two

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more Emmys for her portrayal of Rhoda Henry in the mini-series, *The Winds of War* (1983) and *War and Remembrance* (1988).

She decided that she would no longer combine business with show business. "I wanted to return to my roots - show business". So Polly sold her New York home and moved to Beverly Hills. She was been working non-stop ever since.

She starred on the ABC-TV series, *Baby Talk* (1991-1992) and several movie-of-the-weeks. In 1995, she wrote the movie-of-the-week, *Leave of Absence*. Her role in *For Hope* brought critical acclaim once again. In this past decade she has appeared on *The Sopranos* and had a recurring role on *Desperate Housewives*, where she had a love interest in Larry Hagman. Polly comments about this using her sarcastic, abrupt wit, "I didn't know any other prime time show where they had two elderly people screwing!" Her most recent work was for a film written by *Glee* star, Chris Colfer, called *Struck by Lightning*, where Polly plays 'Grandma'.

On a personal note, since losing her mother to cancer, she has become committed to cancer care and The Center for Immunology and Respiratory Medicine in Denver, Colorado where The Polly Bergen Cardio-Pulmonary Lab is located.

If anyone can manage a juggling act it's Polly Bergen. A close friend once summed her up nicely, "Polly is amazing! She just fits everything in!"

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



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BROADWAY: A PERSONAL PERSPECTIVE



Chaplin ©Joan Marcus

By Brian Bradley

This fall has so far brought a biographical musical that is a letdown, the New York stage debut of a **bold-faced** name and a crisp revival of a classic drama. Also, there is late breaking news of a musical that may end up existing only as a marquee.

Rebecca was originally supposed to open last fall, but failed to materialize because it was not fully capitalized. The Broadhurst Theatre, one of the Shubert's most desirable houses has now been rebuked; the marquee is up, the set built and the actors (some new) ready to start rehearsal on October 1st. Now word comes that an investor who had commit-

ted \$4.5 million to the production died in London after contracting malaria on a trip to Africa. Or did he? The New York Times has implied that Paul Abrams, the investor, never in fact existed. Searches for death notices and obituaries in both the US and England have turned up nothing. The lead producer has admitted he never met the man. Where does this leave *Rebecca* and its creative team including the distinguished Tony-winning director Michael Blakemore? We'll have to wait and see how this plays out.

Producers of *A Christmas Story* have also announced they are on the prowl for an additional \$4.5 million after an investor pulled out at the last minute. So if you

ever dreamed of being a part of Broadway and have a few (say \$4.5 million or so) disposable dollars set aside, here's your chance.

Chaplin, which opened on September 10th at the Ethel Barrymore Theatre, aspires to be a large-scale biography of the legendary silent film star, producer and director. But given all its shortcomings, it never fails to fall short of expectations.

Back in 1983, Anthony Newley attempted his own vehicle about the little tramp with an A list team and unceremoniously closed on the road. It seems the subject matter is more challenging that it would appear.

This version has book, music and lyrics

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by Christopher Curtis. The orchestrations by Larry Hochman give the songs more momentum that they actually have and make them sound better than they actually do. But the tiny orchestra undercuts the orchestrations. You can't ever skimp on the musicians.

Neophyte Curtis did collaborate on the book with Tony Award winner Thomas Meehan, but the structure is still the key issue. This is a show in search of a concept. Elements are introduced, but then there's no follow-through. Important events, like Mack Sennett offering Chaplin a job in Hollywood, are tossed off. Others are so trite, they are cringe inducing.

Only a hack like Warren Carlyle who directed and choreographed would allow Act One to end with a bumbling, meaningless number like "The Look-a-Like Contest".

How this was significant to Charlie Chaplin's life or career or why it would entice audiences to return after intermission is a real head scratcher.

Unknown Rob McClure is perfectly satisfactory as a Chaplin stand-in. And in spite of a lame star entrance and shortage of musical material, he manages to hold his own through even the most melodramatic of moments. But ultimately, he's no Charlie Chaplin. That elusive star quality just isn't there.

The film star Jake Gyllenhaal makes his credible, if at times inaudible, New York stage debut in *If There Is I Haven't Found*

It Yet Off-Broadway for the Roundabout Theatre Company. Written by the recently celebrated British playwright Nick Payne, acclaimed for casting a fresh, fragmented light on the complexities of contemporary life, this earlier work makes it difficult to see what all the fuss is about.

