

December 2016

The Best Of Times

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SURVIVOR
REMEMBERS**

ALSO INSIDE

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How to Get a Good Night's Sleep
50 Years On, "Dark Shadows" Still Looms Large*

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December Contents



Briefs

- 6 Stat! Medical News
- 8 Our Featured 5
- 10 Shreveport Then & Now
- 12 Snapshot Sleuth



Columns

- 30 TraveItizers
Small Towns Celebrate Christmas in Big Ways
- 32 Page by Page
Review of "The Sun & the Moon & the Rolling Stones"
- 34 Tinseltown Talks
50 Years On, "Dark Shadows" Still Looms Large



Features

- 15 Area's Last Pearl Harbor Survivor Remembers
- 19 How to Get a Good Night's Sleep



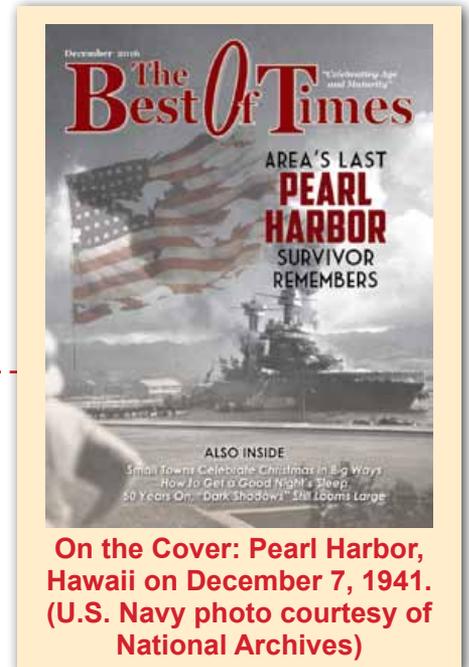
In Every Issue

- 36 What's Cooking?
Entertaining with ease
- 38 Get Up & Go!
- 40 Our Famous Puzzle Pages
- 43 Parting Shots



Advice

- 22 Money Matters
Stay Warm, Save Energy, and Lower Your Electric Bill
- 24 From the Bench
Holiday Time For Sharing
- 26 Laws of the Land
The Case of the Rich Husband
- 28 Counseling Corner
Keeping Alcohol Under Control During the Holidays





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2016 2017



The Nitty Gritty Dirt Band

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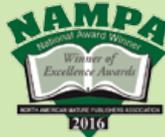
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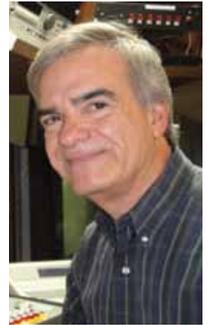
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December 10: TWIN BLENDS Photography Unique View of Shreveport's History
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December 17: A Special Holiday Celebration at the Glenwood Tea Room
Guests: Remote broadcast with Jarred Hamilton and other special guests from the Glenwood Team Room located at 3310 Line Avenue



December 24: Urological Myth Busters
Guest: Dr. Alex Gomelsky, Urologist

December 31: Trivia Contest Part 1

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High Blood Pressure Can Pose Risk for Alzheimer's

High blood pressure in middle age can lead to impaired cognition and is a potential risk factor for Alzheimer's disease, according to a statement from the American Heart Association. An estimated 80 million people in the U.S. have hypertension, and the brain is among the organs most affected. Except for age, hypertension is the most important risk factor for vascular problems in the brain that lead to stroke and dementia. There is consistent evidence that chronic high blood pressure during middle age (40 to 64) is associated with altered cognitive function in both middle age and late life (65 to 84). Cognitive abilities that are affected include memory, speed of processing and executive function (ability to organize thoughts, manage time, make decisions, etc.)



Stress May Undo Our Healthy Food Choices

Healthy eating is important, but a new study published in *Molecular Psychology* suggests that stress can have a negative impact on the health food choices you make. The results are preliminary, but they add to previous research that shows how stress can affect weight gain and overall health. The researchers found that when the participants were more stressed, their bodies responded to the healthier meal as if it were an unhealthy meal. The findings provide more evidence that stress has a strong impact on your health. There is still a lot to be learned, but in the meantime, strategies such as exercising, socializing, or meditating can help reduce stress.

Live Long and... Facebook?

Is social media good for you, or bad? Well, it's complicated. A study of 12 million Facebook users suggests that using Facebook is associated with living longer – when it serves to maintain and enhance real-world social ties. Oh and you can relax and stop watching how many “likes” you get: That doesn't seem to correlate at all. The study, which the researchers emphasize is an association study and cannot identify causation, was led by University of California San Diego researchers, collaborating with colleagues at Facebook and Yale. The research confirms what scientists have known for a long time: People who have stronger social networks live longer. Researchers noted that interacting online seems to be healthy when the online activity is moderate and complements interactions offline. It is only on the extreme end, spending a lot of time online with little evidence of being connected to people otherwise, that a negative association is seen.



Deep Vein Thrombosis (DVT) Can Turn Holiday Fun Into a Nightmare

Traveling long distances on a plane or in the car for holiday fun can turn into a nightmare very quickly thanks to deep vein thrombosis. DVT is a condition where blood clots form in the deep vein of the lower legs and thighs. Sitting for long periods of time, can limit circulation in the legs, leading to a blood clot forming in the vein. The clot can travel unnoticed through the blood stream and lodge in the brain, lungs, heart and other areas causing severe damage to organs, and in some cases, death. The good news is that you can avoid the problem very easily. “If you plan to travel overseas or cross country, make sure you get up and walk around at least every two hours, and try not to sleep more than four hours at a time,” said Alan Lumsden, M.D., chief of cardiovascular surgery at Houston Methodist DeBakey Heart & Vascular Center. “Drink plenty of water or juices, wear loose-fitting clothing, eat light meals and limit alcohol consumption.” Lumsden adds it would not be a bad idea, especially for people with circulation problems or the elderly, to wear compression stockings that help prevent clots from forming in the deep veins. If you do not have a chance to get up every couple of hours, extend both legs and move both feet back and forth in a circular motion.



Enjoy the Holidays Heartburn Free

Calorie-laden meals, decadent treats, and festive drinks inundate people from Thanksgiving to New Year's Day, inviting the fiery sensation of heartburn and bitter taste of reflux as unwelcome guests to the holiday festivities.

Approximately 20 percent of the American population has gastroesophageal reflux disease (GERD), according to the National Institute of Diabetes and Digestive and Kidney Diseases. Heartburn is the most common symptom of GERD. Kari Kooi, registered dietitian at Houston Methodist Hospital, explains how you can avoid this unpleasant sensation while partaking in holiday fun. Aside from losing weight -- as little as five pounds -- to alleviate acid reflux symptoms, Kooi has some other suggestions.

- **Skip the After-Dinner Mints.** Peppermint relaxes the muscles between the stomach and esophagus, which can allow stomach acid to flow back into the esophagus. While reflux triggers vary from person to person, other common triggers include tomato-based products, citrus fruits and juices, spicy cuisine, high-fat foods, chocolate, alcohol and caffeinated beverages such as coffee, tea and soda.

- **Chew Gum.** Popping a piece of sugar-free gum into your mouth after eating can alleviate reflux because chewing gum stimulates acid-neutralizing saliva production. The more frequent swallowing that chewing gum encourages helps to quickly clear acid from the esophagus. Choose fruit or cinnamon-flavored gum instead of mint-flavored gum.

- **Enter "Rest and Digest" Mode.** Stress runs rampant during the holiday season, and stress can exacerbate acid reflux. "Fight or flight" mode is the body's reaction to stressful situations while "rest and digest" mode activates calmness and promotes proper digestion of food, which reduces the risk of reflux. Taking a few slow, deep rhythmic breaths before eating a meal is a powerful strategy for eating in a relaxed state. Cultivating mindfulness by eating slowly and being fully aware of the present moment can also help.

- **Take a Short Walk.** While it's tempting to lie down after indulging in holiday fare, the best thing for preventing reflux is a post-meal walk to help gastric juices to flow in the proper direction. Wait at least two hours after eating before lying down to allow time for food to go down and practice portion control techniques such as eating from a smaller plate, as overeating is a major trigger for reflux.

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Our Featured **5**

Little Known Facts about Christmas Songs



1 Boris Karloff narrated the Dr. Seuss classic, *How The Grinch Stole Christmas*. But the horror film veteran couldn't sing. Instead, Thurl Ravenscroft, the voice of "Tony The Tiger" for Kellogg's Frosted Flakes commercials, sang 'You're A Mean One, Mr. Grinch.'

2 "Up on The House Top" was written by Benjamin Hanby in 1864. The song mentions "St. Nick," who is of course Santa Claus, making it the first carol to mention Santa.

3 "Jingle Bells" was the first song broadcast from space, in a Christmas-themed prank by Gemini 6 astronauts Tom Stafford and Wally Schirra.

4 Although Jingle Bells is now firmly associated with Christmas, originally the song was written by James Lord Pierpont for a Thanksgiving celebration.

5 Jay Livingston and Ray Evans' holiday classic "Silver Bells" was originally titled "Tinkle Bells." They changed it when Livingston's wife explained that "tinkle" was slang for urination.



CARING FROM THE HEART



Front Row (L to R): Chasity Ellis, Vicki Ott, Jennifer Cole
 Seated (L to R): Somanya Jackson, Kacee Ferrier
 Back Row (L to R): Angie Hayes, Charlotte McCune, Donnie Flint



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Shreveport

Then & Now

These photographs, a blending of vintage and current photos of a particular location, are the result of twin brothers Mike and Mark Mangham's fascination with Shreveport history. If you have comments to share about these photos, please email Tina at editor.calligas@gmail.com. Photos blended and used with permission by Mike and Mark Mangham of Twin Blends Photography. For more photos visit www.twinblendsphotography.com or www.facebook.com/twinblendsphotography/.

➔ Howard F. Doll, Sr. home on the corner of Fannin and McNeill (528 Fannin). It was built in 1888, and demolished in 1971 to make way for the former Joe D. Waggoner Federal building. Charlotte Herron Weidner worked downtown in the late 60s and early 70s when the house was still standing, she would sit on the steps and eat lunch and peer in the windows! She said it was beautiful! *(Vintage Photo Courtesy LSUS Archives and Special collections Noel Memorial Library Eric Brock Photographic Collection)*



← Governor Newton Crain Blanchard's home was built in 1887 on the southwest corner of Common and Crockett streets. This photo was taken in 1905. The home was demolished in 1935. *(Vintage Photo Courtesy LSUS Archives and Special collection)*

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For more than 20 years Steve and Blake Rainey have been showing people that they do not have to lose their life's savings in the event that they or a spouse goes into a long-term care facility. The testimonial below is from someone with experience in the nursing home industry.



