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Travel Smarter This
Vacation Season



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Invite you to attend one of these upcoming
AARP Driver Safety Program Courses

By taking the AARP Driver Safety Course participants may: Update their knowledge of the rules of the road, learn or improve defensive driving techniques and extend their safe driving lifetimes.

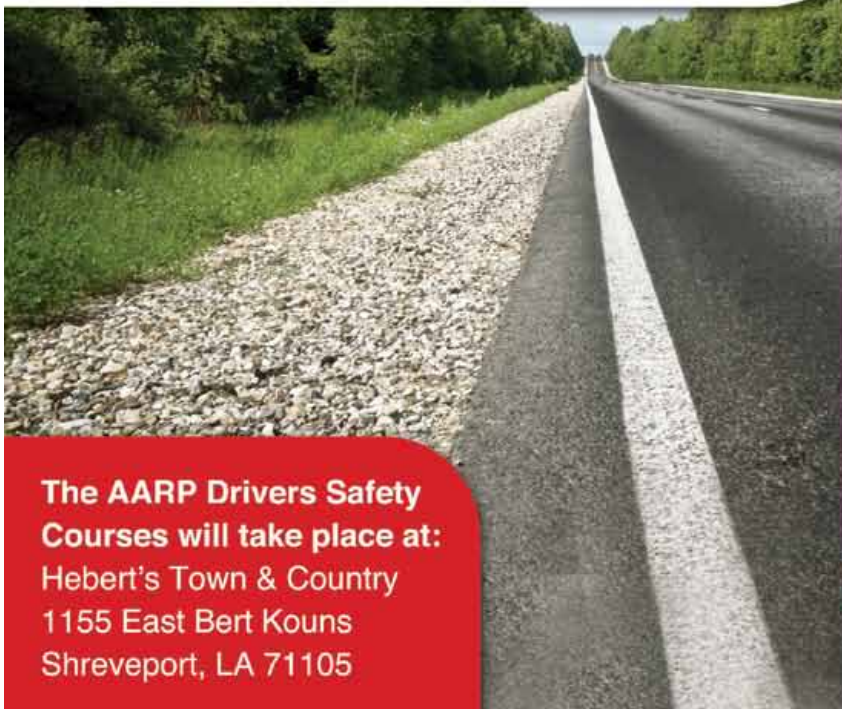
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(Registration begins at 8 am)

Saturday, August 9, 2014
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, September 13, 2014
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, October 11, 2014
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, November 8, 2014
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, December 13, 2014
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August 2

"The Future of Long-Term Care in Louisiana"
Guest: Andrew Muhl, with AARP Louisiana

August 9

"The Strand Theatre's Exciting 2014-2015 30th Anniversary Season"
Guest: Jenifer Hill and Danny Fogger with the Strand Theatre

August 16

"James Burton International Guitar Festival"
Guests: James Burton, legendary international guitarist

August 23

"Veterans Aid and Attendance Benefits Can Help Pay for Long-term Care"
Guest: Kyle A. Moore, Elder Law Attorney and Vickie T. Rech, Client Care Coordinator

August 30

"Reinvention for Women 50+"
Guest: Pamela Mitchell and Dr. Roshini Raj with the Reinvention Institute

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Publisher

Gary L. Calligas
Gary.Calligas@gmail.com

Editor

Tina Miaoulis Calligas
Editor.Calligas@gmail.com

Design

Jessica Rinaudo, Karen Peters

Account Executives

Patrick Kirsop
kirsop@sbcglobal.net

Debbie Sheets
DSheets7488@gmail.com

Mary Driscoll
Ad.TBT.Mary@gmail.com

Webmaster

Dr. Jason P. Calligas

Writers

Teresa Ambord, Morgan Lamphere, Jessica Rinaudo

Contributors

Jason Alderman, Lee Aronson, Natalie Berlin, Suzy Cohen, Judge Jeff Cox, Mark Glass, Andrea Gross, Terri Schlichenmeyer, Nick Thomas, David White

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Yevgeny Yontov, Piano

NOVEMBER 22, 2014, 7:30 PM

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Stat! Medical News & Info



Brisk Walking May Improve Symptoms of Parkinson's

People with mild to moderate Parkinson's disease who regularly walk for exercise may improve their motor function, mood, tiredness, fitness and some aspects of thinking abilities, according to a study published in an online issue of "Neurology". The results of the study by the University

of Iowa in Iowa City and the Veterans Affairs Medical Center of Iowa City suggest that walking may provide a safe and easily accessible way of improving the symptoms of Parkinson's disease and improve quality of life.

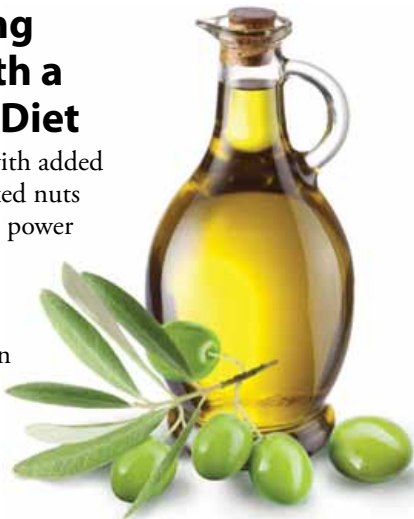
*"A new study in women, performed at The Ohio State University, suggests that experiencing one or more **stressful events** the day before eating a single high-fat meal can slow the body's metabolism, potentially contributing to **weight gain**."*

Increasing Daily Coffee Consumption May Reduce Type 2 Diabetes Risk

People who increased the amount of coffee they drank each day by more than one cup over a four-year period had a 11% lower risk for type 2 diabetes than those who made no changes to their coffee consumption, according to a new study led by Harvard School of Public Health (HSPH) researchers. In addition, the study found that those who decreased their coffee consumption by more than a cup per day increased their type 2 diabetes risk by 17%.

Boost Your Aging Brain Power With a Mediterranean Diet

A Mediterranean diet with added extra virgin olive oil or mixed nuts seems to improve the brain power of older people better than advising them to follow a low-fat diet, indicates research published online in the *Journal of Neurology Neurosurgery and Psychiatry*. A Mediterranean diet is characterized by the use of virgin olive oil as the main culinary fat; high consumption of fruits, nuts, and vegetables; moderate to high consumption of fish and seafood; low consumption of dairy products and red meat; and moderate intake of red wine.



Would You Benefit from Joint Replacement Surgery?

Total joint replacement surgery is one of the most effective medical interventions available, in terms of improving quality of life. However, the procedure does carry some risks and isn't successful in 100 percent of patients. A team of researchers in Canada found that people who gained the most benefit were those with the most pain and disability prior to surgery. Osteoporosis patients fared better than rheumatoid arthritis patients, as did those with few other troublesome joints or other health problems. (*Arthritis & Rheumatism*)

It's Never Too Late to Stop Smoking

Seniors who quit smoking cut their risk of death by heart disease much more quickly than previously thought, a new study from University of Alabama at Birmingham's School of Medicine says. Past estimates held that it takes smokers about 15 years after they quit to lower their risk of heart attack, heart failure or stroke to that enjoyed by people who never smoked, but a new examination of former smokers aged 65 and older found that many with a light-to-moderate smoking history can cut their risk in eight years or less. There are challenges in trying to quit smoking no matter what your age. For tips and strategies check out *Clear Horizons: A Quit-Smoking Guide for People 50 and Older*, developed by the National Cancer Institute at smokefree.gov.



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- Learn how to protect your home from Medicaid Estate Recovery.

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1212 Captain Shreve Drive

(Large meeting room to the right, inside the first set of doors).

Reservations are required. RSVP to 318-222-2100, ask for Kyle's group.



Potpourri: Travel Smarter This Vacation Season

By Teresa Ambord

Here are some wise tips about safety for travelers, mostly from Crimedoctor.com.

Safety at Your Hotel...

- ◆ **Which floor is safest (from thieves)?** Staying on upper floors (third floor or higher) is safer in terms of the likelihood of being burglarized, but of course, in the event of a fire it's harder to flee.
Also, on upper floors, rooms that are close to fire exits may be easier targets for thieves since they want a quick getaway.
- ◆ **Room check.** When you get to your room the first time and every time you re-enter, do a quick check of all places where an intruder can hide. Do this even if you are shown to your room by a bellman, say the experts. He will wait if you ask him (or if you don't tip him till you've done your check).
- ◆ **Lobby victims.** Thieves often select victims in the lobby, and then casually follow them to their rooms. If a suspicious person gets on the elevator with you and then gets off at your floor, stay on the elevator and go back to the lobby and ask for an escort to your room.

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◆ **Don't follow me!** If you are in the hall walking towards your room and think someone may be following you, pause outside your door. Don't insert your room key till that person is well past your room, or better yet, leave your key in your pocket till the coast is clear. Thieves sometimes wait till you have opened your door and your hands are full, then burst through the door, forcing you inside.

◆ **Even if you are traveling alone,** if a stranger is too close for comfort, knock on your own door to give the impression someone is with you.

◆ **Knock, knock.** If you are in your room and there is an unexpected knock, use the peephole. If you cannot definitely identify the person, don't open the door. If he or she claims to be a hotel employee and you were not expecting someone, ask the person to wait while you call the front desk to verify whether they sent someone to you. Your life could depend on it.

◆ **The sound of privacy.** Hotels ask you to turn off the TV and lights when you leave your room for a few hours. But don't. The appearance or sound of possible occupancy will make a thief think twice.



Losing It

Can you guess the number one item travelers leave behind in motels? A survey done showed that in one year alone, 42,000 cell phone chargers were left in Holiday Inns and Holiday Express hotels. The collective value of those abandoned chargers is about a million bucks. You can easily imagine overlooking that dangling cord plugged into the wall. One way to travel smarter and beat the odds of leaving your charger is this: when you plug it into the wall, wrap the cord around something else which would be harder to forget, like a suitcase handle.

Other frequently left items are underwear, swim suits, pillows, hearing aids, false teeth, and various toiletries.