Mr. Gyllenhaal plays Terry, a self-sabotaging stoner who shows up on the doorstep of his older, disconnected brother George's (Brian F. O'Byrne) home. George's schoolteacher wife is neglected in favor of George's obsession with carbon footprints and their obese 15-year-old daughter is bullied and withdrawn, potentially suicidal. The family is on the cusp of a meltdown.

Payne favors sentence fragments representing complete thoughts. I find that sort of thing very off-putting. It's also the kind of script that people read more metaphorically

into it than is actually there to excuse the standard-issue scenes Payne provides his conventional characters. And the over-the-top production, with its mound of props and furniture piled high from which pieces are extracted as needed; a curtain of rain and finally an ankle-deep flooded stage is a bit heavy-handed.

More about the superb Boyd Gaines in a taut new production of Ibsen's *An Enemy of the People* in next month's column. *New York based theatre critic Brian Bradley is a voting member of the Outer Critics Circle. Send questions to brianbradley@nyc@hotmail.com.*



If There Is I Haven't Found It Yet ©Joan Marcus



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Mark GLASS



Madagascar 3: Europe's Most Wanted ★★☆☆

(PG) If you haven't seen the first two animated adventures of the zebra, lion, giraffe and hippo (voiced by Chris Rock, Ben Stiller, Jada Pinkett Smith, David Schwimmer) who left their cozy New York zoo in search of fulfillment in The Wild, only to find themselves stranded with a tribe of lemurs in Madagascar, despite the aid of four psychotic paramilitary penguins, don't start with Round Three. Even in a zany farce like this, those backstories are quite helpful to one's enjoyment.

Our quartet tried again to get home, this time tracking the penguins to Monte Carlo, where they run afoul of an obsessive animal control officer, forcing them to join a down-and-out touring circus. Apart from a couple of slow stretches, the action is frenetic and more colorful than in the first two flicks. The dialog includes gags aimed for the grownups, too. Martin Short and Frances McDormand add considerably to the comedic bounty among the voice cast.

This should be the last outing for our beloved crew of intrepid travelers. They gave us a good run, but I'll miss the anarchistic penguins most of all. Them birds is nuts... but lovable, nonetheless.

Seeking a Friend for the End of the World ★★☆☆

(R) Maybe it's due to the buzz surrounding the Mayan Doomsday scenario (their calendar ends 12/21/12, and, presumably, so do we), but last year Kirsten Dunst sleepwalked through the utterly, and pointlessly, depressing Melancholia. Now Steve Carell headlines a comedy about our planet's imminent demise due to an unstoppable meteor heading our way. Unlike the former film, this one offers relatable characters, and some speculation about how humanity might cope with knowing we all have three weeks to live.

When there's no future, and virtually no consequences, what will everyone do? Some party; some riot; some cling to their routines; some plan for the remote possibility of post-Apocalypse survival. If anything, the film sugarcoats the extent to which



mayhem reigns. Carell's final days begin with his wife literally running away from him the moment they learn all hope is lost. In another understated performance, he silently mourns the life and the people he never really knew or appreciated - especially the roads not taken. He meets a free-spirited neighbor (Keira Knightley), who winds up sharing a road trip to find his lost love and her family.

The script is far from satisfying in many respects. There's an uneasy mix between the comic and sentimental facets of the tale, and some plot points are rather farfetched, even for this extreme premise. But there's food for thought in any look at our looming mortality, individually or as a species. One can't help but reflect on the gap between the ways we spend our time, and how we would if we knew the sands were quickly running out. Bucket lists, anyone?



A Cat in Paris ★★★★★

(PG) Here's a nice animated tale for grownups. Gear your expectations towards the tone of *Sisters of Belleville* or *The Illusionist*, rather than Disney or Pixar fare. And good news for subtitle haters, the French film has been dubbed in English. The titular feline is an ordinary urban housecat, except for his leading a double life. By day, he's the pet of an adorable girl, whose single mom is a police detective. By night, he's the willing accomplice of a charming thief, creating a literal and figurative partnership in the criminal specialty of cat burglar. When the girl decides to follow her pet to learn how he spends his nights, she winds up in danger, leading to a surprisingly spirited suspense tale for such an innocent-looking style of animation. The result is charming and engaging, but too subtle and quiet for most younger viewers, raised on zanier, comical 'toons.

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

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a tasty *twist* on turkey leftovers

FAMILY FEATURES

When you're planning your big turkey dinner, the one thing you want to be sure to do is get a turkey big enough for some delicious leftovers. While turkey sandwiches are good, there's a lot more you can do with this tasty bird. Get more leftover ideas with a twist from Wholly Guacamole at www.eatwholly.com.

