

November / December 2023

# The Best Of Times

*"Celebrating Age and Maturity"*



The owners of Farmers Seafood Mart are the founders of the business. Left to right they are Mijalis, John Casse and Gus Mijalis.

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**FAMILY**  
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(1963)





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**NOVEMBER 4** - Five Steps to Living a Longer, Healthier, and Happier Life

*Judy Gaman, author and speaker*

**NOVEMBER 11** - New Age of Aging

*Ken Dychtwald, internationally known expert on aging*

**NOVEMBER 18** - The Alzheimer's Revolution

*Joseph Keon, preventive medicine specialist*

**NOVEMBER 25** - Fire Safety for Older Adults

*Jeffrey Witte, Fire Prevention Officer with Shreveport Fire Department*

**DECEMBER 2** - Ageism in the Workplace – Land your Dream Job

*Bill Merck, author and lecturer*

**DECEMBER 9** - 2023 Independence Bowl

*Eric Everson, Director of Communications*

**DECEMBER 16** - At the Helm: My Journey with Family, Faith, and Friends to Calm the Storms of Life

*John Dalton, former US Secretary of the NAVY*

**DECEMBER 23** - Amazing Hollywood Stories

*Beverly Washburn Radel, Hollywood actress*

**DECEMBER 30** - Entertain Your Friends With Trivia

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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

Karen Peters

## Layout

Katherine Michelle Branch

## Webmaster

Dr. Jason P. Calligas

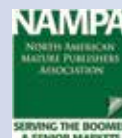
## Writers

Kathleen Ward

## Contributors

Lee Aronson, Judge Jeff Cox,  
Family Features, Fyllis Hockman  
NWL A Archives at LSUS,  
Abigail McAlister, William McDonald,  
David McMillian, Nick Thomas

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## The Best Of Times

*The Best of Times* was awarded **18 awards**, including the highly coveted **Best of Show award**, at the recent North American Mature Publishers Association (NAMPA) annual convention. These accolades are a true testament to the talent and commitment to excellence of our writers, contributors and graphic designers.



### *Best of Show*

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- Overall Design
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- Self Promotion (awards)
- Best Single Ad (black and white)
- Best Banner

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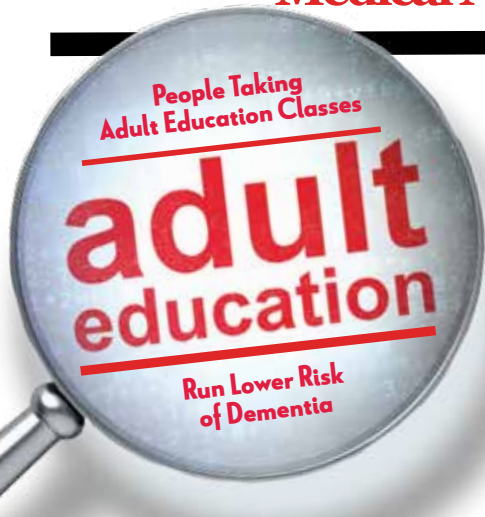
- General Excellence
- Senior Issues - "Laws of the Land" by Lee Aronson
- Feature Layout Design
- Briefs/Shorts (content) - Stat! Medical News & Info
- Topical Issues - "Reaching Those at Home Alone" by Kathleen Ward
- Briefs/Shorts (Design) - Stat! Medical News & Info
- Best Single Ad (color)
- Website Self-Promotion

#### **THIRD PLACE**

- Self Promotion (in house)

# Stat!

Medical News & Info



It's well known that regular cognitive activity, for example brainteasers, sudokus, or certain video games in middle and old age tends to protect against cognitive decline and dementias like Alzheimer's. But many of us regularly engage in adult education classes, for example learning a language or a new skill. According to a new study

published in *Frontiers in Aging Neuroscience* by researchers from the Institute of Development, Aging and Cancer of Tohoku University in Sendai, Japan, middle-aged and senior citizens in adult education have 19% lower risk of developing dementias like Alzheimer's within five years.



