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# Inside this Issue

## Briefs

**6** Stat! Medical News & Info

**8** Odds & Ends

**22** Favorite 5

**28** Snapshot Sleuth

**36** Shreveport Then & Now

## Advice

**10** **Counseling Corner**

Yes, You Can Age Gracefully  
*by the American Counseling Association*

**12** **From the Bench**

Credit Card Fraud is Getting Worse  
*by Judge Jeff Cox*

**14** **Laws of the Land**

Clever Sue  
*by Lee Aronson*

**16** **Tech Talk**

Keeping An Eye Out  
*by Mark Rinaudo*

**18** **Eat Well Live Well**

Celebrate Salads  
*by Abigail McAlister*



**20**



**25**

## Features

**20** **Exploring Venice**

*by Fyllis Hockman*

**25** **Woman's Department Club**

*100 Years of Friendship, Philanthropy & Gracious Living*

*by Kathleen Ward*

**30** **Engage at Every Age**

*by Family Features*

## Columns

**32** **Page by Page**

*Save Me The Plums* by Ruth Reichl  
*reviewed by Jessica Rinaudo*

**34** **Tinseltown Talks**

Don Collier: Still Living the Western Life  
*by Nick Thomas*

**38** **Winning Back Weeknight Cooking**

*by Family Features*

## In Every Issue

**40** **Save the Date**

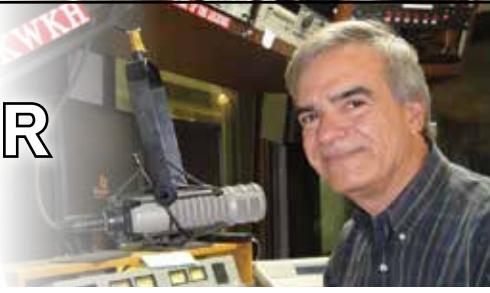
**42** **Our Famous Puzzle Pages**

Crossword, Word Search & Sudoku

**45** **Parting Shots**



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**MAY 11**

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Celebrates Centennial**

Brenda D. Taylor, President of  
the Woman's Department Club  
Shreveport

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**ON THE COVER:**

Woman's Department Club members in front  
of their building at the corner of Margaret  
Place and Line Avenue. March 1939

**Index Photo on page 3:**

Libby Gleason, Barbara Zerrahn, and Brenda  
Taylor lead the 2<sup>nd</sup> Line Dance during the Jazz  
Brunch at the Woman's Department Club.

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**Publisher**

Gary L. Calligas  
[Gary.Calligas@gmail.com](mailto:Gary.Calligas@gmail.com)

**Editor**

Tina Miaoulis Calligas  
[Editor.Calligas@gmail.com](mailto:Editor.Calligas@gmail.com)

**Design**

Jessica Rinaudo

**Account Executive**

Patrick Kirsop  
[kirsop@sbcglobal.net](mailto:kirsop@sbcglobal.net)

**Webmaster**

Dr. Jason P. Calligas

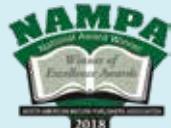
**Writers**

Fyllis Hockman  
Kathleen Ward

**Contributors**

American Counseling Association,  
Lee Aronson, Judge Jeff Cox,  
Family Features, LSU-S Library,  
Abigail McAlister, Jessica Rinaudo,  
Mark Rinaudo, Nick Thomas,  
Twin Blends Photography

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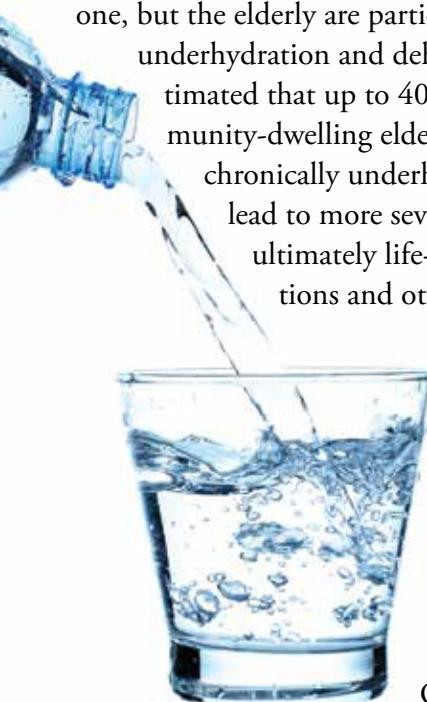
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# Stat!

## Medical News & Info

### Study Finds a Lack of Adequate Hydration Among the Elderly

Drinking enough water is a concern for everyone, but the elderly are particularly prone to underhydration and dehydration. It is estimated that up to 40 percent of community-dwelling elderly people may be chronically underhydrated, which can lead to more severe dehydration and ultimately life-threatening infections and other health problems. Currently adults older than 65 have the highest hospital admission rates for dehydration, according to the Agency for Healthcare Research and Quality.



### Genetically Modified Food

The more opposed to genetically modified foods people say they are, the more they think they know about the subject and the lower they score on a knowledge test about it, according to research from the University of Pennsylvania, in collaboration with the University of Colorado Boulder, Washington University in St. Louis, and the University of Toronto. "It's always interesting, and not infrequent," said Paul Rozin of Penn, "that people with particularly strong opinions about a subject are less informed about it than those in the middle of the spectrum."

### Many Older Adults, Especially Those with Health Issues, Feel Isolated

One in four older adults say they feel isolated from other people at least some of the time, and one in three say they lack regular companionship. Those feelings of loneliness showed up most in people aged 50 to 80 who also reported they had health issues and unhealthy habits. The new findings amplify research that has shown links between chronic loneliness and health issues ranging from memory loss to shorter lives. In the new poll, people who said they had fair or poor physical health, mental health, or hearing loss were more likely to report that they felt isolated or lacked companions. Meanwhile, people who said they ate healthy diets, exercised, got enough sleep or didn't use tobacco were less likely to report feelings of loneliness. (National Poll on Healthy Aging, conducted by the University of Michigan Institute for Healthcare Policy and Innovation.)



## Medication Overload Impacting Millions of Older Americans

The Lown Institute's recently released report, "Medication Overload: America's Other Drug Problem", documents a steep rise in the number of medications taken by older Americans, and a parallel rise in serious adverse drug events (ADEs), such as delirium, dizziness, and bleeding that can lead to loss of mobility, falls, hospitalization, and in some cases, death. The report cites:

- A 300 percent increase over two decades in the number of older adults taking 5 or more medications. 42% of older Americans take 5 or more medications, putting them at significant increased risk for an ADE.
- In 2018, 10 million older adults (one in five) experienced an ADE, 5 million sought medical attention; 280,000 hospitalizations resulted from ADEs.
- The rate of emergency department visits for ADEs doubled between 2006 and 2014, from 5 to 10 per 1000 older adults (194,000 to 450,000 ED visits).



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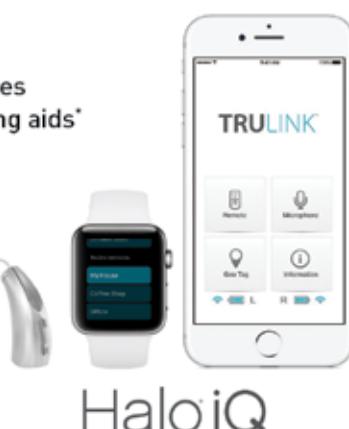
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# Odds & Ends



Photo: Shreveport-Bossier.org

## SCI-PORT PASSES NOW AVAILABLE AT SHREVE MEMORIAL LIBRARY

Shreve Memorial Library has partnered with Sci-Port Discovery Center to allow patrons to check out passes to the attraction from any Shreve Memorial Library branch. The passes cover the cost of admission to Sci-Port Discovery Center for up to four people. They can be used only once per day, and can be checked out for up to three days. Patrons can return the passes to any Shreve Memorial Library branch. Passes not returned within three days will accrue late fees of \$1 per day until the pass is returned. Library patrons are also able to place holds on passes if none are available to check out. For more information, please visit [www.shreve-lib.org](http://www.shreve-lib.org).

## GETTING AFFAIRS IN ORDER

Americans in general avoid or delay getting their affairs in order.

Among those age 55 and older, only 55% have wills, and only 18% have the recommended essentials of a will, healthcare directive and durable power of attorney. (Leaving a Legacy: A Lasting Gift to Loved Ones, Merrill Lynch)



## AMERICAN'S TOP BUCKET LIST DESTINATIONS AND EXPERIENCES

Provision Living surveyed 2,000 Americans in January of 2019 to find out their most desired bucket list destinations and retirement experiences. The survey found that 95% have a bucket list and over 66% of them say they plan to check an item off that list in the next year. The top travel U.S. bucket list cities were Honolulu, New York and Las Vegas. The top international countries were Australia, Italy and Ireland. The study noted that 57% of Americans say that finances are preventing them from checking things off their bucket lists. The top financial bucket list goals were pay off debt, pay off mortgage and retire early.





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## Yes, You Can Age Gracefully

**A**s we age, things change. Some of those changes are obvious in the mirror, while others become evident when a flight of stairs leaves us out of breath, or when we can't remember the name of that cousin in Omaha.