Turkey Potato Cheesy Breakfast Casserole (Serves: 8)

- 2 cups cubed turkey
- 1 cup low-fat sour cream
- 1 10-ounce can cream of chicken soup
- ¼ cup milk
- 1 cup shredded cheddar cheese, divided
- 1 bag (30 ounces) frozen hash brown potatoes, thawed
- ½ onion, diced
- ½ cup corn flake cereal
- 1 cup prepared guacamole

In mixing bowl, combine turkey, sour cream, soup, milk, 1/2 cup cheese, hash browns and onion.

Spread in bottom of 2 quart dish (greased).

Bake, uncovered, at 350°F for 1 hour.

Add additional 1/2 cup of cheese and corn flake cereal, and bake another 5 to 10 minutes until bubbly and slightly browned.

Let cool for 10 minutes and serve with a dollop of guacamole.

Turkey and Corn Enchilada Casserole (Serves: 6)

First Layer

- 1 15-ounce can corn, drained
- 1 15-ounce can creamed corn
- 8 ounces sour cream (non-fat)
- ½ cup ricotta (low-fat)
- 1 8½ oz. package corn bread mix

Mix together all first layer ingredients in a casserole dish.

Bake at 350°F for 30 minutes or until firm.

Take out of oven, poke fork holes all around it.

Pour ½ cup red enchilada sauce over corn bread.

Top with turkey and cheese.

Put back in oven until cheese melts.

Top with remaining enchilada sauce, guacamole dip; serve.

Second Layer

- 1 cup turkey, shredded
- 1 cup shredded cheese
- 1 cup enchilada sauce, divided
- Guacamole dip, for garnish



Guacamole Turkey Salad (Serves: 6)

2 tablespoons canola oil
 ½ teaspoon salt, divided
 1 cup of turkey, diced
 ¼ teaspoon black pepper
 ¾ teaspoon cumin, ground
 1 lime zested
 2 limes, juiced, divided
 ¼ teaspoon sugar
 ¼ teaspoon Mexican chili powder
 ¼ cup red bell pepper, diced
 ¼ cup yellow bell pepper, diced
 ¼ cup red onion, diced
 2 tablespoons cilantro, rough chop
 1 cup Guacamole dip

Mix oil, ¼ teaspoon salt, black pepper, cumin, sugar, chili powder, lime zest and juice of 1½ limes.

Add to turkey and allow to marinate for at least 20 minutes - do not exceed 30 minutes.

Mix in bell peppers, onion, cilantro, dip, turkey, the rest of the lime juice and remaining salt.

Serve in a pita, on a whole wheat bun, as a lettuce wrap, or with crackers.



Quick Turkey Tidbits

Need some more inspiration for turkey leftovers? Try one of these:

Turkey nachos - Shredded turkey, peppers, onions, black olives and cheese on lime-flavored nacho chips. Top with chunky guacamole, salsa or sour cream.

Turkey bites - Top your favorite crackers with a little turkey and a slice of pepper Jack cheese. Microwave until the cheese starts to melt. Add a dollop of salsa or guacamole.

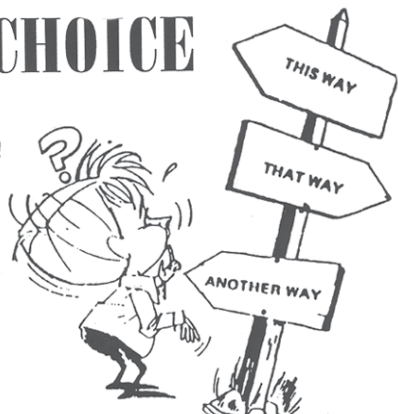
Mini mexi-pizzas - Split an English muffin, and spread a little salsa on each half. Top with turkey and shredded cheese. Broil until cheese is bubbly. Top with a dollop of sour cream or guacamole.

