

May 2018

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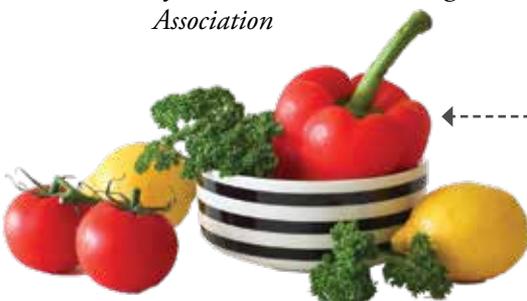
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# The Best Of Times

May 2018 • Vol. 27, No. 5  
 Founded 1992 as *Senior Scene News*  
 ISSN Library of Congress  
 #1551-4366

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

**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 Executives**  
 Mary Driscoll  
[Ad.TBT.Mary@gmail.com](mailto:Ad.TBT.Mary@gmail.com)

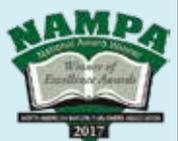
Rhonda Robertson  
[silverpagesmagazine@gmail.com](mailto:silverpagesmagazine@gmail.com)

**Webmaster**  
 Dr. Jason P. Calligas

**Writers**  
 Suzy Cohen, Andrea Gross,  
 Bob Moos, Jessica Rinaudo

**Contributors**  
 Lee Aronson, Judge Jeff Cox,  
 Family Features, Irv Green,  
 Abigail McAlister, Jessica Rinaudo,  
 Mark Rinaudo, Nick Thomas,  
 Twin Blends Photography

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## On the Cover

Music teacher, Tookie Barr, poses with her guitar inside her classroom at St. John Berchmans School. She brings the guitar and her young students with her to area nursing homes and assisted living facilities to share the joy of singing with young and old alike!

*Photo by Jessica Rinaudo*



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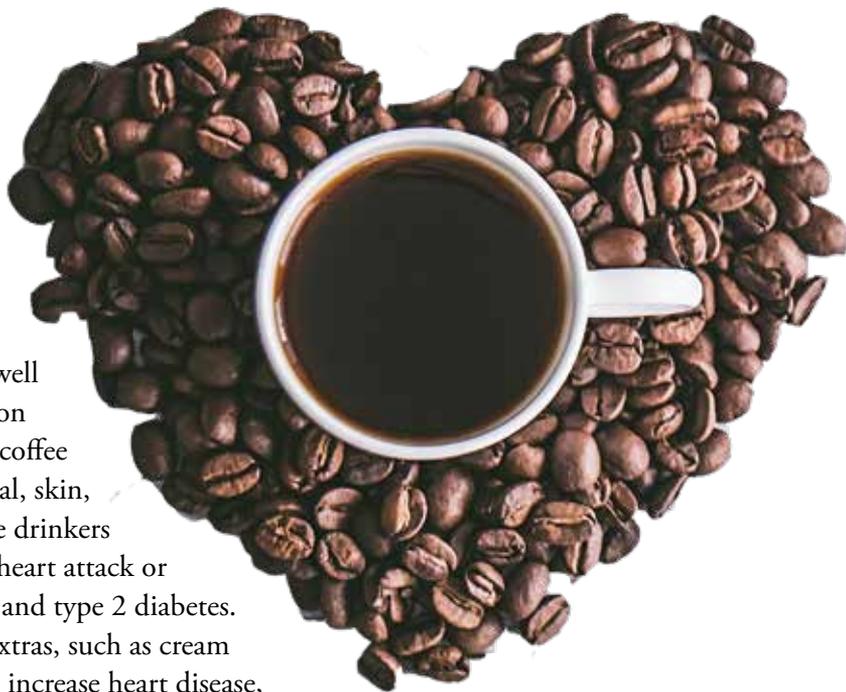
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# Stat!

## Medical News & Info

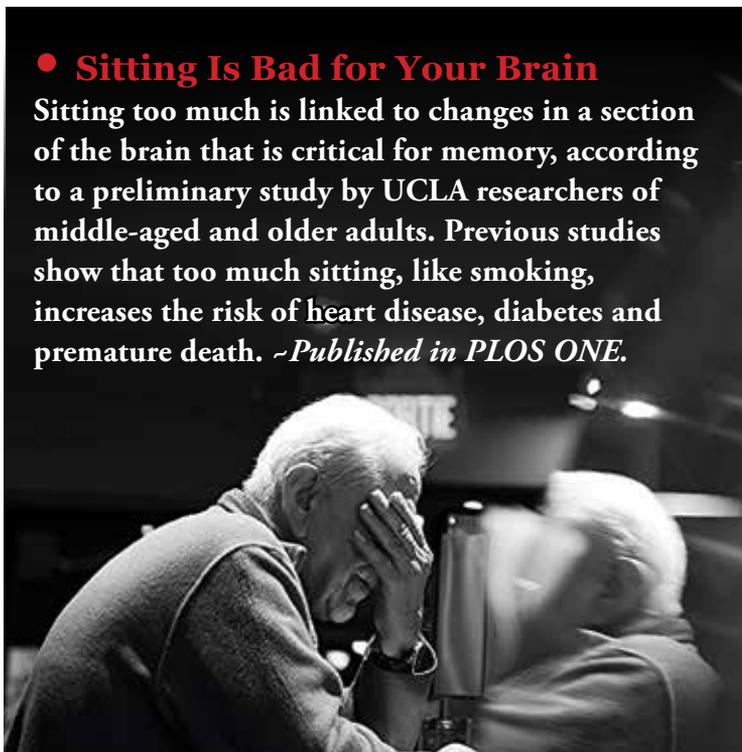
### • Rise in Coffee Consumption Might Help in Fight Against Colon Cancer

A report that Americans are drinking a lot of coffee might be good news in the battle against colon cancer, scientists with the Simmons Cancer Center at UT Southwestern Medical Center say. A recent survey found that coffee consumption is steadily increasing. Prior studies have found that coffee drinking is associated with a lower risk of getting colon cancer, as well as reduced risk of recurring tumors and death from colon cancer. Scientists also have found associations between coffee consumption and a lowered risk of prostate, endometrial, skin, and liver cancers. In addition, studies have found coffee drinkers have a lower risk of death from vascular causes such as heart attack or stroke, and a lowered risk of cirrhosis, gallstones, gout, and type 2 diabetes. But coffee-drinking can backfire if you add too many extras, such as cream or sugar. Excess calories that lead to excess body weight increase heart disease, diabetes, and cancer risk.



### • Sitting Is Bad for Your Brain

Sitting too much is linked to changes in a section of the brain that is critical for memory, according to a preliminary study by UCLA researchers of middle-aged and older adults. Previous studies show that too much sitting, like smoking, increases the risk of heart disease, diabetes and premature death. ~Published in PLOS ONE.



A vast majority of patients would like their doctor to **ask them about their preferences for end-of-life care** according to a study by researchers at the University of Newcastle in Australia and published in *Journal of the National Comprehensive Cancer Network*

## • Night Owls Have Higher Risk of Dying

**Sooner** “Night owls” — people who like to stay up late and have trouble dragging themselves out of bed in the morning — have a higher risk of dying sooner than “larks,” people who have a natural preference for going to bed early and rise with the sun, according to a new study from Northwestern Medicine and the University of Surrey in the United Kingdom (UK). The study, on nearly half a million participants, found owls have a 10 percent higher risk of dying than larks and had higher rates of diabetes, psychological disorders and neurological disorders. Researchers believe more studies about how to help evening types cope with the higher effort of keeping their body clock in synchrony with sun time is needed.

*-Published in Chronobiology International.*



## • Mom Was Right – Eat Your Vegetables

A study recently published in *Neurology* finds that healthy seniors who had daily helpings of leafy green vegetables — such as spinach, kale, lettuce and collard greens — had a slower rate of cognitive decline, compared to those who tended to eat little or no greens. When comparing the highest daily consumption (median 1.3 servings a day) with the lowest (median 0.09 servings a day), the rate of cognitive decline among those who consumed the most to those who consumed the least was equivalent to being 11 years younger cognitively.



## • Short Bursts of Moderate-To-Vigorous Workouts Reduce Mortality

For decades, Americans have been inundated with a confusing barrage of messages about how best to counteract the health risks of sedentary lifestyles: walk 10,000 steps a day; do a seven-minute workout from a phone app; flip heavy tires in an arduous boot camp class. It turns out that any and all of those tactics - even when done in short bursts throughout the day - could work to reduce Americans' risk of disease and death, according to research appearing in the *Journal of the American Heart Association*. The study findings are good news for most Americans, because accumulating 30 minutes per day may be more convenient than setting a half-hour block.

# Computer Shopping: Where to Begin?

**Question: I'm ready to purchase a new computer, but don't know what's specifications are most important. What should I look for in my next computer?**

I start with the processor - the brains - of the machine. It controls how fast instructions in the code of the operating system and the application run. Intel processors are standard, with i3 being the base model. The next step up is the middle of the road i5, and the top level is the i7. Intel has, however, introduced a new line of processors - the i9 line. This is their latest offering in speed, so if you go with this model you'll be paying for the latest and the greatest. AMD also offers processors. When it comes to processors your budget will dictate how fast you can go.

The next thing to look at is the amount of system memory in the machine. Most machines start at 8GB and go up from there. If you're looking at a machine that has less than what you're looking for, you can usually upgrade the amount of memory in the machine through memory vendors such as Crucial.com. I usually recommend 8GB as



Rinaudo

a good starting point for memory in a new machine. With more memory, you can have more applications open and running at the same time. Memory is something a computer can use and never have enough of. When you run out of it, that's when things slow way down. The machine has no more memory to store things so it falls back to the only other place it has to store data: the disk storage in the machine.

The storage system in a computer has to provide storage for the operating system, applications/programs and the data the user creates and stores on the machine. This includes pictures, music, documents and email. For years, hard drives were the go to storage in most consumer based computers. Capacity in drives grew from a few Megabytes (MB) to multiple Terabytes (TB). With time, technology has improved and the hard drive's days are now numbered with the introduction of the Solid State Drive.

A solid state drive stores its data on chips, which provides access speeds that are many times faster than the speed of a regular hard drive. This speed difference comes at a price though. Solid state drives haven't reached the storage capacity level of today's hard drives, but they are slowly getting there. If you're storing lots of pictures on your machine, then I

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would suggest purchasing a computer with a high capacity hard drive in it. If you're using your machine for more applications and internet browsing, then I would suggest a machine with at least a 500GB Solid State Drive in it.