Lani Arnold

Lani Arnold retired as Admissions Director for a long term care facility after 20 plus years in the business where she witnessed first-hand the financial and emotional devastation when a loved one is admitted to a nursing home.

"I listened to spouse's fears of not having enough money to live on while paying for a nursing home and how these couples had saved all their lives for retirement with hopes of leaving their children an inheritance," Lani says. These situations led Lani to investigate how she could help people protect their assets when a loved one went into a nursing home.

"I attended a S.A.F.E. Planning seminar and I talked with families who had used S.A.F.E. Planning's services to see if they were happy with the outcome," Lani explains. "I also visited with both Steve and Blake Rainey on numerous occasions to make sure they too had a passion for the elderly. I needed to be sure their concern was more about people than profit. I called the Medicaid office and spoke to my case manager and made sure everything that the Rainey's had told me was legal and above board. I had to feel comfortable referring S.A.F.E. Planning to my client-families because my reputation was on the line too."

"I don't recommend a service that I have not investigated and know it is a safe and secure company. Senior adults need protection. They deserve protection. They have earned that right. I can honestly say Steve and Blake Rainey, along with Ric Cochran, have their clients' best interests at heart. I've witnessed these guys go above and beyond for families, and I highly recommend their services. They will walk the family through the Medicaid process and fill out all the lengthy forms. They will fight for your rights and protect as much of your assets as legally possible."

Lani and her husband, Larry, attend Calvary Baptist Church in Shreveport, LA.

Snapshot SLEUTH

Do you recognize any of the people in these photographs?

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

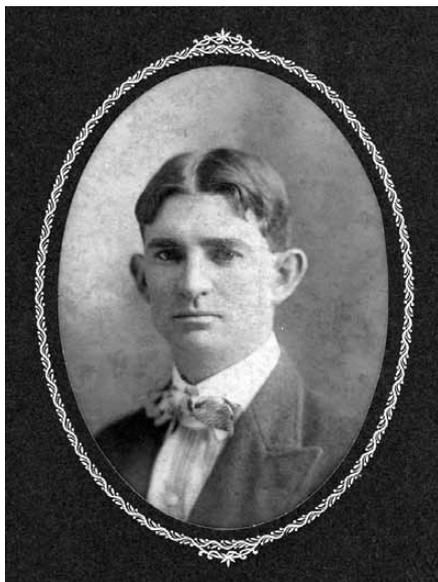


Please help us identify the people in these photos.

(Top left) The 40 & 8, a U.S. Armed forces veterans organization, annually offers nursing scholarships. The photo was taken in the 1980s of the recipient and her father (sitting at the table) and the head of the 40 & 8 Scholarship Committee, Al Petrus (standing center).

(Bottom right) Times employees in the 1970s.

(Bottom left) Unidentified man



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

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

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AREA'S LAST PEARL HARBOR SURVIVOR REMEMBERS

Shreveport codebreaker passes away less than four months before the 75th anniversary of the "day that will live in infamy"

by Kathleen Ward

It was 7:48 a.m. on a beautiful clear Sunday, December 7, 1941. Jackson B. Davis, Shreveport's last veteran of the attack by the Imperial Japanese on Pearl Harbor, was still asleep.

"I heard a noise," said Davis, who was interviewed several times in the months prior to his death at age 98 in August 2016. "I had no phone in my room and nobody knew what was happening."

"I was just told that Pearl Harbor was under attack and a lot of people were being killed. There wasn't much I could do, I just knew what I was supposed to do. I got dressed, but I didn't have an automobile, so I got a cab to take me. (The cabdriver) didn't know anything more about it than I did. He dropped me off at the navy gate at dry dock Number 1 (where the USS Pennsylvania was being repaired). There was an open-bed truck and I got there when the bombing was still going on. The planes were trying to hit the shore installations," said Davis.

Davis, then 23 with his long career as a successful lawyer and six-term state senator still years ahead, must have been a powerful persuader even then to convince a cabdriver to go into that inferno with only one passenger instead of making a run for it himself.

"He laughed about going to war in a taxicab," remembers his daughter, Susan Davis Flanagan. "He and other officers who had no quarters on the base were instead housed at several hotels in town. (They) were supposed to report to their duty stations. He got to the base as the second wave of attacking planes was coming over, saw all the ships in flames ... a very dramatic scene."

He watched helplessly knowing his friend from LSU, Walter Samuel Savage, Jr., was aboard one of the ships. Savage was killed, said Davis.

Davis, a recently commissioned U.S. Navy Ensign just out of LSU Law School, had been in Hawaii only three months. He arrived on the USS Neosho and was stationed in Hawaii during the entire war, working with the other thirty-plus members of the Fourteenth Naval District's Naval Intelligence in the basement of the three-story headquarters building near Honolulu trying to break the code that would prevent just such an attack.

"We had two men that had spent some time in Japan. We had qualified translators, (but) the messages were sometimes delayed for days," said Davis before his death.

"We were watching ships go back and forth, but we didn't know what they were going to do," said



(Associated Press by Trans-Pacific Telephone)



The Davises at their wedding.



President Roosevelt signs a declaration of war.

Davis. “The interceptors were up in the mountains (but) we were unable to pick up anything they might say because they were maintaining radio silence.”

The U.S. losses were staggering: 2,403 people killed, more than 1,100 others wounded, 19 ships sunk or damaged and 181 planes destroyed by 353 Japanese planes from four heavy carriers and an accompanying armada of smaller ships. The Japanese lost only 29 aircraft, five small submarines and 129 servicemen. (www.nationalww2museum.org)

The Japanese had been preparing for war for years while the U.S. was woefully unprepared. The day after the attack, President Franklin Roosevelt rode in gangster Al Capone’s armored limousine, which had been seized as part of his tax evasion conviction, to deliver his famous address because the President had no other armored vehicle at his disposal, according to “Pearl Harbor: From Infamy to Greatness” by

Craig Nelson (Scribner, 2016).

Within an hour after Roosevelt delivered his legendary “day of infamy” speech, the U.S. declared war on Japan by what seems an inconceivably united effort by Congress when compared to today’s inability for its members to cooperate. The vote was 82 to 0 in the Senate and 388 to 1 in the House. The only person to vote against war, Republican pacifist Jeannette Rankin of Montana, was chased into a telephone booth by an angry mob of her peers and had to be rescued, according to history.house.gov.

Davis was already part of the effort by the U.S. to catch up to Japan’s sea and air power when it became clear by the Pearl Harbor attack that Japanese aggression would continue in Asian and the Pacific. His job as a Navy cryptanalyst or codebreaker was crucial for U.S. victory 1,300 miles from Pearl Harbor just six months later.

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Seniors riding to the rescue.

“I can’t stress the importance of what the naval codebreakers did in the Pacific,” said Shawn Bohannon, one of the historians with the Air Force Global Strike Command History Office at Barksdale Air Force Base. Bohannon had met Davis and remembers him as a “fine old gentleman.”

“He was not only at Pearl Harbor, but was in very key position to the victory in the Pacific at the Battle of Midway,” said Bohannon. “It was a stunning victory and the turning point.”

Japanese losses at Midway almost exactly reflected the U.S. losses at Pearl Harbor: four carriers, a cruiser, 292 aircraft and 2,500 casualties, while the U.S. lost the USS Yorktown, the USS Hammann, 145 aircraft and 307 casualties. It was the beginning of the end of Japan’s domination of the Pacific Theater.

Davis married his college sweetheart, Rosemary Slattery (now 94), in Hawaii, where she was a civilian employee from 1943 until 1946.

After the war, the couple returned to Shreveport where they raised their four children. He retired from his successful real estate law practice at age 94 and served as a Louisiana state senator from 1956 to 1980.

A fiercely intelligent and eloquent man, Davis was frequently a guest speaker at WWII and other events and was part of the R.W. Norton Art Foundation’s Oral History Project. •



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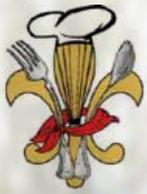
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How to Get a Good Night's Sleep



By Jeff Schnauffer

As you age, getting a solid 8 hours of sleep a night gets harder and harder. Here are the top culprits depriving the 50+ crowd of the ability to sleep like a baby and how to remedy them.

A few years ago, Dr. Timothy Morgenthaler's father began to experience a serious problem shortly after moving into a Colorado nursing home: he started acting out his dreams.

"He left his bed at night while asleep and injured himself," Morgenthaler recalls of his father, then in his mid-80s.

Fortunately, Morgenthaler is something of an expert on sleep: He is the immediate past president of the American Academy of Sleep Medicine and the co-director for the Center for Sleep Medicine at the Mayo Clinic in Rochester, Minnesota.

His father's sleep disorder was treated with melatonin and the addition of a white noise machine to his room, Morgenthaler recalls: "He did not injure himself again. It helped to improve the quality of his life in his last years."

For many Americans, our quality of life is affected by the quality of our sleep. Interestingly, Morgenthaler says, adults require the same quantity of sleep at age 20 as they do in later years: a minimum of 7 hours a night. Yet as you age, Morgenthaler and other sleep experts say there are a number of psychological, behavioral, physiological and environmental

issues that can arise that affect the efficiency of our sleep.

Our Minds and Sleep

As we age, we have more to think and worry about: our jobs, our mortgage, our kids, our grandkids, our elderly parents and when and if we can afford to retire.

"If you have anxiety, that can keep you up and affect your ability to fall asleep," says Dr. Miroslav (Mack) Mackiewicz, program director for the Integrative Neurobiology, Sleep & Biorhythms section in the Neurobiology of Aging Branch of the Division of Neuroscience at the National Institute on Aging, Bethesda, Maryland.

Our minds work differently when we have life changes associated with aging, as well. After decades of waking up to go to work, retirement can throw us off balance. So, too, can a death in the family or longtime friend. These also can cause changes in sleep.

Fortunately, Morgenthaler says, sleep experts can provide cognitive behavioral techniques to help deal with anxiety and related challenges that are more effective than getting a sleeping pill over the counter. One technique is storytelling.

sure. Poor sleep is also associated with depression, as well.