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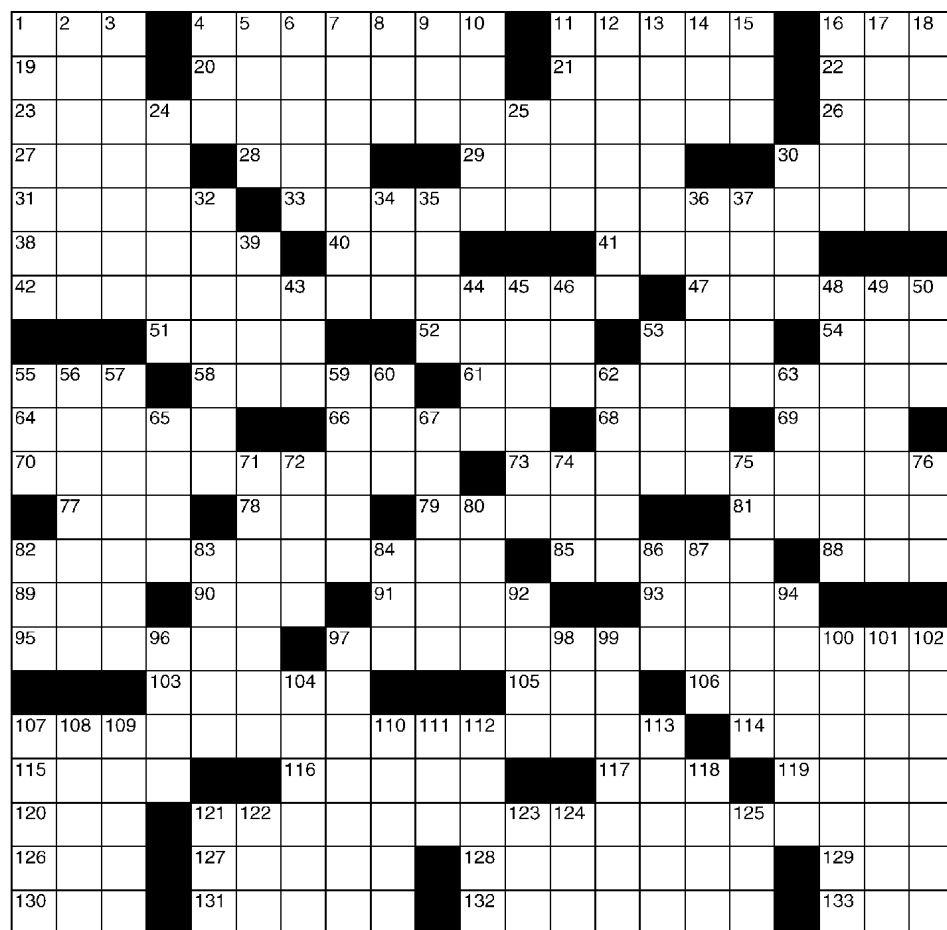
2934 E. Texas St. - Bossier City - 318-746-7087
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ACROSS

1 Learning ctr.
4 Puts garments on
11 Jim-dandy
16 Place for a jacuzzi
19 Man-mouse middle
20 One using twisted humor
21 Spanish for "nine"
22 Bath fixture
23 1995 Denzel Washington neo-noir film
26 Round figure
27 Church shout
28 Comic punch response
29 Royal rule
30 Thus
31 - City, Oklahoma
33 1987 Stanley Kubrick war film
38 Low tie score
40 Wade's rival
41 New York village on the Hudson
42 1942 Abbott and Costello comedy
47 Like liquid splashing
51 This, in Peru
52 "Me neither"
53 Ostrich's kin
54 Actress Sara
55 Din-din wear
58 Ethical
61 1964 Avalon/Funicello musical comedy
64 China's Chou
66 The Home Depot rival

68 RR bldg.
69 - for trouble
70 With 73-Across, 1985 Tom Hanks comedy
73 See 70-Across
77 Suffix with malt
78 Grain morsel
79 Owner of the dog Sandy
81 "Who can - to?"
82 1988 Christopher Walken children's comedy
85 Maul lightly
88 - -dog (stray cur)
89 Resort to
90 - Dawn Chong
91 Broiling spot
93 One way to store data
95 Total chaos
97 2003 Mike Myers comedy
103 Lend - (be attentive)
105 Black goop
106 Madrid misters
107 With 121-Across, 2005 dramedy with four lead actresses
114 Silklike fabric
115 Talk wildly
116 "Sin City" actor Rutger
117 Rapa - (Easter Island)
119 Lose flab
120 "How - you doing?"
121 See 107-Across
126 Belief suffix
127 Cupid's boss
128 Bill modifier, e.g.