Traveling Abroad and Health Needs

The Centers for Disease Control advises travelers of a few points to consider before leaving home:

- ◆ Check with your insurance agent about buying travel, travel health, and medical evacuation insurance.
- ◆ Carefully scrutinize your domestic health insurance policy to see what medical services may or may not be covered while

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abroad. Call your insurer if you are not certain.

- ◆ Locate medical services in areas you plan to visit and carry this information with you on your trip.
- ◆ Carry copies of your insurance policy identity cards, including any supplemental insurance purchased for a trip, and insurance claim forms. (A note from me: if your insurance ID card lists your Social Security number or other sensitive information, black it out or cut it out of the copy. Medicare cards generally have the Social Security number displayed on them.)
- ◆ Retain copies of all bills and receipts for medical care received abroad.
- ◆ If you depend on prescription medicine, don't pack it in your checked luggage when you travel. Carry it with you, and be sure to pack enough for the trip plus a few extra days' worth, in case of delays getting home.
- ◆ If you are traveling abroad keep your medications clearly labeled in their original containers. Also bring a written prescription from your doctor, explaining your condition, in case you are questioned by international customs agents.
- ◆ You may even need to check with the local embassy to make sure the medicine you take is permitted in the country. Certain prescription drugs are illegal in some countries.



Tips from Your Fellow Travelers

- ◆ One frequent traveler takes a Ziploc bag to cover the remote control. They are covered with germs, he says, and are rarely cleaned. And the remote works just as well through the plastic. Great idea!
- ◆ If you wear eyeglasses carry an extra pair. (I wish I had been told this before I took my son to a theme park, hours from home. My glasses broke side to side on one lens. I was the only driver, and had to make the four-hour drive home with glasses that were taped together on the right side. Boy did I have a headache!)
- ◆ Also carry a small magnifying glass for fine print, like maps or medicine bottles.
- ◆ Keep a pocket-sized notebook handy for jotting down details, like room numbers and flight numbers and tips from locals about great places to eat.
- ◆ Take a nightlight (or a few) to plug into your bathroom. They may save middle-of-the-night confusion and stubbed toes. You can buy them at the dollar store, so if you forget it when you leave, it's no big deal.
- ◆ While you're at the dollar store, get a nylon laundry bag to stash clothes in that need laundering while you travel. On the way to your destination, the bag doubles as a place to carry shoes and keep them away from clean clothes. Or buy a smaller nylon bag just for shoes.

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Aging in Place

FAMILY FEATURES

Most people prefer to stay in their home or apartment for as long as possible. The best way to make this a reality is to plan ahead of time to make the amenities in your home as safe and accessible as possible. It can be hard to imagine that tasks around the house that were once done with ease can one day pose a challenge. Anticipating the challenge and planning accordingly may allow you to remain in your home for an extended period of time. Often, with some minor modifications, your home can be adapted to help you stay as long as possible even with some loss of mobility.

Home Modifications

Living at home longer may mean renovating a home to make it more accessible. This



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can include such things as installing ramps to bypass stairs, building a bedroom on the main floor, placing grab bars in the shower, changing the height of kitchen countertops or making a bathroom safer and more accessible. Before you make home modifications, you should evaluate your current and future needs by going through your home room by room and answering a series of questions to highlight where changes might be made. Several checklists are available to help you conduct this review. The National Resource Center on Supportive Housing and Home Modifications is a good place to start. Go to the center's website at <http://www.homemods.org> and click on the link to the "Safety Checklist and Assessment Instrument."

Getting Help

Keeping a house running smoothly requires a lot of hard work. If you are no longer able to keep up with the demands, you may need to hire someone to do laundry, buy groceries, run errands, clean the house or perform any necessary repairs. Those who are unable to perform Activities of Daily Living (ADLs), such as getting in and out of bed, walking, bathing, dressing, and eating, can often continue to stay at home with outside help. There are a number of services that can be brought in to assist with ADLs and other personal care. You can hire someone, such as a personal care aide or home health aide, to help you out a few hours a day or around the clock.

Some health care services can be provided at home by trained professionals, such as occupational therapists, social workers or home health nurses. Check with your insurance or health service to see what kind of coverage is available, although you may have to cover some of these costs out of pocket. If very specific conditions are met, Medicare will help pay for all or a portion of home health care.

Transportation

Declining health often causes a decline in independence and mobility. Many seniors lose the ability to drive or simply feel uncomfortable behind the wheel at night. Investigate transportation options in your area so you can maintain an active social life, get medical care and shop for necessities. You might find family members willing to take you to the grocery store, friends who will drive you to social events, nearby bus routes, reduced fare taxis or senior transportation services funded by a local not-for-profit. Staying in your home should not mean being cut off from community activities you enjoy. Finding new ways to get around, even after you are no longer driving, may allow you to stay engaged and active.



Have you made [prearrangements](#) for your family, or do you still have that to do? Leaving these decisions to your children on the worst day of their lives is a terrible emotional burden.

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by *Natalie Berlin*

“Stress” is a word commonly used to describe our lives, attitudes, and moods. But what does it really mean? Used as a noun in the dictionary, “stress” is defined as a state of mental tension and worry caused by problems in your life, work, etc. As human beings in society, our environments are continually changing, and stress is the “wear and tear” our bodies endure as we adjust physically and emotionally to those changes. The following suggestions are guidelines to help manage stress:

1 FOCUS ON WHAT YOU HAVE CONTROL OVER.

Ask yourself: “Do I have any control over the situation that is stressing me? If so, what is the percentage of control I have? What are you doing with that percentage of control? Are you doing EVERYTHING you can to help that situation? If not, set some specific goals to help you achieve the maximum control possible.

2 SURROUND YOURSELF WITH POSITIVE INDIVIDUALS.

Sometimes we get in a “funk” or a “rut” and need someone to remind us of the positives in our life. Try to keep those positive people in your environment, whether it is close friends, relatives, or even a mental health professional.

3 TAKE CARE OF YOURSELF PHYSICALLY.

When was the last time you had fun exercising? Think about it. Finding some physical activity that is fun can help to overcome the disinterest and reluctance to get out to do it. Consider something besides walking and jogging; perhaps dancing, swimming, roller skating, Zumba, or yoga. Or maybe riding a bike? Remember to stretch before and after you do these activities. Another key to taking care of yourself physically, is getting enough sleep and proper nutrition.

Everyone is different, so seek help from your doctor to determine the types of foods best for your body, and assess your personal sleep requirements.

4 STAY IN THE NOW!

It is good to keep a daily “reality check”; it can be 3 minutes, or it can be 30 minutes. It can be early morning or before bedtime; either is a good time to practice this, but set a reminder so you will remember to actually do it! My version of a “reality check” consists of journaling, starting with the question “how am I doing emotionally, physically, and spiritually today?” Then write one specific thing I am grateful for. It can be as simple as “I’m thankful for the cool air coming out of my air conditioner.” Meditation, prayer, and breathing exercises are also good when having your daily “reality check.”

5 STIMULATE YOUR MIND.

Being creative with your hobbies, talents, and interests is good for stress management. Some examples are painting, gardening, playing a musical instrument, word puzzles, reading a good book, watching a funny movie, cooking a new recipe, watching an interesting documentary, taking a hot bath. Also, volunteering in your local community using your talents can help with stress management. Helping others helps you.

6 SEEK PROFESSIONAL HELP.

It is always okay to ask for help. A mental health professional can be an “outsider looking in,” a person who can take a fresh look at your life and see what you can change to improve yourself.

Applying these tools and techniques to our lives can help us stay balanced. We cannot avoid stress; our world consists of ongoing change and uncertainty, but stress management is the key to peace and contentment.

Natalie Berlin is a Counselor Intern at The Center for Families, a non-profit counseling agency serving Northwest Louisiana. Counseling is provided on a sliding fee scale.





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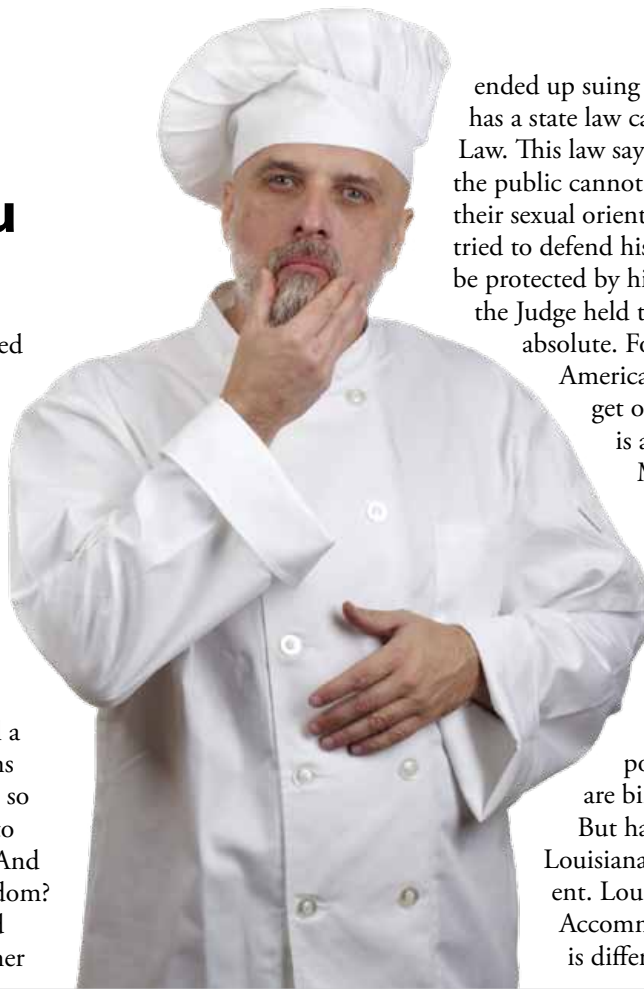
No Cake For You

by Lee Aronson

Pierre (not his real name) opened up a bakery. One of his customers asked him to make a wedding cake for a gay couple. Pierre refused. He said that he had a deeply held religious belief that marriage was only between a man and a woman and explained that the Bible commands him to avoid doing anything that would displease God or encourage sin in any way.