Accepting the physical and mental changes that occur as we get older can be stressful. The aging process can be frightening in some ways, especially if we aren't prepared for the gradual changes that we all face. But we can prepare for the inevitable changes aging brings, and take some actions to help minimize the effects of those changes.

Becoming older brings a variety of physical changes. Our bones become smaller and weaker, the heart pumps blood at a lower rate, our metabolism and digestive system slow down, we face more dental problems, and our skin begins to wrinkle and become less elastic.

So what's the good news?

Simply that there are ways to fight back. No, you can't stop all the changes that getting older brings, but you definitely can accept those changes and take action to minimize the negative effects.

What this means is being proactive in terms of aging. Staying healthy at any age doesn't just happen. Diet, for example, is an important part of feeling good and staying healthy regardless of your age, but it is especially important as we get older. A diet rich in fruits, vegetables and whole grains is one way to assist your slowed-down digestive system and to increase overall energy.

You might also check with your family physician about whether vitamin and mineral supplements might be a good idea. And seeing that physician on a regular basis can help minimize the risk of suddenly facing a serious health problem.



We can also fight the aging process by staying physically and mentally active. Exercises like muscle training and resistance work can help reverse bone loss and fight the back problems that often come with aging. Your local YMCA or physical trainer can help set up a program appropriate for you.

Maintaining social contacts, learning something new like a musical instrument or foreign language or just playing word games or doing crossword puzzles can all help keep your brain active.

Getting older may not always be fun, but you can take actions to help minimize the stress it can bring and overcome the limitations aging might otherwise put on your life.

*Counseling Corner* is provided by the American Counseling Association. Comments and questions to [ACAcounselor@counseling.org](mailto:ACAcounselor@counseling.org) or visit the ACA website at [www.counseling.org](http://www.counseling.org).

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## Credit Card Fraud is Getting Worse

Credit cards are becoming the favorite target of thieves. The thieves are not necessarily stealing the credit cards and using them, although this happens on a frequent basis. In most instances, the thieves are obtaining the credit card numbers and using these numbers to charge merchandise and other items to the unwitting victim. In many instances, a person may not know that they have been the victim of credit card fraud until their monthly statement comes in the mail. This is why it is important to closely scrutinize any monthly statement and report any discrepancies to the credit card company.

Credit card thieves use different methods in order to obtain credit card numbers. The



Cox

first is by calling a person and telling them they are with the credit card company and their card may have been used for fraudulent purchases. The thief will then ask for the victim to read the credit card numbers on the front of the card and the three digit number on the back of the card. By having these numbers, the credit card thief has full access to that person's credit card. If you are called by someone asking for your credit card information and telling you they are with the credit card company, ask them for a number where you can return their call. If they hesitate to give you a number or don't give you a number, then this is probably a scam. Even if they do give you a number, you need to verify that this person is with the credit card company. Never give out your credit card information to someone calling over the phone saying they represent the credit card company. If they did, they would have all your



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In many instances, a person may not know that they have been the **victim** of credit card fraud **until their monthly statement comes in the mail.**

information regarding that card at their disposal.

Another method that credit card and credit thieves use is a method call phising. Phising is sending out emails to computer addresses telling the person receiving them that there is a problem with their credit account. The person sending the email attempts to get the person receiving the email to respond. If you open the email, your computer may be compromised and the person may be able to retrieve certain information from your computer or install viruses that affect your computer. If the person responds and gives their credit information, then the person receiving the information has full access to the credit account. The best thing to do is to install a computer program that sorts through emails and eliminates the ones that seem like they are phising for information. Even better, do is not open emails from persons or entities whom you do not recognize.

A third method that credit card thieves are using is to obtain the credit card information while working in a store or a restaurant. Credit card thieves have access to credit cards and can write down information regarding the cards. Many times, the person working at the store will ask to see your driver's license to verify you are the person who owns the credit card. By having all of your information, the credit card thief can use your credit card or apply for a new credit card in your name. Make sure to not put your social security number on your driver's license. This just provides further information for the thief.

Finally, the last method that I have heard used by credit card thieves is to use scanners. These devices allow thieves to copy your credit card when it is swiped by a waiter or attendant. Scanners are also being attached to ATM machines and to gas pumps where the information can be scanned and used. The thief can then make a copy of the credit card or ATM card and apply for new cards under fictitious names but the charges come back to the victim's account.

Credit card thieves are costing our economy a tremendous amount of money and causing victims a number of problems. Each person should carefully protect their credit card information. Each month, you should carefully analyze your credit statement and make sure there are no unauthorized charges. If you discover any unauthorized charges, you need to call the credit card company immediately and report these charges. You also may be directed by your credit card company to call your local law enforcement agency and report the fraud.

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

A vertical brochure for Highland Place Rehab & Nursing Center. At the top, the center's name is written in a large, flowing script font. Below it, the words "Rehab & Nursing Center" are in a smaller, sans-serif font, followed by "Home of Transitions Rehab", "Post Acute Rehabilitation", and "& Skilled Nursing". To the right of the text is a large, stylized heart containing the letters "H" and "P". Below this section is a photograph of a young woman in a blue patterned shirt smiling and holding the hand of an elderly woman in a blue and white striped shirt. The background of the brochure features a gradient from light blue at the top to white at the bottom. In the center, the words "Caring from the Heart" are written in a large, green, cursive font. Below this, three paragraphs of text describe the services offered. Further down, a photo of a woman identified as Angie Hayes, Administrator, is shown next to contact information for the center.



Advice

Laws of the Land  
by Lee Aronson

## Clever Sue

**T**hurston\* and Lovey\* were engaged to be married. Then Clever Sue came along.

Let me explain: Clever Sue was a race horse that Thurston bought for \$4,000 in an attempt to woo Lovey. Thurston used his own money to buy the horse, but when it came time to register the animal, he listed Lovey as the owner. (Apparently race horses need to be registered. And there are all kinds of rules about naming a race horse. You can't give a race horse a name that "clearly has commercial significance, such as a trade name." So much for "Fast Actin' Tinactin, the race horse the cures all your athlete's foot, jock itch and ringworm.")

Anyway, I don't know if Clever Sue caused Thurston's and Lovey's breakup, but break up they did. (Would you want someone you love to spend \$4,000 on a horse?). After the wedding was called off, Thurston signed Lovey's name on Clever Sue's registration papers, transferring ownership of the horse back to himself. The fact that Thurston forged Lovey's name didn't bother her at the time because the expenses for the horse's maintenance were already over \$20,000. Twenty thousand dollars!

But then Clever Sue started running in races. And winning! That's when Lovey decided she had a problem with the forgery. She figured



Aronson

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that now that the horse was a winner, she was the rightful owner. So she sued Thurston.

Thurston explained to the Judge that he never intended to give Clever Sue to Lovey. He put her name on the registration papers because he was trying to get her to marry him. He explained that he had used his own money to buy Clever Sue and he was the one who had paid all of the horse's expenses and he was the one who had cared for the horse.

The Judge pointed out that Clever Sue's registration papers weren't completed until seven months after Thurston bought the horse. The Judge said that "there can be no dispute that [Thurston] owned the filly until he put [Lovey's] name on the registration papers". But once he did so, had he effectively given the horse to Lovey? That's the question that the Judge had to answer.

Here's what Louisiana law says: when you give something like a horse to someone else, there are two ways you

can go about it. You can either actually deliver the thing to the recipient or you can sign paperwork in front of a notary and two witnesses.

So the Judge asked if Thurston ever actually delivered Clever Sue to Lovey. Everyone agreed that he hadn't: Thurston had "always retained custody and possession of the horse and paid all her expenses." Then the Judge looked at Clever Sue's registration paperwork that listed Lovey as the owner. If Thurston had signed this registration paperwork in front of a notary and two witnesses, then Lovey may have had a case. But he hadn't. When Thurston signed, there was no notary and no witnesses.

No notary; no witnesses; no actual delivery; no gift. The Judge threw Lovey's case out.

\*all names have been changed.

*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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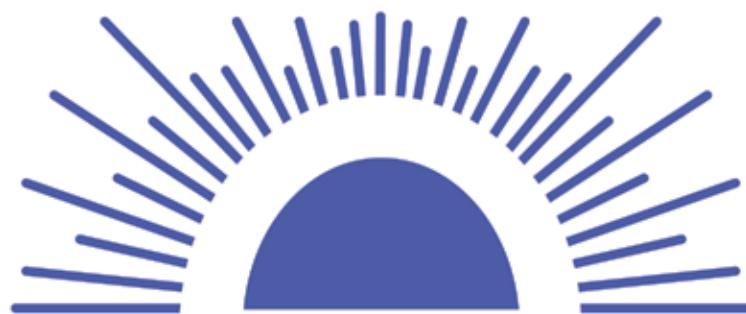
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## Keeping an Eye Out

Today's smartphone technology allows us to do things with ease and in a short amount of time. We have access to the internet in our pocket. We even have cars that allow us to access the Internet utilizing our phones. With the growing capabilities of the smartphone they now even allow us to keep a watchful eye on our property.

The security camera has been around a while, but when you marry the security camera with the internet and your smartphone, you enter a world where you can always keep an eye on things, even when you're not



Rinaudo

at home. The latest technology is a security camera that's built into your doorbell. With this feature you have the ability to see who is at your door without ever getting up, or even being at home.