If you are experiencing medical conditions that are impacting your sleep, see your doctor or a sleep expert. Likewise, you

should ask your doctor if your medications may be affecting your sleep, as well. Some pain medications, Mackiewicz says, may even cause sleep problems when you stop taking them.

Stay away from sleeping pills, experts say. Over the counter sleeping pills are often antihistamines, Morganthaler says, whose long-term safety has not been established. Likewise, prescription sleep drugs can bring increased risks of falls and breathing problems, he says.

Interestingly, Morganthaler says, another study revealed that if you correct their infirmities, older people actually complain less about sleep issues than younger people.

Physiological changes, too, can impact our sleep as we age. Because of changes in melatonin levels and our circadian rhythm, we also tend to fall asleep earlier as we age. This can be a problem, especially if we nap, experts say.

“Let’s say you take a nap in the afternoon for two hours,”



Morganthaler says. “Now you only need five more hours of sleep that night, so after you go to bed, you wake up at 2 a.m.”

If you can’t help but take an afternoon siesta, set your alarm. Mackiewicz says naptime should be no longer than 20-30 minutes per day.

Our Environment and Sleep

“Bed is for sleeping, not for doing your homework or watching a horror movie on your computer,” Mackiewicz says.

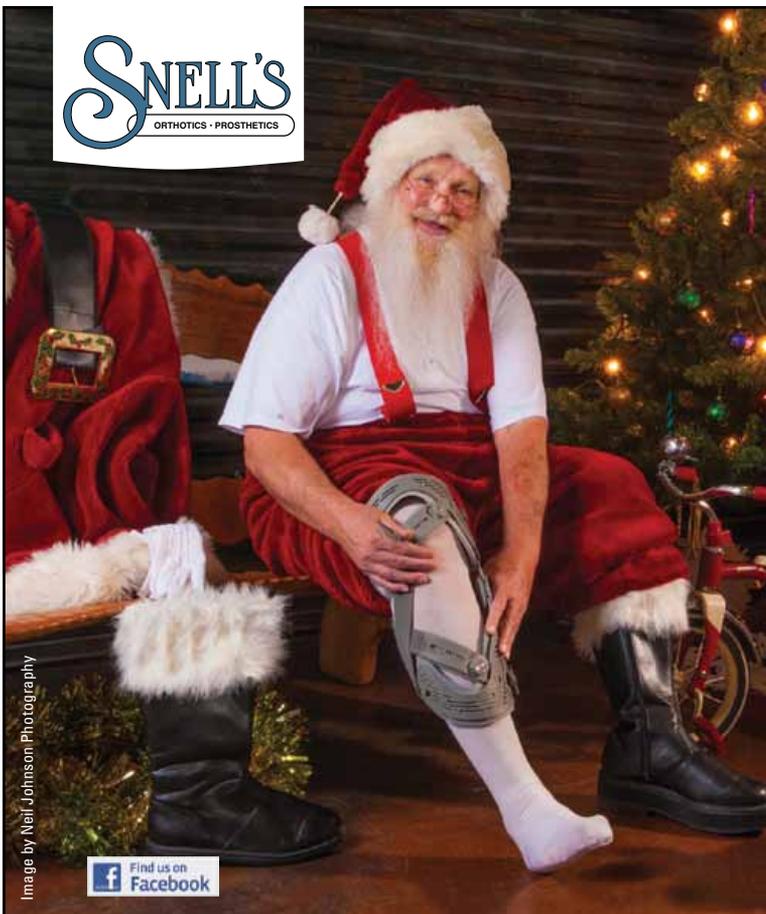
“Blue” light from computer monitors and smart phones are disruptive to sleep, Mackiewicz says. So, too, is getting up at night and switching on a light, be it in the bathroom or kitchen. Our internal clock thinks the sun is rising. Use a nightlight, instead.

Make sure your sleeping environment is comfortable, as well. Not too cold or too noisy. Take time to unwind by listening to music or taking a hot bath, which Mackiewicz says can help you relax due to the drop in body temperature after you get out of the tub.

If you just cannot sleep after 20 minutes, Mackiewicz recommends against tossing and turning as you try to count sheep. Says Mackiewicz: “If you can’t fall asleep in 20 minutes, get up and do something.”

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Even Santa Can Use Some Support

For several years James Marshall, a retired special education teacher for Caddo Parish Public Schools, has been delighting children of all ages in his second career as a Santa model. Working together with area photographers during the holiday season, James makes “house calls” to help create beautiful photos and fond memories for local children and their families.

However, there are a few things that most kids don’t know about Papa Noël. First of all, James wears an Unloader One® knee brace by Össur to keep the pain of his knee osteoarthritis from holding him back. Second is that when James isn’t portraying “the big man in the red suit” he spends time in his studio creating beautiful glass skull art, which can be found in galleries like the Agora Borealis Art Market in Downtown Shreveport.

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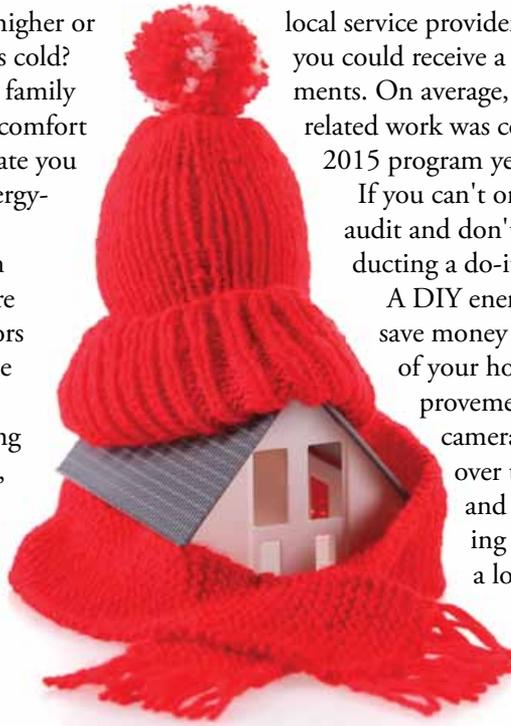


Stay Warm, Save Energy, and Lower Your Utility Bill

Do you turn the thermostat a notch higher or put on an extra sweater when it gets cold? It's a common household debate as family members try to maintain a balance between comfort and savings during the winter. It's also a debate you may be able to put to rest by investing in energy-saving maintenance and upgrades.

You can start with a home energy audit, an inspection that focuses on finding areas where your home wastes energy. Professional auditors can cost \$300 to \$800 depending on the type of audit, but you could consider tackling an audit and some of the changes yourself. Doing so could make your home more comfortable, lower your ecological footprint and save energy and money.

See if you qualify for state-funded weatherization assistance. Look into state-based financial assistance programs before going at it alone. Contact your state's weatherization agency to review eligibility guidelines, find a



local service provider and start an application. If approved, you could receive a professional energy audit and improvements. On average, about \$4,000 worth of energy saving-related work was completed over one or two days for the 2015 program year.

If you can't or don't want to pay for a professional audit and don't qualify for assistance, consider conducting a do-it-yourself (DIY) audit.

A DIY energy audit can help you identify ways to save money and stay warm. A thorough inspection of your home can uncover opportunities for improvement, and you be able to rent an infrared camera to help you spot trouble areas. Look over the DOE's Office of Energy Efficiency and Renewable Energy's guide to conducting a DIY home energy audit, and create a log of your findings as you go. Keep in mind, where you live can impact what fixes you want to focus on, the type and amount of insulation you'll need and even your heating system.

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Typical trouble spots and simple solutions. The following are common trouble spots and potential improvement you might want to make.

- Keep the cold outside air out. The DOE estimates that you can save 5 to as much as 30 percent on your energy bill by just reducing drafts. Check for leaks around your doors, windows, plumbing, cabinets and other potential outlets. Also look for dirty spots on your wall, ceiling and floors as that could indicate air or moisture is getting in. Use foam sealant to fill in large gaps you find and caulking or weather stripping for smaller leaks. Covering drafty windows and doorways with storm windows or doors could also be a worthwhile investment.

- Consider adding more insulation. The insulation in your walls and ceiling may not meet today's recommendations. Reinsulating or supplementing what you have could help your home stay warm, or cool, and might not be as difficult as you imagine in easy-to-access attics or basements. However, you may want to check with a professional who can recommend what type of insulation to use and warn you of potential ventilation, fire or moisture hazards during and after installation.

- Regularly inspect your heating systems. Heating systems can cost thousands of dollars to replace. While it may not be a DIY job, you may be able to prolong your system's life by hiring a professional HVAC contractor to inspect and tune up your system before each winter. Some utilities also offer free in-home inspections of gas appliances. A job you can take on is checking the air filter and replacing it to the manufacturer's specifications or when it looks dirty. You could also check for, and seal, holes, leaks and poor connections in the ducts.

Weigh the costs and benefits before investing your time or money in a winterization project. Some of the items on your checklist could be no-brainers, but others might require more thought.

Bottom line: A home energy audit can help you identify ways to improve your energy efficiency and make your home more comfortable. Whether you hire professionals, apply for government assistance or do it yourself, preparing before winter hits means you can enjoy a warm home without stressing over the energy bill.

Nathaniel Sillin directs Visa's financial education programs. To follow Practical Money Skills on Twitter: www.twitter.com/PracticalMoney.



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Holiday Time For Sharing

I love the holidays! The time between Thanksgiving and Christmas get me excited each year. There are a lot of fond memories I have from growing up in Minden, especially when all the family got together around Thanksgiving and Christmas. I love the smell of fall leaves, hunting trips, the first frost and the first fire in the fireplace. It's just a magical time of year to me and memories of gatherings with my family as a young boy with the current excitement of gathering with my family as a grown man with my own children and wife.

I can't wait until all the Holiday Classic movies hit the television. I love *Charlie Brown*, *It's a Wonderful Life*, *Miracle on 34th Street*,

Christmas Vacation, and the all time classic, *The Christmas Story*, which I have come to appreciate more later in life. I especially love all the music around the Holidays and the kinder, gentler spirit I think every person has at this time of the year.

I think this year will be even more special to my wife and I as both our children will be home from college and we will just have finished a tough election cycle. I am sure we will see both of them between visits with friends and doing their "thing" as both of them have found freedom at college while Dad and Mom pay for it. Holidays to me are about spending time with family and friends and enjoying the memories that are made.