SUPER CROSSWORD: FASHIONABLE FILMS



129 Summer, in Aix
130 Your, biblically
131 Spanish for "the sun"
132 Really wishes one could
133 Mates of pas

15 "Affirmative"
16 Baby bird?
17 Cleanse
18 Top monk
24 Encrypted
25 Wide footwear spec
30 Marc of fashion
32 Inability to smell
34 L.A. part
35 Show bias
36 Pale yellow
37 "I met her in - down in old Soho" ("Lola" lyrics)
39 Within: Prefix
43 Injure
44 Judicial garb
45 Prayer
46 Ending for beat
48 Major wreck
49 Smoking wood
50 Slangy affirmative
53 -'acte
55 Vegas stake
56 Done by its own staff

57 Sanctified
59 Bush nominee Samuel
60 Whole bunch
62 "- bad moon rising"
63 Downward
65 Spy Aldrich
67 "- you been up to?"
71 Unfamous folks
72 "... gyre and gimble in the -": Carroll
74 Pinch lightly
75 Excavating machine
76 Propyl ender
80 Tiny div. of a minute
82 Soho saloon
83 Tehrani, e.g.
84 Cry of delight
86 Got the title
87 Social pests
92 Alliance since '49
94 "Don't mention it," in Durango

96 Concluding
97 Give, as a free meal
98 Small amount
99 Laundry job
100 Ad - attack
101 Short opera piece
102 Frightful flies
104 Greek capital
107 Idiosyncrasy
108 Stringent
109 Hostile party
110 Backwoods
111 "Isn't - bit like you and me?" (Beatles lyric)
112 1955-67 Arkansas governor Faubus
113 Subsidizes
118 "- the idea"
121 Lao- -
122 "2001" name
123 Rock genre
124 Barry or Deighton
125 Big-league

DOWN

1 Fizzy drink
2 City in Italy
3 New - (certain Connecticut resident)
4 Feel malaise
5 Small combo
6 Like a - bricks
7 Totally raging
8 Cut of meat
9 Subj. for some aliens
10 - und Drang
11 "- came to pass ..."
12 The Little Rascals
13 With acuity
14 Colorado NHLers

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1. **ART:** Where is the world-famous Prado museum located?
2. **ANATOMY:** Where are muscles known as triceps found in the body?
3. **ADVERTISEMENTS:** What breakfast cereal did Sonny the Cuckoo Bird promote?
4. **NATURAL WORLD:** Where would stalagmites be found in a natural cave formation?
5. **GEOGRAPHY:** Where was the ancient city of Persepolis located?
6. **SCIENCE:** What was the first elementary particle to be discovered?
7. **MUSIC:** What is the national anthem of Canada?
8. **COMPUTERS:** What does the acronym DOS stand for?
9. **FAMOUS QUOTES:** Who once said, "I worked my way up from nothing to a state of extreme poverty."
10. **LANGUAGE:** What is an atelier?

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- Answers
1. Madrid, Spain
 2. Upper arm
 3. Cocoa Puffs
 4. The cone-shaped deposits rise from the floor of a cave
 5. Modern-day Iran (formerly Persia)
 6. The electron
 7. "O Canada"
 8. Disk Operating System
 9. Groucho Marx
 10. Artist's studio

Sudoku

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

Difficulty: ★

★ Moderate ★★ Challenging
★★★ HOO BOY! Answer: Page 41

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MAGIC MAZE ●

Answer: Page 41

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

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

Apartment	Impart	Partisan	Partway
Bonaparte	Partake	Partly	Party
Compartment	Partial	Partner	Rampart
Department	Particle	Parts	

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CONCERT

Shreveport Symphony - "Beethoven's Pastorale". Sat. Nov. 17. 7:30 p.m. Preconcert talk at 6:30 p.m. Riverview Theatre, 600 Clyde Fant, Shreveport. Tickets start at \$15. Call 318-227-8863.

CRUISE

2013 Alaskan Cruise - *The Best of Times* invites you on a 7 day Alaskan Cruise aboard the Carnival Miracle departing Seattle, Washington on July 2, 2013 and returning on July 9. Cruising the inner passageway with stops in Skagway, AK; Juneau, AK; Ketchikan, AK; and Victoria, BC, Canada. Special discounted cruise fares. For more info see page 48 of this publication or contact Cindy Loeb with All About Travel at 970-434-6494 or email her at Cindy-L@Qwest.net.

DRIVER SAFETY

AARP Driver Safety Program - A 4 hour classroom refresher course for drivers age 50+ which may qualify participants for an automobile insurance premium reduction or discount. Participants must

preregister. \$14 for non-AARP members; \$12 for AARP members (AARP card required at registration). Correct change or checks payable to AARP accepted.