The two most popular doorbell security cameras are the Ring video doorbell and the Nest Hello doorbell. These doorbells are a lot smarter than your old doorbell. They not only act as your doorbell, but they also record audio/video and send it over the internet to your email or allow you to view what's going on outside your door in real time on your smartphone. They can also allow you to respond to the person at your door in real time. To install one of these, you will need to have wireless internet access in your



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home and either power from your existing doorbell wires, or from a battery.

The smart doorbell allows homeowners to monitor any action detected within range of the front door. They also are the modern day substitution for leaving some lights on in at your house to make it look like someone is home. If someone rings your doorbell, you can answer from your phone no matter where you are.

Smart locks are also capable of integrating with your smart doorbell and allow you to remotely unlock your front door to allow someone into your home while you're away or unable to come to the front door. This feature can help cut down on the number of packages that are stolen every year from people's front doorsteps. The ability to allow a delivery person to place your package inside your home is a very attractive alternative to having your package stolen by a porch pirate.

With the evolution of the doorbell, the security camera has also become smarter. Amazon's Blink line of indoor and outdoor cameras provide a direct connec-

tion to your smartphone. They alert your phone when they detect motion and allow you to view the video that's captured and stored in the cloud. These cameras run on two AA batteries and connect using your existing wireless internet. The further they are from your wireless signal the more power they'll use, so it's best to have a good strong signal in the area where you want to place your camera. The Blink line of cameras even have an infrared light built-in, allowing it to record events in the dead of the night.

Technology can be a blessing and a curse sometimes, but it allows us to monitor our property, our home and our family in many ways. With the use of today's smart technology we can rest assure that we're always keeping a secure eye out.

*Mark Rinaudo has worked in IT in Shreveport for more than 20 years. He is the owner and operator of Preferred Data Solutions. Email mark@preferreddatasolutions.com to submit a question for his column.*

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All donations benefit operations and restoration at The Woman's Department Club

## Celebrate Salads

May is National Salad Month, which gives us the perfect excuse to eat more veggies. To celebrate the right way, try spicing up your salad with new ingredients or test a new recipe. Don't know where to start?

Try some of the tips below to start filling your salad bowl.

We've all made salad with iceberg lettuce, but what about the other leafy greens? There are nutritional perks to eating a variety of greens. In fact, the darker the color of the greens, the more nutrients they have. Try adding these leafy greens to your salad:

- **ROMAINE:** As one of the more common leafy greens, romaine makes a great salad base. It is crunchy, refresh-



McAlister

ing, and a good source of vitamin K and folate. When preparing romaine, be sure to tear, not chop it. Romaine is very fragile and cutting the leaves can destroy its vitamin C.

- **ARUGULA:** This salad green tastes peppery and even a little bitter. Arugula is an excellent source of vitamin K. It also contains lutein, which promotes healthy skin, eyes, and heart. Considering its strong flavor, arugula often does well as an herb to flavor a salad or mixed with other greens. If you don't fancy bitter greens, try finding smaller, younger arugula leaves, as they tend to have a milder flavor.

- **SPINACH:** Popeye was on the right track with spinach, as this green is rich in iron and vitamins A and C. Spinach makes a great addition to any salad, as it is mild, crunchy, and packed with nutrients.

- **KALE:** This leafy green has grown in popularity over the last few years, and for good reason. Kale is rich in Vitamins B6, A, C, and K and is a good source of fiber. Kale can taste bitter and even a little tough, but this can be resolved by massaging the greens (yes, massaging!). To massage your kale, remove the leaves from the rib

and massage them with your hands for a few minutes. This technique breaks down the cellulose and causes the leaves to soften, shrink, darken, and even become sweeter and silkier. To test if your kale has been massaged enough, simply bite into the leaf. If it's still very bitter, it needs more massaging.

- **CABBAGE:** This cruciferous vegetable is an excellent source of vitamins K and C and may even reduce your risk for some cancers. Shredded cabbage makes for a fun, colorful green to add to salads. Whether green, red, Savoy, or Napa, any variety can be added to a salad. Don't be afraid to mix it up!

Greens build the basis for a healthy salad, but toppings and dressings can quickly transform a salad into either a nutrient powerhouse or a dieter's nightmare. It's important to top your salad wisely. To pack a nutritious punch to your salad, incorporate lots of colorful vegetables. Carrots, cucumbers, tomatoes, bell peppers, radishes, sweet peas, mushrooms, broccoli, cauliflower, onions, and sliced red beets are all whole-



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some, colorful vegetables to add. More color on your plate brings a greater variety of nutrients to your diet.

Don't forget about fruits! Try adding in berries, orange slices, kiwi fruit, melon, or figs.

When adding protein to your salad, the leaner the better. Aim for choices like poultry, lean meats, fish, beans, or eggs and keep your portions no more than 2-3 ounces.

As for other salad toppings, choose with caution. Toppings like dried fruit, cheese, olives, avocado, nuts, and seeds are nutritious but can be high in calories, so try to choose just one or two of your favorites to toss in.

Salad dressings can also be a high-calorie culprit. When choosing a dressing, opt for low-fat dressings or oil-based vinaigrettes instead of creamy dressings, and use all salad dressings sparingly. A good rule of thumb is to use no more than 2 tablespoons of dressing.

Salads make a great side dish or even an entree, and with summer approaching, this season is a great time to enjoy more salads. Celebrate National Salad Month by trying new healthy combinations and varying your greens routine.

*Abigail McAlister is a Registered Dietician and nutrition agent with LSU AgCenter for Caddo and Bossier Parishes. Her focus is adult nutrition education and promotion. Contact her at amcalister@lsu.edu.*

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# Exploring Venice

Lost and Found. And Special Finds. Repeat.

by Fyllis Hockman

**W**alking home to our apartment in Venice, we share a wave with the owner of Baba, our local osteria. Leaving for a day of sightseeing, a cup of my favorite pistachio gelato awaits me despite the early hour. At the Bar Dugole, we relax after a day of sightseeing and order the regular: vodka for my husband and Amaretto for me. And we sit and watch everyone else in Venice try to figure out where the hell they are! But more on that later.

Welcome to UNTOURS, a wonderful well-kept secret that may change your concept of travel forever. The program offers tourists a unique opportunity to not be tourists. Serving close to two dozen European countries, Untours inundates you with information, puts you up in unusual accommodations, provides whatever transportation is necessary to get around and voila! You are a local. And yes, that works in Italian as well as French...

We were learning about our neighborhood, but on our terms. Rise early or sleep in. Sightsee or stroll around town. Cook in or eat out. And whatever the choice, we returned to our apartment, a much roomier and warmer ambiance than any hotel would provide. The orientation told us where to get the best produce, meat, fish, pastries, and of course, wine and gelato, the afore-mentioned shop which just coincidentally was directly next door to our apartment.

Our favorite local discovery? The Filler-Up Wine Shop. Bring in any empty bottle and fill it with the wine of your choice for \$2.50-\$4.00 a bottle – less than you would pay for a glass at a local trattoria. What a terrific way to recycle empty water bottles!

Venice is an old city – it looks old – sometimes very old. The water-logged foundations date back to the 11th century; the newer building facades are as recent as the 15th. So many buildings stripped of paint and plaster on both sides of a small alleyway, I expected them to crumble before my eyes until I reminded myself they have looked pretty much the same for over 500 years.

We were immediately transformed into another world filled with canals, gondolas, water buses, cobbled streets, alleyways, bridges and cafes. Picture everything that makes any city run – buses, taxis, fire trucks, police cars, ambulances, postal services, FedEx deliveries, garbage pick-ups – but they're all boats! And the city still runs.

Expect to get lost. And thank goodness because that is the best way to explore the city and find those gems that are not part of the major tourist itineraries.

Among those gems is Pinocchio Island, home to a local Geppetto whose real name is Roberto Comin, maker of magical marionettes. These brilliant little string creatures represent all aspects of Venetian historical and theatrical culture lovingly produced by Comin for 25 years in a workshop over 350 years old. Requests now come in for characters from Shakespeare to Cleopatra and yes, a Johnny Depp look-alike that was given to the actor for his birthday. Want a marionette doppel-ganger of yourself? It's doable but it'll cost you about \$600.

Another unusual find, especially surprising in such a Catholic city, is a small square that is actually referred to as Ghetto Campo de Nova where there are five synagogues, several kosher restaurants and residents sporting traditional Jewish skull caps known as yarmulkes. The kosher menus include antipasto and spaghetti as well as bagels and potato latkes. With a little imagination, and a lot of Manischewitz wine, you could be in Israel!

We wandered everywhere, always aware of how little English we heard – again reinforcing the idea of living like a local. And the more we wandered, the more enjoyable the discoveries: a delightful mask store, street musicians in jeans playing Vivaldi, an out-of-the-way Leonardo DaVinci Museum.

Not every stop in Venice is off-the-beaten-path. There's the de rigueur visit to Piazza San Marco, a World Heritage site and symbol of Venice. So if you want to avoid tourists, don't go there. But part of the reason they're there are the pigeons. Now in my unfiltered 19-year-old memory, the square was covered with them. Decades later, my first thought was, "Where are all the pigeons?" Then I saw them. "Oh yes, over there by that guy with all the bird food."