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Unfortunately, there are many in our community that don't get the opportunity to spend time with family. Either age or disability keep them from traveling to their family's home. Other family members may not be able to travel due to work constraints or economic circumstances. Many in our community dread the Holidays as they do not have someone to share the Holidays with or cannot be with the ones they wish they could be with at this time of year.

I think that one thing each and every one of us can do is remember someone who may not have someone to share the Holidays with this year. Consider inviting them to Christmas dinner. Bring them cookies and spend a little time with them this Holiday Season. We need to be especially cognizant of our elderly neighbors and help them any way we can. You never know what could happen by spending a little time with someone this Holiday Season. You may make a new friend and I am sure you will brighten another person's life by just giving a little bit of your time.

Although this article is not about the law this month, I thought we all should remember to help those that may have a difficult time during the Holidays. I want to wish all my readers a Very Merry Christmas! Thank you for the joy you bring to my life each day in telling me how much you enjoy this column.

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



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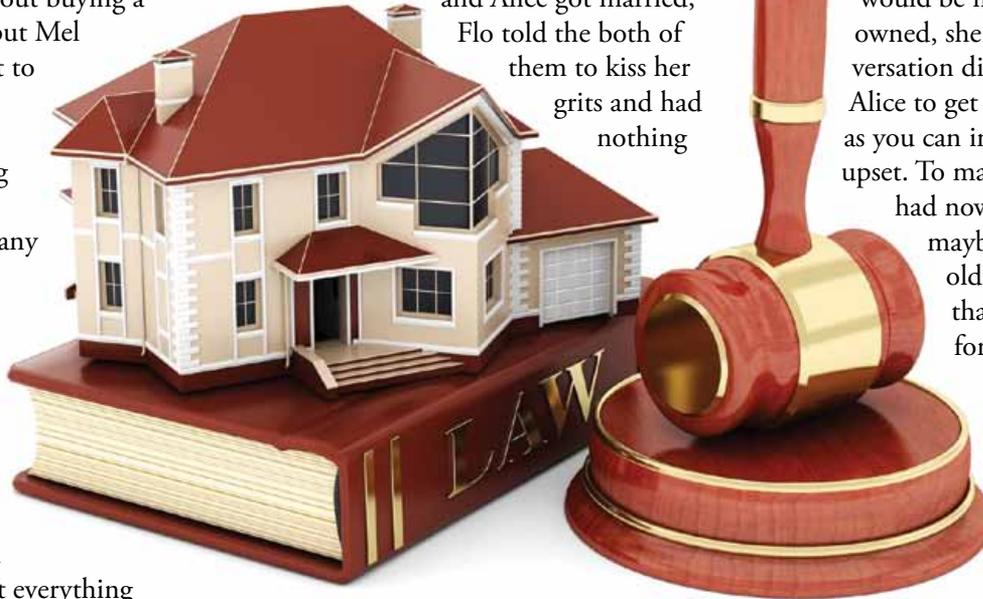
The Case of the Rich Husband

After years of working together, Mel and Alice (not their real names) decided to get married. They thought about buying a house together, but Mel really didn't want to move from his house, so Alice ended up moving in. They happily lived there for many years.

But then Mel died.

It turned out that Mel had written a will many years before he married Alice. In that will, Mel left everything

he owned to his good friend, Flo. Flo and Alice had been friends at one point in time, but after Mel and Alice got married, Flo told the both of them to kiss her grits and had nothing



further to do with either of them. When Flo found out that Mel had never changed his will and that she would be inheriting everything he owned, she called Alice. The conversation didn't go well. Flo ordered Alice to get out of her home. Alice, as you can imagine, was extremely upset. To make matters worse, she had nowhere to go. She had maybe \$900 in the bank, an old car, some furniture and that was it. She couldn't afford to move.

From a legal point of view, do you think there is anything Alice can do? Remember, the home was Mel's. He bought and paid for it before he mar-

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ried Alice. Her name wasn't on the deed or anywhere else on the paperwork. And although Mel's will was old, it was legally valid, and he hadn't updated it since marrying Alice.

Had Mel and Alice lived in Louisiana, Alice would have been in luck. That's because Louisiana has a special law for situations where one spouse dies much richer than the other. This special law doesn't get used much because Louisiana is a community property state. But in Mel and Alice's case, because Mel bought and paid for his home before he married Alice, the home would be his separate property. And because the home was his and his alone, Mel was much richer than Alice. She was worth maybe \$2,000. Mel on the other hand, had a house that was worth \$120,000. Because \$120,000 is a lot more than \$2,000, there would be no doubt that this special Louisiana law would apply to Alice.

Here's what this law says: when a spouse dies much richer than the surviv-

ing spouse, then it doesn't matter what the rich spouse's will says. The poor spouse gets to inherit from the rich spouse, no matter what. Figuring out how much the surviving spouse gets can be complicated, but in Alice's case, she would be entitled to 25% of everything Mel owned.

But what if Mel hadn't forgotten to update his will? What if, after marrying Alice, he wrote a new will. And in that new will, he said that although he loved his new wife, he didn't want to leave her anything. Instead, he left everything to his church; would that be legal? Not if Alice is much poorer than Mel. Even if his new will specifically disinherited Alice, she would still get 25%.

So this law would have ended up being great news for Alice. But can you imagine what Flo would have had to say about it?

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



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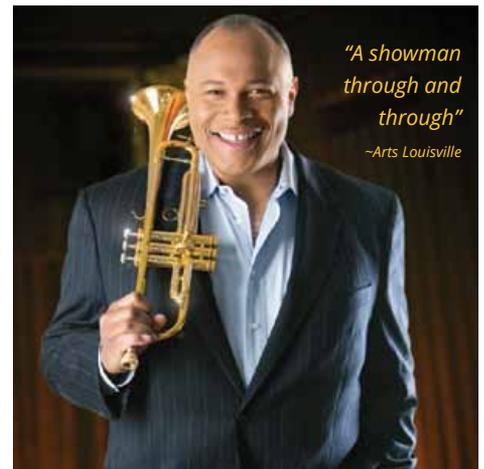
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Keeping Alcohol Under Control During the Holidays

The holiday season brings increased amounts of stress and pressure. It also brings many opportunities to escape that stress. From office parties to family gatherings, the holidays offer lots of chances to be with people we like and enjoy a drink or two... or, too often, more.

Holiday drinking can be a very real problem for many reasons. One is that there are more occasions to consume alcohol, and often in situations that encourage excessive consumption.

In addition, holiday parties may push people to drink who seldom do so at other times. Such people may have lower alcohol tolerance, meaning just a drink or two can leave them quite intoxicated. One drink can be too much if you get in trouble because of it.

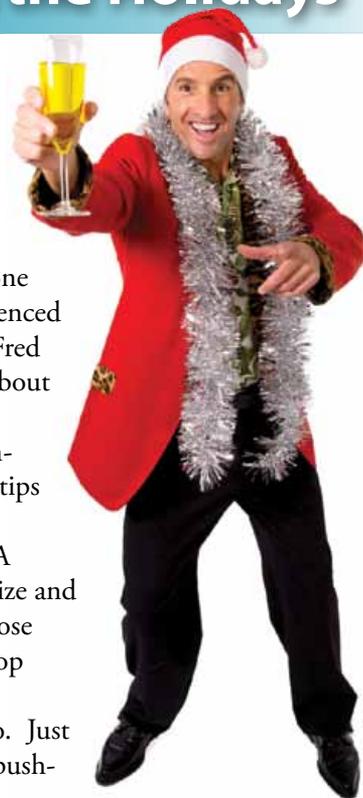
The holiday season also produces high numbers of alcohol-related traffic accidents and deaths. And even a driving drunk citation will

carry serious implications.

But excessive holiday drinking can also produce other stress-inducing problems. Just one unthinking comment or improper action at an office holiday party has sabotaged more than one promising career. And who hasn't experienced a horrific family gathering when Uncle Fred starts drinking and sharing his feelings about family members?

The key is to keep holiday alcohol consumption under control. Here are some tips on how to make that easier:

- Remember that you have choices. A holiday party is an opportunity to socialize and have fun, not just drink. You get to choose whether to drink or not, and when to stop drinking.
- Feel self-confident enough to say no. Just because alcohol is available, or a host is push-

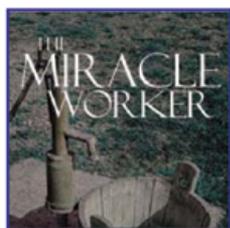


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ing drinks, doesn't mean you have to indulge. There's nothing embarrassing about asking for a non-alcoholic drink. If someone tries to shame you into drinking, realize the problem is his, not yours.

- Use a designated driver. Even small amounts of alcohol can impair driving ability. Why take chances? No designated driver? Then call a cab.
- If you're going to drink alcohol, decide ahead of time how many drinks are right for you. Choose a number that keeps you in control and then stick to it.

Don't add to holiday stress and pressure with alcohol related problems. You have the ability to make choices to drink wisely. And if alcohol is a problem you can't control, seek help. Your physician, local hospital or a professional counselor can help you attack the problem. *"Counseling Corner" is provided by the American Counseling Association. Comments and questions to ACAcorner@counseling.org or visit the ACA website at www.counseling.org*