Is it legal for Pierre to refuse to sell a cake for a same sex wedding? He owns his own business and this is America, so shouldn't he have the right to refuse to do business with whoever he wants? And what about his right to religious freedom?

Well, something like this really did happen in Colorado. And the customer



ended up suing Pierre for discrimination. Colorado has a state law called The Public Accommodation Law. This law says that businesses that are open to the public cannot refuse to serve people based on their sexual orientation. So Pierre lost the lawsuit. He tried to defend his position by arguing that he should be protected by his right to freedom of religion. But the Judge held that our freedom of religion is not absolute. For example, I couldn't become the American version of Jack the Ripper and get off scott-free because prostitution is against my religion. Nor can a Mormon man marry more than one woman. That's why the United States Supreme Court has said that "When followers of a particular sect enter into commercial activity as a matter of choice, the limits they accept on their own conduct as a matter of conscious and faith are not to be superimposed on the statutory schemes which are binding on others in that activity." But had Pierre opened his bakery in Louisiana, things would have been different. Louisiana, like Colorado, has a Public Accommodation Law, but our version is different. The Louisiana law says that



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businesses open to the public can't refuse to serve customers based on their "race, creed, color, religion, sex, age, disability or national origin." There's no mention of sexual orientation. So if Pierre the Louisiana baker refused to make a cake for a Muslim wedding, he would be in trouble, but he would be A-OK refusing to make a cake for a same sex wedding. In fact, the Louisiana law specifically says that businesses can refuse to do business with customers based on "homosexuality, bisexuality, transvestism, transsexualism, pedophilia, exhibitionism, and voyeurism." And the law goes on to say that it's also legal to refuse service to customers based on "compulsive gambling, kleptomania, pyromania, and psychoactive substance use disorders resulting from current illegal use of drugs."

But the Louisiana Public Accommodation law does protect a group of people that the Colorado law does not: women who breastfeed. The Louisiana law says that "a mother may breastfeed her baby in any place of public accommodation, resort, or amusement" and "It is a discriminatory practice in connection with public accommodations for a person to deny an individual the full and equal enjoyment of the goods, services, facilities, privileges, advantages, and accommodations of a place of public accommodation, resort, or amusement...on the grounds that the individual is a mother breastfeeding her baby." Why? Because in 2001, the Louisiana legislature passed a law that says, "The legislature does hereby declare that the promotion of family values and infant health demands that our society put an end to the vicious cycle of embarrassment and ignorance that constricts women and men alike on the subject of breastfeeding, and that in a genuine effort to promote family values, our society should encourage public acceptance of this most basic act of nurture between mother and baby and should take appropriate steps to ensure that no mother is made to feel incriminated or socially ostracized for breastfeeding her baby."

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



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A Fibromyalgia affects millions of people worldwide. In Latin, the term describes pain in the muscles and fibrous tissue."

The muscle pain and tender points can become rather painful, and sometimes disabling but I believe there is an underlying cause, perhaps infection, nutrient deficiencies, mitochondrial dysfunction, the drug mugging effect of medicines and more. I'll elaborate shortly, but you asked me to confirm the uses of your medicines. The Lyrica (pregabalin) is used to soothe nerve pain and can make you drowsy. So can the hydrocodone which is used to reduce a pain chemical called "Substance P" and the



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Demystifying Credit Scores

By Jason Alderman

One of the few positive outcomes of the 2008 financial crisis was that it helped shine a light on the importance of understanding and staying on top of your credit profile. Along with that heightened visibility, however, has come a great deal of confusion and misunderstanding – particularly around the all-important credit score.

"The consequences of not maintaining a sound credit score can be very costly," says Anthony Sprauve, senior consumer credit specialist at FICO. "A low score can bar you from getting a new loan, doom you to higher interest rates and even cost you a new job or apartment."

Five factors are used to determine your credit score: payment history (usually around 35 percent of your score), amount owed (30 percent), length of credit history (15 percent), newly opened credit accounts (10 percent), and types of credit used (10 percent).

Fortunately, if your credit score has taken a hit, you can initiate several actions that will begin improving it almost immediately. Just be aware that it can take many years to recover from events like bankruptcy or foreclosure.

First, find out where you currently stand by reviewing your credit reports from each major credit bureau (Equifax, Experian and TransUnion). Look

for negative actions your creditors might have reported as well as errors and fraudulent activity, which you can challenge through the bureau's dispute resolution process. You can order one free report per year from each bureau through the government-authorized site, www.AnnualCreditReport.com; otherwise you'll pay a small fee.

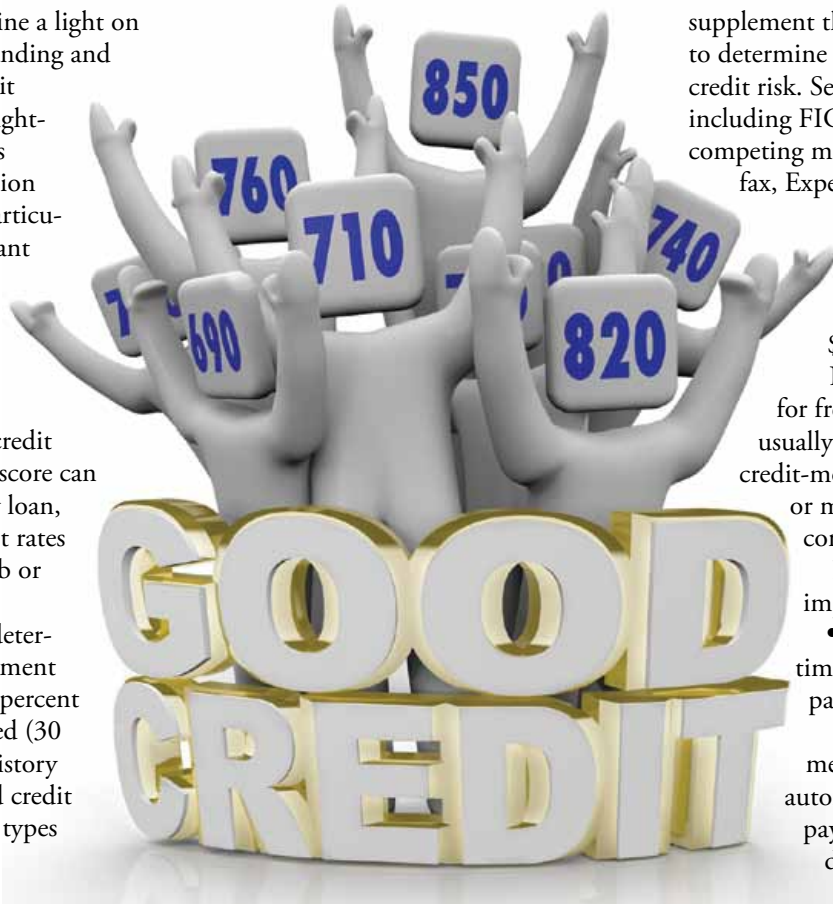
You might also want to order your credit score. Lenders use credit scores to supplement their own selection criteria to determine whether you are a worthy credit risk. Several types are available, including FICO® Score, VantageScore (a competing model jointly created by Equifax, Experian and TransUnion) and

proprietary credit scores from each of the three bureaus, among others. Scores typically cost from \$15 to \$20 each.

Note: You may see offers for free credit scores, but they're usually tied to expensive ongoing credit-monitoring services you may or may not want. Read the contract carefully.

Here are a few tips for improving your credit history:

- Always pay bills on time and catch up on missed payments.
- Set up automatic payments for recurring bills and automatic minimum credit card payments if you often miss deadlines.



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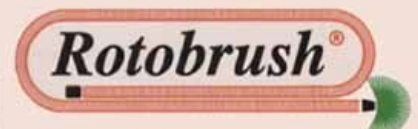
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- Sign up for text or email alerts telling you when your balance drops or payments are due.
- Never exceed credit card limits.
- Monitor your credit utilization ratio (the percentage of available credit you're using). Try to keep your cumulative utilization ratio – and the ratios on individual cards or lines of credit – below 30 percent.
- Transferring balances to a new card for a lower rate will slightly ding your credit score – although it won't take long to recover. But be careful the transfer doesn't increase your utilization ratio on the new card.
- Make sure that card credit limits reported to the credit bureaus are accurate.
- Don't automatically close older, unused accounts; 15 percent of your score is based on credit history.
- Each time you open a new account it slightly impacts your score, so avoid doing so in the months before a major purchase.
- Pay off medical bills, as well as parking, traffic and even library fines. Once old, unpaid bills go into collection, they'll appear on your credit report.

"Bottom line, don't lose hope," says Sprauve. "The negative impact of past credit problems will gradually fade as recent good payment behavior begins to show up on your credit reports."