As a final note I've seen lots of people moving towards all-in-ones, where the computer is built-in with the monitor. Apple's line of iMac's are a good example of all-in-ones. My only qualms with these, is that if something goes wrong with the monitor or the computer part of the machine, then you have to throw away the whole thing. I've also seen lots of issues with all-in-ones not being able to effectively cool themselves, slowly cooking themselves to death. The tried and true computer is a tower with lots of room inside for air to move through the machine to keep it nice and cool.

There are a vast array

of computer models to choose from today. The computer is truly a commodity now. With a little knowledge on what you're looking for, you can make a wise decision on a machine to last you the next 7 years.

*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 this column.*



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# Dietary Fiber: Essential for a Healthy Diet

Constipation, described as difficulty emptying the bowels, is one of the most frequently diagnosed gastrointestinal conditions. Constipation is not an inevitable condition in aging, but it often accompanies aging and health issues related to the aging process. Certain medications can also cause constipation. The prevalence of constipation rises with age, especially after 65 years. Even for those who aren't troubled with constipation, prevention is better than cure, making a healthy, high-fiber diet especially important as you age.



McAlister

General management and prevention of constipation includes eating a high-fiber diet. Fiber is a carbohydrate that is not digestible in the body. While other carbohydrates are broken down into sugar molecules, fiber is not. Instead, it passes through the body undigested. Fiber also has many health benefits other than preventing constipation. Fiber helps to provide a feeling of fullness after meals, which contributes to maintaining a healthy weight. High fiber intake has been associated with a lower risk of heart disease, diverticular disease, metabolic syndrome, and even breast cancer. Adequate fiber intake from food sources can also help lower cholesterol and regulate blood sugar levels.

For adults over 50, women need about 21 grams of fiber daily, while men need around 30 grams each day. Fiber is only found in plant food sources, like fruits and vegetables, whole grains, beans, legumes, nuts, and seeds. A general rule of thumb is the more processed or refined a food is, the lower the fiber content. Before turning to fiber-enriched foods or supplements, it is important to note that fiber is found naturally in nutrient-rich foods, and that a feeling of fullness may not be achieved from enriched foods or supplements. If you are not reaching your recommended fiber intake, there is a chance you may not be consuming adequate amounts of other vitamins and minerals as well. Choosing fiber from natural sources provides more nutrients and all the benefits that fiber has to offer.

There are a few things to keep in mind when increasing your fiber intake. First, you will want to start slow and gradually increase your intake over time, which prevents gastrointestinal

upset. You may find it useful to increase your fiber intake by no more than 5-gram increments each week. Also, it is important to ensure you are drinking plenty of fluids while increasing your fiber. Fiber acts similar to a sponge in your digestive tract, as it absorbs water to bulk up and soften your stool so it can successfully move through your intestines. If you increase your fiber intake but are not consuming adequate fluids, you may still experience constipation or even nausea.

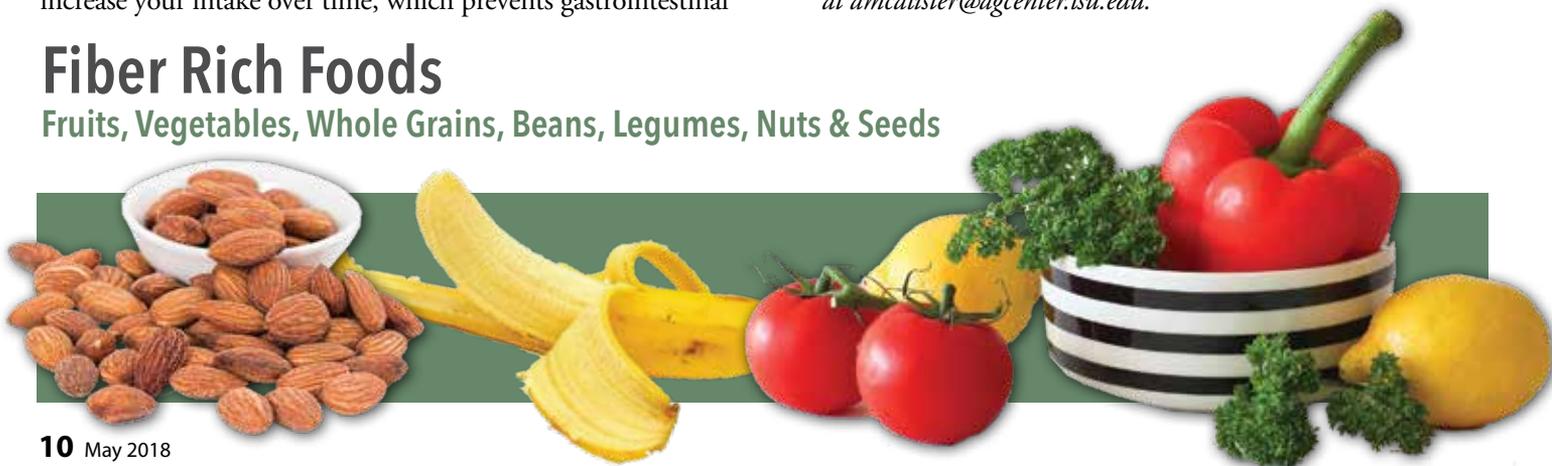
Besides simply eating more plant foods, there are a few ways to incorporate more fiber into your daily diet. When baking, instead of using white flour, replace half of the flour with whole grain or whole wheat flour. Also, try using brown rice instead of white rice. If you are not used to the taste of brown rice, gradually add it into your diet. Start with replacing half of your white rice with brown rice, and slowly increase as you become more accustomed to the taste. This gradual increase can also be done with whole grain and white pasta. Sneak extra fiber into your dishes by adding grated vegetables to sauces, casseroles, meatloaf, or meat patties. Adding flaxseed or unprocessed bran to your cereal is also a great way to add extra fiber. Replace fruit juices with whole fruits, as juices lack the fiber-rich skins from fruits.

Eating the recommended daily amount of fiber is useful in preventing constipation and chronic disease, providing a feeling of fullness, maintaining a healthy weight, and maintaining optimal cholesterol and blood sugar levels. By eating adequate amounts of fruits, vegetables, nuts, seeds, beans, legumes, and whole grains, this helps reach your daily fiber needs. As always, it is important to discuss any diet change with your primary care provider before beginning, as everyone has different medical and nutritional needs. Remember to clean, separate, cook, and chill!

*Abigail McAlister is a Registered Dietitian and nutrition agent with LSU AgCenter for Caddo and Bossier parishes. Her focus is adult nutrition education and promotion. Contact her at [amcalister@agcenter.lsu.edu](mailto:amcalister@agcenter.lsu.edu).*

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# Death of the Signature?



There are a lot of scams out there involving credit cards, but this is not one of them. Let me explain.

When I go to the grocery store, I usually pay with a credit card.

Most of the time, they have me sign my name on this little electronic pad connected to the register, but they don't always make me sign. I think it has something to do with how many groceries I'm buying.



Aronson

is under a certain amount, they don't even ask for my signature. The charge is just approved. But if I'm buying lots of groceries, and I usually am, then they want my signature.

But signing with that little electronic pen attached to the electronic pad with a wire is not exactly conducive to good penmanship, especially when there are a bunch of people in line behind you. Which has caused some people to just make a mark or scrawl some illegible gobbledygook on the electronic pad. I even read an article about one guy who rather than signing his name, draws a picture of a stick figure, and he always

gets away with it. Every time! Nobody ever says anything!

But on Monday, April 30, 2018, all that is going to change. All of the credit card companies have changed their rules: signatures will no longer be required, even for big purchases. Which means checkout times are going to start getting a little bit faster. Which is great news for me, because I hate waiting in lines. And it also means that you should not get worried or angry at the check-out clerk if your purchase is approved without your signature. This is not a scam.

But is it safe? What happens if your credit card gets stolen? The thief won't even have to forge your signature anymore!

Not to worry. There are some pretty good laws that protect credit card users. Because of these laws, if your card gets stolen or your credit card number gets used without your permission, you shouldn't be responsible as long as you do two things. First, if your credit card gets lost or stolen, be sure to contact the credit card company right away. If you get mugged, calling the police is not enough. You also need to call your credit card company and let them know. And don't wait a couple of weeks to get around to it.

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Beginning April 30, 2018, **signatures are no longer required, even for big purchases,** when using your credit card.



The other thing you need to do, even if your card is not stolen, is to closely review your bill each and every month. If there's a charge on there that isn't yours, contact the credit card company right away.

A couple of months ago, my credit card bill came in the mail and there was a \$99 charge for "Beach Body." Now if you've ever seen me, you know that's got to be some kind of joke. I'm known for many things, but having a beach body is not one of them. Obviously, I hadn't made the charge, but my credit card hadn't been lost or stolen. It was in my wallet. I had no idea how Beach Body got my credit card number. So, I called my credit card company, told them about the problem and I didn't have to pay the \$99.

So, enjoy those faster checkout lines.

*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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## THE LOVE CONNECTION

Home health nurse Stephanie Thompson felt a special connection with Jacob when he was a tiny patient having a tough time. Their bond grew stronger during the weeks she cared for him—until one day his mother asked Stephanie to adopt Jacob.

At eight months, Jacob was on a feeding tube, a breathing machine, and an apnea device; he couldn't sit up by himself or crawl. CMT—a genetic condition similar to muscular dystrophy—left him with under-developed muscles in his feet and legs. Despite being a single mother to five kids of her own, Stephanie had no reservations about the adoption, but consulted her children first: "My kids were all for the adoption. They doted on Jacob, and treated him like a real live baby doll!" Stephanie said.

Since then Jacob has improved dramatically—eating, breathing and sitting up independently. Today, he's an active elementary school student with ankle-knee orthotics fitted by Snell's.

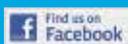
"Everyone there is kind and courteous—they're awesome!" says Stephanie. "Clyde takes such good care of him that Jacob—who was a little standoffish at first—now walks in like he owns the place!"



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# Unopened Successions



In the last few weeks, I have seen a number of lawsuits that contain the heading of Unopened Succession. This heading indicates that the whereabouts of an heir or heirs to a property are unknown. Many times, these types of proceedings are filed in order to be able to expropriate property for pipelines or roadways. This heading is a sure indication that someone did not take care of their family's business.