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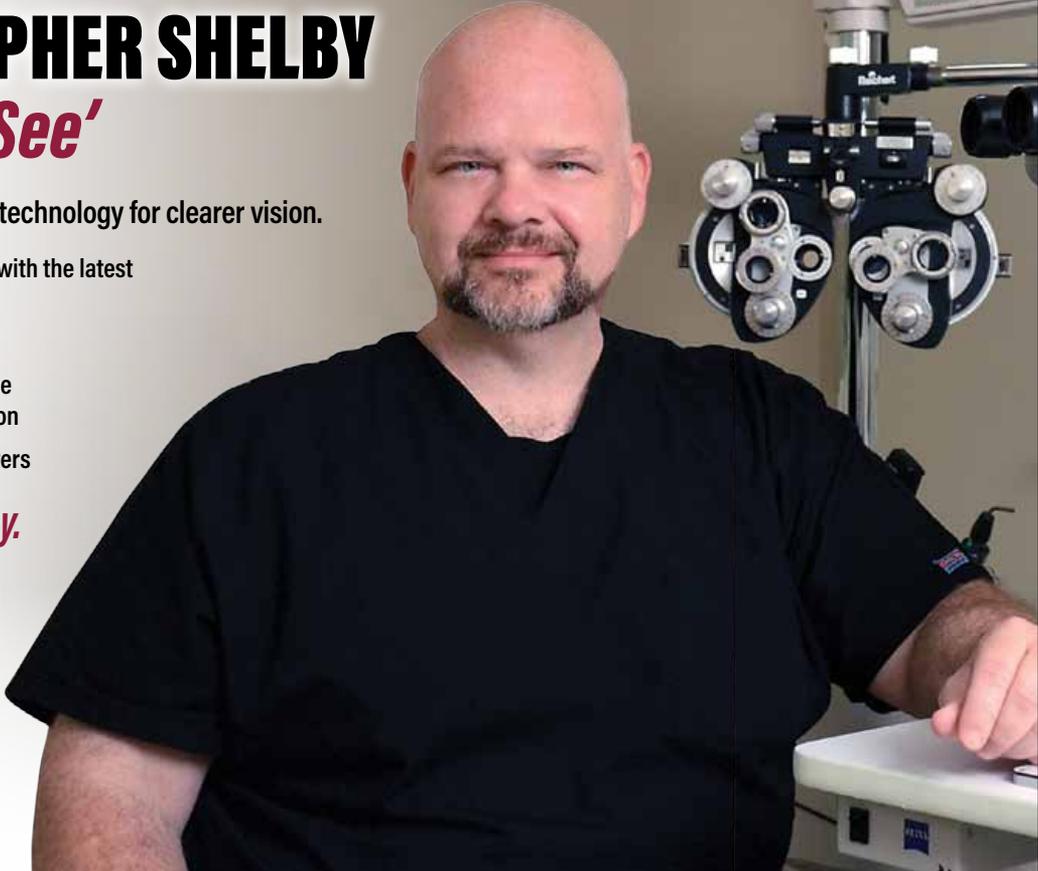
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SMALL TOWNS Celebrate Christmas IN BIG Ways

Story by Andrea Gross



St. Augustine, Florida, which was founded by Spanish conquistadors in 1565, is festooned with three million lights. These represent the candles that brighten Spanish homes during the Christmas season.

The town of Ste. Genevieve, Missouri features a parade of les petits chanteurs who sing French carols, while the Kansas community of Lindsborg, settled by Swedes in the late nineteenth century, celebrates Christmas with Scandinavian music and folk dancing.

And so it goes. Across the United States, people come together to observe the holidays in ways that combine quintessentially American customs while at the same time honoring the traditions of their ancestors.

Here, a spotlight on three towns that speak to the best of America: its commonalities as well as its diversity.

Saint Augustine's Spanish Heritage

I take a sip of water. According to legend, this water, which comes from a natural spring near St. Augustine, Florida, is going to bestow upon me a magical gift — the gift of eternal youth.

Convinced that they'd found the storied Fountain of Youth, the Spanish, along with enslaved African Americans and native Timucuan Indians, established the first permanent settlement in what became the United States. Then knowing that their families back in Europe were celebrating the Fiesta de Navidad, they said a Christmas mass. It was the first Christmas in the New World.

I swallow the water, but it's laden with sulfur and smells like hard-boiled eggs. I'd rather have eggnog.

Today St. Augustine's annual "Nights of Lights," which has been selected by both National Geographic and the Smithsonian as one of the world's best holiday displays, begins the Saturday before Thanksgiving and runs through the end of January.

Christmas in the historic district begins the day after Thanksgiving with **Vieux Noël in Lights**, during which folks follow a path marked with **signs that tell the Christmas story.**



Ste. Genevieve's French Connection

Ste. Genevieve, Missouri, 60 miles south of St. Louis, is a charming town of 4,500 people, most of whom trace their ancestry back to France.

We explore streets filled with intriguing shops and eateries, stopping for nearly an hour at ASL Foundry where we watch folks craft pewter plates, goblets and — to my delight — Christmas ornaments. Finally we make our way to the town's historic district, which has gained worldwide recognition for its collection of French Creole buildings.

Christmas in the historic district begins the day after Thanksgiving with *Vieux Noël in Lights*, during which folks follow a path marked with signs that tell the Christmas story. The path ends at a small crèche that has been secreted in a boxwood grove.

The Holiday Christmas Festival, which takes place a few days later on the first weekend in December, celebrates 500 years of the area's rich musical traditions. Free performances feature everything from chamber concerts and violin concertos to church music and holiday carolers. For good measure, there's even a grand holiday parade with Santa.

In addition the Felix Vallé State Historic Site hosts *Le Réveillon*, which features a French Christmas circa the early 1800s. As French music plays in the background, guides in historically-accurate dress explain the various decorations and encourage people to test-taste dessert items such as *bûche de Noël*, a sweet rendition of the yule log.

But the biggest holiday celebration is *La Gulannée Watch Party* on New Year's Eve. Similar to the English custom of Wassailing, partygoers dress in outlandish costumes and go from house to house begging for favors.



Lindsborg's Swedish Celebration

In Lindsborg, Kansas, where more than a third of the residents are of Swedish descent, Christmas is all about music. The season kicks off the first Sunday in December with a music-filled *Jultide Concert* and doesn't fully end until spring when the town choir performs the country's longest running annual presentation of *Handel's Messiah*.

The biggest event of the season is the *St. Lucia Festival*, which celebrates the shortest day of the year, the *Winter Solstice*. To brighten a time when light is in short supply, a young girl adorned with a crown of lighted candles is chosen to serve cookies and coffee. The candles, which are set among green leaves, are meant to show that the dark winter is turning into a bright spring.

Finally, as Christmas winds down, folks begin to prepare for the spring presentation of *Handel's Messiah*. Although the oratorio is traditionally associated with Christmas, only the first section focuses on the birth of Christ. The latter parts tell the story of death and resurrection and were originally intended to be performed at Easter.

It is then, after a weeklong celebration, that the 200-person *Bethany Lutheran Choir* performs the well-known piece. As the last notes fade away, Lindsborg's Christmas truly ends, just as the sights and sounds of spring begin to fill the air.

Feliz Navidad, joyeux Noel, god Jul... Happy holidays to all!

For an expanded version of this article that includes other ways that these towns celebrate their heritage, see www.Traveltizers.com.



Photos clockwise from top left:

Ste. Genevieve's holiday parade honors the town's many traditions.

(Photo courtesy of Ste. Genevieve Tourism)

During the summer festivals, the streets of Lindsborg are filled with folk dancing.

(Photo by Irv Green)

St. Augustine has one of the world's top-rated holiday light displays.

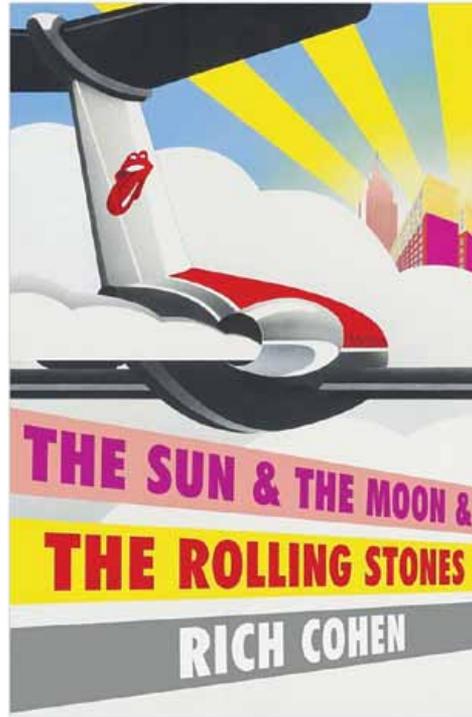
(Photo courtesy of FloridasHistoricCoast.com)



Review of *The Sun & the Moon & the Rolling Stones*

The *Sun & the Moon & the Rolling Stones* is Rich Cohen's deep dive into not only the Rolling Stones band, but also the culture of the world, the blues, and rock and roll that brought them to superstardom.

Cohen is a self-proclaimed fan and devotee to the Stones, enhanced by both his time he spent touring with them in the 90's for Rolling Stone magazine, and then later as he worked with Mick Jagger and Martin Scorsese on a show about rock-and-roll called Vinyl. He knew the guys personally, but also spent a good portion of his life researching them - reading their stories, interviewing those closest to them, visiting their past haunts. And it shows.



The way he spins their tale ventures, from time to time, into the world of myth and legend: the meeting of Mick and Keith; a tale of Muddy Waters possibly being in a recording studio when the Stones entered it; the legend of Keith Richards getting a blood transfusion to help him beat off heroin withdrawals – all things that, like any good camp fire tale, have become part of the legend and character of the Rolling Stones.

But Cohen doesn't just tell the story of the Rolling Stones. He tells the story of a country - England after the fall of the British Empire looking for something to shake them up. He talks of the culture of blues music, explaining why the Rolling Stones were able to gain popularity in England when

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they would have never been able to launch in America, and gives a hefty background of blues music itself. He compares them to the music greats of the time, especially The Beatles, and why the Stone's gritty, dirty blues music took root with the people.

One of the things that makes this book distinct from others of its kind is Cohen's beautiful and distinct use of language. There is a reason he was able to build a career in writing. His metaphors and descriptions carry the book, easily painting the scene of a Chicago blues studio in the 1960's, or a decrepit raceway that played host to the infamous Hell's Angels concert. When I read this book, I was utterly submerged in the time and place Cohen wanted me to be in.

But this book, like the lives of the Stones themselves, is a rollercoaster ride of joy and pain.

Throughout reading this book I would often pause and look up specific locations and videos. I had to see if the vivid descriptions Cohen painted fit with real life - and they always did. It's easy to get caught up in the band's successes and painful failures. Their whirlwind years of drug use are both fascinating and repulsive. Band member Brian Jones in particular is simultaneously sympathetic and despicable.

Cohen sets the right pace with this book, but does occasionally detour onto tangents. One passage in particular on the different ways to tune a guitar halted the story completely, but, for the most part, his tangents are relevant and interesting.

The Sun & the Moon & the Rolling Stones is worth the read for a reminder of an era when, as Cohen said, people still believed music could change the world.

Grade: A

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



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50 Years On, "Dark Shadows"
Still Looms Large by Nick Thomas

Were you one of those kids who dashed home from school in the late 60s to catch the latest developments in the fantasy/horror TV serial "Dark Shadows"?

When the show first aired on daytime television on June 27, 1966, Kathryn Leigh Scott was among the original cast of the landmark soap opera. Five years and 1,225 episodes later, Scott had left the series, but Lara Parker was on hand for the final episode. The actresses have been attending conventions and reunions all year to commemorate the show's 50th anniversary.