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



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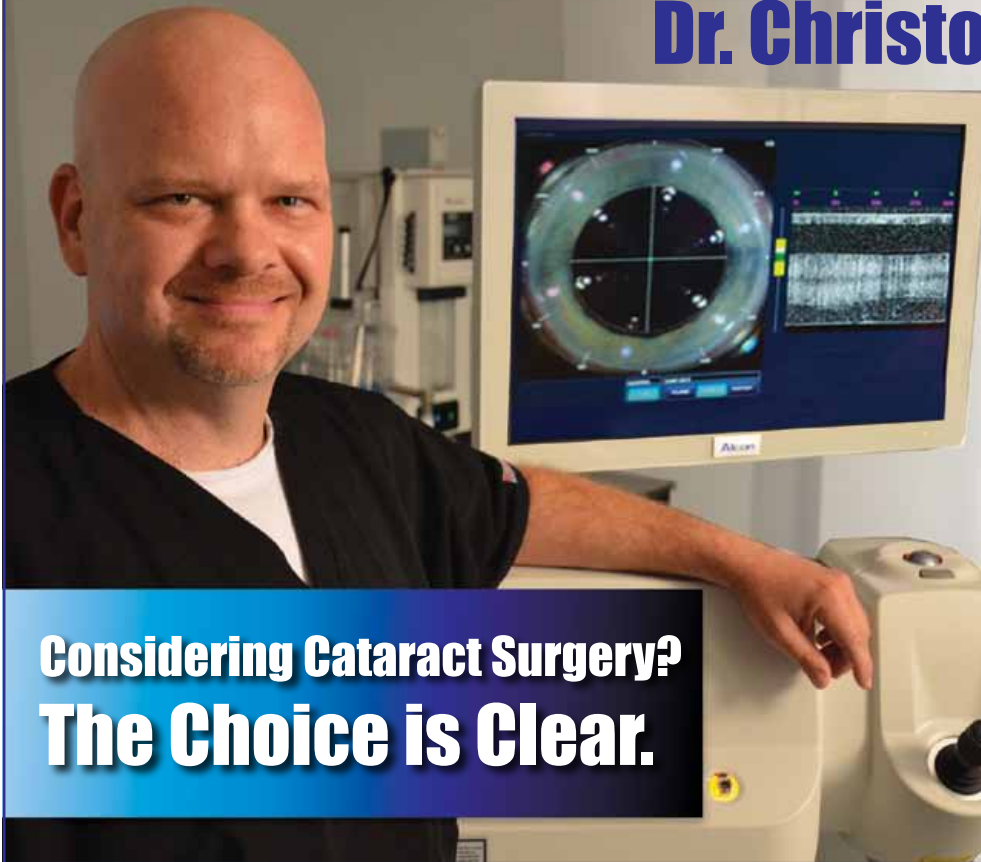
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Getting on BOARD with SOCIAL MEDIA

by Morgan Lamphere with Jessica Rinaudo

There's a prevailing notion among many young people that older generations of Americans don't "get" social media. In fact, older people are now the fastest-growing social media adopters in the United States. In 2013, 43 percent of Americans over 65 used at least one social networking site, compared with 26 percent in 2010 and one percent in 2008.

They tend to be more private and cautious than younger generations, but once they see the potential benefits of certain types of social media, they do participate to the extent they are comfortable doing so.

There are many different social media platforms out there, each with its own benefits and distinct way of interacting with others.





Facebook is a platform (including a website and smartphone app) designed to rekindle and preserve existing social connections using an online forum for sharing personal messages, written updates, photos and videos. Users invite others to connect with them, and in return can accept or reject invitations to connect with other individuals. Users can also “like” their favorite brands, groups, charities, TV shows and more – and receive updates on their friends and items of interest via their Facebook accounts. Facebook has more than 1.3 billion users worldwide.

Facebook can provide users with the ability to both keep in touch with family members as well learn of their day-to-day activities through posted messages.

Mickey Finley who is the proud mother of six and grandmother to three, said, “I keep up with my children and my grandchildren on Facebook, that’s almost all I use it for. I love being able to see their pictures. I’ve got nieces and nephews who, other than occasionally hearing from their parents, I wouldn’t know anything about. It’s wonderful for me, even on a day to day basis, to see what they’re up to.”

Kim Long has utilized Facebook for reconnecting with lost family members. “I have a whole set of cousins, but they live in all different places,” said Kim. “It’s been very nice to reconnect with them through social media. We found each other there first, then we started calling and talking on the phone again.”

In addition to family connections, Kim, the Director of Religious Education at St. Mary of the Pines Catholic Church, also uses Facebook in her work to connect with parents of her students who are taking religious classes. She said that parents tend

to respond much more quickly via Facebook than e-mail.

Many businesses and organizations use Facebook as a way to connect with people who are interested in what they offer.

The SearStone continuing care retirement community in Cary, N.C., has a Facebook page for its residents, their extended families, and employees (<https://www.facebook.com/SearStoneRetirementCommunity>). They use the forum to post updates, photos, local activities, and interesting facts about the area.

Scott Booth, who owns Aquarium Concepts in Shreveport, has been impressed by what he’s been able to do with his business on Facebook.

“Facebook has allowed me to interact directly with people who love aquariums and their tanks,” said Scott. “Aquariums are a very visual thing and I can post videos directly to me feed and people can see immediately what I have in stock and what it looks like.”

People can create closed groups on Facebook to talk to their friends about any topic imaginable, from book clubs and stamp collecting to political discussions and party planning! Kim said she has used closed groups on Facebook to plan a baby shower and anniversary party with friends and family members who live in different cities.

In 2013, Huffington Post reported that Facebook can serve as a resource for older individuals in preventing cognitive decline, according to a study conducted by Janelle Wohltmann with the University of Arizona’s Department of Psychology.



LinkedIn is a social media platform primarily for business connections. It currently has more than 277 million users.

While it may seem odd for people who are retired or semi-retired to use LinkedIn, it’s also a way to keep in touch with former business contacts who may not necessarily be considered friends. According to Social Media Today, 70.6 percent of LinkedIn users utilize it to reconnect with past business connections.

“LinkedIn is a good way to keep in touch with people professionally,” said Kim. “It keeps you up-to-date with what your friends are doing in their careers. I get emails when they make professional changes and I love it.”



LinkedIn users can also join various groups with some sort of business connection. There are groups devoted to certain professions, associations, interests, geographic regions, and even current and former employees of certain companies (e.g., Current and Ex IBM Employees Group). In addition to networking with individuals, LinkedIn users can also “follow” companies and keep abreast of the latest news from those organizations.

Pinterest

Pinterest is a website that allows users to share, collect and organize a variety of different items of interest represented by photos or graphics. Think of it as a very large virtual personal bulletin board. Pinterest has more than 70 million users, the majority of whom are women.

The most popular shared images or “pins” contain recipes, home décor, arts and crafts, fashion, fitness tips and DIY ideas. Many consumer brands also have Pinterest pages and share their content in little images that can in turn be re-pinned to a user’s own Pinterest “board.”

“I love Pinterest! It took me forever to join it. I was late to the party for this avenue of social media, and now I have 58 boards and tons of pins and lots of followers,” said Kim. “I use Pinterest for personal projects, work and for church. I use it for recipes and health and nutrition and fitness. It’s amazing! There are even Pinterest pages for the Scottish clans I’m interested in!”

Julie Ann Edwards, a teacher at Parkway High School in Bossier City, also uses Pinterest for fun and work. “I love to pin shark related things, ideas for hanging out around the pool and Harry Potter items for myself,” she said. “And I also use Pinterest for craft ideas for when I teach at school.”

Twitter

Twitter is a micro-blogging site, allowing users to type messages in brief updates of 140 or fewer characters. Users can also “follow” other Twitter accounts, and in turn others may follow them. There are more than 645 million Twitter accounts.

Many feel that the real value of Twitter is when it is used as a means of instant communication. News organizations and even police departments “tweet” important messages to the public that can be viewed on their computer or mobile device

Other Social Media

Can't get enough of social media? Here are a few other social media sites and platforms worth checking out.



Vine

This app allows users to create and share 8 second videos. Like Twitter and Instagram, posters often use hashtags to connect their posts to other users.



Goodreads

Like to socialize about books? Use the Goodreads website and app to post which books you’ve read, are reading and plan to read. You can see what friends are reading, too!



Google+

Similar to Facebook, this is Google’s social media tool. Use your Google account for picture and info sharing. You can also use “Hangouts” for group video and texting.



Tumblr

Tumblr is a microblog platform, a place where users can post information, such as photos, links and stories in short form.



like an iPad or smartphone. During the manhunt after the Boston Marathon, the Boston PD regularly tweeted updates to its followers.

Local businesses often tweet their daily specials for special deals to their followers.

Libby Burkhalter teaches a variety of fitness classes in the Shreveport / Bossier area. "I primarily use my Twitter account to follow people in the fitness industry, post about fitness and share things that are happening with my fitness business," said Libby. "It's a quick and easy way for me to share information with my followers."

This instant form of communication is appealing in the sports arena too. Tony Napoleone says he uses his Twitter account to follow sports that aren't in his market. He also uses his Twitter account to "Live Tweet" sporting events. "Live tweeting" is when you provide play-by-play commentary to your Twitter followers while an event is taking place.

"I follow a team from a different market from the one in which I live, and I live alone," said Tony. "So tweeting and being able to read the tweets of other like-minded fans is my way of watching the game with friends. You can yell, complain, celebrate and commiserate, just like if you were at a bar, or watching with a roomful of friends and family."

Julie uses Twitter in a similar way, but on a local level. "I use Twitter to catch up on the game scores of Parkway sports teams and follow other school events."

Users can also share links, photos and videos on Twitter. Or

they can "retweet" a message from another account to their own followers.

Twitter has also popularized the use of "hashtags" (basically terms preceded by the "#" symbol). Hashtags are a shortcut way of explaining what the tweet is about. By monitoring certain hashtags, users can view instant online conversations about a particular topic.



Instagram

Instagram is a social media platform where users post photos and short videos in their "feed." It is a way for users to show their followers a snapshot of their lives. Posts include anything and everything from vacation snapshots and events to what's for lunch and grand baby's first steps. While Instagram can be viewed from a computer, tablet or mobile device, it is most popular on mobile devices because users can snap a picture or video and immediately edit it and post it to their feed.

Like Twitter, Instagram users often post hashtags as a means of connecting to other users who are posting similar pictures.

And, like Facebook, many love that Instagram is a way to check in on family and friends and actually see what they are doing throughout the day.

"My friends who weren't on Facebook told me Instagram was easier to use," said Kathy Booth. "That made me want to try Instagram and it allows me to keep up with those friends."

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Kathy added that she loves that Instagram is a “simple feed without all those extras” that come along with using a more complex social media platform like Facebook.

Depending on their needs, interests and comfort level with technology, users can easily test out one or more social media platforms and explore them before deciding whether or not they are valuable to them. Many community colleges and continuing education centers now offer seminars on social media.