Cox

Unopened Successions have to be filed when the heirs' whereabouts cannot be determined. A curator, who is a lawyer, is hired to represent the unopened succession and attempt to find the unknown heirs. The lawyer will usually send certified mail to the last known address to determine if the heir still lives in that location. If the lawyer receives the mail back unclaimed or notice that the heir does not live at that location, then the lawyer will run an advertisement in the local newspaper asking if anyone knows the whereabouts of the missing heir or heirs. If no one responds to the advertisement within a certain period of time, the lawyer will then go to court on behalf of the Unopened Succession.

When the lawyer gets to court, he is asked to make his report. This is called the Curator's Report. The lawyer will tell the court what steps he or she has taken to find the location of any heirs. The lawyer will then stay in court while the case proceeds and represent the missing heirs if they do not appear. If the heirs do appear or contact the lawyer that has attempted to find them, then the lawyer can be retained by the heir. If the lawyer represents the Unopened Succession, the lawyer is entitled to be paid by the person seeking the action. Any monies paid to the

**Unopened Successions have to be filed when the heirs' whereabouts cannot be determined.** A curator, who is a lawyer, is hired to represent the unopened succession and **attempt to find the unknown heirs.**

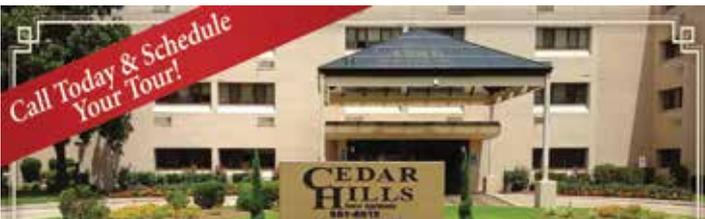
Unopened Succession are deposited in the Registry of the Court and go to the State of Louisiana after a certain period of time if they are not claimed.

An Unopened Succession can be avoided by checking on relatives. It is important to know your family and who is taking care of any property the family may have an ownership interest in at the time of a person's death. Many times, persons will die and their children and grandchildren will not file succession because they live on the property. As time goes on, children and grandchildren will move to other states and family members will lose touch. Once this happens, the heirs' names or locations are lost and property or money belonging to that heir can be lost because they did not handle the succession.

It is always good to know who your relatives are and what has happened to them. Keep a close eye on your property to make sure that you are not the unknowing party to an Unopened Succession.

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

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# Ross Writes of 'Happy Days' and More in New Memoir

From 1974 to 1984, TV audiences knew Marion Ross as the sitcom mom dispensing patience and wisdom during the 11-season run of the ABC hit series "Happy Days." But Marion's days were not entirely happy.



Thomas

In her March memoir, "My Days: Happy and Otherwise," her 'otherwise' reminiscences include a bad first marriage and the challenges confronting an actress and single working mother.

Even her early years on "Happy Days" weren't always cheery thanks to TV hubby Tom Bosley.

"Tom didn't particularly want me to play his wife, so he was tough on me for a while," recalled Ross from her home in Woodland Hills, California.

She says the rough treatment lasted the first few seasons. "Eventually, I won Tom over and learned to love and admire him even though he had picked on me. That wasn't really who he was, and I came to realize he was a fine man."

The entire cast soon developed a bond that lasts to this day. "We really were like a family growing together. I saw the kids grow up, get married, and have their own babies. We've all remained close."

Raised in Minnesota (Watertown, Albert Lea, and Minneapolis), Ross was determined to act from an early age.

"I was a middle child and my brother was very sickly, so I didn't get all the attention. I secretly decided I'd better become rich and famous!" she laughed. "I read all the arts and theater magazines and saw acting as a way to achieve that. At the library, I'd look up famous actors in books like 'Who's Who?' I wanted to learn how they became successful."

She recalls reading "Present Indicative," the first volume of Noël Coward's autobiography.

"He began on the stage as a child, so by 13 I was planning to be successful too," said Ross, whose family moved 3 years later to California where she graduated college and began to realize her dream in theater. But it soon evolved into film and television.

"At 25, I landed a role in the TV version of Noël Coward's 'Blithe Spirit' and actually got to work with Noël Coward!" she recalled about the 1956 production. "The first reading of the script was at Humphrey Bogart's house because Lauren Bacall (his wife) was in the production. Can you imagine being a young actress doing that on a Sunday? I just loved it!"

Ross's film career began with Paramount, 3 years earlier with Ginger Rogers in "Forever Female." She would later work with other movie legends including Clark Gable in "Teacher's Pet."

"Some actors just have an aura and Gable did. It was Easter, so I colored some eggs and on one wrote 'M.R loves C.G.' I gave it to his



Marion Ross and cast of Happy Days  
ABC publicity photo

assistant, a suave fellow who protected Gable from everyone. Gable eventually just said 'Thank you very much' to me."

It was, says Ross, a great time to be an actor.

"All the stars ate in the studio's dining room.

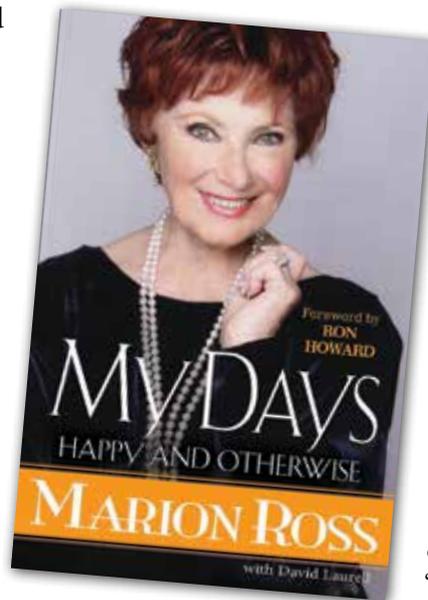
Marlene Dietrich would come swooping into the room and a hush would fall over the place. Those early days in Hollywood were just so thrilling, almost more than I could bear."

Though she has no future acting plans, she says working on the book brought back many memories.

"I had to be talked into writing the book by my family but now I'm having fun discussing it," says Ross who turns 90 in October and is planning some book signings in the Los Angeles and New York areas. "I've certainly had more happy days than 'otherwise.'"

Nick Thomas teaches at Auburn University at Montgomery, Ala, and has written features, columns, and interviews for over 650 newspapers and magazines.

Photo: Cover of Marion Ross's book *My Days Happy and Otherwise*, published March 27, 2018 - photo provided by publicist





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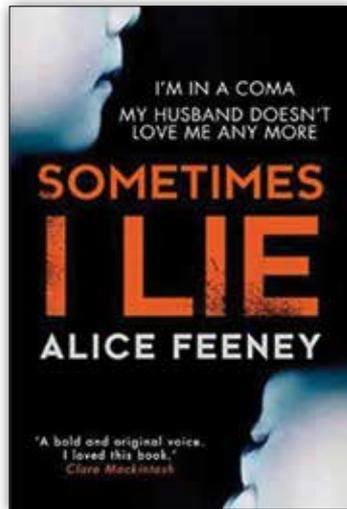


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# Sometimes I Lie

by Alice Feeney

If you love a book that houses unforgettable twists, then stow *Sometimes I Lie* by Alice Feeney in your beach bag. It's the story of Amber, trapped in a coma in a hospital bed, but still aware of everything going on around her. She knows there was an accident that led to her current state, but pushes away the memories of how it happened. Despite her best efforts at keeping the memories at bay, they slowly creep back in, blending her dream state with the voices of those around her in the hospital. The story slowly unveils through an interweaving of the time right before the accident, the present and, strangely, childhood diary entries.



Rinaudo

And if that blend of stories isn't odd enough, it turns out that Amber fully embodies the book's title and is often a very unreliable narrator, making the reader constantly wonder when she's telling the truth. There are an array of expertly crafted supporting characters. A loving husband or one who hates her? A doting sister, or a seductive traitor? Did Amber wreck the car, or is something more sinister going on with an ex-boyfriend?

As certain plot elements are initially told with certainty, and then later revealed to be untrue, or only partially true, it makes the suspense of the story ratchet up. Each time frame in the book is just as interesting as the

next. I was just as enthralled with Amber's life working for a morning radio talk show with a demanding, awful coworker and living in a strained marriage leading up to the accident, as I was with the childhood diary entries of a troubled home, a childhood best friend and an unwelcome new sister. And the moments in the present, where Amber is caged within her own body, is also fraught with suspense and interwoven with dreams and nightmares of a little girl in a pink nightgown.

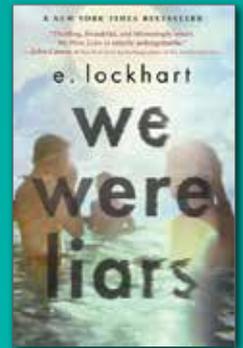
This book is a wild, suspenseful ride, one I certainly had trouble putting down. Every time I thought I had figured out where the plot was taking me, another bombshell would drop that turned the whole story on its head. It expertly twists and turns down strange and dark paths, manipulating the reader's sympathy and anger about each character. By the time I finished *Sometimes I Lie*, I felt ready to pick it back up and start from the beginning again, just so I could fully appreciate the clues and strange twists with a better grasp of what was real and what wasn't.

Feeney's book is one of those you want all your friends to read, just so you have someone you can bounce ideas around with about what that ending actually meant.

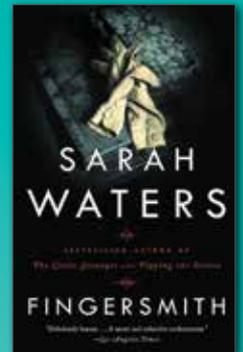
**Grade: A**

*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.*

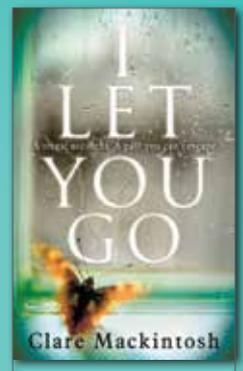
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## Counseling Corner from the American Counseling Association

# Yes, Sometimes It's Good to Say "No"

Most of us, most of the time, want to be nice, to do what is asked and to please those asking for our help. We usually try to be accommodating at work, with our friends, and with our family members.

But sometimes, rather than replying, "Sure," when asked to do an inconvenient favor, or to take on a task beyond our abilities, it may make better sense to say, "No."

It can often be difficult to just utter that simple "no." We like to look responsible, helpful and capable. However, the reality is that saying "yes" to virtually every request can produce a variety of negative results.

Research has shown that the more difficulty someone has in saying "no," the more the person is likely to experience stress, burnout and possibly even depression. Difficult requests are highly likely to make you feel frustrated or anxious, or even mad at yourself for saying yes in the first place.