"This year is special and a huge milestone for the show which is still so fondly remembered," said Scott from Los Angeles.

"We have a reunion every year," said Parker, also from LA. "Around 1,000 fans showed up at the end of June for a convention in New York and it's amazing the following that the show still generates."

In their twenties and with only stage experience when hired, "Dark Shadows" was the first time in front of a camera for both actresses. Each went on to play multiple characters in the series which eventually expanded its Gothic romance themes to include time travel and parallel universe plots while incorporating supernatural characters such as witches, ghosts, werewolves, and vampires.

Shot at ABC's East Coast Manhattan studio and set in the fictional town of Collinsport, Maine, the show was initially slow to gain an audience.

"That's when writer Dan Curtis said 'What the hell, let's add a vampire' and the show became a cult hit," explained Scott, who initially played diner waitress Maggie Evans and still recalls the first episode. "I was petrified!" she laughed.

While Parker and Scott faced the camera as rookies, one veteran Hollywood actress was present throughout the series.

"Joan Bennett was our movie star," said Parker. "She brought a lot of attention to the show."

"She was so beautiful, and with 4 daughters treated us very motherly," added Scott. "She really understood camera acting and I picked up a lot of technical things from her."

Scott left "Dark Shadows" in 1970, a few months before the show ended, but overlapped for much of the series with Parker who arrived in late 1967.

"I remember our first episode together because we were speaking French," recalled Scott. "I played Josette, a countess during the flashback sequence to 1795. Lara played my maid, Angélique, who was actually a witch. Both characters loved Barnabas Collins, the vampire character played by Jonathan Frid, and that gave rise to much of the series drama."

“I remember being catatonic with fear on my first day on the set,” said Parker. “But I soon settled down as there was a tight schedule to produce a daily show and a lot to remember.”

After “Dark Shadows,” Scott and Parker continued in film, television, and theater. Both also became successful authors, writing about the show. Parker’s fourth book, ‘Heiress of Collinwood,’ came out in November (see www.laraparker.com).

Scott has written companion guides to the show and published other topics through her publishing house, Pomegranate Press. ‘Dark Shadows: Return to Collinwood,’ written with Jim Pierson, contains behind the scenes stories, photos, and an episode guide (see www.kathrynleighscott.com).



Kathryn Leigh Scott, David Selby and Lara Parker in 2015 at Lyndhurst, location for two Dark Shadows films. Provided by Kathryn Leigh Scott.

As the show continues to draw new fans with all episodes now available on DVD, Scott and Parker believe “Dark Shadows” had an enduring influence on later popular culture.

“The supernatural element that Dan Curtis introduced was new to daytime TV,” said Scott. “It’s the granddaddy of all the contemporary TV series dealing with the paranormal, vampires, and horror.”

“The horror of Gothic romance takes place in the anticipation and imagination of the audience, and we gave ours plenty,” added Parker. “Sure, they were over-the-top theatrical stories, but we played them with total believability and our fans, old and new, still appreciate that.”

Photo top left - 1966 cast photo: Kathryn Leigh Scott, in waitress uniform at left, Joan Bennett at right, vampire Jonathan Frid and blond Nancy Barrett with Alexandra Isles, center.

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

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Parmesan Crisps with Basil and Sun-Dried Tomato

Recipe created by Art From My Table on behalf of Milk Means More
Servings: 8

- 6 ounces shredded Parmesan cheese
- ½ cup balsamic vinegar
- 2 tablespoons sugar
- 8 basil leaves
- 8 sun-dried tomatoes, jarred

Heat oven to 375 F.

On baking sheet, make eight flat circles out of 1½ tablespoons cheese each. Bake cheese 5 minutes, or until just beginning to turn golden.

Using metal spatula, remove crisps from pan immediately, placing on rack or plate to cool.

Place vinegar and sugar in small saucepan and boil until mixture is reduced to about ¼ cup and is thickened.

Top each crisp with 1 fresh basil leaf and 1 sun-dried tomato. Drizzle balsamic reduction over top.

Holiday Baked Brie

Recipe created by Foxes Love Lemons on behalf of Milk Means More

Servings: 8

- 2 tablespoons unsalted butter
- 8 ounces button mushrooms, sliced
- kosher salt
- ground black pepper
- 1 Brie round (8 ounces)
- 3 tablespoons honey
- ¼ cup pomegranate arils
- ¼ cup shelled pistachios
- crackers or toasted bread

Heat oven to 350 F.

In large skillet, heat butter over medium-high heat. Add mushrooms; cook 8-10 minutes, or until deep golden brown, stirring frequently. Season with salt and pepper; remove from heat.

Place Brie on parchment paper-lined rimmed baking pan; drizzle with honey. Transfer to oven and bake 5-7 minutes, or until inside of cheese is softened, but outside remains intact.

Transfer Brie to serving platter; top with pomegranate arils, pistachios and mushrooms.

Serve immediately with crackers or bread.

Butternut Squash Queso Dip

Recipe created by Rachel Cooks on behalf of Milk Means More



- Servings: 10
 12 ounces butternut squash puree, frozen
 1 teaspoon extra-virgin olive oil
 ½ finely diced red onion
 1 clove garlic, minced
 1 can (10 oz) petite diced tomatoes and green chiles
 ½ teaspoon ground cumin
 ½ teaspoon chili powder
 8 ounces Monterey Jack cheese, shredded

Place unwrapped squash in microwave safe bowl and heat in microwave 5 minutes at 50 percent power, or until thawed.

In large saucepan, heat oil over medium heat. Add onion and cook 4-5 minutes, or until translucent. Add garlic and cook 1 minute, or until fragrant.

Add squash, tomatoes, cumin and chili powder, and bring to boil over medium-high heat.

Reduce heat to low and add cheese. Stir until melted and serve immediately.

Spinach and Artichoke Stuffed Mushroom Caps

Recipe created by The Lemon Bowl on behalf of Milk Means More

- Servings: 24
 24 large mushrooms, stemmed & reserved
 1 tablespoon olive oil
 1 clove garlic, grated
 1 teaspoon salt
 ½ teaspoon black pepper
 2 cups chopped frozen spinach, thawed and drained
 1 can artichoke hearts, roughly chopped
 2 cups crumbled feta cheese
 ½ cup minced onion
 1 pinch chili flakes
 1 pinch minced scallions

Heat oven to 350 F and place mushroom caps in single layer on baking sheet lined with foil.

Mince reserved mushroom stems and heat olive oil in large saute pan over medium-high heat. Add garlic and mushroom stems to pan along with salt and pepper. Saute 2-3 minutes, or until mushrooms are softened. Add spinach and artichoke hearts to pan and cook until heated through, about 3-4 minutes. Remove from heat and place mixture in large mixing bowl. Stir in feta cheese and onion. Adjust seasoning, to taste.

Using small cookie scoop, add 2 tablespoons filling to each mushroom cap. Bake mushrooms 20-25 minutes, or until mushroom caps are softened. Sprinkle with chili flakes and minced scallions to serve.



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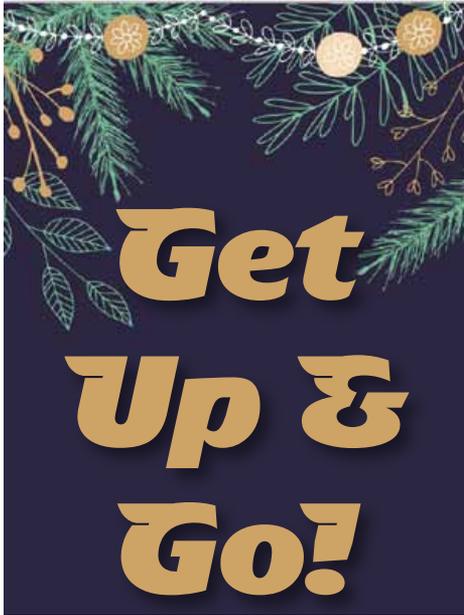
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- Thursday December 1. 10:00 a.m. "Medicare Updates" Bridget Lyman of the Caddo Council on Aging
- Thursday December 8. 10:00 a.m. "Raised Beds/Winter and Spring Gardening" by Dwain Spillman
- Thursday December 15. 10:00 a.m. "Footloose Dancers" by Polly Overby
- Thursday December 22. 10:00 a.m. "The Truth About Second and Third Hand Smoke" by Feamula Bradley.
- Thursday December 29. 10:00 a.m. "The YWCA Is On a

Mission" by Pam Crews.

- Friday December 2, 9, 16. Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tech tips. Closed Friday December 23 & 30.

EVENTS

A Day With Santa - Glenwood Tea Room, 3310 Line Avenue, Shreveport. Sunday December 11. Ornament decorating, photos with Santa, reading with Santa, tea & Scones. Tickets are limited, \$10. For info, call 318-868-3652.

Christmas Bazaar - Saturday, December 3. 10:30 a.m. – 4:00 p.m. at Waterbury Court, 2222 East Bert Kouns, Shreveport. Outside vendors, as well as residents selling baked goods and crafts.

Christmas in Roseland - Every Friday, Saturday and Sunday through Dec. 18, Monday - Thursday from Dec. 19 to Dec. 22. American Rose Center, 8877 Jefferson Paige, Shreveport. 5:30 - 9:00 PM. Winter wonderland features thousands of twinkling lights, train rides, life-size Christmas cards, nightly entertainment and Santa. \$20 per carload or \$5 per person, ages 2 and under free.

Christmas in the Sky - Presented by Shreveport Regional Arts Council at Harrah's Louisiana Downs, 8000 E. Texas Street, Bossier City on Saturday, December 10, 7 PM to 3 AM.



The Downs is transformed to convey this year's theme - We're All Mad Here. Live and silent auctions, buffets, live entertainment, and costumed characters. \$280. For tickets please call 318-673-6500 or visit www.shrevearts.org.

Christmas on Caddo Fireworks Festival - At Earl G. Williamson Park in Oil City. Saturday, Dec. 3. Activities kick off at 3:30 p.m. with arts and crafts vendors, food vendors, live music and entertainment, a carnival and more. Fireworks begin at 6:30 p.m. Admission is **FREE**. For more information, visit www.christmasoncaddofireworks.com or mdunn76635@aol.com.

December on the Red - Family friendly fun at Riverview Park, 601 Clyde Fant, downtown Shreveport. Ample parking available. Bring your blankets and lawn chairs. **FREE**.