The island of Murano, world famous for its glass figurines, jewelry and home décor since the 11th Century, is a must destination if you want to be absolutely sure you're buying Murano glass and not a knock-off. A factory visit offers insight into how the glass is made, the colors created, the intricacies of the designs and the skills of the master glass blowers. Makes you better appreciate the high prices you then encounter in the gift shops...sort of....

As we exited the vaporetto at Lido, the beachfront community, we were transported to yet another era. That of a modern beach town hawking flip flops, beach toys

and sunglasses. Wide sand beach with crowded umbrellas and chaise lounges on one side and isolated blankets on the other. Large elegant hotels front the tree-laden boulevards with greenery everywhere, a color sorely lacking in the squares and alleyways of

Venice. It was a fun diversion but I was so happy to get back home, pick up some Branzini from the fish market in Santa Margherita Square along with a water bottle full of wine from the Filler-Up shop.

Perhaps, that's the essence of the Untour experience. There's something more special about discovering such treasures on your own than being herded there as part of a group, according to a pre-determined time schedule that dictates how long you can spend looking before it hurries you through because the bus is leaving to go to the next stop.

It was so much nicer just to pick up some fresh fish, wave to shopkeepers we had befriended and return home to sit on our porch, sip yet another glass of wine and savor our most recent exploits. And feel reassured that no one has ever been irretrievably lost in Venice, but if so – how lucky for them. They're still there!

For more information, visit [www.untours.com](http://www.untours.com).

## Expect to get lost.

And thank goodness because that is the best way to explore the city and find those gems that are not part of the major tourist itineraries.



# FAVORITE 5 FACTS ABOUT WOMEN'S CLUBS

1

Women's organizations have always been a part of United States history, most of which started out as social and literary gatherings.

2

These clubs eventually became a source of reform for various issues, such as education, temperance, child labor, juvenile justice, legal reform, civil rights, environmental protection, women's suffrage, and family planning.

3

Women's clubs helped start many initiatives such as kindergartens and juvenile court systems.

4

Women's clubs helped establish many public libraries and were instrumental in creating hospitals, health centers and clinics.

5

Women's clubs were very active in the war effort by raising money, working with the Red Cross, selling war bonds, knitting socks and rolling bandages.



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### Necessary Legal Documents

**Kyle Moore**, JD, Elder Law Attorney  
Weems, Schimpf, Haines, Shemwell & Moore

### Having the Hard Conversations

**Stacey B. Hand**, MA, CVT, Dementia Educator  
Alzheimer's & Dementia Resource Center of NWLA

**Wednesday, 8 May**

### Medicare Health Plans Options

**Raveen Mourning**, Community Outreach Specialist  
United Healthcare

### Senior Financial Decisions

**Nick Martin**, AAMS, MBA,  
Raymond James Financial Strategies, Inc.

**Wednesday, 15 May**

### Caregiving – Preparing to Care

**Emma Shepard**, Ed. S.  
AARP Louisiana Advocacy Program

### Staying Informed

**Gary Calligas**, Publisher & Radio Show Host of  
THE BEST OF TIMES magazine

**Wednesday, 22 May**

### Senior Living Options

**Angela Hayes**, Administrator  
Highland Place Rehabilitation & Nursing Center

### Who Pays for Senior Living?

**Tamara M. Crane**, MA, CDP  
Executive Director, Bossier Council on Aging



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# 100 YEARS

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## WOMAN'S DEPARTMENT CLUB

by Kathleen Ward

*Vintage photos courtesy of LSU-S Library, Archives and Special Collections*

In 1919, Shreveport was home to about 40,000 longtime residents and new settlers drawn more by the jobs the city promised than the amenities it had to offer.

Shreveport had a hospital, a newspaper, a beautiful post office and courthouse, a fee-supported library, eight public schools and plenty of churches, but lacked the elegant public facilities and private clubs that exemplified culture and community engagement for the families of that time.

"World War I was just over. It was a time when Shreveport was rich with oil, but there was no place to meet," said Maredia Bowdon, 92, the former journalism teacher who serves as historian of one North Louisiana's oldest social organizations, the Woman's Department Club.

"When they started, mothers were home. Very few women worked," said Bowdon, a member for 26 years.

The women of the Hypatia Literary Club (forerunner of the WDC) wanted to expand their programs and civic outreach, but there was no suitable venue.

"The club was organized when women were discouraged from attending college, but the women still wished to be educated and formed their own place of learning," said Carol Pierce, chair of the WDC's Home Enhancement Department.

"They needed a building. They wanted speakers and a place to have teas and wedding receptions," Bowdon said. Their goal was to build a structure to serve as an educational, social, literary and arts center owned and controlled by women.

Meeting wherever they could, sitting on apple crates and donated furniture, they raised money through donations and events until they could buy property at the corner of Margaret Place and Line Avenue in Shreveport's finest neighborhood. By 1925, through





fundraising efforts, sacrifice and hard work, they had built and paid for the magnificent two-story structure that still houses the club's activities and other public and private events.

Listed on the National Register of Historic Places since 1985, the building has provided a sophisticated backdrop to countless weddings, receptions, luncheons, dinners and festivities, as well as music, literary and theatrical performances.

Designed in the popular 19th Century Colonial Revival style with two grand entrances, graceful staircases, Corinthian columns, gables, graceful entablature, lavish mouldings, elegant fireplaces, Palladian windows and a porte-cochere, the red brick building is a marvel to this day. Two large parlors, a commercial kitchen, a bride's suite with dressing room and bath, dining for up to 120, and the celebrated auditorium with a raised stage make the perfect setting for public and private events.



Some of the most influential entertainers, writers, musicians, artists, journalists, and politicians have graced the stage of the WDC's second-story 440-seat theater, including Lillian Gish, Edward R. Murrow, Eleanor Roosevelt, Robert Frost and Robert Penn Warren. Katharine Hepburn performed in "The Philadelphia Story" there in the early 1940s.



"I have an avid interest in architecture and history, and was immediately drawn to the beauty of the exterior of the building and the interior especially," said Pierce, who found the club on Facebook after moving from Texas. "It has remained standing while other important buildings have been destroyed over the years in Shreveport."

"I felt at home the minute I walked through the doors," said WDC president Brenda Traylor, who moved from New Orleans following Hurricane Katrina. "I was welcomed to 'make myself at home' and so I did. As I walked down a hallway leading to the art gallery, I looked at the pictures that showed the women and history of the Woman's Department Club and I related to the strength and determination I saw in their faces."

The civic work of the WDC in support of schools, food banks, hospitals and, particularly, the military is remarkable. During WWII, the members provided 7,000 hospital beds for soldiers and raised hundreds of thousands of dollars for war bonds. The name "The Woman's Department Club of Shreveport, La" was memorialized on the two military planes they donated. "Club members gave their furs to line the flight jackets of the bomber pilots," said Bowdon.

"It has evolved and changed with the times to provide not only an organization where women can enjoy social and philanthropic activities, but it sustains its integrity as an historical building and venue and continues to support art and artists in our area as well as Creswell Elementary, the Food Bank of Northwest Louisiana and the pediatrics unit at Ochsner LSU Health Shreveport," said Pierce.

"It is important to treasure the old as we move into the future," said Traylor. "The Shreveport/Bossier area is host to some very talented people and the WDC is proud to be able to feature their talents. We have excellent weekly programs at different times. We try to be flexible so that as many

of the members and guests can attend as many programs as possible."

"The point is not to just entertain our own members but to increase membership from other women who attend our programs, who want to join and become members of such a dynamic and exciting organization where they can gain fulfillment, joy in participation and camaraderie, as well as pride in giving back to their community," said Pierce.

"I have met women from all walks of life and getting to know them has been the best part of being a member," said Traylor. "Dues are usually \$200 per year, payable in two installments in June and January. For the year 2019, in celebrating our 100-year anniversary, we are offering membership at \$100 for your first year."

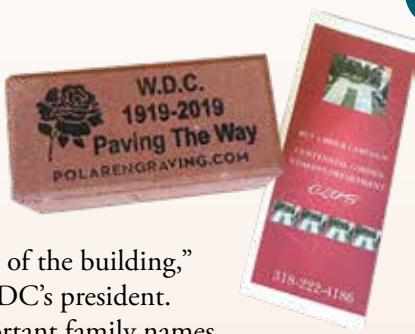
"The new members we are trying to recruit are those who have talents in their chosen past or present professions, be it housewives, nurses, architects, lawyers, educators, those from the food industry, and media to share their life's experiences with us all and to leave an imprint of wisdom to follow for the future women of the WDC," said member Sandra McClain Harrold, who moved here from Michigan.

"We recruit women of all ages who enjoy women, learning and who are interested in being a part of this club, city, state and world," said Bowdon.

## Add Your Family Name to This Historic Site!

"Our club is in need of some work so we started a 'Buy a Brick' campaign to fund repairs and to build a brick garden on the west side of the building," said Brenda Traylor, WDC's president.

Some of the most important family names in Shreveport will be memorialized in the brick garden and the proceeds will pay for upkeep to the mansion, including painting the beautiful wooden architectural details that make the building a Shreveport treasure. For more information visit <https://www.thewomansdepartmentclub.com/>.



# Champagne & Fun at A CENTURY OF WOMEN CELEBRATION

Toast a flapper, a hippie or an Audrey Hepburn at 6 p.m. Saturday, May 18th at the WDC's 100-year anniversary celebration. "The event will be era cocktail dress" from any period from 1919 to 2019, said Sandra M. Harrold, chair of the event.