The key to saying no is to do it in a respectful and courteous manner. It starts with understanding what your own boundaries are, and not being embarrassed to accept and follow

those boundaries. When you

see that a request is going to push you into a zone where you'll feel uncomfortable or not fully competent, it's important to make

your feelings, and decision, clearly known.

Responding to a request with phrases like, "Gee, I'm not certain I can," makes it clear that you are not being straightforward about your decision. That's also true when your immediate response is to start apologizing or making excuses and explanations for why you can't do what's being requested.

Instead, first make sure that saying "no" is really the only alternative. Politely let the person know you would like to help, but first ask questions to clarify what is really needed. Perhaps there is a way that you can help that wasn't evident when your aid was initially requested. But if it turns out that no really is the only right answer, then state your decision clearly. Let the person know you're sorry you can't help, but that it just wouldn't work.

While we all want to be helpful, it's important to recognize your own limitations, interests and capabilities. Stepping too far outside those comfort zones will leave you feeling anxious and frustrated, and probably won't be the best help available.

*Counseling Corner is provided by the American Counseling Association.*

*Comments and questions to [ACAcorner@counseling.org](mailto:ACAcorner@counseling.org) or visit the ACA website at [www.counseling.org](http://www.counseling.org).*



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### Day 3 Beijing (Breakfast)

A day at leisure to explore at your own pace. We suggest an optional excursion (USD\$65/person) with lunch to the Forbidden City, the former seat of the emperors throughout the Ming and Qing dynasties. It is a true architectural masterpiece and home to the National Palace Museum. After an included lunch, proceed to the Summer Palace, a former royal retreat and now a lovely park. Then visit a Chinese Herbal Institute to learn about traditional Chinese medicine.

### Day 4 Beijing ( Breakfast, Lunch)

Today's highlight is an excursion to the majestic Great Wall (Juyongguan), one of the "Seven Wonders of the World"! Recognized by UNESCO, and get a chance to climb a portion of this 3,700-mile marvel. Then tour the iconic "Beijing 2008 Olympic Center"; which includes the famous Bird's Nest and Water Cube which now hosts many spectacular opening ceremonies and events. Although there is no tour inside these buildings, it is a magnificent architectural structure from the outside, providing a perfect photo opportunity. Visit one of the largest Jade Exhibitions in Asia enroute. After lunch, see skilled artisans work at a Cloisonné Factory.

### Day 5 Beijing fly to Shanghai, Bus to Suzhou (Breakfast, \*Lunch included only with optional tour, \*Dinner on airplane)

Today you are free to explore Beijing, or you can sign up to join one of our popular day tour programs. We will take a late evening flight to Shanghai. Upon arrival at Shanghai airport, transfer directly to Suzhou by bus. It is only about a one hour drive.

### Day 6 Suzhou / Wuxi (Breakfast, Lunch- Wuxi Style Ribs )

Suzhou is known as the Oriental Venice for its ex-

quisite canals, bridges, pagodas, and beautiful gardens. After breakfast, tour the Lingering Garden and visit the Suzhou Silk Factory to discover the processing of silk. After lunch, Wuxi is apparently best known for 'Hong Shao Pai gu' or braised spare ribs. In late afternoon, continue to Wuxi, visit the Lingshan Grand Buddha.

### Day 7 Wuxi-Hangzhou (Breakfast, Lunch, Dongpo Pork )

This morning tour the Brilliance of Lake Lihu located at Famous Lake Taihu, followed by visit a Fresh Water Pearl Farm. Continue to Hangzhou to enjoy a slow cooked Dongpo Pork.



### Day 8 Hangzhou-Shanghai (Breakfast, Lunch- Steamed Bun Xiao Long Bao)

Hangzhou, also known as the "Paradise on Earth" After breakfast, visit The West Lake, the most beautiful lake in the country. Featured lunch Steamed Bun Xiaolong Bao- (a type of steamed bun) Then, visit No.1 Tea Plantation and taste the well-known Dragon Well Tea. After lunch, drive to Shanghai. Walking along the famous Bund, lined by the colonial architecture of European design is now the called "Wall Street of the East".

### Day 9 Shanghai (Breakfast, Lunch, Farewell Dinner- Shanghai Local Cuisine Ben Bang )

In the morning, tour Shanghai Museum, to see ancient Chinese art, furniture and jade, followed by a visit to an Emerald exhibition center. Then visit the City God Temple Bazaar, which is composed of specialty stores, selling traditional Chinese arts and crafts, medicine and souvenirs. This evening, enjoy Farewell Dinner Shanghai cuisine, also known as Hu cuisine, is a popular style of Chinese food. In a narrow sense, Shanghai cuisine refers only to what is traditionally called Benbang

### Day 10 Shanghai- Home (Breakfast)

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# Sharing the *Joy of Music*

## Barr Connects Young and Old Through Song

Story and photos by Jessica Rinaudo

When I walked into a local nursing home, I could feel the joyful anticipation in the air. Seniors filled the available chairs, waiting for the scheduled program: a group of about 25 four to eight-year-olds dressed in pink and red for Valentine's Day, stood together with smiles on their faces. Their music teacher, Tookie Barr, had the children warm up by going up and down on their toes, getting their wiggles out. Then she turned to the audience, guitar in hand, dressed in tie-dye, and introduced the Angel and Cherub choirs from St. John Berchmans School. The children gazed tentatively around her at the spectators, but their anxiousness quickly abated as Barr strummed her guitar and they launched into singing "A Bushel and a Peck." The residents lit up in recognition and readily joined the children in song, clapping along, delightfully pointing out silly, dancing children to their neighbors.

It's hard not to smile when you meet Tookie Barr. After all, she almost always has a guitar or ukulele in hand and a song on her lips. Music has been Barr's lifelong passion, and she takes great joy in sharing it with children and the elderly.

"When I was in girl scouts we first started playing ukuleles at nursing homes. A friend and I were in a little guitar group and her grandmother took us to nursing homes and the ARC," said Barr.

"And then when I was in high school, we continued to do the same thing - going to nursing homes, just singing with the people and talking with them. And then after I had my children, I joined the Junior League of Shreveport Bossier and was head of their Sunshine Singers for a number of years. And so with them we sang on a Saturday and Sunday once a month, three nursing homes on Saturday and two on Sunday."

Over the course of the years that Barr spent singing in nursing homes, she noticed how residents would instantly begin singing with them and how much joy they found in singing. When she decided to go back to work as a music teacher, first at St. Joseph School and then St. John Berchmans School, she began taking the young students with her to sing to seniors, and has continued to do so over the last 15 years.

"I would look at the people and think, what could we do

to make their lives more joyful? And music, to me, when you sing them a song, it's not just there at that moment, it stays in their hearts. It brings back memories and makes them happy. And so that's what I do with the little ones," said Barr.

And her approach of bringing children to sing in nursing homes has been joyful for residents and children alike.

"A lot of times the residents will say, 'Oh I remember when I sang in choir or when I taught school and I had little ones like these.' Or they'll think of a song that we sang that was meaningful to them. And they love looking at the children and saying, 'Oh that one over there is so energetic or did you see that one do this?'" said Barr.

Singing has a wonderful effect on children and seniors alike: "When you sing, you forget about being tired, or forget about being in pain or hungry and that song stays in your heart," said Barr.

And Barr doesn't stop with just singing. Many of the songs have dance moves, and for Mardi Gras, she even hands out scarves so the children can have a small second line parade. Barr also invites the residents to move and clap with them.

The Angel and Cherub choirs sing for nursing homes and assisted living facilities about four times a year, bringing in elements of the nearest holidays to make the event even more fun.

"For Halloween, the children love to dress up and they come with their trick-or-treat bags. They'll sing little spooky

songs and Halloween songs and then afterwards they'll go around and the residents love giving them candy because when they lived in their own homes people would come to their houses to trick-or-treat and so this gives them the opportunity to relive that," said Barr.

Additionally, the children wear red for Valentine's Day, green for St. Patrick's Day, and red, white and blue for flag day. They give out beads and cards to the residents to go along with that particular holiday, as well as sing festive songs.

After all these years, Barr still cherishes being able to share the gift of song with nursing home and assisted living residents. "I think we need to respect all life and people who are elderly, many times are forgotten," said Barr. "Not intentionally, with their families having busy lives, there's a lot of down time for the elderly."

She continued, "I think that music memory is very powerful. And we all, as we age, our memory needs a little boost here and there. And it's amazing how, in the recesses of your mind, a melody is still there. So these songs pull out things from their memory and their past and help them to relive past experiences and look forward to new ones."

And the experience also brings joy to the children. Barr said when the children get back to school and they talk about their singing experience, they love to share how much they enjoy making other people happy. •



These songs **pull out things from their memory and their past and help them to relive past experiences** and look forward to new ones.



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# SHREVEPORT *Then & Now*

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The second Caddo Parish Courthouse, built in 1890 by architect L.W. Weathers and constructed by Moodie and Ellis, blended with the present-day Courthouse.



The S.G. Dreyfus Company, an early Shreveport department store, was located at 300 Spring Street. Later the building housed the Interstate Electric Company. The next time you are sitting at the red light at the intersection of Crockett and Spring Streets (after exiting I-20 coming into downtown Shreveport) look at the empty corner lot on the left and imagine this majestic building still standing there!

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# A Time Traveling Trip to an *Earlier America*

story by Andrea Gross • photos by Irv Green

I'm standing on a mesa 370 feet above the New Mexican desert. The sky is turquoise blue, the winds are blowing, and nearby a few people are making pottery while others are preparing food on outdoor ovens. This is the Acoma Pueblo, the oldest continuously inhabited community in North America.

As my husband and I stroll the mesa's dusty roads, we feel as if we've been transported to another world, one that existed a century or more ago. We want to learn more about this world, to experience it as best we can. Thus we decide to time travel to an earlier America.

The next day we return to Acoma, and in the following weeks we expand our journey to include three other parts of the country: the antebellum South, the rugged Northwest, and the more established Northeast.

## **The Ancient Southwest**

In my mind, it's 1861. Abraham Lincoln has just been elected president, the country is at war, and 2,000 miles from

**Tillicum Village lets visitors glimpse the beliefs and traditions of life in the Pacific Northwest centuries ago.**

the battlefields, Pueblo Indians are living in mud homes hardened by the sun. Their village, part of present day New Mexico, won't become part of the United States for another 50 years.