Tony said he was introduced to Twitter in 2010 when he attended a Podcamp in Pittsburgh. The other people in attendance insisted he give the social media platform a try and he was hooked.

Family members and neighbors are also usually willing to help get their parents and grandparents online.

“I agonized over joining Facebook for several months and then one of my daughters helped me set it up,” said Mickey. “It was easy to use and easy to navigate.”

“I went to a seminar in California a few years ago and realized I needed to get with the program and started learning about social media,” said Libby. “My neighbor helped me a lot with learning how to use Twitter and Facebook.”

Social media will never replace face-to-face interactions, but it does provide other ways to stay connected to friends, family and former colleagues, and a means of learning more about what’s happening in the world today.

Morgan Lamphere is Director of Marketing of SearStone, a continuing care retirement community in Cary, NC, that uses its

Facebook page for its residents, their extended families, and employees to post updates, photos, local activities and interesting facts about the area.

Jessica Rinaudo is the Publications Editor, Webmaster and in charge of social media for the Catholic Diocese of Shreveport. She uses social media there to communicate messages from the Church in Northwest Louisiana to area Catholics, as well as share photos, promote events and provide information across the northern part of the state.



Want to Learn More?

The Caddo Council on Aging offers Tech Talk for Seniors every Friday from 10 -11:30 at the Randall T Moore Center. Once a month it features Social Media basics.

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Memories from Past Summers

By Judge Jeff Cox

Just the other day, someone asked me how long I had been writing this column. I honestly had to stop and think for a moment. In looking back, I believe this column was started around the first part of the Summer in 2000. I may be off on the date, but I know that this column has been appearing in this paper for at least 14 years, if not longer. I have been very fortunate that the Editors of this paper have allowed me to write for so long and allowed me the opportunity to share with you, the reader, regarding laws and changes in our laws in our community. And I also appreciate you, the reader, telling me that you actually read the column and look forward to reading it. I have been blessed with the opportunity of meeting many people who read the column and find value in its contents. In looking back and trying to remember how long ago this column was started, I was flooded with some personal memories I would like to share.

As a child, I grew up in Minden, Louisiana. As most of you know, it is a small town where everyone knows you and your family. We knew just about everybody in town and they knew us. All the kids in town would ride their bikes to the local swimming pool and we would all hang out there when we were young. It seemed that we rode our bikes everywhere in Minden and no one had to be afraid of



being out of sight of their parents. In fact, our moms and dads seemed to encourage us to assert a little independence.

When we weren't at the pool, I remember fishing at Hinton's Pond with friends from my neighborhood. It seems we didn't worry about snakes or anything else. We would fish late into the afternoon and may catch a few fish, but we were learning. When we caught a bass, it looked to us like it weighed 10 pounds. In reality, it probably was only a pound.

My Dad was a hard working man. Dad started his workday at 3 o'clock in the morning and usually did not go to bed until 10 o'clock at night. Beside running the funeral homes and cemeteries, Dad planted a massive garden each year. Each summer, we all picked butter beans, pinto beans, potatoes, squash, tomatoes, okra, purple hull peas, string beans, eggplant and peppers. We also picked pears and figs. Many nights in the summer were spent on the back porch shelling or cutting vegetables or fruits and putting them up for the winter. Usually my uncle and

his wife and my older brother would be out there with mom, dad, and I. Many stories were shared by all of them about their childhood and what they used to do in the summers.

I look back on all these times and remember hard work and sweaty days, but I wouldn't trade the memories and the time we shared together. Dad passed away in December 2013 and I still remember the stories he told and the times we shared; some good, some bad, but always together.

Minden, and the relationships established there growing up, helped to shape my life. Our church and summer youth trips helped establish lifelong friendships. Going to McDonalds and hanging out with friends from school was always a highlight of Friday and Saturday nights. All of the adults knew us and we knew the adults and they did watch what we were doing. Minden seemed like the biggest town in the world when I was growing up.

I think that summertime is a great time for families to connect and memories to be made. I would bet that many of you grew up in a small town that shaped your life and your future. While you are sitting on the porch or sharing time with your family, I would encourage you to share stories of your childhood and family. You will be surprised how much history you can tell and the legacy that will be left with your family from your stories.

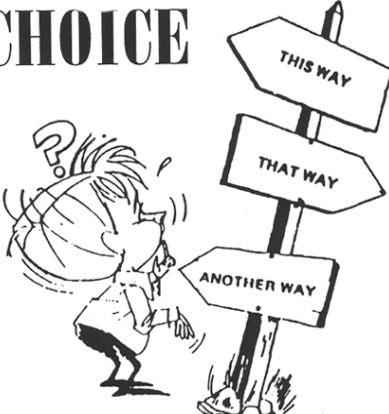
Judge Jeff Cox is the 26th Judicial Court Judge for Bossier/Webster Parishes, Division C.



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(Puzzles on page 44)

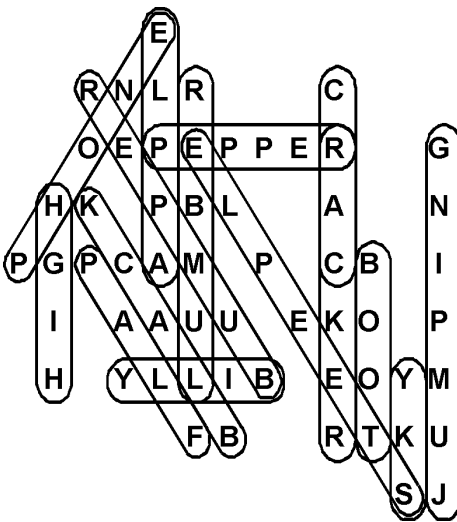
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S	A	N	E		P	E	R		W	A	D	E

— **JACK**



— **SUDUKO** —

Answer

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

ANSWERS FROM THE EXPERTS

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

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



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When is hospice care appropriate?

Hospice care is appropriate when a patient has a terminal illness with a life-expectancy of six months or less. Someone with this type of illness may be ready for hospice if they have decided to no longer seek curative or aggressive treatment for their disease, decline any further testing or hospitalizations and wish for comfort measures only. The sooner a patient can access hospice services, the more they will benefit from the care received. Hospice is designed to care for patients with many life-limiting illnesses and conditions such as cancer, dementia, heart disease, HIV/AIDS, liver disease, pulmonary disease, neurologic disease, renal failure, stroke or coma.



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Is Osteoarthritis (OA) hereditary?

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



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

I am 70 years old and am very nearsighted. I noticed that area doctors have been promoting LASIK to correct nearsightedness. Am I a candidate at my age and does Medicare cover any part of the costs?

LASIK is usually not a first option for people over age 65 because of cataracts. There is a new Multifocal Lens available now called ReStor that allows people with cataracts to see like they did at 25! 80% of people who have the Restor lens implanted are completely free from glasses. Medicare does cover some of the cost of the new lens. To find out if you are a ReStor candidate, call our office at 212-3937 for a screening exam.



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Tippi Hedren Talks “Marnie” at 50, and More

by Nick Thomas

Released in the summer of 1964, “Marnie” wasn’t a typical Alfred Hitchcock thriller. While a moderate success at the box office, the eponymous psychological mystery was panned by some critics at the time.

“People didn’t understand the film when it first came out,” said Tippi Hedren, who starred as Marnie, a disturbed woman, compulsive liar and thief, with a resolute disdain for men. “Something really bad happened in Marnie’s childhood. Critics look at ‘Marnie’ entirely differently today, now that we understand more about how an early traumatic experience can manifest itself later in adult life. The story was really ahead of its time.”

Hedren, who turned 84 in January, went to great lengths to prepare for the role. “I read the novel the film was based on over and over, spoke with author Winston Graham, and consulted psychologists and psychiatrists in order to understand the character.”

Although Hedren embraced the role, her cold, man-hating character had little interest in embracing costar Sean Connery.

“The man was absolutely gorgeous!” said Hedren of Connery,

who was fresh off the success of his first James Bond role in “Dr. No.” “I asked Hitch how could I play a character who wasn’t attracted to one of the sexiest men alive!”

His response, she says, was typical Hitchcock: “It’s called acting, my dear.”

Hedren’s acting skills were also evident in one scene where she appears to confidently gallop across the countryside on horseback. In fact, she was perilously staged atop a 17-hands high horse trotting on a large treadmill.

“It was horribly dangerous – a horse on a treadmill! If he had tripped, I would have gone flying off,” said Hedren. “Hitchcock made me do such dangerous things, I’m amazed I’m still alive!”

The experience was reminiscent of Hedren’s previous movie, “The Birds,” a year earlier – her debut in feature films, also directed by Hitchcock. In the final brutal bird attack scene, Hedren was secured in a cage and mauled by ravens and gulls.

“All through production I was told that scene would be done with mechanical birds,” recalled Hedren. “It was only on the morning of filming that the assistant director told me they would

use real animals. For five days, the bird handlers hurled the birds at me.”

Unlike Marnie whose life was shattered by an early trauma, Hedren’s Hollywood wildlife encounters propelled her into animal activism, especially after seeing large cats in Africa while filming “Satan’s Harvest” (1970).

She later founded The Roar Foundation and Shambala Reserve (www.shambala.org), a 72-acre sanctuary in Acton, Calif., for large cats rescued from zoos, circuses, and private owners.

“I bought the land in 1972 and turned it over to the foundation. Today we have about 40 cats,” said Hedren. “I live on the reserve and the fence is only three feet from my bedroom window so I can look out and see tigers walk by! The roaring at night is absolutely thrilling. Visitors can come to our summer sunset safari when the animals are awake and roaring. It’s an extraordinary evening.”

However, running Shambala is expensive. “I have to raise \$75,000 every month!”

In her role as activist, Hedren was also successful in lobbying Congress to

pass a 2003 bill ending the interstate traffic of large cats.

“Currently, there is another bill – The Big Cat and Public Safety Protection Act – in committee in the House and Senate which will stop the breeding of exotic cats for personal exploitation or their sale as pets,” she explained. “I can’t imagine why any lawmaker would hesitate to get this legislation passed.”