Sopranos Gale Odom and Brenda Wimberly, vocalist Seva May and pianist Larry Meir provide the music in the auditorium following social hour. With Kentucky writer Liza DiSavino (author of a book about founding member, Dr. Catherine Jackson French), Liz Swain and Maredia Bowden, guest speakers. Catering by Ernest of New Orleans and the members.

Tax deductible donations in support of the WDC will be happily accepted. RSVP to Donna Phillips (318-222-4186) or Sandra Harrold (318-230-3116).



**Photos (page 20): Top row left to right:** Tom Tanner, left, Social Chair Woman's Dept. Club; Reid Wherrit, right, co-chair, at club garden party at home of O. D. Harrison • Hardette's cooking class • Loading Toys from Jingle Mingle to take to children in hospital over the Holidays. **Bottom Row:** Unidentified group of women at the Women's Department Club. • Nayantara Sahgal with Mrs. Jones (President), Mrs. Gerald Pope, Mrs. Heath, and Mrs. Irwin Rice at Woman's Department Club in April 1962.

**Photos (left):** Help us ID the people in these vintage photos! Know someone? Email it to editor.calligas@gmail.com

# Snapshot SLEUTH

**Do you recognize any of the people or events in these photographs?**

*The Best of Times* has partnered with Archives and Special Collections of the LSU Shreveport Library to identify individuals and events in their collections. Please email Tina at editor.calligas@gmail.com or Laura at laura.mclemore@lsus.edu if you have any memory or comments about these images.

All of these images were from Woman's Department Club (WDC) of Shreveport events. If you can ID these ladies, or any from the vintage photos in the feature, please email editor.calligas@gmail.com.

1. WDC Tea. (photo by Cowan Studios)

2. Five WDC members at a tea.

3. WDC program by Jean Despujols (left). Interpretive dancing by students of Bess McBride. (photo by Graham Studio)



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right on the steering lever so it's simple to operate and its exclusive footrest swings out of the way when you stand up or sit down. With its rugged yet lightweight aluminum frame, the **Zinger** is sturdy and durable yet convenient and comfortable! What's more, it easily folds up for storage in a car seat or trunk—you can even gate-check it at the airport like a stroller. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life. It folds in seconds without tools and is safe and reliable. It holds up to 275 pounds, and it goes up to 6 mph and operates for up to 8 hours on a single charge.

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Zinger is not a wheelchair or medical device and is not covered by Medicare or Medicaid.

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# Engage at Every Age

(Family Features - Photo courtesy of Getty Images) You are never too old (or young) to take part in activities that enrich your physical, mental and emotional well-being. No matter your age, there is no better time than now to start. To help do just that, consider these tips from the Administration for Community Living:

## Be Well

- If you don't usually exercise, choose a low-impact activity that you can do a little at a time. Walk for 10 minutes in the morning, sign up for a tai chi class or learn gentle stretches, for example. Remember, it is wise to consult a health care provider before beginning an exercise routine.
- Exercising is less of a chore when you do it with people you enjoy. Gather a group of friends or join a class. Some senior and community centers even offer free or low-cost options.
- Good nutrition is vital. Keep an honest record of what you eat. If you have a condition like diabetes, consult your doctor before changing your diet. Nutritionists can be excellent resources, whether you have special dietary needs or not.
- Eating healthy foods and staying active may reduce physical health risks, and you also can exercise your mind by reading, playing games, taking a class or simply being social.

## Reinvent Yourself

- Second or even third careers can be personally and financially rewarding. Determine whether you have the skills needed for something new. If not, seek out classes or training, and remember to ask whether financial assistance is available.
- Express yourself through the arts. Learn to paint or draw, dust off those dancing shoes, take an acting class or finally write that novel. As a bonus, studies show the arts can improve brain health.

- Keep expanding your knowledge and growing by learning a new language or taking a computer class. Or, if you're more an adventurous type, maybe you've always wanted to travel and discover other cultures.

## Give Back

- Consider using your experience to serve others. Volunteers meet a range of community needs, from mentoring at-risk youth and providing job training to helping families recover from disasters. Find opportunities by visiting local organizations or charities.
- Pick and schedule service activities that match your skills and interests. If you are handy, assisting with a nonprofit housing organization may be most rewarding. If you enjoy working with kids, contact a local school to talk about ways you can help.

- If you want to help others more informally, consider helpful tasks like driving neighbors to appointments, babysitting for working parents or tutoring kids in your neighborhood. If you are a member of a spiritual community or club, ask if there are outreach programs that need assistance.

Increasing your well-being – physically, mentally and emotionally – can be made simpler by finding activities that fit your personality and interests. Visit [oam.acl.gov](http://oam.acl.gov) to find more information and resources to engage at every age.

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This project was supported, in part by a grant (Nos. 90MPPG0049, 90MPPG0024 & 90MPG0023), from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

## MACULAR DEGENERATION

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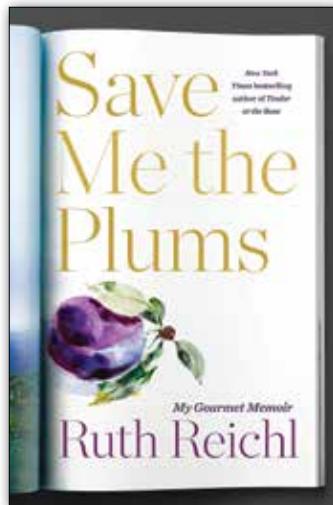
In many cases, special telescopic glasses can be prescribed to enhance visual performance. She can often help people read, watch TV, see the computer and sometimes drive.

Telescopic glasses cost between \$1900-\$2600. It is a small price to pay for the hours of enjoyment with better vision and more independence.

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## Save Me the Plums

by Ruth Reichl

Ruth Reichl, a lifelong lover of curious foods had turned her passion into a career as a restaurant critic, eating out multiple times a day, working odd hours and trying to balance all those things with motherhood, when she received an unexpected meal request. There she learned that magazine juggernaut Condé Nast was taken with her work and wanted her to step into the role of editor in chief for *Gourmet* magazine, one of the oldest and most well known food magazines in the country. Despite her reluctance and initial outright refusal to take on the managerial role in corporate America, they swayed her to take the position.

*Save Me the Plums: My Gourmet Memoir* is Reichl's tale of transforming the infamous magazine from a relic of the past into a cutting edge publication in the golden age of print media. Reichl openly shares her struggles as she learns the game of pleasing advertisers, creating content people want to read and keeping Condé Nast's eclectic chairman, Si, happy.

Her story is fascinating. The rotating cast of art directors, publishers and managing editors that enter and exit the doors of *Gourmet* is a spectacle in itself, but pair that with the expense that went into stories, the travel, and yes - even the car and wardrobe budget given



Rinaudo

to her, and it's jaw dropping. The process the staff used to create new recipes (with an attempt to use ingredients the everyday user could find and cook with), was also entertaining and engrossing.

During Reichl's time at *Gourmet*, she was on the front lines of major changes in the food industry. *Gourmet*'s content became less about feeding the wealthy and focused on food news and changes, from the ethical ramifications of cooking live lobsters to the emergence of the farm-to-table trend.

Reichl was editor at a time when magazine editors were celebrities - a brand unto themselves. And despite wanting to stay out of the limelight, she also had to come to terms with the need to use her own celebrity to the magazine's advantage.

I freely admit that I work in the world of magazines and this book held a special, relatable joy for me, but its appeal is not limited to people in the industry. This book is for anyone who has loved a magazine, the world of food, or is simply curious to take a peek at the inner workings of a large publication. There are also some wonderful recipes that are sprinkled throughout the book's pages as an added, delicious bonus.

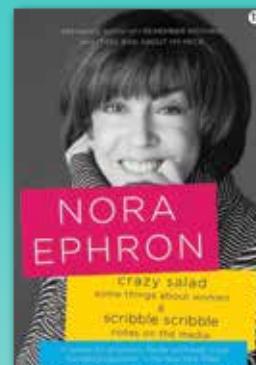
### Grade: A

*Jessica Rinaudo is an editor and writer who has fostered a love of reading since childhood. She lives in Shreveport with her husband and four children.*

## Books About Magazines



An ambitious intern must choose between climbing the ladder or reporting the truth.



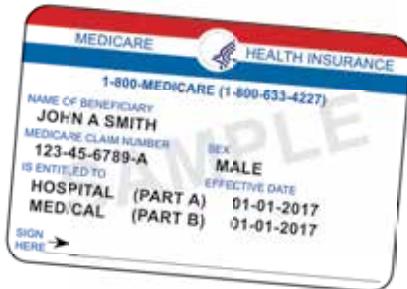
Ephron's essay collection shares her opinions on her work in journalism, including *Gourmet*.



The legendary editor of *Vogue* shares her story of leading the revolutionary fashion magazine.



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# Don Collier: Still Living the Western Life

A staple on the old TV westerns, Don Collier got his first break as a lead actor in the short-lived series "Outlaws" in the early 1960s.

"I interviewed for the role in December 1959 and they called me back for three weeks the following January/February when we shot the pilot," recalled Collier. "NBC wanted a prime time slot for Ralph Edwards ('This is Your Life') and they had to move either us or Bonanza. Bonanza was in color and we were black and white (for the first season) so we lost out. But we had a lot of great old actors doing guest spots and it was a good show."