Sky City, as the pueblo is often called, isn't like most so-called living history museums, which are filled with reconstructed buildings and costumed interpreters. It's authentic to the core, a genuine community where about 50 people choose to live in their ancestral homes and follow ancient traditions. Acoma offers us an unfiltered view of a time and world long gone. It's exactly what we wanted.

## **The Pacific Northwest**

A 45-minute boat ride from Seattle takes us to Tillicum Village, where we're introduced to the lifestyle of people who lived in the Pacific Northwest long before white settlers began arriving in the early 1850s.

We're greeted by a man in Indian



garb who hands us an appetizer of steamed clams before leading us to a long buffet table filled with fresh fruits and vegetables, venison stew and salmon that was prepared over an open-pit fire. "This is the same type of food that was eaten by Chief Sealthe, the Duwarmish Indian leader after whom Seattle was named," he says.

After dinner, we watch a multimedia show, replete with masked dancers and a narrator who relates ancient tales. Like the village itself, the presentation doesn't focus on a specific tribe but instead helps visitors understand the beliefs and traditions of a generalized group of people. To ensure cultural accuracy, the show was developed with the help of local tribes.

### The Antebellum Southeast

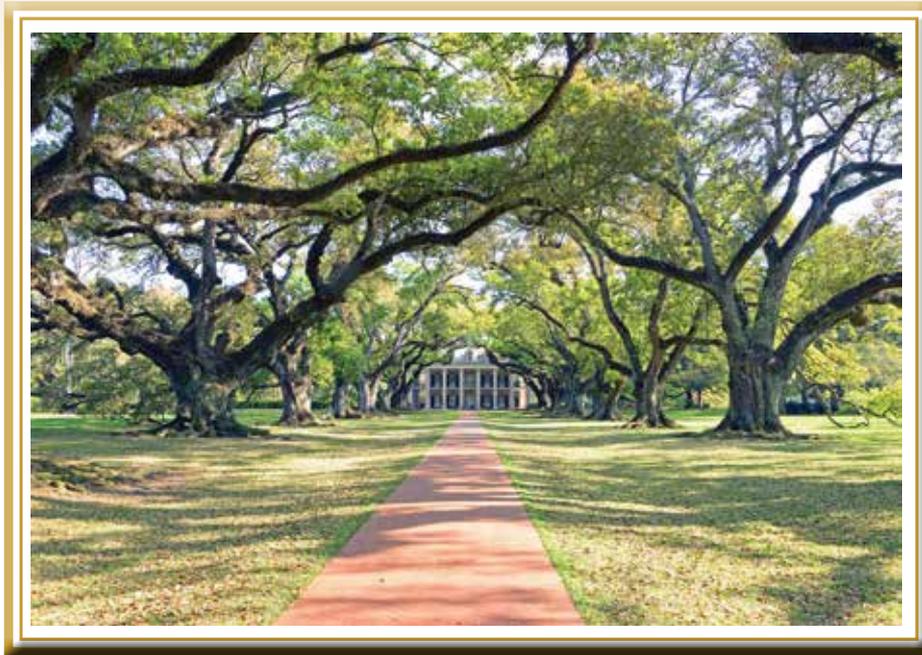
It takes us two days to explore the Great River Road that runs 70 miles between New Orleans and Baton Rouge. In the mid-nineteenth century there were more than 300 plantations in this part of Louisiana; today about a dozen have been restored and are open to visitors. Each plantation is different, and each deepens our understanding of the country that Abraham Lincoln was elected to govern.

We begin at Whitney Plantation, which is dedicated to interpreting the experience of enslaved people in Louisiana. Although we walk through the plantation home, which has the oldest kitchen in Louisiana, it's the memorial walls and first person slave narratives that more fully transport us back to the past. It's a sobering introduction to the Antebellum South.

At Destrehan we see an old sugar plantation. At Laura Plantation we tour a house that was home to four generations of a Creole family, both free and enslaved. And at Oak Alley we get a multi-dimensional view of antebellum life by touring six reconstructed slave quarters as well the stately master's home.

### The More Established Northeast

Not far from the well-known living history sites of the East Coast such as Plymouth and Williamsburg,



**Grand oak trees line the road to Oak Alley plantation, which is built in the Greek Revival style.**

both of which represent specific time periods, is the Bronck House, a lesser-known and truly fascinating museum in Cossackie, New York. Here visitors can immerse themselves in the life of one family for 276 years.

Pieter Bronck, a Swedish immigrant, purchased the land from the Katskill Indians in 1662. The property passed from generation to generation until 1939 when the last family owner willed the entire complex to the

Greene County Historical Society.

There's a 1663 stone house, a 1738 brick house as well as a kitchen dependency [detached kitchen]. In addition there's a 13-sided barn built in the 1830s, a New World Dutch Barn and a Victorian Horse Barn. Taken together these structures show how the family was affected by the changing economy and new architectural techniques.

As was the case with Acoma, Tillicum Village and the Louisiana plantations, the Bronck House is indeed a passport to another world.

For more information on these and other such sites, see "Napkin Notes" on [www.traveltizers.com](http://www.traveltizers.com).



**Homes in the age-old Acoma pueblo lack water, electricity and sewers.**



# 7 GENIUS Home Remedies for BUG BITES

by Suzy Cohen, R.Ph.

**Y**ou know when you have one of those awkward moments that you think could go viral, if only someone had a camera on you? Well, recently, my friend was outside when a bug swooped from above and descended down her V-neck shirt. Faster than you can say “bugger” she was stung or bit on not one... but both of her breasts. It then dropped out the bottom of her shirt and flew away. What followed was a lawn dance the likes of which her neighbors have never seen. The chaos that ensued could’ve gone viral if someone had a phone handy.

So I said to her, “Did you apply meat tenderizer? Ammonia?” She said no, but was grateful that she had taken some Benadryl at 3 am that morning to help with insomnia. She suspects (and I agree) that the inflammation and pain could have been much worse. We joked about her story and dubbed it “One Bee, Two Boobs.”

So what do you do if you are stung or bitten by a nasty little critter? There are a host of remedies for insect attacks and other summer “owwies” that you can find at your local pharmacy, or in your kitchen.



## Oatmeal

Put quick-cooking or rolled oats into a food processor or coffee grinder to make a fine powder. Mix that with a small amount of water to make a paste. Apply this paste to your sting. You can also take a bath with oatmeal for all-over itch relief.



## Meat Tenderizer

This contains papain which breaks up poisons from insect venom. Sprinkle about ½ teaspoon into a little cup and add some water, perhaps a teaspoon or two just to make a paste and dab directly onto the bite. The sooner after you get stung, the better!



## Black Tea

Put a cold tea bag on the bite site for 5 minutes. The naturally-occurring “tannins” in tea are what make it bitter, but these tannins also draw the poison out and ease discomfort. English Breakfast Tea is high in tannins.



## Ammonia

Insect venom is usually acidic and ammonia is alkaline so this neutralizes the poison, and is best applied as soon as possible to the bee or wasp sting. Some people recommend to dab it on straight, others suggest to dilute 50/50 with water.



## Vinegar

Use white or apple cider vinegar. Mix it 50/50 with water and use a cotton ball to dab the mixture to your sore for instant itch relief.



## Ice Cubes

It’s super effective at reducing inflammation and numbing the area. Just wrap a cube in a paper towel and apply for 5 or 10 minutes. Ice feels nice on bites!



## Toothpaste

The menthol in toothpaste makes for a nice cooling sensation while reducing swelling. Just apply a thin layer and let it dry.

*Suzy Cohen is a registered pharmacist. This information is not intended to treat, cure, or diagnose your condition. Always consult your physician for all medical matters. Visit [www.SuzyCohen.com](http://www.SuzyCohen.com). ©2017 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.*

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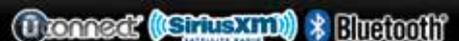
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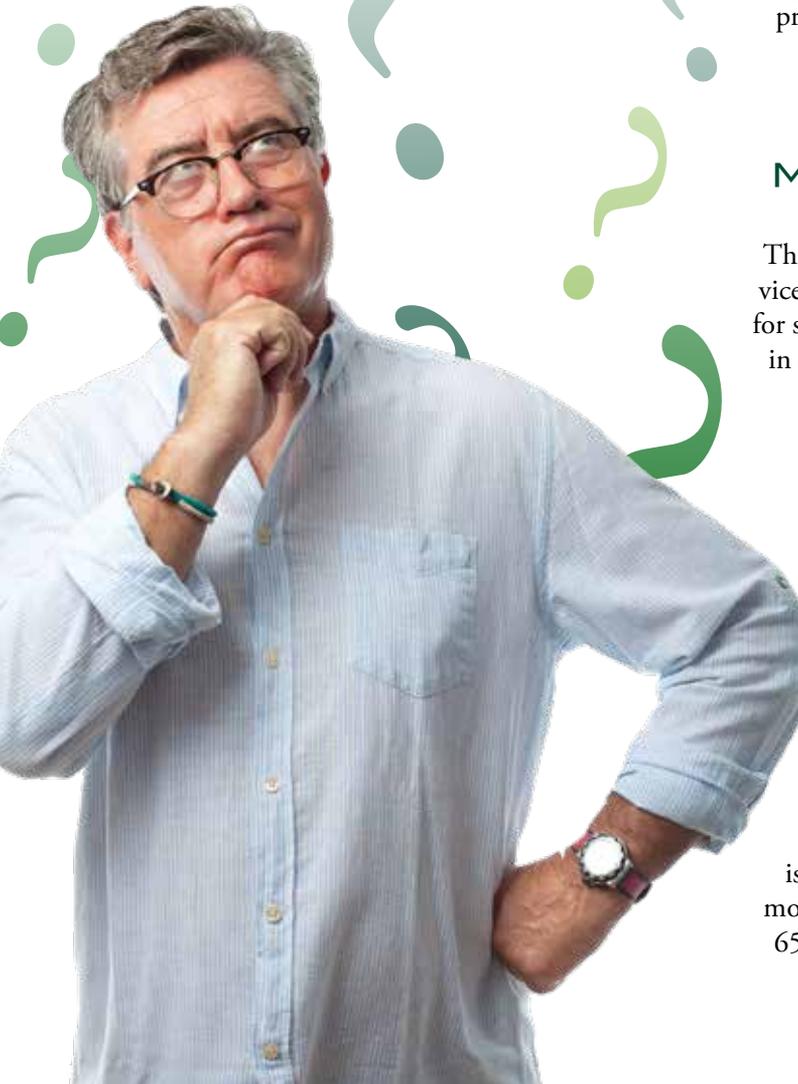
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# Don't Fall Victim to These MYTHS ABOUT MEDICARE

by Bob Moos

**N**avigating Medicare can be challenging under the best of circumstances. It becomes even more difficult when someone new to Medicare falls victim to the myths, or misconceptions, about the health care program.