- Nov 8: 12:00 Noon – 4:00 p.m. Bossier Council on Aging, 706 Bearkat Drive, Bossier City. Contact: Council on Aging – 318-741-8302; Instructor: Ray Branton

- Nov 8: 8:30 a.m. – 12:30 p.m. Cypress Baptist Church, 4701 Palmetto Road, Benton. Contact: Sherry Bell – 318-965-2296; Instructor: James Smith

- Nov 17: 8:30 a.m. – 12:30 p.m. Hebert's Town and Country, 1155 E. Bert Kouns Ind. Loop, Shreveport. Hosts: Hebert's and *The Best of Times*. Contact: 318-221-9000; Instructor Ray Branton

EVENTS

Christmas in the Sky - "Apocalypse Wow: Party Like There's No Tomorrow". Benefiting Shreveport Regional Arts Council. Harrah's Louisiana Downs. Dec. 8. Live and silent auctions, cocktail buffets, entertainment, dancing, open

bar. \$280 per person. For more info call (318) 673-6500.

Eighth Air Force Museum Association Distinguished Speaker Series Annual Banquet - November 9 at the Eldorado Resort Casino Shreveport. 6:00 p.m. The distinguished speaker is LSU Health Shreveport Chancellor Robert A. Barish, MD, MBA who will compare his experience in the armed services with the lifesaving activities that go on each day at this area's major trauma center. \$75 per person. Dress is Business Casual. RSVP until Nov. 7 to info@8afmuseum.com or call 318-752-0055.

Les Boutiques De Noel - One stop holiday shopping extravaganza. Nov 15 - 17. Bossier Civic Center, 620 Benton Rd, Bossier City. Daily Shopping Pass \$10; **Senior Citizen Discount \$5**.

Lunch 'n Learn Series - Presented by Alzheimer's Agency of Shreveport/Bossier. Call for reservations: 780-7906, or e-mail j.hensley@alzagency.org

- November 16, noon - 1 p.m. Broadmoor Branch of Shreve Memorial Library, 1212 Captain Shreve Dr. Topic: Hiring Professional Caregivers. Speaker: Leslie Ponder of Home Instead Senior Care. Lunch provided by Medistar Home Health. **Free**. For Reservations: Call 780-7906 or e-mail j.hensley@alzagency.org

Senior Center Open House - CCOA and SPAR Senior Center at the Randle T. Moore Center, 3101 Fairfield Avenue in Shreveport (on the corner of Fairfield Avenue and Kings Highway), Friday November 9, 9:30 am to 11:30 am. Bingo; door prizes; games; refreshments; and more! Music of the 30's and 40's. **Free** admission and **free** parking. For information, please call 676-7900.

EXHIBITS

Titanic: The Artifact Exhibit. Through January 20 at Sci-Port on Clyde Fant Parkway in downtown Shreveport. Features numerous artifacts recovered from the Ship's wreckage housed in galleries recreated to resemble various sections of the Ship. Monday - Friday 10 am - 5 pm; Saturday 10 am - 6 pm; Sunday noon - 6 pm. (318) 424-3466.

KREWE OF ELDERS

The Krewe of Elders 50's Dance - Saturday, November 17, from 6:00 until 11:00 p.m., at the American Legion Post No. 14, 5315 South Lakeshore Drive, Shreveport. Entertainment provided by Dickie T and the Back When Band. Cash bar, 50/50 raffle, food available for purchase. Open to public. \$10.00 general admission. Info. 635-4901, 752-917

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available Monday - Thursday, 8 am - 3 pm to guide individuals through the complexities of health coverage during Medicare's Open Enrollment Period which runs through December 7. One stop source for guidance with Medicare, Medicaid, Low-income subsidy, Part D Enrollment, and Medication Assistance. Caddo Council on Aging/Aging & Disability Resource Center, 1700 Buckner #240, Shreveport. (318) 676-7900 or email ijackson@caddocoa.org.

MEETINGS

The Ark-La-Tex Genealogical Association, Inc. - Monthly meeting. 1 PM, Saturday, Nov. 10. Randle T. Moore Center, 3101 Fairfield Ave., Shreveport. Speaker: Philip Adderley, CG. Topics: "The Yellow House on the Red River", "The Life Histories of Kentuckians George Washington Stoner and his wife Lizzie H. Wilson". Free and open to the public. For info 318-746-1851.

GENCOM Genealogical Computer Society - regular monthly meeting Sunday, November 18 at 2 P.M. at Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport. GENCOM's Microsoft

Consultant, Bernie Conradi will present "Introduction to Windows 8". Free and open to the public. For info call 318-773-7406.