During the first season, well-known character actor Barton MacLane co-starred with Collier. "I'd seen him in movies from the 30s and 40s as a leading heavy for Warner Bros," Collier recalled. "He was a good guy to work with, but apart from breaking out the drinks and card games on a Friday night after filming, we didn't socialize much."

Slim Pickens was another regular on the series. "A wonderful, natural actor who was also great to work with. I always remember his lines would come out differently than what was written in the script. But the director didn't care as long as Slim made his point on screen."

Collier says while he and the other actors did most of their own riding, the stunts were left to the professionals. "We



Thomas

were all pretty athletic and could have done the fight scenes and horse falls, but you didn't want the stunt guys to lose a paycheck so they did most of that."

He went on to appear in dozens of movies and TV shows, including over 60 episodes of "High Chaparral." Fans also remember him from a series of Hubba Bubba bubble gum commercials in the 70s and 80s.

"Big bubbles, no troubles!" was the slogan," said Collier. "I did that for 8 years, even going down to Australia twice to record the commercials. At the time, something like 90% of a commercial had to be made in Australia so they needed me in person so the ads could run there. I loved the country so much I visited six more times."

Today, Collier lives in Arizona and doesn't miss the hectic Hollywood life nor the LA traffic. Last October he turned 90 and traveled to Maryland for a role in a rare modern western, "Bill Tilghman and the Outlaws," due for release this year (see [www.one-eyedhorse.com](http://www.one-eyedhorse.com)).

"Darby Hinton, a good friend, called to say they needed someone to play an old man so I said would – because I am an old man!" said Collier, laughing. "It's a low budget production but turned out pretty good. I'm 90 years old now but still pretty active. So if something comes up that interests me like the occasional role or a personal appearance, I'll do it if I can."

*Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 700 magazines and newspapers.*



(above) Don Collier as Marshal Will Foreman in the 60s TV show "Outlaws" - NBC publicity photo



(right) Don Collier, center, with cast in "Bill Tilghman and the Outlaws" - provided by director Wayne Shipley

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— J. Fitzgerald, VA



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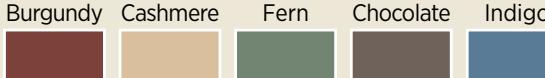
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# SHREVEPORT *Then & Now*

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*Above:* Ricou-Brewster Building was a 7 story building on the corner of Milam and Marshall Streets. It opened in 1924 and was demolished in 1996. (Vintage photo - Shreveport Journal Collection. *Below:* The Shreveport Journal building sat at the corner of Marshall and Travis Streets in downtown Shreveport. Originally built as the Travis Street School at the turn of the century, it was later the home of the *Shreveport Journal*. The Chase Bank parking garage sits there now. It was demolished in July of 1963. (Vintage photo photographer Jack Barham)



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- Could an Irrevocable Trust become your worst enemy? Learn the pitfalls and traps!
- Do you know why it may be a bad idea to put kids names on your accounts?
- Do you know how preserving assets can better assure a patient's quality of care and quality of life?
- Is a loved one already in a nursing home or receiving care? Find out why it may not be too late to save their estate!



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# Winning Back **WEEKNIGHT COOKING**

FAMILY FEATURES

**W**hen it comes to mealtime, a well-stocked pantry can be the difference between culinary success and a dinner failure. For more recipe inspiration visit [CansGetYouCooking.com](http://CansGetYouCooking.com).

## **Chicken Burrito Salad** (serves 6)

### *Salad:*

- 1 small head romaine lettuce, torn into small pieces
- 1 cup cooked brown rice
- 1 can (15 oz.) black beans, drained and rinsed
- 1 can (14 oz.) diced tomatoes
- 1 can (10 oz.) chicken breast chunks, drained and flaked
- 1 can (10 oz.) corn kernels, drained
- 1 can (4.25 oz.) diced green chilies, drained

In large platter or individual bowls, place lettuce leaves. Top with brown rice, black beans, diced tomatoes, chicken, corn, green chilies and olives.

In small bowl, combine lime juice and cilantro; whisk in olive oil. Add salt and pepper, to taste. Drizzle dressing over salad.

1 can (2.2 ounces) sliced ripe black olives, drained

### *Dressing:*

- 2 tablespoons fresh-squeezed lime juice
- 1 tablespoon fresh chopped cilantro
- 3 tablespoons extra-virgin olive oil
- salt and ground black pepper, to taste



## **Pasta with Spinach Pesto**

(serves 4)

1 can (13.5 ounces) spinach, well drained

1 cup fresh parsley leaves

½ cup grated Parmesan cheese

½ cup walnuts or almonds

1 large garlic clove

1 teaspoon dried basil

¼ teaspoon salt

1/8 teaspoon ground black pepper

½ cup extra-virgin olive oil

1 box (16 ounces) fettuccine noodles

In food processor, combine spinach, parsley, cheese, nuts, garlic, basil, salt and pepper; blend well. In slow, steady stream, add olive oil until mixture is blended and smooth.

Cook fettuccine as package directs. Drain. Toss spinach pesto with fettuccine.

## **Curried Pumpkin Soup** (serves 4)

2 tablespoons butter	1 can (14 ounces) chicken or vegetable broth
1 medium onion, chopped	2 cans (15 ounces) 100% pumpkin
1 large carrot, peeled and chopped	1 can (14 ounces) coconut milk
2 cloves garlic, minced	1 teaspoon salt
2 teaspoons fresh ginger, minced	pumpkin seeds
1½ teaspoons curry powder	

In large saucepan, melt butter over medium heat. Add onion, carrot, garlic, ginger and curry powder. Cook until carrots are almost soft, 5-8 minutes, stirring occasionally.

Add broth and bring to boil over high heat. Reduce heat to medium-low; cover and simmer until carrots are very soft, 10 minutes.

Transfer to blender or food processor and puree until very smooth. Return to pan and stir in pumpkin, coconut milk and salt. Cook over medium-low heat until heated through,

2-3 minutes.

Garnish with pumpkin seeds, if desired, and serve.

## **Easy Seafood Paella** (serves 4)

1 tablespoon olive oil
1 medium yellow onion, diced
1 small green bell pepper, cored, seeded and diced
2 large garlic cloves, minced
1 box (8 ounces) yellow rice
1 can (14 ounces) vegetable broth
1 can (14 ounces) diced tomatoes
1 can (10 ounces) whole baby clams, drained
1 can (8.5 ounces) peas, drained
1 can (6 ounces) medium shrimp, drained
1 can (3.8 ounces) sliced ripe olives, drained

In 2-quart saucepan over medium heat, heat oil; add onion, green pepper and garlic. Cook 5 minutes, stirring occasionally.

Add rice and vegetable broth. Over high heat, bring to boil. Reduce heat to low; cover and simmer 20 minutes.

Stir in tomatoes, clams, peas, shrimp and olives; cook 5 minutes.



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# SAVE the Date



## CONCERT

### • Organ Concert

At Cathedral of St. John Berchmans, 947 Jordan Street in Shreveport at 7 pm on **Tuesday, May 21**. Music director Aaron D. Wilson and Fr. James McClelland will perform psalms, hymns, and spiritual songs. For more info, call (318) 221-6005.

### • Sci-Fi Spectacular

Shreveport Symphony. Saturday **May 4** at 7:30 p.m. at First Baptist, 543 Ockley, Shreveport. A celebration of music from your sci-fi movie favorites with the Shreveport Bossier Community Chorale. Tickets are \$66, \$56, \$46, \$22,



Boss. Farmers Market • Saturdays

\$15. For tickets call 227-8863 or visit shreveportsymphony.com.

## COUNCILS ON AGING

### • Bossier Council on Aging Weekly Dances

Every Thursday evening from 7 to 9:30 at 706 Bearkat Drive, Bossier City. \$6/person. Call 318-741-8302 or visit www.bossiercoa.org to learn which band is playing on a particular date or for more info.

### • Caddo Council on Aging

Caddo Council on Aging/ Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. 9:30 a.m. coffee and cookies. **FREE**. Call 676.7900 for more info.

- Fridays. **May 3, 10, 17, 24, 31**. 10:00 Senior Tech Talk Introduction to Laptops, tablets and smart phones.
- Thursday, **May 2**. 10:00 “Indians & Explorers of Early Shreveport”, Jeff Girard
- Thursday, **May 9**. 10:00 “Your Life, Your Legacy”,

Donna Valentine

### • Thursday, May 16.

10:00 “Older Americans Month Celebration”

### • Thursday, May 23.

10:00 “Senior Survivors Living the Good Life”, Bob Griffin

### • Thursday, May 30.

10:00 “Five Pillars of Brain Health”, Gary Calligas

## EVENTS

### • Bossier Farmers Market

Every Saturday, 9:00 AM - 1:00 PM. Pierre Bossier Mall (south parking lot by Sears), 2950 E. Texas St., Bossier City. 100+ vendors. Fruits and vegetables, market goods, arts and crafts. **FREE** admission, **FREE** parking, live music, food trucks, pet friendly.

### • Century of Women Celebration

Saturday **May 18** at Woman's Department Club (WDC), 802 Margaret Place, Shreveport. The WDC's 100 year celebration. 6:00 pm Social; 7:00 pm Program in Auditorium featuring music and messages that will take attendees through the past 100 years; 8:30 pm Heavy appetizer reception. For more info, tickets and reservations contact Sandra Harrold at 230-3166 or visit www.thewomansdepartmentclub.com.