Let's take a look at the most common myths in hopes that you'll avoid the confusion that could cost you time or money.



## MYTH NO. 1 MEDICARE IS FREE

Medicare's hospital insurance, known as Part A, has no premium if you've worked throughout your life. But the outpatient services coverage, or Part B, does have a monthly premium, as does the prescription drug insurance, or Part D.

In addition, there are deductibles and co-payments for certain services. Overall, the traditional Medicare program covers about 80 percent of your costs, which means you're responsible for the other 20 percent.

Many people buy a "Medigap" supplemental health insurance plan from a private company to help cover those out-of-pocket costs. Or they opt out of the traditional Medicare program and purchase a Medicare Advantage plan from a private insurer to receive their Medicare benefits.

## MYTH NO. 2 MEDICARE COVERS EVERYTHING

Though traditional Medicare pays for many health care services, it doesn't cover all of them. For example, it doesn't pay for standard dental, vision or hearing care. If you're interested in any of those services, you may want to consider a Medicare Advantage plan that offers extra benefits.

## MYTH NO. 3 YOU'LL BE AUTOMATICALLY ENROLLED WHEN IT'S TIME

That's only partially true. If you're already receiving Social Security, you'll be automatically enrolled in Medicare Parts A and B when you turn 65. (You'll still need to sign up for Part D.) If you're not on Social Security yet, you must enroll in Medicare yourself.

For most people, the best time to apply for Medicare is during the three months before your 65th birthday, the month you become 65 and the three months after you turn 65. So, let's say your birthday is Aug. 15. That means you can sign up from May 1 through November 30.



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## MYTH NO. 4 EVERYONE PAYS THE SAME FOR MEDICARE

If your annual income is below \$85,000, or \$170,000 for a married couple, you pay the standard Part B and D premiums. But if it's more, you pay a surcharge. In 2018, the surcharge for Part B ranges from \$53.50 to \$294.60 per month, depending on your income. That's in addition to the standard \$134 premium.

## MYTH NO. 5 HAVING POOR HEALTH WILL DISQUALIFY YOU FROM COVERAGE

Medicare can't reject you, or charge you higher premiums, because of a health problem. It can't discriminate based on a pre-existing condition. In fact, about two-thirds of Medicare beneficiaries live with at least two chronic conditions.

## MYTH NO. 6 MEDICARE COVERS LONG-TERM CARE

Many people don't realize until it's too late that Medicare typically doesn't pay for long-term "custodial" care – the kind of personal care that helps you with such day-to-day tasks as getting in and out of bed, bathing, dressing and eating.

Medicare does cover some skilled nursing or rehabilitative care if a physician orders it after a hospital stay of at least three days. You pay nothing during the first 20 days of your care and then part of the cost for the next 80 days.

## MYTH NO. 7 MEDICARE AND MEDICAID ARE THE SAME THING

The two programs are often confused. Medicare covers health care for people 65 and older and for people with certain disabilities. Medicaid helps cover health care for people with low incomes and few resources. Some people qualify for both.



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## MYTH NO. 8 A LOT OF DOCTORS DON'T TAKE MEDICARE

The vast majority of doctors accept Medicare. The traditional Medicare fee-for-service program offers the broadest possible access to health care professionals. You can go to any provider who's taking new Medicare patients.

Medicare Advantage plans, on the other hand, often require you to go to doctors within their network of providers or pay more for getting care elsewhere. So, before signing up for a particular Advantage plan, make sure you're satisfied with its network of providers.

Even after 53 years, Medicare is still misunderstood. If you're in doubt about some aspect of the Medicare program, please visit [www.medicare.gov](http://www.medicare.gov) or talk with a customer service representative toll-free at 1-800-633-4227.

*Bob Moos is the Southwest public affairs officer for the U.S. Centers for Medicare and Medicaid Services.*

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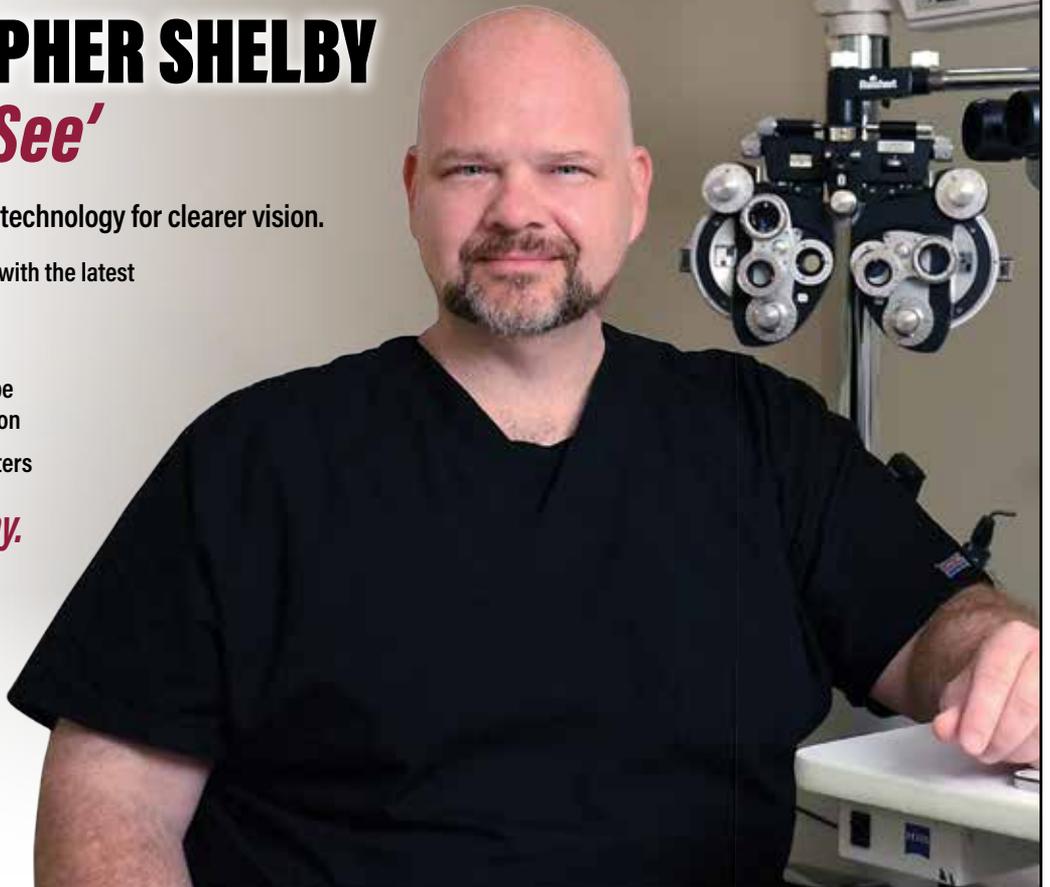
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### Avocado Kale Berry Smoothie Bowl

Total time: 10 minutes  
Servings: 2

- 1/3 cup plain protein powder
- 1 cup plain full-fat Greek yogurt
- 1/4 cup water
- 1/2 ripe Hass avocado
- 1 cup kale leaves
- 2 tablespoons chopped fresh mint

- 1 teaspoon stevia
- 1/2 cup fresh or frozen berries
- 2 tablespoons almond or walnut halves
- 2 tablespoons chia seeds

In blender, blend protein powder, yogurt, water, avocado, kale, mint and stevia until smooth then divide between two bowls. Sprinkle berries, nuts and chia seeds over smoothies.

# Refreshing Recipes for a Healthier Spring

## Add healthy avocado for fresh, creamy flavor

FAMILY FEATURES

**F**resh flavors abound during spring, and you can enjoy nature's bounty while avoiding hidden sugars by selecting high-fiber, low-glycemic fruits and vegetables. For example, a single avocado contains 10 grams of dietary fiber in addition to healthy fat. Learn more about the benefits of a balanced, flexible, low-carb approach to eating at [Atkins.com](http://Atkins.com). *Recipes courtesy of "Atkins: Eat Right, Not Less."*



### Egg-Filled Avocado with Prosciutto

Total time: 15 minutes  
Servings: 4

- 6 ounces watercress or baby spinach
- 2 tablespoons balsamic vinegar
- 8 large eggs
- 4 ripe Hass avocados, halved lengthwise & pitted
- olive oil spray
- 8 slices (about 4 ounces) prosciutto

Place the watercress or baby spinach in large bowl. Drizzle with balsamic vinegar and toss well. Divide among four small plates.

In large skillet, heat 2 inches water over medium heat until bubbles cover bottom and sides of pan. Crack eggs into small bowl (do not use eggs with

broken yolks). When a few bubbles have broken surface of water, gently pour each egg into pan, leaving room between them.

Cook eggs, without stirring, until whites are just set and yolks are still runny, 2-3 minutes. Use rubber spatula to gently release eggs from bottom of pan, if necessary. Using slotted spoon, remove eggs from water and drain on paper towels.

Place poached egg in each avocado half. Coat medium skillet with olive oil spray. Heat skillet over medium heat and add prosciutto. Cook until crispy, about 2 minutes per side. Transfer two avocado-filled egg halves to each plate and serve immediately with two slices prosciutto.

## Thai Peanut Buddha Bowl

Servings: 4

- Olive oil spray
- 2 skinless, boneless chicken breasts (12 oz.)