THEATRE

Moon Over Buffalo - Presented by Shreveport Little Theatre. The comedy takes place backstage of a theatre and highlights an acting family's misadventures. November 1, 2, 3, 8, 9 and 10 at 8 p.m. and November 4 and 11 at 2 p.m. at SLT, 812 Margaret Place. Tickets are \$17 for adults and **\$15 for seniors**, students and active military. For reservations or further information call 424-4439 or visit SLT's box office at 812 Margaret Place, open noon - 4 p.m. weekdays.

"Sounds of Christmas" - a Christmas musical review. Friday, November 30th and Saturday, December 1st. Dinner at 6:30, show time 7:30 p.m. \$25 per person. Sunday Matinee, December 2nd, 2:30 p.m. with Dessert only \$15 per person. Limited seating and reservations are required; Box Office is 560-5662. Presented by Cabaret Theatre @ Media Star Entertainment, 1258 Dalzell Street, Sheveport.

VETERAN'S EVENTS

Veteran's Weekend - All events **free for veterans and their families**. For info, contact the Shreveport-Bossier Convention and Tourist Bureau at (888) 45-VISIT or visit www.shreveport-bossier.org.

- Veterans Day Celebration Party - Wednesday, Nov. 7, 9:30 a.m. Northwest Louisiana Veterans Home, 3130 Arthur Ray Teague Parkway, Bossier City. Parkway High School ROTC and Band will provide musical entertainment.

- Vets for Vets Biker Rally - Saturday, Nov. 10, 9 a.m.-4 p.m. RiverPark Church (Formerly Hamel's Park), 3232 E. 70th Street, Shreveport. Live bands, display tables, a silent auction and Louisiana National Guard and Barksdale Air Force Base military vehicles and guard dogs on display.

Bikers participating in the rally will pay a registration fee, but there will be no admission fee to enter the park.

- Louisiana Military Hall of Heroes Induction Ceremony - Sunday, Nov. 11, 12:30-1:30 p.m. Shreveport Municipal Auditorium, 705 Elvis Presley Avenue, Shreveport.

- Louisiana Veterans Honor Parade - Sunday, Nov. 11, 2-4 p.m. Louisiana State Fair Grounds, 3701 Hudson Avenue, Shreveport. Parade units will parade down the midway on the last day of the State Fair beginning at the Fair Grounds Field baseball stadium and ending at Hirsch Memorial Coliseum. Free admission and free parking for all veterans and their families. Louisiana Veterans Honor Ceremony at Hirsch Memorial Coliseum following parade.



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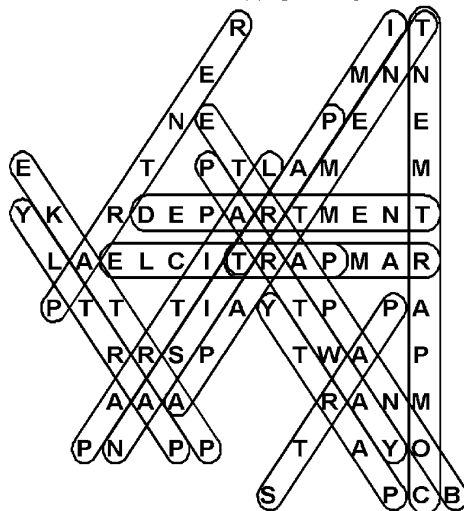
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Weekly SUDOKU

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

PARTED WORDS



Super Crossword

SCH	ATT	IR	ES	AOK	AY	SPA
ORA	IRON	IST	NUE	VE	TUB	
DEV	LIN	AB	LU	ED	RESS	ORB
AMEN	OOF	RE	IGN	ER	GO	
PONCA	FULL	MET	AL	JACK	ET	
ONE	ONE	ROE	NY	ACK		
PARDON	MYS	AR	ONG	SLO	SHY	
EST	A	NORI	EMU	MIA		
BIB	MORAL	BIKINI	BEACH			
ENLAI	LOWES	STN	ASK			
THE	MAN	WITH	ONER	ED	SHOE	
OSE	OAT	ANNIE	ITURN			
PUSS	IN	BOOTS	PAWAT	PYE		
USE	RAE	OVEN	ONCD			
BED	LAM	THE	CAT	INT	THE	HAT
ANEAR	TAR	SE	NORS			
THE	SISTER	HOOD	OF	RAMIE		
RANT	HAUER	NUI	DIET			
ARE	THE	TRAVEL	ING	PANTS		
ISM	SANTA	AMENDER	ETE			
THY	EL	SOL	LONG	STO	MAS	

November Parting Shots

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

South Shreveport Business Association hosted a Business Expo at the Summer Grove Baptist Church event center.