## An Older Person's Sense of Smell Can Predict Health Issues

Problems with a sense of smell may predict a higher risk for age-related health problems, according to researchers from the Department of Otolaryngology–Head and Neck Surgery, Johns Hopkins University School of Medicine.

Smell dysfunction acts as an early indicator of cognitive decline as well as signs of frailty in the brain and unhealthy aging. Researchers noted that a simple smell test that takes only minutes could potentially be a valuable tool to assess the risk of frailty or unhealthy aging. Failure to pass a smell test may indicate the need for the patient to improve their nutrition, or it may indicate the need of a more comprehensive neurologic or medical workup.

## Additionally... Poor Sense of Smell Linked to Increased Risk of Depression in Older Adults

In a study that followed more than 2,000 community-dwelling older adults over eight years, researchers at Johns Hopkins Medicine say they have significant new evidence of a link between decreased sense of smell and risk of developing late-life depression. Hyposmia (when the ability to detect odor is reduced) has long been associated with Alzheimer's disease and other dementias in older adults; this new study adds to evidence for its ties to other late-life ailments. Their findings, published in *Journal of Gerontology: Medical Sciences*, do not demonstrate that loss of smell causes depression, but suggests that it may serve as a potent indicator of overall health and well-being.

## Poor Lifestyle of Over 60s Linked to Heightened Nursing Home Care Risk

Over 60s with the unhealthiest lifestyles are significantly more likely to require admission to a nursing home than their peers with the healthiest lifestyles, suggest the findings of a large population study published online in the *Journal of Epidemiology & Community Health*. Physical inactivity, smoking, poor diet and sleep disorders between the ages of 60 and 64 seemed to be particularly influential: they were associated with a more than doubling in the risk of admission, the findings show.

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# IT RUNS IN THE

# FAMILY



Century-old

## FAMILY BUSINESSES

*Survive and Thrive*

By Kathleen Ward

**H**undreds of local families operated businesses in the early years of the 20<sup>th</sup> Century when Shreveport/Bossier had a combined population of around 46,000. How many, still operated by the descendants of the original owners, should statistically be operating today? According to the Family Business Institute, “only 12% of family businesses survive into a third generation and a mere 3% make it to the fourth.”

*The Best of Times* talked with three that beat the odds.

## Farmer's Seafood Company, Inc.

Around 1918, four barrels of fish instead of the usual two were delivered to Farmers Quick Lunch, a popular café at Shreveport Farmer's Market operated by Sam and Gus Mijalis. Unable to cook or store the excess, the raw fish was quickly sold and the enterprising Mijalises decided to open a fish market.

Today, members of the third and fourth generations of the family can still be found at Farmer's Seafood, a hugely successful wholesale and retail seafood business. Sammy A. Mijalis (company president), his brother, John, and John's two sons, Dean and Andrew, carry on the family tradition.

“I didn't even really decide that this was what I wanted to do as a career,” said Andrew Mijalis, who started working summers there at 15. “This is what my family does; this is what our family is. It's a matter of respect and pride that my family started this business over a hundred years ago and it's



Sam Mijalis



News clip of 2nd generation



3rd generation: brothers Johnny and Sammy Mijalis



Johnny, Andrew, Dean and Sammy Mijalis



4th generation brothers Andrew and Dean Mijalis

still going as a family business. Someone needed to keep it going, I was drawn to it at a young age, and I grew to love and respect it as much as they do.”

“I learned about this business from my family and some longtime employees who we also consider family. We currently employ 53 at our warehouse, two at our Hawn retail store, four at our Jewella retail store and eight outside salesmen. Our warehouse is 75,000 sq. ft., with 56,000 sq. ft. under roof,” he said.