### Dressing:

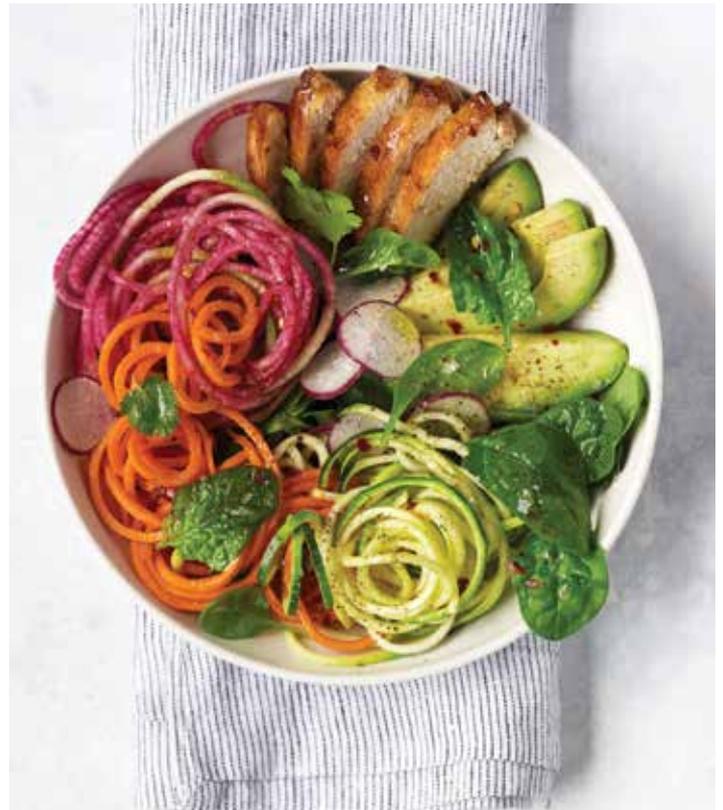
- ½ cup peanut butter
- 3 tablespoons coconut milk
- 1 tablespoon fish sauce
- 2 teaspoons hot chili sauce
- 2 garlic cloves, minced
- 1 tablespoon minced fresh ginger
- 1 tablespoon sesame oil
- 3 tablespoons hot water
- 4 cups baby spinach
- 1 ripe Hass avocado, thinly sliced
- 1 medium zucchini, cut into noodle shapes
- 2 carrots, cut into noodle shapes

- 2 radishes, thinly sliced
- 8 sprigs cilantro

Heat oven to 400 F. Coat small skillet with olive oil spray. Add chicken to skillet and cook 3-4 minutes, turning once or twice to brown chicken. Slide into oven and bake 6- 8 minutes, until chicken is cooked through and no longer pink in center when sliced with a knife. Set aside to rest 5 minutes then shred.

To make dressing: In large bowl, mix peanut butter, coconut milk, fish sauce, chili sauce, garlic, ginger, sesame oil and hot water. Whisk well until smooth.

Divide spinach and avocado among four bowls. Top with chicken, zucchini, carrots, radishes and cilantro. Drizzle with dressing and serve immediately.



**Tip:** If you don't have a spiralizer, you can achieve the same effect by using a vegetable peeler to shave thin ribbons. You can also use a mandoline vegetable slicer.



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Learn to **PREVENT, DETECT** and **REPORT** possible Medicare fraud. To report fraud or for more information, call: **877-272-8702**



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# May Get Up and Go

## CONCERT

### • Season Finale with Philippe Quint

Saturday, **May 5** at 7:30 pm at Riverview Theatre in downtown Shreveport. Grammy-nominated violin sensation Philippe Quint returns to perform Korngold's lushly romantic, cinematic Violin Concerto with the Shreveport Symphony. Tickets are \$60 - \$20. Call 318-227-8863 or visit [shreveportsymphony.com](http://shreveportsymphony.com).

## EVENTS

### • 13th Annual NW LA Veterans' Job & Resource Fair

Thursday, **May 17**, 10am to 2pm. Bossier Civic Center, 620 Benton Rd., Bossier City. Active duty, veterans, guard & reserves, and all other military I.D. card holders are invited, open to the general public from noon to 2 pm. Presented by The Coordinating and Development Corporation, City of Bossier, City of

Shreveport, Bossier Chamber of Commerce, and La. Workforce Commission. For more info, contact Nakeeta Demery at (318) 676-7748; [NDEMERY@LWC.LA.GOV](mailto:NDEMERY@LWC.LA.GOV).

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

Saturday, **May 12** from 1 to 3 pm at the Randle T. Moore Center, 3101 Fairfield Ave (corner of Fairfield Ave and Kings Hwy), Shreveport. Education Committee members will lead a panel discussion on "Tried and True Tips for More Effective Genealogy Searches". This program is **FREE** and open to the public. For information call 746-1851 or email [jjohnson747@suddenlink.net](mailto:jjohnson747@suddenlink.net).

### • Estate Rescue 2018

Tuesday, **May 15**, 10 am to noon. Broadmoor Branch Library, 1212 Captain Shreveport Dr., Shreveport.



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Learn about protecting assets from nursing home costs and Medicaid, even if someone is already receiving care. **FREE**. Reserve your seat by calling 318-869-3133 or online at [safeplanningseminars.net/event1](http://safeplanningseminars.net/event1).

### • Le Tour des Jardins

Annual spring garden tour through eight beautiful private gardens throughout Shreveport presented by The Northwest Louisiana Master Gardeners. **May 12** and 13. Tour hours will be 10 a.m. to 5 p.m. on May 12, and 1 p.m. to 5 p.m. on May 13. Advance tickets are \$10 and can be purchased at any Citizens National Bank, or by calling the Master

Gardener office at (318) 698-0010. Tickets may also be purchased at any garden on the days of the tour for \$15. A Garden Bazaar will be held during the tour at the Pioneer Heritage Center at LSU. For more information contact the Master Gardener office at (318) 698-0010 or [www.nwlamg.weebly.com](http://www.nwlamg.weebly.com).

### • Melanoma Monday

Dermatologists at Ark-La-Tex Dermatology, part of the Willis-Knighton Physician Network, will offer **FREE** skin cancer screenings on **May 7** as part of Melanoma Awareness Month. Screenings will be from 8 a.m. to noon in Ark-La-Tex Dermatology's Bossier City office, 2300

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Philippe Quint • May 5

### • Self-Publishing Seminar

Thursday, **May 24**, 10:30 a.m. to 12:30 p.m. Hamilton/South Caddo Branch, Shreve Memorial Library, 2111 Bert Kouns Industrial Loop, Shreveport. Seminar for persons interested in learning how to self-publish their own writings and market a book on Amazon and other online sites. Presenters are Bonita Bandaries, author of *A Promise Kept Inspirational*

Guide for Family Caregivers and Sarah Lee, computer instructor Hamilton/South Caddo Library. For more info, contact Bonita Bandaries at 318-402-5618 or Sarah Lee at 318-687-6824. **FREE.**

### SENIOR CENTER FUN

#### • Caddo Council on Aging

Querbes Community Center, 3500 Beverly Place, Shreveport. 9:30 am Coffee and Cookies; Program at 10 am. Please call 676.7900 for more information and to verify location. **FREE**

- Friday, **May 4, 11, 18, & 25**. 10:00 am. Senior Tech Talk: Introduction to Laptops, tablets and smart phones and other tech tips.
- Thursday, **May 10**. 10:00 “Dream, Discover, Do” Shreve Memorial Library & You.
- Thursday, **May 17**. 10:00 “Chair Aerobics with Nora”.
- Thursday, **May 24**. 10:00 “Medical Alert Systems and Home Safety.”
- Thursday, **May 31**. 10:00 “Revealing the Past: The First Jesuit Community in North Louisiana”, Dr. Cheryl White

### SENIOR OLYMPICS

- **May 2**. 9 am Recreational

walk and 5K. Brownlee Park off Brownlee Road, Bossier City.

- **May 3**. 9 am Bocce Ball. Betty Virginia Park, 3800 Line Ave., Shreveport
- **May 4**. 8 am Recreational Horseshoes. 9 am Advanced Horseshoes. Knights of Columbus Bossier, 5400 E. Texas, Bossier City.
- **May 5**. 9 am Archery. Red River Archery Range, 4099 Radcliff Road, Shreveport.
- **May 7**. 8 am Shuffleboard Singles. Bill Cockrell Community Center, 4109 Pines Rd., Shreveport
- **May 8**. 8 am Shuffleboard Doubles. Bill Cockrell Community Center, 4109 Pines Rd., Shreveport
- **May 9**. 9 am Tennis. Bossier Tennis Center, 4330 Benton Road, Bossier City
- **May 9**. 1 pm Bowling Mixed Doubles. All Star Lanes, 9130 Mansfield Road, Shreveport.
- **May 11**. 1 pm. Bowling Doubles. All-Star Lanes, 9130 Mansfield Road, Shreveport.
- **May 12**. 8 a. Ladders Golf. Knights of Columbus Bossier, 5400 E. Texas, Bossier City.
- **May 15**. 6 pm Miniature Golf. Party Central, 4401 Viking Drive, Bossier City.
- **May 16**. 9 am Golf; 1pm

Chip & Putt. Querbes Park, 3500 Beverly Place, Shreveport

- **May 16**. 1 pm Bowling, Singles. All-Star Lanes, 9130 Mansfield Road, Shreveport.
- **May 18**. 1 pm Bowling, Scotch Doubles. Holiday Lanes, 3316 Old Minden Rd., Bossier City.
- **May 23**. 1 pm Bowling, 9 Pin No Tap. Holiday Lanes, 3316 Old Minden Rd., Bossier City.
- **May 25**. 1 pm Bowling, Team. Holiday Lanes, 3316 Old Minden Rd., Bossier City.
- **May 29**. 10 am. Celebration. VFW Post #4588, 1004 Jeter St., Bossier City

### THEATRE

#### • The Hunchback of Notre Dame

Presented by Stage Center. **May 10, 11, 12, 17, 18, & 19** at 7:30 pm; May 13 at 2 pm at Marjorie Lyons Playhouse on the Centenary College Campus. A new musical based on the Victor Hugo novel with songs from the Disney film. Tickets are \$20 Adults, \$18 Seniors, \$15 Students. For tickets call (318) 218-9978 or visit [www.stagecenterLA.com](http://www.stagecenterLA.com).

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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 page

Turn to page 43 for solutions.