(L to R)

David Dareing,
Bob Griffin,
and Sandi
Starkweather



A Medicare Fraud and Abuse Prevention seminar was held in Shreveport on September 18th.

(L to R)

Julia Agan,
Steve
Cooper and
Leanna
Cooper



Cynthia Keith (left)
and Susan Keith



Gloria Sutherland
and Harold Sater



Alex Alexander (left)
and Chris Knighton



Jane Malloy (left) and
Wanda Krumpelbeck



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November Parting Shots continued —

Dianne and Johnny Brock hosted a fall fiesta for their Sunday School classes from First Methodist Church at their ranch in east Texas.



Hosts
Dianne and Johnny Brock



Cliff and Janet Burgess (left) with Mary Beth and Fred Willis



(L to R) Gail and Syd Nelson, Patricia and Pat Johnson



Dianne Campbell (left)
and Mary Lipsey

A Medicare program Update seminar was presented on October 10th at the Hamilton Branch of the Shreveport Memorial Library.

Vicki Dufrene and
Calvin Hotard



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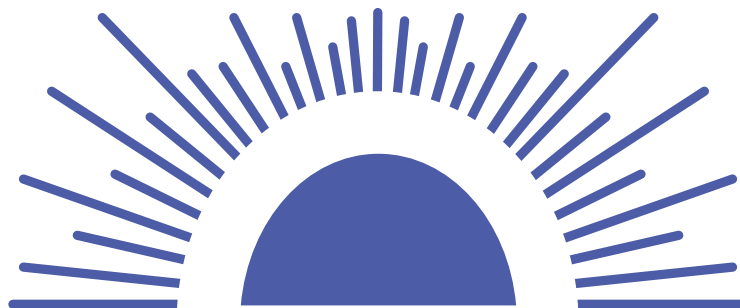
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November Parting Shots continued —

The Krewe of Elders held their coronation Bal on Oct 5.



Traci and Ron Campbell



Jay and Sue Prudhomme



Neville D'arcy and Ann Drew



Captain Doug Kochenderfer and Kathy



2011 Queen and King
Liz and Richard Skyles



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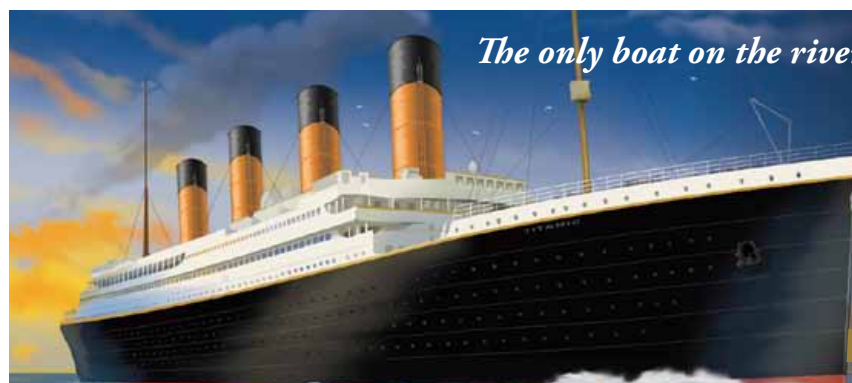
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November Parting Shots continued —

Les Bon Temps celebrated the Louisiana Bicentennial on Oct 14 with cocktails and a seated dinner at the Louisiana State Exhibit Museum.

Left: Marianne Mosteller and Abby Averett

Right: Dr Billy and Frances Washburne

Below: Chloe Thornton, Reg and Judy Cassibry, and Debbie Grand



John and BJ Boubelik, Scott and Karen Kennedy

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Ocean view cabin	\$1,150 (Double occupancy)
Inside cabin	\$ 720 (Double occupancy)

- The above per person price based upon double occupancy per cabin. Additional fees for port taxes and government fees applicable.
- Optional cancellation/travel insurance is available.
- Air fares to and from Seattle, Washington; transfers to and from the airport to the Seattle cruise dock; gratuities; shore excursions; and pre- and post-hotel stays in the Seattle area are not included in the above cabin rates but can be arranged separately by the booking agent.
- Additional discounts may be applicable.

Payment:

- \$350 per person deposit due by Dec. 14 to guarantee discounted fares
- Final payment due April 8, 2013
- Deposit refundable up to final payment due date of April 8, 2013

For more information and reservations, please call Cindy Loeb with All About Travel at (970) 434-6494 or email Cindy-L@QWest.net



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