Sustainability is extremely important to their future and work ethic, so for years they have partnered with like-minded companies all over the world to procure their seafood with as little damage to the ocean and marine life as possible. “My grandfather and great uncle used to always tell me, ‘Take care of Farmer’s and it will take care of you.’ That’s what I go by.”

## Red River Chevrolet

George Patton Fritze, the fourth generation of his family to head Red River Chevrolet, started 53 years ago at age 14. “I worked in the parts, service, sales, finance and insurance departments,” said Fritze.

Today, Fritze’s son, Patton Fritze (General Manager of Fixed Operations), and son-in-law, Alvin Olsan (General Sales Manager), are both partners. Fritze’s wife, Minou, worked there for years and grandson Stander Olsan worked with his father, uncle and grandfather last summer while in high school. “He represents the sixth generation of our family working at the dealership,” said Fritze. The odds of that are 500-1 according to Dr. Joseph Astrachan of Kennesaw State University, author of 10 books about family businesses.

“In 1922, our dealership was originally a Ford dealership, The Bossier Motor Company,” said Fritze. “My great-grandfather, John Mercer Sentell, bought it in 1926 and added the Chevrolet line.” His grandfather, Patton Hawkins, dropped Ford and changed the name to Red River Motor Company. In the late 1950s,



Patton Fritze and sister Minou Olsan at grand reopening with grandfather on the right

Hawkins’ son-in-law, Dick Johnson, and Fritze’s father, James N. Fritze, partnered.

James became dealer in 1960 and Fritze has been dealer since 2012, when his father retired. The family still operates out of its original building at 221 Traffic Street in Bossier City.

“We believe that three things are needed to have a good business: good location, good product, and good people. Chevrolet has been the leading product in our market area for decades, and we have had the pleasure of a wonderful staff of excellent employees.”

“Red River has always been known for good service and honest and fair dealings.



Jim and George Fritze 1988



Patton Fritze, George Fritze and Alvin Olsan in front of Hall of Fame of employees



Minou Fritze

My father stressed to each new employee over the years that life was too short to have to worry about what lie you may have told to whom, and we have maintained a good reputation all these years,” Fritze said. We have a ‘Hall of Fame’ wall with pictures of those loyal employees who have served the company for 20 or more years. Six of us have served for 50 or more years.”

“Red River is a Chevrolet regional service center Chevrolet and employs seven of the 12 World Class GM technicians in the state of Louisiana (among its 110 employees). The future is bound to be exciting with many changes ahead.”

*Service Department 1930s*

*Showroom 1940s*



*Jim Fritze on left and young George, Mary and Claudia*

## Orlandeaux's Café



*Arthur Scrap Chapman and Jack Harris*

When Chef Damien Chapman was five, he helped at the family business by filling salt and pepper shakers and rolling silverware. At 15, he was officially an employee. “I am Chef Orlando’s oldest son and my brothers, Adam, Orlando II and Peyton, are all involved in the café in some form or fashion. My mother, Sharon Lewis Davis, is our Saint Louisiane Ballroom coordinator, and I have a sister, Lakendria Bell, who works our carry-out services. Much of my family always lends a helping hand whenever they are here.”

*Arthur Scrap Chapman, Pete Harris and Wilmer Tody Walette*



*Chefs Orlando Capman and Willie Brother Chapman*



*F&H Cafe*

Orlandeaux’s, one of the oldest Black family-owned restaurants in the United States, was started in 1921 as Freeman & Harris by the Chapman brothers’ great-great-great uncles, Jack Harris and Van Freeman. Throughout the decades, the restaurant has been renamed to honor a beloved family member. The Chapman’s Pete Harris Café honored a cousin. Orlando Chapman renamed the restaurant Brother’s Seafood to honor his father, Willie “Brother” Chapman. When Orlando died unexpectedly on Cross Lake in 2013, the restaurant was renamed Orlandeaux’s.

“My father, the late Chef Orlando Chapman, Sr., and my mother both taught me everything about business and being a chef. It has led to my currently pursuing my degree in Culinary Arts from the Auguste Escoffier School of Culinary Arts.” Led by the fourth generation of Escoffiers, with locations in Austin and Boulder, it is considered one of the best culinary schools in the world.