## Crossword

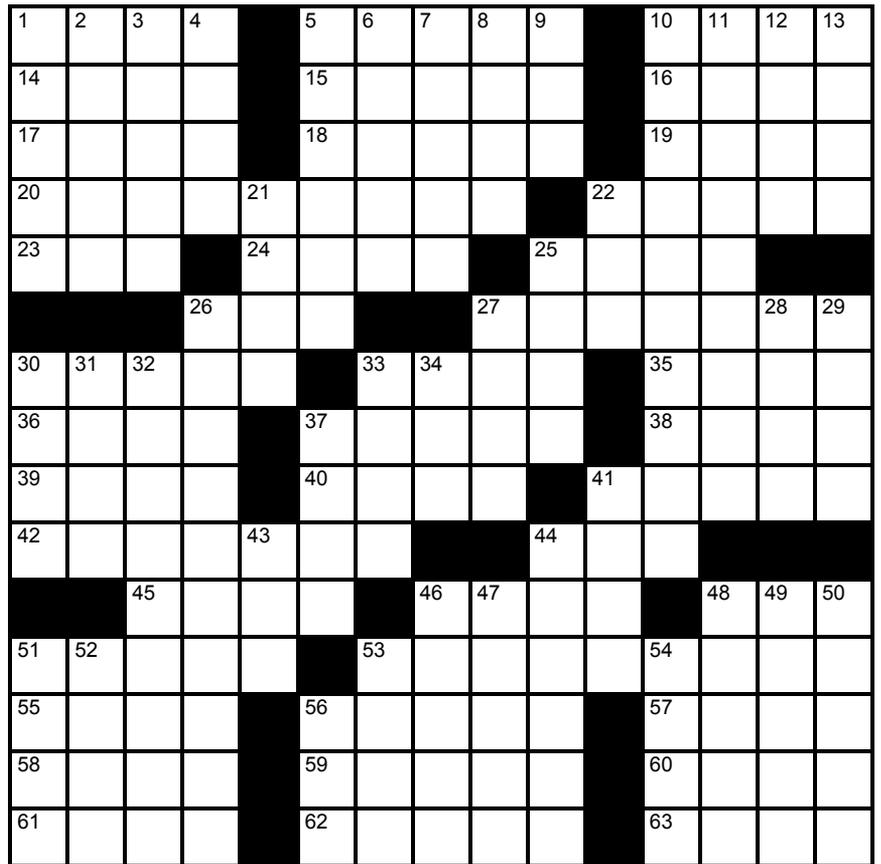
### Across

- 1 Cast a ballot
- 5 Merchandise
- 10 Alpine transport
- 14 Biblical prophet
- 15 Greek marketplace
- 16 Killer whale
- 17 Links numbers
- 18 Swiss capital
- 19 Twinge
- 20 Meddle
- 22 Gardeners' purchases
- 23 It's spotted in casinos
- 24 Pub offerings
- 25 Pesters
- 26 Map abbr.
- 27 Make right
- 30 Kind of paper
- 33 Navy commando
- 35 Carpet layer's calculation
- 36 Gambling mecca
- 37 Navigational aid
- 38 Colorful singer-songwriter
- 39 Diner sign
- 40 Put on the payroll
- 41 Sorority letter
- 42 Feeling
- 44 Calendar square
- 45 Language of Pakistan
- 46 Surefooted goat
- 48 Part of H.R.H.
- 51 Big dos
- 53 Chief Executive
- 55 Join hands?
- 56 Sunshine State
- 57 Indian princess
- 58 Lofty
- 59 Sacrifice site
- 60 Dutch \_\_\_\_
- 61 Fencing sword
- 62 Migratory aquatic birds

63 Fringe benefit

### Down

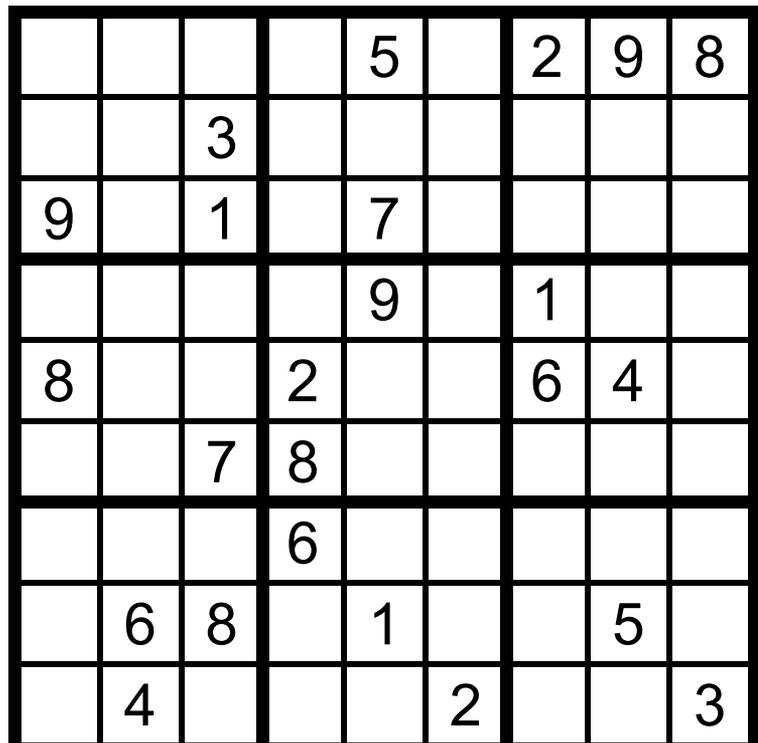
- 1 Bland
- 2 Muscat resident
- 3 German dessert
- 4 To be, in old Rome
- 5 Kind of iron
- 6 Concur
- 7 Makes like a lion
- 8 River to Donegal Bay
- 9 Egg holder
- 10 Study of surface features of a region
- 11 Restaurant type
- 12 Unpopular spots
- 13 Riches beginner?
- 21 Four-star review
- 22 Heston flick, "Ben-\_\_"
- 25 Lock part
- 26 Punctuation mark
- 27 Give a hoot
- 28 Small change
- 29 Bangladeshi money
- 30 Native Canadian
- 31 Stationery store buy
- 32 Followers
- 33 Tibia
- 34 Mr. Potato Head piece
- 37 Chinese dynasty
- 41 Kind of stand
- 43 Psyches
- 44 It's often burning
- 46 Furious
- 47 Choir areas
- 48 Throw with effort
- 49 Kind of circle
- 50 Stench
- 51 Be in pain
- 52 Gymnast's feat
- 53 Bundle
- 54 Plummet
- 56 Kind of wheel



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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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## Word Search Before & After "Store"

- |             |          |
|-------------|----------|
| Book        | General  |
| Bought      | Grocery  |
| Candy       | Hardware |
| Chain       | House    |
| Clothing    | Jewelry  |
| Computer    | Keeper   |
| Convenience | Liquor   |
| Country     | Mens     |
| Detective   | Package  |
| Discount    | Retail   |
| Dollar      | Room     |
| Drug        | Shoe     |
| Flower      | Video    |
| Front       |          |

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

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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

*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.

*After a person is admitted to a nursing home, how long will they stay there and will they ever return to their home?*

Length of stay varies and is generally dependent on 3 things:

1) the potential for improvement to the point that the individual is able to resume caring for themselves and meet their own vital needs (this is frequently the case after health management and rehab), 2) the ability of the family to provide the care themselves in a home environment, and 3) the comfort level of the physician that the person's needs can be met outside a medical setting.

*I have heard about a couple of supplements that have been advertised on the radio that may help with eye problems. Can they help me?*

This is a very common question. Certain forms of Macular Degeneration can be helped by using high doses of antioxidant vitamins. A daily multivitamin and a healthy diet is usually enough to satisfy the daily requirements. If you have been diagnosed with Macular Degeneration, you can purchase OcuVite or other eye vitamins at a health food store or drug store. Regardless of your ocular status, it's always a good idea to take a daily multivitamin.

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

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



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**Vicki Ott**  
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See our ad on page 5.



**Chris Shelby, MD**  
WK Eye Institute  
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Shreveport, LA 71105  
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See our ad on page 35.



**John J. Ferrell, M.D.**  
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# PUZZLE answers

Crossword

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

Word Search

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

Sudoku

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

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# parting ●● ●●● shots

## EASTER PARADE

This Easter Parade wasn't on Fifth Avenue, but the bonnets were quite the spectacle at the 1st Oaks Easter Parade and Bonnet Contest. Residents and staff paraded from the Franks Community Center to Health Center at Live Oak, ending at North Pavilion where they enjoyed Easter Bunny cookies and punch and entertainment by the Solid Rockers dance group.



Opal Wimberly



Resident winners of the bonnet contest were Lois Duke (1st), Daisy Heitner (2nd) and Jeanne Bradford (3rd).



Mae Feinberg

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# SENIOR HEALTH FAIR

The 2018 Senior Health Fair, hosted by the NWLA Senior Olympic Games and *The Best of Times*, was held on April 10 at the Bossier Civic Center.



TBoT Publisher Gary Calligas (center) with Martha Desoto, winner of the Grand Prize of a 10-day trip to China and Richard Ernst, winner of \$150 in gift cards.



Doris Medrano and Rhonda Winbush



Wanda Hicks and Ronny Comstock



Betty Wesley enjoying her butterfly chair door prize



Jean McEachern, Sunny Lawless, and Harold McEachern



Terry Grant, Chris Snell and Katie Nance

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Nexium™ \$927.16 <small>Typical US Brand Price for 40mg x 100</small>		Esomeprazole™ \$90.00 <small>Generic Price for 40mg x 100</small>		Advair™ \$1203.13 <small>Typical US Brand Price for 250/40mg x 100</small>		Salmeterol & Fluticasone Propionate™ \$160.00 <small>Generic Price for 250/50mg x 100</small>
Premarin™ \$458 <small>Typical US Brand Price for 1.25mg x 60</small>		Conj. Estrogen™ \$57.00 <small>Generic Price for 1.25mg x 60</small>		Evista™ \$772.37 <small>Typical US Brand Price for 40mg x 100</small>		Raloxifene™ \$92.00 <small>Generic Price for 40mg x 100</small>
Ability™ \$2994.49 <small>Typical US Brand Price for 10mg x 110</small>		Aripiprazole™ \$92.00 <small>Generic Price for 15mg x 110</small>		Zetia™ \$994.42 <small>Typical US Brand Price for 10mg x 100</small>		Ezetimibe™ \$87.00 <small>Generic Price for 10mg x 100</small>
Celebrex™ \$743.17 <small>Typical US Brand Price for 100mg x 100</small>		Celecoxib™ \$79.00 <small>Generic Price for 100mg x 100</small>		Januvia™ \$1151.87 <small>Typical US Brand Price for 100mg x 84</small>		Sitagliptin Phosphate™ \$146.00 <small>Generic Price for 100mg x 84</small>

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# CIS ANNOUNCEMENT

Shreveport Regional Arts Council held their Theme Announcement and Christmas in the Sky Kickoff Party on April 5 at the council's Central Artstation. This year's theme is Broadway.



Lisa Leach and Sheryl Little



Heidi and Gregory Kallenberg



SRAC Executive Director Pam Atchison with Dr. Alan Little

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**FREE Seminar!**

**June 9  
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Joe Gilsoul



Lee Aronson

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**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.*