- December 3 - Christmas Carnival featuring rides, a holiday marketplace of local vendors, carnival characters, a gift-wrapping station, live music. Live entertainment 4:00 - 6:00 p.m. Screening of the classic holiday film *A Christmas Story* will begin at 6 p.m.
- December 10 - Laser light show timed to orchestral music as well as performances by community choirs and more beginning at 4 p.m.
- December 17 - Wrapped in Red featuring free Rudolph noses, Operation Santa Claus gift donation, fire trucks, more. Wear red clothing for a huge group photograph. 4 p.m. Screening of the holiday film *Elf* at 6 p.m.



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MEETINGS

Ark-La-Tex Genealogical Association Meeting - Saturday, December 10 from 1 to 3 PM at the Randle T. Moore Center, 3101 Fairfield Ave, Shreveport. Peggy LaCour will host "Genealogy Jeopardy." Afterwards, enjoy a pot luck Christmas luncheon. **FREE** and open to the public. Call 746-1851 or email jjohnson747@suddenlink.net.

MOVIE

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.

PERFORMANCES



A Christmas Story The Musical - Presented by Stage Center at Emmett Hook Center, 550 Common Street, Shreveport. November 24 - 26, December 1 & 2 at 7:30 PM, November 27 at 3:00 PM, December 3 at 2:00 PM. Based on the classic 1983 holiday movie, the play follows 9-year-old Ralphie Parker's desperate quest to receive an official Red Ryder Carbine-Action 200-

shot Range Model Air Rifle for Christmas. Adults \$22, Seniors \$20, Kids \$18. Email StageCenterBoxOffice@gmail.com or visit www.stagecenterla.com or call 218-9978.



Holiday Swing with Byron Strippling - Shreveport Symphony Orchestra. Saturday, December 17 at 7:30 PM. RiverView Theater, 600 Clyde Fant Pkwy, Shreveport. Byron Strippling lights up the stage with his infectious yuletide joy, blazing trumpet virtuosity, engaging vocals, and everyone's favorite seasonal tunes. \$20-\$65. For tickets visit www.shreveportsymphony.com or call 227-TUNE (8863).

It's a Wonderful Life: A Live Radio Play - Shreveport Little Theatre, 812 Margaret Place, Shreveport. December 1, 2, 3, 9, 10 at 7:30 p.m. and December 4, 11 at 2 p.m. The beloved holiday film classic, *It's a Wonderful Life*, comes to captivating life as a live 1940s radio broadcast. With the help of an ensemble that brings a few dozen characters to the stage, the story of idealistic George Bailey unfolds as he considers ending his life one fateful Christmas Eve. \$18 for seniors, students and active military and \$20 for adults. Purchase tickets at shreveportlittletheatre.com, and by call-

ing (318) 424-4439.

Red River Ringers Handbell Choir Christmas concerts - **FREE** and open to the public. Saturday, December 3 at 2:30 p.m. at Live Oak, 600 Flournoy Lucas, Shreveport. Sunday, December 11 at 2:00 p.m. at Broadmoor United Methodist Church

Shanghai Nights - Performance by the Shanghai Acrobats of the People's Republic of China. Friday, December 9 at 8:00 PM at the Strand Theatre, 619 Louisiana Avenue, downtown Shreveport. The story of a dreaming boy who enters into a world of fantasy inhabited by a beautiful fairy phoenix who flies over the sea into a palace and garden. The birds, clowns, boys and girls and evil spirits he encounters bring stunning acrobatic and balletic skill. \$42.50, \$35.50, \$25.50. For tickets visit www.thestrandtheatre.com or call 318-226-8555.

The Nutcracker - Presented by the Shreveport Metropolitan Ballet. Shreveport's Riverview Theater. December 9 at 7:30 pm, December 10 and 11 at 3:00 pm. Sugar Plum Fairy Tea on Sunday, December 11 at 1:30 pm. Tickets for the Sugar Plum Fairy Tea include a character meet and greet from 1 to 1:30 pm and a light lunch. Performance tickets range from \$16 to \$42. Tickets for the tea are \$16 each or \$105 for a reserved table for 8. Purchase tickets at www.shreveportmetroballet.org or by calling 318-221-8500.

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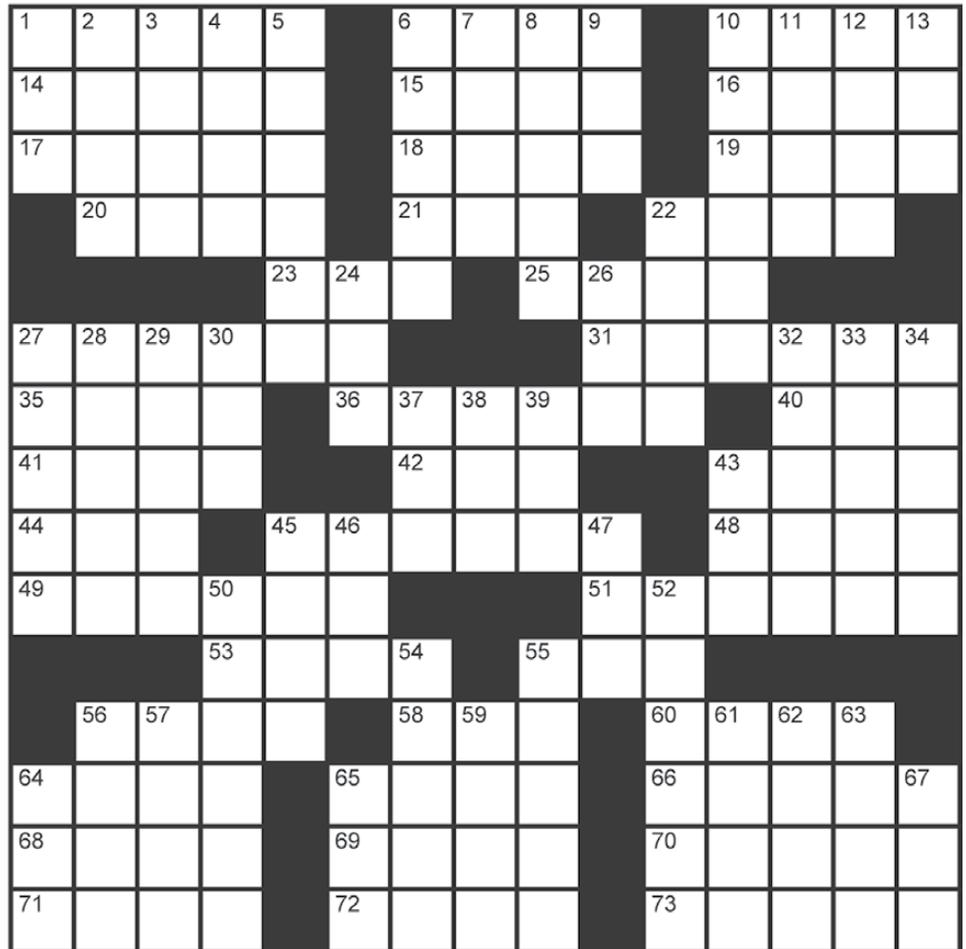
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The Best of Times Crossword

Puzzle answers on page 42.



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Across

- 1 Therefore
- 6 Fuel system part
- 10 Cookbook abbr.
- 14 Merger
- 15 Domain
- 16 Duffer's target
- 17 Twofold
- 18 At hand
- 19 Surf's sound
- 20 Sandwich shop
- 21 One of the 12 tribes of Israel
- 22 Unfeeling
- 23 Mermaid's home
- 25 Stocking stuffers
- 27 Seizes
- 31 Stick on
- 35 Tortoise racer
- 36 Leotards
- 40 Good buddy
- 41 Computer symbol
- 42 Hula hoop?
- 43 By and by

- 44 Nourished
- 45 Shoelace tips
- 48 The "B" of N.B.
- 49 Wall painting
- 51 Beloved
- 53 Pitching stats
- 55 Chapel vow
- 56 Wind instrument
- 58 Preceded
- 60 Veg out
- 64 Broadcasts
- 65 Ranch newborn
- 66 Flock
- 68 Captivated by
- 69 Score before 15
- 70 Lock horns
- 71 Sugar substitute?
- 72 Impressionist
- 73 Varnish ingredient

- Blyton
- 3 Diamond complement
- 4 Black shade
- 5 Register
- 6 It eats shoots and leaves
- 7 Organic compound
- 8 Intended
- 9 Average
- 10 Rocket power
- 11 Exploding sound
- 12 Thick piece
- 13 ___ annum
- 22 Fishing aids
- 24 N.Y. minutes?
- 26 Food grain
- 27 Smell
- 28 Speed demon
- 29 Eat away
- 30 Cambodian coin
- 32 Baseball's Doubleday

- 33 Witch
- 34 Sharpened
- 37 "___ say!"
- 38 "I'm impressed!"
- 39 Chart topper
- 43 Blood-typing system
- 45 Field measure
- 46 India's smallest state
- 47 Dejected
- 50 Electric eye, e.g.
- 52 Bank note
- 54 Fore-and-aft-rigged vessel
- 55 Lazybones
- 56 Kudzu, for one
- 57 Ionian gulf
- 59 Roof overhang
- 61 Sight from Bern
- 62 Turns sharply
- 63 Pocketbook
- 64 Lend a hand
- 65 Neighbor of Ala.
- 67 Strong desire

Down

- 1 Center of activity
- 2 Children's author



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Sudoku *(Answers on page 42)*

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

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On Wheels *(Answers on page 42)*

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

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- | | | | |
|-------------|------------|-----------|----------|
| Ambulance | Hummer | Mustang | Taxi |
| Bike | Jaguar | Roadster | Tractor |
| Buggy | Jalopy | Scooter | Trolley |
| Carriage | Jeep | Sedan | Truck |
| Convertible | Limo | Semi | Unicycle |
| Corvette | Lorry | Streetcar | Wagon |
| Dray | Motorcycle | Stroller | |
| Hearse | Motor home | Sulky | |

Tracking

Trivia!

compiled by Gary Calligas

Test your trivia knowledge.
 The answers can be found on page 46.

- Who was the first football player featured on a box of Wheaties Cereal?
- What was the first children's toy advertised on television? What year?
- What was the main purpose of the United States Secret Service when established in 1865?
- What is the world's best-selling musical instrument?
- Which country has the longest national anthem? The shortest?
- What is the only natural food that does not spoil?
- What animal is responsible for the most human deaths worldwide?
- What organization has been awarded the most Nobel Peace Prizes?