In addition to being ‘den mother’ to her cat family, Hedren is matriarch of a well-known acting clan. Daughter, Melanie Griffith, and granddaughter, Dakota Johnson, are successful actresses.

“On Mother’s Day, we all had dinner,” recalled Hedren. “As I looked around the table, I was so proud of these beautiful and talented people.”

While gratified by her family and work with animals, Hedren remains proud of her work on “Marnie.”

“I’m glad the story is more understood and appreciated today,” she said. “It was a fascinating role to delve into.”

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 400 magazines and newspapers.



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The BEACH at the End of the TRAIL.

story by Andrea Gross
photos by Irv Green

Lewis and Clark traveled more than 4,000 miles searching for a water route that would span the American west. Where did they end up? On a small stretch of sand near Seaside, Oregon, 80 miles west of Portland.

Today Seaside is a popular recreational community, attracting visitors who want surf-perfect waves, abundant tide pools, good hiking and the chance to follow the Lewis and Clark Corps of Discovery during the last days of their journey to the Pacific.

My husband and I walk through town, heading toward a bronze statue that immortalizes the area's flirt with fame. The streets are filled with people. Some are simply strolling, enjoying the sea-fresh air, while others are shopping in an eclectic assortment of stores, many of which are arranged around an old-fashioned merry-go-round in the aptly named Carousel Mall.

Of course, we intersperse our meanderings with food — a fish taco at Firehouse Grill, homemade root beer and ice cream at Flashback's, and a cup of the clam chowder that *Bon Appétit* dubbed "one of America's top ten soups" at Norma's.

To work off the calories, we go to Wheel Fun Rentals, where we debate whether to rent a surrey (elegant), a tandem bike (easy, especially for me) or a regular bicycle (exercise for both of us). We finally opt for bikes so we can explore areas on the outskirts of town as well as pedal the Promenade, a 1.5-mile concrete path that runs parallel to the sea.

There, at the point where the Prom intersects Broadway, is the statue of the two explorers. It's larger than life, as befits the men it depicts, and is backed with a sign that reads "the END of the LEWIS & CLARK trail, 1805-1806."

The next morning we set out to learn why and how Seaside became the last stop of the Lewis and Clark expedition.

We begin at Cape Disappointment, 30 miles northwest of Seaside. "Since



THERE, AT THE POINT WHERE THE PROM INTERSECTS BROADWAY, IS THE *statue of the two explorers*. IT'S LARGER THAN LIFE, AS BEFITS THE MEN IT DEPICTS, AND IS BACKED WITH A SIGN THAT READS "THE END OF THE LEWIS & CLARK TRAIL, 1805-1806."

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this is one of the foggiest places in the country, it's almost certain that you're having the same weather as did the Lewis and Clark team," says a ranger. "But they were too elated to worry about the weather; they had finally reached the Pacific Ocean."

We forego the beachcombing for which the 1,900-acre park is famous, instead spending our time at the interpretive center and hiking a trail that was used by the Corpsmen as they explored the area.

Although the men were eager to return home since they had achieved their goal, many a snow-covered mountain stood between the Pacific Ocean and their starting point in St. Louis. They needed a hunkering place for the winter, and they found a suitable spot on the Oregon side of the Columbia River, midway between the Cape and Seaside.

Today that spot, Fort Clatsop, is a National Historical Park that features a full-size replica of the original fort, ranger-led programs, an exhibit area and a bookstore that will please even the most devoted Lewis and Clark fans.

As we walk through the fort, a costumed interpreter explains what life was like during the winter of 1805-06. In short, it was hard. The men were almost out of food, and they spent much of their time hunting elk, deer and small game. On one occasion, hearing that a whale had washed ashore, they hiked over Tillamook Head to the beach in what is now Ecola State Park. To their dismay, by the time they arrived, the Indians had picked the whale clean.

We consider following the explorers' footsteps until we read that Clark called Tillamook Head "the steepest, worst & highest mountain I ever ascended." Figuring that he was undoubtedly in better shape than we are, we hop in the car for a 15-minute drive to Ecola. From there it's a comparatively easy trek to the beached whale site.

But the men not only had to get food, they also had to preserve it; and to do that, they had to extract salt from the ocean. Therefore, five Corpsmen established a small outpost on a nearby beach. They made ovens from rocks, found branches for fuel, and boiled seawater for two months, collecting enough preservative to safeguard their food for the rest of their trip.

A month later the Corps headed east, and the abandoned salt works thus became the Expedition's westernmost campsite. Today the reconstructed site is just a few blocks from the statue that proclaims Seaside as the end of the Lewis and Clark trail.

We sit on the Prom, the ocean in front of us, the statue behind us. While I suspect Lewis and Clark were happy to return home, they couldn't have found a more beautiful place to end their journey.

As for us, we'd like to stay forever.



Photos Left: Men from the Lewis and Clark expedition first spotted the Pacific Ocean near Cape Disappointment. A bronze statue of Lewis and Clark stands near the beach in Seaside, Oregon.

Right: Boat rentals are available on the deck of the Necanicum River; Broadway Street is a perfect place to shop, snack or just have a relaxing stroll. Bottom: Tillamook Head is at the southern end of Seaside Beach.





Travel in a Bottle

By David White

Now that Independence Day is behind us, the summer is in full swing. Barbeques, hikes, and lazy days at the pool abound. And most of us are itching to leave town -- eager to spend some time away from work, escaping from it all.

Wine enthusiasts are fortunate in that we get to go somewhere virtually every night.

How? As food, wine, and spirits expert Anthony Dias Blue once explained, "wine is a passport to the world."

Consider Muscadet, a French white wine produced around the city of Nantes, where the Loire River flows into the Atlantic Ocean. Made from a grape called "Melon de Bourgogne," the wines are marked by subtle-yet-precise aromas of apples, limes, and seawater. Thanks to extended contact with the dead yeast cells left over after fermentation, Muscadet is also known for exhibiting a creamy mouthfeel.

Nantes' local cuisine takes full advantage of the Loire River and the Atlantic, so unsurprisingly, these wines are perfect with shellfish and seafood dishes.

I've never been to Nantes, but every time I open a bottle of Muscadet, I'm taken to the coast of western France -- and find myself craving mussels and fries.

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Similarly, whenever I sip Australian Shiraz, I picture myself at a campfire in the Outback with a giant slab of beef.

The list goes on. Rioja inspires visions of a tapas crawl in the Spanish city of Logroño. When I drink Fiano -- a crisp, Italian white -- I find myself in southern Italy enjoying a fresh caprese salad. Beer might be the most popular pairing for bratwurst, but when I drink Riesling, I envision myself in Germany enjoying pan-fried sausage over sauerkraut with spicy mustard. Napa Valley Sauvignon Blanc takes me back to those perfect evenings I've had in wine country dining al fresco with friends.

Wine is also a connection to the past.

I'll never forget the evening some friends and I opened a perfectly cellared bottle of Bordeaux from 1919.

For starters, the wine still had life in it -- savory, dark fruit was backed by notes of roasted nuts, eucalyptus, and cedar.

More importantly, though, the wine inspired a conversation about the lives of those who made it. The Treaty of Versailles was signed in 1919, officially ending World War I. So that wine was made while cleaning up from the wreckage of the first global war and hoping for a brighter future.

That experience can easily be replicated. Many fortified wines -- think Port and Madeira -- can literally age for centuries. Opening one is like opening a time capsule.

This romanticism -- the understanding that wine is a window to other places and cultures -- isn't unique. A few years ago, I interviewed David Denton, a wine educator and sommelier in Washington, D.C. In explaining how he developed his passion for wine, Denton eloquently summarized this very concept.

"Wine is like travel in a bottle," he explained. "For the cost of a bottle of wine, you can escape to somewhere exotic. You can get lost in the label, thinking about where the wine came from and who made it."

Vacation season has arrived. But if you're into wine, there's no need to wait for your next adventure.

David White is the founder and editor of Terroirist.com, which was named "Best Overall Wine Blog" at the 2013 Wine Blog Awards. His columns are housed at Grape Collective.

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Facebook Pet Peeves

by Nick Thomas

When Facebook announced it had reached 1 billion users in 2012, the social network celebrated by revamping its timeline format – much to the displeasure of many. Today, users continue to grumble about the occasional tweaking of the site, although the irony of complaining about a free service that no one forces you to use seems to escape most disgruntled Facebook users.

But even more irritating than Facebook are the users themselves. This is especially obvious when some FB'ers feel obliged to advise their friends on political and social issues, because their friends are obviously incapable of figuring out such things for themselves.

Here's a list of common, irritating Facebook abuses, together with a little friendly advice:

The Extreme Poster: These folks have an overwhelming urge to share everything they do, think, hear, see, smell, or step in, during the course of their day. The most egregious offenders will issue a screen avalanche of multiple postings in the space of a few minutes.

Advice: Just stop it. Besides, you're displacing recent vital posts (i.e., mine).

The Multiple Medical Moaner: No one likes to hear that a FB friend is ill. No, seriously, no one likes to hear that a FB friend is ill – repeatedly, day after day, week after week. These virtual hypochondriacs generally claim to be suffering from odd complaints, too, such as hyperactive spleens, hula-hoop intestines, hockey rash, foreign accent syndrome, mysteriously peeling toenails, or CDAS (chronic donut assimilation syndrome).

Advice: share your medical miseries with a doctor, not the entire planet.

The Food Photo Fanatic: People, listen. No matter how delicious that Olive Garden chicken parmesan tasted, unless you're a professional food photographer don't even attempt to take food photos with your 0.1 megapixel cellphone camera, post them, and expect readers to drool. The colors will be washed out and sickening; oils and fats glisten with a greasy sliminess; and bilious grey-colored meats resemble road kill.

Advice: eat your food, don't archive it.

The Serial Baby Photo Poster: If you must plaster the screen with baby pix, at least dress the kid in something other than just a diaper.