### • Defenders of Liberty Airshow

Barksdale Air Force Base, La., on **May 18 and 19**. **FREE** parking and **FREE** admission.

Wine, Art, Music • May 8

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• **Engaging Aging Seminar**  
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at Saint Matthias Church, 3301 St. Matthias Drive, Shreveport. Doors open at 10:30 a.m., seminars begin at 11 am and run until 12:30 p.m. Experts will offer important information about planning for our elder years, including discussion about available resources within the community. Topics will include necessary legal documents, having the hard conversations with loved ones about aging, Medicare Health Plan options, financial matters for seniors, creating a plan for caregiving, senior living options and who pays for them, and staying informed. Suitable for seniors AND for those who love them. **FREE** admission and parking; light refreshments. For info, call (318) 635-5354 or email stmatthiasshreveport@gmail.com.

#### • **Growing and Tasting Tomatoes**

Presented by Lauren Jones of Shreveport Green. 3 p.m., Tuesday, **May 21**, at The Glen Retirement System, 403 East Flournoy Lucas Road, Shreveport. Part of The Glen's

CATS: Events on Culture, Arts, Technology and Science series, presented by The Paul and Betty McDonald Foundation. **FREE** and open to the public. To reserve a seat or for more information, call 318-798-3500.

#### • **Melanoma Monday**

**FREE** skin cancer screenings on Melanoma Monday, **May 6**, as part of Melanoma Awareness Month. Screenings will be conducted in Ark-La-Tex Dermatology's Bossier City office, 2300 Hospital Drive, Suite 400, from 8 a.m. to noon with Dr. Josephine Futrell and from 1 to 5 p.m. with Dr. Sarah Baker. Shreveport screenings will be conducted at 1811 East Bert Kouns Industrial Loop, Suite 160, from 8 a.m. to noon with Dr. Sarah Glorioso and from 1 to 5 p.m. with Dr. Elizabeth Clemons. Registration is available at wkhs.com under "Classes and Events" or by calling the Willis-Knighton Community Education helpline at (318) 212-8225.

#### • **WAM (Wine, Art Music)**

Presented by Boomtown Casino, Eagle Distributing, 1800 Prime and Bossier Arts Council. Wednesday, **May 8** from 5:30 – 8 pm at

Boomtown Casino. Featuring local artist Kimberly Gable, wine tastings, food pairings and live music. \$35 per person. For more info call 318-741-8310 or visit [www.Eventbrite.com](http://www.Eventbrite.com).

#### • **Zumbathon**

Saturday, **May 11** from 9:30am to 11:00am at 706 Bearkat Drive, Bossier City. In celebration of Older Americans Month and benefitting the Bossier Council on Aging. A minimum donation of \$5 is required to attend, and larger contributions are welcome. The public is invited. For more info call 318-741-8302, or email [contactus@bossiercoa.org](mailto:contactus@bossiercoa.org).

#### MEETINGS

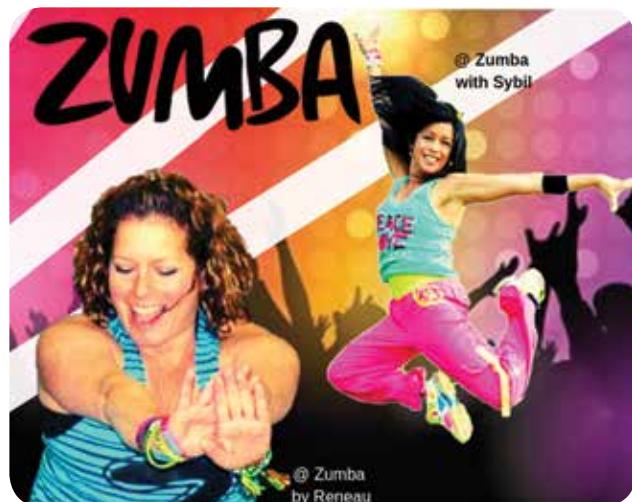
#### • **Ark-La-Tex Genealogical Association Meeting**

Saturday, **May 11** from 1 to

3PM at the Broadmoor Branch Library, 1212 Capt Shreve Dr., Shreveport. Guest speaker is Leonard Gresens, genealogist and collector. His presentation will be "Early Shreveport/Bossier Private Coinage". Also, Glenn Moore will discuss the Ancestry DNA ThruLines™ feature. Program is **FREE** and open to the public. For more information call 746-1851 or visit [www.altgenealogy.com](http://www.altgenealogy.com).

#### • **Creative Art Connection Meeting**

Monday, **May 13**, 6 - 8 PM. 630 Barksdale Blvd., Bossier City, in The Annex. Watercolor artist Julia Raring will be the demo artist. Julia will show her approach to watercolor and other mediums. Public is invited. **FREE**. For more information call 318-549-1251.



Zumbathon • May 11

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

C A L L 1 - 8 7 7 - 7 7 0 - 7 8 6 7

# PUZZLE pages

## Across

- 1 Puff's pal  
 5 \_\_\_ avis  
 9 Fiend  
 14 Creme-filled cookie  
 15 "Pronto!"  
 16 Split to unite  
 17 Blackball  
 19 King with a golden touch  
 20 J.F.K. watchdog  
 21 Cameron of "Knight and Day"  
 22 Picture elements  
 23 Huckleberry \_\_\_  
 24 Epiphany figures  
 25 Actor's line  
 28 Automobile  
 32 Titan  
 33 Wrote bad checks  
 34 Kimono sash  
 35 Defrost  
 36 Beeper  
 37 Director Reitman  
 38 Thurman of "The Avengers"  
 39 Second-year students, for short  
 40 Lock of hair  
 41 Cause confusion  
 43 Big party  
 44 Stop order?  
 45 Intelligence  
 46 Butchers' offerings  
 49 Horse's motion  
 50 Addr. book entry  
 53 Simoleons  
 54 Prepare  
 56 Loathe  
 57 Newspaper page  
 58 Computing rule  
 59 Lowly workers  
 60 Summoned  
 61 Hidden valley

## Down

- 1 Ungulate's foot  
 2 Celestial bear  
 3 Salad cheese  
 4 On behalf of  
 5 Speeding  
 6 Kind of flu  
 7 Tease  
 8 Gorilla  
 9 Adonis, e.g.  
 10 Magical drink  
 11 Fashion  
 12 October birthstone  
 13 Famed loch  
 18 Parting word  
 22 Devonshire dad  
 23 Apartment  
 24 Particles  
 25 Obstruct, like a river  
 26 Particulars  
 27 Put to rest  
 28 Strength  
 29 Nightclub charge  
 30 Degrade  
 31 Dentist's request  
 33 Dead, as an engine  
 36 Swimming places  
 37 Eye part  
 39 Movers and \_\_\_  
 40 Tall structure  
 42 Styx ferryman  
 43 Break away  
 45 Exposed  
 46 Response to an insult  
 47 Toothpaste holder  
 48 Bounce back  
 49 Mama's partner  
 50 Peacock's pride  
 51 Advantage  
 52 City on the Rhone  
 54 Syndicate  
 55 Pudding ingredient



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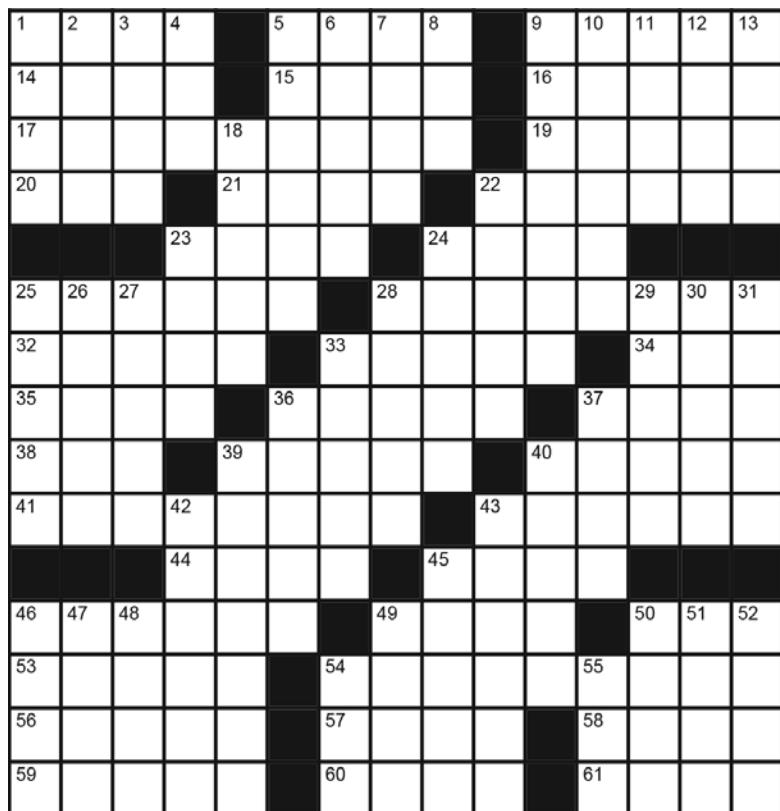
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**Shreveport, LA 71108**  
**(318) 686-4334**