“ANSWERS FROM THE EXPERTS”

Send your question to TBT, P.O. Box 19510, Shreveport, LA 71149 | Experts: Call Gary at (318) 636-5510

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

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



Toni Camp
Regional Hospice Care Group
8660 Fern Avenue, St. 145
Shreveport, LA 71105
(318) 524-1046
See our ad on page 37.

In considering a nursing home for future placement of a family member, I am told that I should review the home's most recent state survey. Where can I obtain one?

Survey results are posted online at www.medicare.gov/NHCompare. You may search the site by city, zip code, or the name of the particular homes. It will give you a comparison of each home to the state and national averages of issues cited. If you do not have Internet access, you may ask the nursing home staff to see the survey since homes are required to display a copy of their most recent survey in a public area.



Vicki Ott
Highland Place
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 9.

When should I have cataracts taken out?

Cataracts are a normal part of aging. Not everyone who has cataracts will need to have them removed. As cataracts progress, they cause decreased vision, glare problems, trouble reading, and loss of contrast sensitivity. We suggest having cataracts removed when your best corrected visual acuity drops to 20/50. They should also be removed if other symptoms are causing problems with daily activities of life such as driving, reading, or seeing fine details. Call us at 212-3937 for an evaluation TODAY.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
See our ad on page 29.

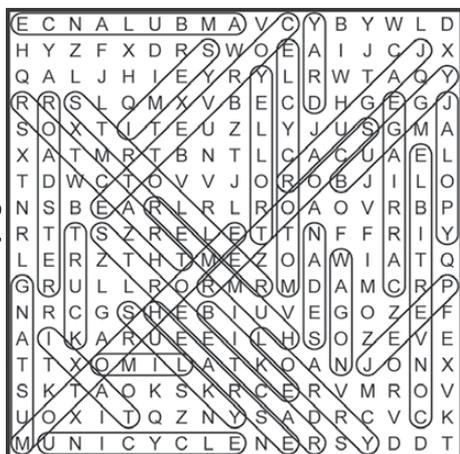
I have a rotator cuff tear. Do I need surgery?

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.



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

Puzzles on pages 40 - 41)



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





December

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

PARTING SHOTS

The 4th annual Family Caregiver Celebration was held on November 5 at Virginia College in Shreveport.



Elijah Morgan spoke about his grandmother, Laura Morgan, being one of the caregivers of the year.



Bonita Bandaries, Gary Calligas, Kathy Condon, and David Inger-son during live remote broadcast of The Best of Times Radio Hour.



Sybil Kelly and Barbara Qualey



(above) Jeneane Birdsong with David Ingerson



(right) Sister Martinette Rivers, Russell Minor, and Randy Morgan



Joshua Yellott (named one of the caregivers of the year) with Bonita Bandaries and Rusty Carter

Veteran Marvin Graham received the French Legion of Honor Medal, the most prestigious decoration in France, with the rank of Chevalier (Knight), for his heroic deeds in the liberation of France during WWII at a ceremony at the Oaks of Louisiana on November 11th.



WKHS CEO Jim Elrod, Sir Marvin Graham, and his daughter Jo Ann Grantham



Paul Thomas with featured artist Carola Nix

Bossier Arts Council hosted their quarterly WAM (Wine, Art, Music) event on November 9th at Boomtown Casino and Resort in Bossier City.

Mini-Maker Faire was held on October 22nd at Festival Plaza in Shreveport. The event was an opportunity for inventors, artists, and craftsman to show and explain their craft.



Charles Niswonger demonstrated his musical saw.



James Allen and Ken Mann

7th Annual Senior Expo Day
at the Louisiana State Fair



Grand Door Prize winners Douglas Nurdin and Teresa Cothorn with The Best of Times Publisher Gary Calligas



Alycee Scales and Barbara McGee

Over 2500 people were in attendance at the 7th annual Senior Day Expo, which was sponsored by *The Best of Times*, at the Louisiana State Fair.

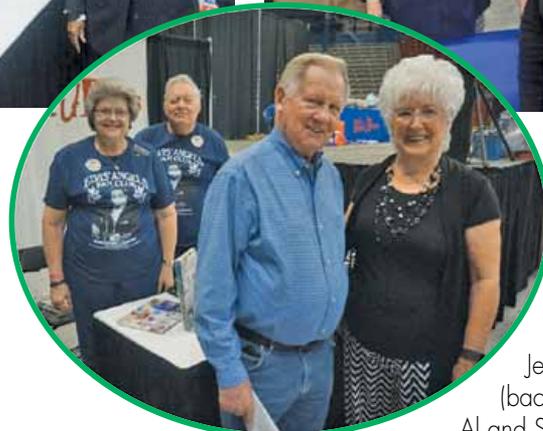


(above) Doug Boudreaux and Eldadia Rebic

(left) Janet Maldonado and Melissa Harris of DiamondJacks with Ellen Fillippino



(above) David Elder, Judy Coleman, and Betty Thomas



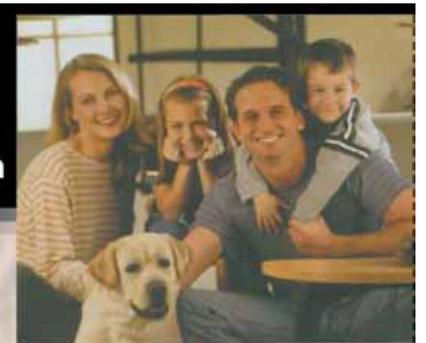
(left) Dianne and Jerry Harmon (back) with Al and Shirley Kline

AC Duct Cleaners

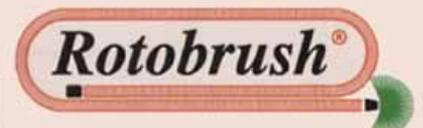
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What you can't see
CAN hurt you





Bobbie Darden with Felicia Jones



Eric Gipson with Robert and Nancy Boone



(above) Bob and Scheri Stuhlmann with Debbie Cowen and Lydia Earhart of The Glen



Cathey Cook, Hilda Holder, and Diane Aldin



Elvis is in the building



(left) Kenneth and Barb Norris with Shackquiel Williams



(above) Harriott Kappen and Johnny Wessler



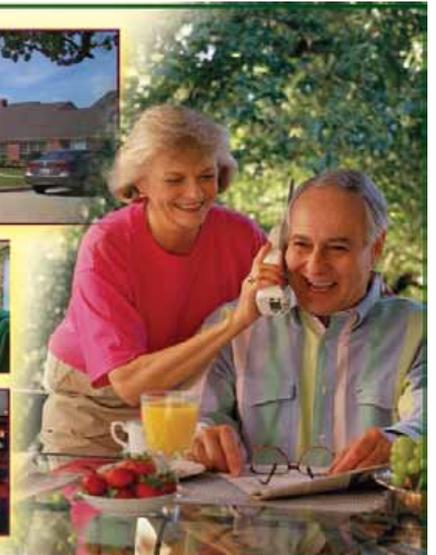
(left) Terri Catlett, Sue Prudhomme, Charles Citrano

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Tracking Trivia!

ANSWERS

1. The first football player to appear on the front of a Wheaties box was Walter Payton in 1986.

2. Mr. Potato Head was invented and developed by George Lerner in 1949, and first manufactured and distributed by Hasbro in 1952. That same year, it became the first toy advertised on television and has remained in production since its debut.

3. With its origin dating back to the end of the American Civil War, the Secret Service was originally founded to combat the then-widespread counterfeiting of U.S. currency. In 1901, the agency was asked to begin its protective mission after the assassination of President William McKinley – the third sitting U.S. President to be assassinated.

4. Originating in the early 1800s in Europe, the harmonica is the world's best-selling musical instrument.

5. Greece has the longest national anthem in the world. It has 158 verses and was written by the poet Dionysios Solomos. The shortest? Uganda with 8 bars of music.

6. Honey does not spoil. It might crystallize over time, but just run the jar under some hot water and it'll magically go back to that sticky golden syrup.

7. Mosquitoes are the #1 killer of humans in the world (sort of)! About 2 million people die each year from a disease resulting from a mosquito bite - most notably malaria.

8. The Nobel Peace Prize has been awarded 97 times to 130 Nobel Laureates between 1901 and 2016. The International Committee of the Red Cross has been awarded the Nobel Peace Prize three times (in 1917, 1944 and 1963).

December PARTING SHOTS CONTINUED

Horseshoe Casino unveiled their new Walk of Legends with a dinner honoring Jack Binion, Ronda Russo and Frank Williams at the casino's Riverdome on November 2. (l to r) Regina Sykes, Jack Binion, Candy Welch and Jerry Welch



Over 900 balloons were launched to honor hospice patients during the first annual Hospice Informational Expo which was held on November 12th at Virginia College in Bossier City.



Lucky door prize winners:
↑ Beverly & Larry Culpepper
→ Linda Williams



Jay Williams, Amanda Rogers, Toni Camp, Lisa Carson



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

A sneak peak cocktail party was held on October 28 for the gala Downton Abbey dinner which was held on October 29 at Sherri Kerr's lovely Fairfield Avenue home. The dinner and sneak peak benefited the Shreveport Little Theatre (SLT).



SLT Guild President Sue Wyche, Sheryl Little and Karen Kennedy

SLT Board Member Barbara Zerrahn with husband Greg



Barbara & Wayne Gramling



Virginia Houston and Jo Pennington



Perry Ed Lucas, Jr, Lois E Lucas, and Tarah Thomas

Genealogy Expo was held on November 12th at Broadmoor Branch of Shreve Memorial Library.



Peggy Caraway, Jackie Nichols, Ellie Sockrider, and Carolyn Minder



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Like dental care. Like extra personal care. And something to your children instead of going broke.

With a good plan, you can qualify for Medicaid and still preserve your wealth to supplement what Medicaid will pay for—and you can even leave something for your children.

Let Joe Gilsoul and Lee Aronson guide you in setting up a plan that suits your needs and circumstances. Their philosophy is to take the time and care required to get to know you, your goals, and your finances and to help you devise a plan customized to your unique needs.



**Call to sign up
for our next Medicaid
Planning seminar
Saturday, December 17
10:00 a.m
at the Broadmoor Library.
524-9966**



Joe Gilsoul



Lee Aronson

Gilsoul & Associates, LLC

2950 Fairfield Avenue, Suite 300 • Shreveport, LA • 524-9966
visit us at • www.gilsoul-law.com • or email us at • firm@gilsoul-law.com

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

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