Advice: You wouldn't post pictures of Grandpa in his Depends; so show the same restraint for baby in Pampers, okay?

The Boring Babblers: Sorry, but I have no desire to learn what time you got up, what color socks you plan to wear, or what stubborn food fragments remaining from last night's seafood gumbo you had to dig out while flossing.

Advice: Keep dreary stuff to yourself. But if you find skeletal remains while poking around in the basement, then sure, share.

The Weary Weather Watcher: FB'ers with a climate fetish often post hourly weather updates.

Advice: Good grief, if I want mundane meteorological news, I'll turn on the Weather Channel. Or, I'll just look out the window.

The Bare Chested Hubby Poster: Ladies, while it is perfectly acceptable to post images of your significant other if he is a dead ringer for Tom Cruise, please refrain if he bears even a passing resemblance to Emperor Palpatine.

Advice: Leave those images where they belong – the deleted file folder.

The Multiple Re-poster: Your post never got any "likes" or comments, so what do you do? Repost it over and over again, desperate for virtual recognition of its FB worthiness.

Advice: delete, and go do something interesting.

Liking your own status/comment/photo: This is just plain silly. It's like high-fiving yourself in public. Of course you like you own postings, otherwise you wouldn't post them. Duh!

Posting photos of cool places/people/activities: Okay, so you just returned from Trinidad and Tobago, or saw Bob Dylan at a Wendy's Drive-Thru, or swam with killer piranha in the Amazon

recently. Congratulations, you lead an exciting life; but don't gloat. There's only one thing worse.....

Posting photos of uncool places/people/activities: No, I don't want to see a photographic record of your car getting its oil changed, or the time you bumped into a Sarah Palin lookalike at Starbucks, or your collection of souvenir spoons from New Mexico.

The Nude FB'er: Fess up now. I know some of you leap out of the bath having just thought of a screamer to post, and race to your computer still in the buff.

Advice: Stop it; or at the very least make sure the Skype camera is turned off.

Do checkout my FB page, because I'd never do anything along these lines.

Nick Thomas has written features and columns for over 350 magazines and newspapers. He can be reached at his blog: <http://getnickt.blogspot.com>



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“The Skeleton Crew”

by Deborah Halber

©2014, Simon & Schuster, \$25.00, 240 pages

Review by Terri Schlichenmeyer

You can't find your keys. Again. It happens every now and then: you get busy, distracted, and you put them down somewhere they don't belong. Then you spend an hour looking for them.

Fortunately, you always find them because they won't travel far without you. But, as you'll see in the new book “The Skeleton Crew” by Deborah Halber, some things go missing for a lot longer...

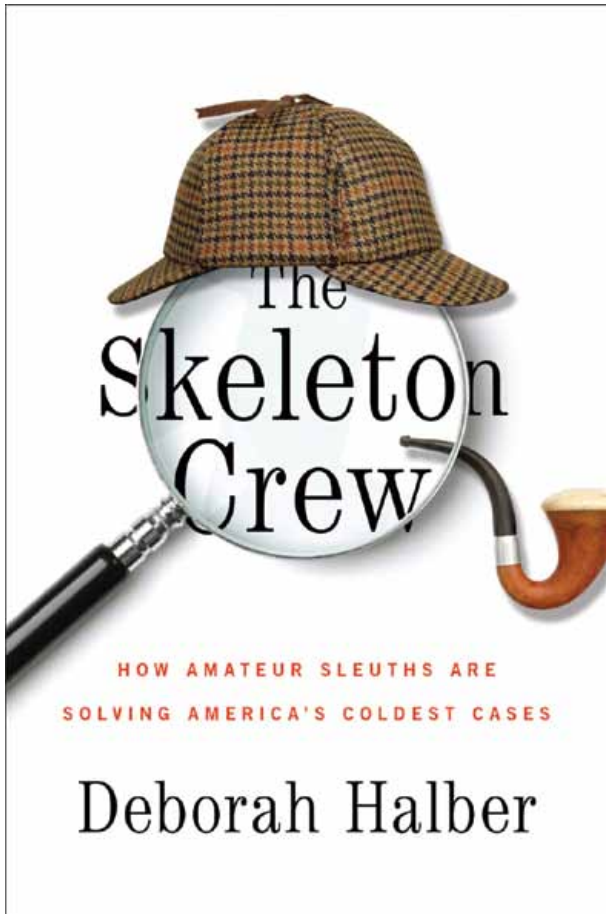
Wilbur Riddle was a well-driller back in May of 1968 and was waiting for a job to start when he noticed a canvas sack on a stone slab just off Kentucky's Route 25. As he got closer, he could see that something was inside, and then he could smell it. He kicked the tent-canvas bag and was shocked at what he spied.

Inside the bag was a girl, curled up and bound tight with a rectangular bit of white cloth over her shoulder. She was long dead – long enough that identifiable features were nearly gone. Without a name to attach to the body, the media dubbed her Tent Girl.

The case of “Tent Girl,” says Halber, “drew me in.”



Author Deborah Halber
(Photo: ©Margaret Lampert)



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If you're a fan of TV detective shows, you might think that the world is littered with unidentified bodies – and there are “shockingly large numbers of them out there,” says Halber. A survey done several years ago indicated “more than thirteen thousand sets” of unidentified bones moldering in morgues, but one estimate places the number nearly three times higher. While “many people are unaware of the extent of the problem,” a fierce group of folks are well-acquainted with the issue.

Lurking online under pseudonyms and handles that often belie their age and gender, these people spend hours “obsessed” with matching data for missing persons with data for unknown bodies. Often sneered at by local police (and sometimes totally ignored), this “Skeleton Crew” has single-handedly solved decades-old cold cases, given names to corpses anonymously buried, and offered closure to families of people who vanished generations ago.

They've solved murders in Missouri. They've ID'd vagrants in Vegas. They've closed cold cases in Canada. And in a situation that launched a career, one man

ascertained the identity of Tent Girl.

You know you've got a great read in your hands when, on page two, you mourn that the book will end. That's what happened when I read “The Skeleton Crew.”

With a mystery-true crime-science mix of facts and detective stories, author Deborah Halber explains why this two-pronged issue exists and how modern technology and amateur sleuthing is helping lessen it. Along the way, Halber tours morgues and back-rooms, lurks near an exhumation, and tries her hand at solving one of New England's best-known cases.

And on that one, she learns that there's some information best left buried...

If you tend to get a little queasy, this isn't the book for you. It's graphic and gruesome, but oh-so-fascinating and hard to put down. When it comes to your Books to Read pile, in fact, “The Skeleton Crew” is one that shouldn't be missing.

Terri Schlichenmeyer has been a professional book reviewer for over a decade.



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Muppets Most Wanted ★★★

(PG) How can one not like a sequel (actually # 8 in the theatrical series) that opens with a big musical number mocking the historical shortcomings and disappointments of sequels? Thus begins a true-to-form comical adventure with an array of gags strewn equitably along the age spectrum. As always, a surprising collection of celebs pop up for surprisingly brief cameos, adding greatly to the fun of these live-action people and puppet productions. Danny Trejo (Yeah. Machete, himself. That's not a typo.) was my own favorite in that category, but the competition was delightfully stiff. Ricky Gervais plays the main human villain. That should please any members of the Hollywood Foreign Press Association holding grudges from his zingers while hosting their Golden Globes show.

The plot involves a world tour that, unbeknownst to the diminutive "artists", is actually a front for a major jewel heist, orchestrated by a master criminal who happens to look a lot like Kermit. That sets up several picturesque European locations for the fluffy flock, as stages of the sinister plan unfold. The action is colorful and zippy enough for the youngest viewers, with plenty of clever tunes, sight gags and jokes for the grown-ups. In other words, every generation of the franchise's fans will find exactly the kind and quality of experience they've come to expect, and walk out smiling.

Transcendence ★★★½

(PG-13) Scarlett Johansson recently starred as the voice of a self-aware artificial intelligence (A.I.) entity who became Joaquin Phoenix's "soulmate" in *Her*. Now Johnny Depp morphs into a computerized version of himself opposite Rebecca Hall, who looks a lot like Johansson. Both sci-fi offerings try to dramatize the upside potential and downside perils of this seemingly inevitable tide in the evolution of technology. The



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former focused mainly on the intimate, individual level; this one aims for the macrocosm of global consequences of machines that think and feel, in addition to their current range of functions.

Depp plays an admirably humble, humane genius, whose marriage to colleague Hall is the envy of all who know them. When he's fatally wounded by radicals who fear the likely direction of their A.I. research, Hall and their closest friend (Paul Bettany) try to download his entire personality into an A.I. program, rather than lose the man they both cherish...as well as his scientific abilities. Yet the best of intentions and brightest of minds can't foresee all the possible problems they might create.

Without disclosing too much plot, suffice it to say the transfer succeeds on some levels, but at substantial cost. The cyberversion of Depp amasses and collates data to great advantage - advances that could save lives and the planet. But his actions are less benevolent than he/it believes. The resulting dichotomy dangles interesting questions about our future - primarily whether we really understand what will be done with the capabilities we're creating. Is our intellect making us merely kids with toys that are too dangerous for our understanding? Those with religious slants may find issues about the role of God and definition of life once we program machines that think and feel on their own.

The screenplay makes the premise intriguing for most of its running time, though much of the last 30-40 minutes drifts from the intellectual to the visceral, showing clashes that are more satisfying visually than thematically. Even with its flaws, the film provides a cautionary tale with food for thought. Morgan Freeman is featured as one of their fellow scientists.

Mark Glass is an officer & director of the St. Louis Film Critics Assn.



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.

Bryan Vekovius, M.D.