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**Haughton, LA 71037**  
**(318) 949-9415**

## Crossword

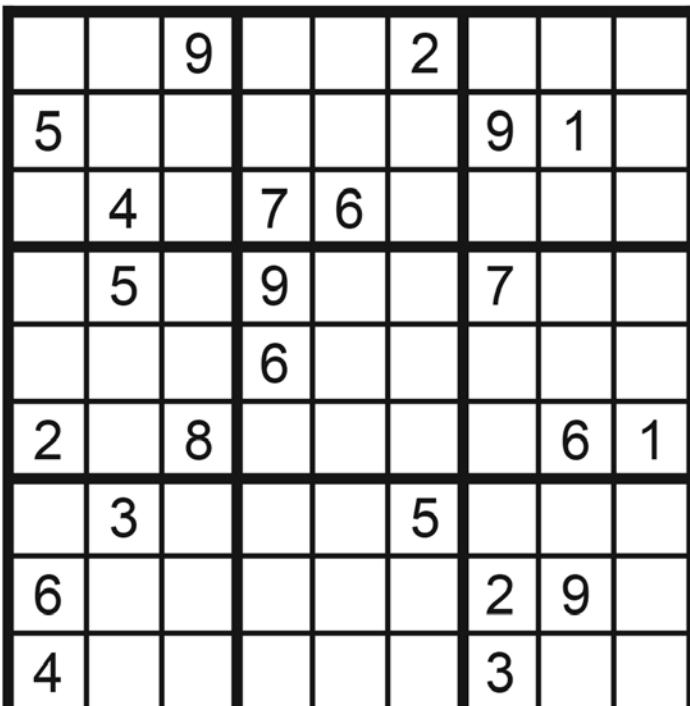
Turn to page 44 for all puzzle solutions.



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## Sudoku

To solve the Sudoku puzzle, each row, column and box must contain the numbers 1 to 9.



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

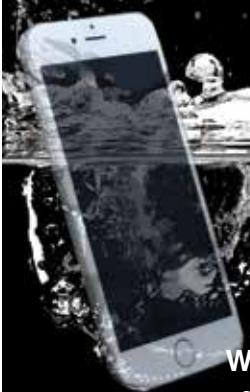
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## Word Search

### Movie Creatures

ALIENS	KING KONG
BIGFOOT	MR HYDE
BOOGEY MAN	MUMMY
DEMON	PHANTOM
DEVIL	SASQUATCH
DRACULA	SHADOW
DRAGON	SKELETON
FRANKENSTEIN	VAMPIRE
GARGOYLE	WARLOCK
HOST	WEREWOLF
GOHUL	WITCH
GOBLIN	WIZARD
GODZILLA	ZOMBIE
GREMLIN	

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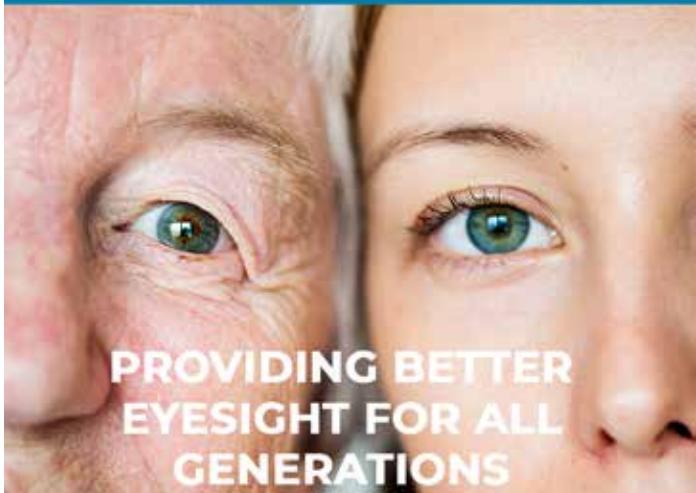
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# Answers from the Experts

EXPERTS: If you would like to help your community by answering a question here, call 636-5510  
 READERS: Send your questions to The Best of Times, Box 19510, Shreveport, LA 71149

*"What is a gasping and wheezing homeowner to do?"*

As the supply ducts blow air into the rooms, return ducts pull in airborne dust especially of concern when your doors are open and suck it back into the blower. Add moisture to this mixture and you've got a breeding ground for allergy-inducing mites, and bacteria. Many filters commonly used today can't keep dust and debris from streaming into the air, and over time, sizable accumulations can form — think dust bunnies, only bigger.



**Mike Thomas**  
 AC Duct Cleaners  
 9803 Hastings Court  
 Shreveport, LA 71118  
 (318) 218-0770  
 See our ad on page 19.

*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 48.

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

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



**Chris Shelby, MD**  
 WK Eye Institute  
 7607 Youree Dr.  
 Shreveport, LA 71105  
 318-212-3937;  
 See our ad on page 5.

*What are the symptoms and treatment of torn cartilage?*

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



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

## PUZZLE answers

HUFF	RARA	DEMON
OREO	ASAP	ELope
OSTRACIZE	MIDAS	
FAA	DIAZ	PIXELS
	FINN MAGI	
DIALOG	MOTORCAR	
ATLAS	KITED OBI	
MELT	PAGER IVAN	
UMA SOPHS TRESS		
PSYCHOOUT SOIREE		
HALT NEWS		
STEAKS PACE TEL		
LUCRE MAKEREADY		
ABHOR OPED GIGO		
PEONS BADE GLEN		

LIVED	T BIGFOOT	IKA	F
S	H CTAUQSASKZKCILK		
KXL	NILBOGDCLOBOUB		
EGLYEMORJIRLBWGC			F
LOKRXUEUKGRAEPDAR			
EDYHRMJEGAIRZEVRA			
TZHFLMLPWQEKMMIND			N
OIWIVYVSHWZOZNWEK			
NLNGODKEHANYEDUBEE			
YLGLGNGWLUAUNOGARD			N
WARGHOSTDUODTZVIXS			
TATAMBXXKOBODALGTE			
GMYRNQWGXYUHSSWMANE			
HIZOMBIDNUUGSPQHIN			
ATGIHTFWLIQCZIUN			
VCALIENSCKJRTXST			
FHBOOGEYMANTZEOGB			

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

# parting oo shots

## GLEN

The Glen Retirement System celebrated its volunteers with an appreciation luncheon on April 9 at East Ridge Country Club. Dr. Amy Hammond, associate professor of psychology at Centenary College, spoke during the luncheon about her students volunteering at The Glen. [www.theglenretirement.org/volunteer](http://www.theglenretirement.org/volunteer)



Leigh Boling, Virginia Eaves, Sandy Floyd, Beverly Barton



Nanette Beach, Marti Westmoreland,  
Debra Williams



Warren Grafton, James Trammel,  
Martha Lawrence



Louise Zachry, Sandy Draughon,  
Reba Herring



Nevela O'Dell, Edna Whitson, Carolyn Rodgers



Sylvia Adams, Dr. Amy Hammond, Di Winingham, Carolyn Tillman

## SLT

Shreveport Little Theatre Guild presented "Dressing the Part" on April 13 at Margaritaville. The event featured a brunch buffet, style show, show tunes by SLT Jr. and Sr. Academy, costumed greeters, and live and silent auctions.



Carl and Sherry Pendley



Kiki Casten (center) with  
costumed greeters Betty Baker  
and Jan Adams



Nellie and Havard Lyons  
with (seated) Vicki Franks  
and Holli Hennessy



Event chairs (l to r) Carol Z.  
Ferrara, Dr Gerry and Peggy San  
Pedro, and Sue Wyche

# GROUNDBREAKING

The American Rose Society held two important groundbreakings on April 5. The Groundbreaking of the Great Garden Restoration Project and "First Circle" is the beginning of a commitment of the American Rose Society National Board of Directors. Members of the local Lions Clubs also broke ground on their Ability Ramp, Lions Pavilion and Lions Gate which will improve access for people with disabilities to the gardens.



(l to r) Dr. Jim Hering, President Emeritus, ARS; Ward Bryant, Architect for the project, Whitlock & Shelton; Jon Corker, Exec. Direc., ARS; Marilyn Wellan, GGR Project Coordinator and Past President of the ARS; Bob Martin, current ARS President).



Lions Club members

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# LES BONS TEMPS

Les Bons Temps Dance Club held their annual spring dinner/dance at the Petroleum Club on April 6.



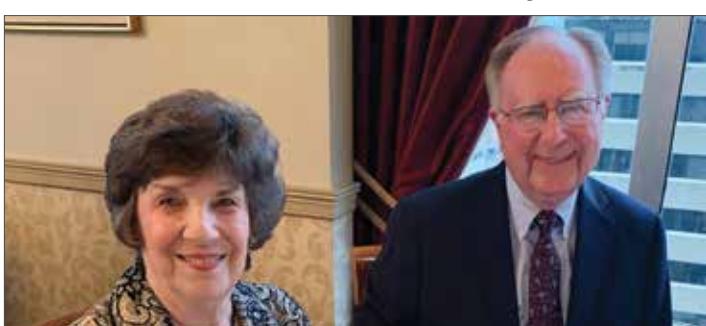
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Reg and Judy Cassibry



Vernon and Bettie Hastings



Charlotte and Judge Gene Bryson



Julia Ann and Will Andress

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