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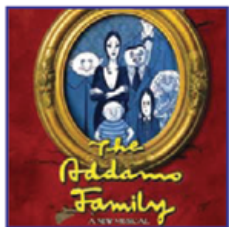
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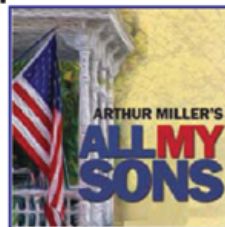
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Popcorn S'mores *(Yield: 20 pieces)*

- 1 cup firmly packed light brown sugar
- ½ cup (1 stick) butter or margarine
- ½ cup corn syrup
- ½ teaspoon baking soda
- 10 cups freshly popped popcorn
- 1 package (10½ ounces) miniature marshmallows
- 2 cups mini graham cookies (teddy bears)
- 1 cup chocolate chips

Combine brown sugar, butter and corn syrup in medium saucepan. Cook over high heat for five minutes; remove from heat and stir in baking soda.

Combine popcorn and marshmallows in large bowl. Pour sugar mixture over popcorn to coat.

Gently stir in graham cookies and chocolate chips.

Spread mixture evenly into greased 15-by-10-inch pan. Let cool completely, then break into pieces. Store in airtight container.



Popcorn Trail Mix

Yield: 5 cups

- 1 quart popped popcorn
- 6 ounces diced, dried fruit (apricots, apples, etc.)
- 8 ounces raisins

Place freshly popped popcorn in large bowl. Add diced fruit and raisins. Toss popcorn and fruit until combined thoroughly.

Note: Add whatever fixings your family enjoys: dried fruits, seeds, nuts, etc.

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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

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King Crossword

Puzzle answers on page 29

ACROSS

- 1 Taj Mahal city
- 5 Lunch order, for short
- 8 "Bye"
- 12 Bellow
- 13 Kanga's kid
- 14 Change for a five
- 15 Always playing the same role
- 17 Beehive State
- 18 Perched
- 19 Illuminated
- 20 With aloofness
- 21 Light brown
- 22 "Go, team!"
- 23 Underneath
- 26 Flip-flops
- 30 Suitor
- 31 Solemn promise
- 32 Mayberry moppet
- 33 Used a stopwatch on
- 35 Chirping sound
- 36 Whammy
- 37 Inmate
- 38 Devoutness
- 41 Supporting
- 42 Clear the tables
- 45 Vortex

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		

- 46 Sad
- 48 Show sadness
- 49 Anger
- 50 Do as you're told
- 51 Logical
- 52 Apiece
- 53 Test the waters
- 6 Missing
- 7 Youngster
- 8 Six-pointer
- 9 Opposed to
- 10 Blue hue
- 11 Wan
- 16 Talon
- 20 Author Fleming
- 21 Not hunt-and-peck
- 22 Uncooked
- 23 English channel?
- 24 Moray, e.g.
- 25 Thai neighbor
- 26 Turf
- 27 Gorilla
- 28 Whopper
- 29 Congealed
- 31 Annoy
- 34 Crucial
- 35 Undecided
- 37 Cringe in fear
- 38 Church furniture
- 39 Concept
- 40 Paradise
- 41 Links warning
- 42 Ali —
- 43 Secondhand
- 44 Eyelid woe
- 46 Party bowlful
- 47 Intimidate

DOWN

- 1 — and crafts
- 2 Maja painter
- 3 Engrossed
- 4 "All the Things You —"
- 5 Gray matter

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MAGIC MAZE ● — JACK

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

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

- | | | | |
|-------|---------|---------|---------|
| Apple | Bumper | High | Phone |
| Billy | Car | Jumping | Sky |
| Black | Cracker | Lumber | Steeple |
| Boot | Flap | Pepper | |

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Sudoku

by Linda Thistle

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

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!

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Get Up & Go!



CONCERT

Restless Heart - Saturday, August 16 at 8:00 p.m. at the Strand Theatre, 619 Louisiana Avenue, Shreveport. Restless Heart is a four-time Grammy nominee and has been nominated for Country Music Association and Academy of Country Music awards, including winning the ACM Top Vocal Group trophy. Hits include "The Bluest Eyes in Texas," "I'll Still Be Loving you," "Fast Movin' Train," and "When She Cries." Tickets are \$39.50; \$32.50; \$20.50. For tickets call 318-226-8555 or email strand@thestrandtheatre.com.

DRIVER SAFETY

AARP Driver Safety Program - A 4 hour classroom refresher course which may qualify participants age 55+ for a 3 year car insurance reduction or discount. Seating is limited. Participants must **preregister**. \$15 for AARP members (AARP card required); \$20 for non-AARP members. Correct change or checks payable to AARP.

• Aug 9: 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: Wayne Ebarb

• Aug 20: 12:00 Noon - 4:00 p.m. Bossier Council on Aging, 706 Bearkat Drive, Bossier City. Contact: Kathy Thomas 318-741-8302; Instructor: Janet Labruyere.

• Aug 26: Noon - 4:00 p.m. (Open to those with access to Barksdale Air Force Base), Barksdale AFB Golf Course Clubhouse Meeting Room Barksdale AFB. Host: Retiree Activities Office 318 - 456 - 4480; Instructor: Dave Jampole

EVENTS

Bossier Arts Council's Wine, Art, and Music (WAM) - Thursday August 7 at 5:30 pm at Boomtown Casino. Featuring wine and food pairings, love music courtesy of a guest artist, and visual art. CJ Myers is the featured artist. Her work will be on display in 1800 Prime through the end of October. Food and wine pairings will be coordinated by Chef Gillespie of 1800 Prime and Republic National

Distributing. \$20. For more info, visit www.bossierarts.org or call 318-741-8310.

Dance Fest 2014 - The public is invited to the "Dance Fest 2014" Square and Round Dance Open House on Tuesday, August 26 from 6:00 pm to 9:30 pm at Promenade Hall, 5400 Benton Road, Bossier City. **FREE** admission and refreshments. Casual dress with comfortable shoes and no high heels. Come, wear a smile, and have fun dancing. Hosted by Southern Swingers Square Dance Club and the Red River Rounders Round Dance Club. For more information, call (318) 469-3183 or email to Genevieve Carlisle at gcarlisle2@gmail.com. Dance partner recommended but not required.

James Burton International Guitar Festival - The Shreveport Municipal Auditorium will be rocking as some of the country's best guitarists pay tribute to Shreveport native and Rock and Roll Hall of Fame member, James Burton, during the James Burton International



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G A M B L I N G P R O B L E M ?

Guitar Festival scheduled for August 22 - 24. The event, which will feature live performances from some of the music industry's best, will also celebrate Burton's 75th birthday and 62nd year in the music industry. Centerpiece for the festival will be the James Burton & Friends Concert, Saturday, August 23, 7:30 p.m. For the lineup visit www.jamesburtonfest.com. Tickets are \$32, \$42, and \$102 and are available at the CenturyLink Center box office in Bossier City, all Ticketmaster locations, online at www.ticketmaster.com and by phone at 800-745-3000. If still available, tickets can be purchased at the Municipal Auditorium on the day of the show. Tickets to a VIP reception where concertgoers can mingle with the stars are also available. Rounding out the weekend will be several free events: Cheers to 75 years – Burton's Birthday Celebration; Rock N Roll Guitars & Cars – A Classic Car Show; and the Guitar Showdown – A Guitar Competition for elementary, middle, and high school students. Closing the festival will be the Guitars for Good concert, sponsored by the James Burton Foundation and The Simple Church and headlining Christian recording artist Lincoln Brewster. The concert is **FREE**, but a ticket is required. Monies raised from this weekend event will be used to fund the James Burton Foundation. This non-profit provides guitars and instructions to school children locally and throughout the nation. Recognizing that music can be therapeutic, there is a special emphasis this year on providing guitars and instruction, if needed, to wounded warriors and their children. For more information regarding the James Burton International Guitar Festival, call 318-424-5000 or www.jamesburtonfest.com.

New Horizons "Roundup" Fundraising Event - Saturday, August 9 beginning at 6 pm at East Ridge Country Club in Shreveport. There will be a casual barbecue supper with entertainment including Country recording star, Trini Triggs. Country western dance lessons will begin at 6 pm, followed by supper, dancing, and entertainment. There will be a silent auction and raffle. Dress for the event is boots and jeans. Individual tickets are \$50 per person. For "Roundup" ticket reservations call (318) 272-2025 or visit their www.nhinc.org or mail payment to New Horizons Independent Living Center at 1111A Hawn Avenue, Shreveport, LA 71107.

Shreveport Farmers' Market - Featuring locally-grown produce, meat, honey, plants, artisan food products, arts and crafts, a Market Café, and music. Festival Plaza in downtown Shreveport at 101 Crockett Street. Every Saturday from 7 a.m. to noon, through August 30. Visit www.shreveportfarmersmarket.com, or call 318-455-5788.

MEETINGS

Ark-La-Tex Genealogical Association Annual Seminar - 8:00 a.m. – 3:30 p.m., Saturday, August 9 at Broadmoor United Methodist Church, 3715 Youree Drive, Shreveport. Registration is \$40.00 and includes lunch. Vendors, door prizes. Speaker: Kelvin Meyers, Professional Genealogist and Lecturer. For more info contact Jim Johnson at 318-746-1851 or jjohnson747@suddenlink.net. Topics include:

- Plowing through land records to find your ancestor.
- Tax records or Why did Scarlett make a dress of her mother's drapes?

- Probate: More than a Will.
- How Great Thou Art! How Great They Are! Church records.

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**.

- Aug 7: 10 a.m. "Advanced Illness & Hospice" by Glenda Drake
- Aug 14: 10 a.m. "Getting to Know Shreveport" by Pam Atchison of SRAC
- Aug 21: 10 a.m. "Warding Off Dementia" by Dr. Christine Wright
- Aug 28: 10 a.m. "The American Rose Center" by Jeffrey Ware

SEMINAR

The Truth About Medicaid and VA A&A Pension, and How They Can Pay for Your Long Term Care - Presented by attorney Kyle A. Moore. Thursday August 28 at 10:00 a.m. at the Broadmoor branch of Shreve Memorial Library, 1212 Captain Shreve Dr., Shreveport in the large meeting room to the right, inside the first set of doors. Reservations are required. RSVP to 318-222-2100, ask for Kyle's group.



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