“I always knew that the family business was going to be my lifelong career but didn’t start until my father passed away while I was working as an Engineer in the oil field.”

“I am most proud that our family’s restaurant has sustained us through some very difficult times through our history. For over 100 years and five generations we have been serving some of the best original Louisiana Creole cuisine on this side of the bayou!”

“We pride ourselves in bringing people together and making them happy through our food. I’m just blessed to be able to serve God’s people.”



*Chef Orlando*



*Willie Brother Chapman, Robert BoBo Gilyard and Truman Trammell*

# UNDERSTANDING 'WARNING STROKES'

## What to expect if you experience stroke symptoms, even if they disappear

by Family Features

**D**iagnosing a transient ischemic attack (TIA), sometimes called a "warning stroke" can be challenging because symptoms often disappear within an hour. However, it's important to seek emergency assessment to help prevent a full-blown stroke.

While a TIA, which is a temporary blockage of blood flow to the brain, doesn't cause permanent damage, nearly 1 in 5 people who have a suspected TIA will have a stroke within three months, according to a scientific statement published in the American Heart Association journal, *Stroke*. Additionally, almost half will occur within two days - which is why TIAs are often described as warning strokes.

People with cardiovascular risk factors, such as high blood pressure, diabetes, obesity, high cholesterol and smoking, are at high risk for stroke and TIA. Other conditions that increase risk include peripheral artery disease, atrial fibrillation, obstructive sleep apnea and coronary artery disease. In addition, a person who has had a prior stroke is at high risk for TIA.

TIA symptoms are the same as stroke symptoms, only temporary. They begin suddenly and may have any or all these characteristics:

- Symptoms begin strong then fade
- Symptoms typically last less than an hour
- Facial droop
- Weakness or numbness on one side of the body
- Trouble finding the right words or slurred speech
- Dizziness, vision loss or trouble walking

The **F.A.S.T.** acronym for stroke symptoms can also be used to identify a TIA:

- **F** - Face drooping or numbness
- **A** - Arm weakness
- **S** - Speech difficulty
- **T** - Time to call 9-1-1, even if the symptoms go away

Given the appropriate scan, 2 in 5 people will learn they actually had a stroke rather than a TIA, according to the scientific statement, which highlights the importance of seeking prompt medical attention. Upon arrival to the emergency room, a series of tests may be completed after assessing symptoms and medical history, including a CT scan, MRI and blood tests.

• **CT Scan** - a non-contrast scan used to look at the blood vessels in the head and neck to rule out brain bleeding and TIA mimics (conditions that share some signs with TIAs but are due to other medical conditions such as low blood sugar, seizure or migraine). A CT scan may also be used to assess the neck arteries; nearly half of people with TIA symptoms have narrowing of the large arteries leading to the brain.

• **MRI** - The preferred way to rule out a brain injury, such as a stroke, magnetic resonance imaging (MRI) is typically done within 24 hours of symptoms beginning.

Because some emergency rooms may not have access to an MRI scanner, patients may be admitted to the hospital or transferred to a center. About 40% of patients who go to the emergency room with TIA symptoms are diagnosed with a stroke based on MRI results.

• **Blood Tests** - Blood work will typically be completed to rule out conditions that may cause TIA-like symptoms, such as low blood sugar or infection, and check for cardiovascular risk factors like diabetes and high cholesterol.

Once a TIA is diagnosed, a cardiac checkup should be completed within a week of having a TIA, if not done in the emergency room. Consultation with a neurologist should also be completed within 48 hours (no longer than one week) after experiencing a TIA, as early consultation with a brain specialist is associated with lower death rates after a TIA.

*To learn more and find additional resources, visit [Stroke.org](http://Stroke.org).*





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## The Case of The One-Armed Man and the Waterslide



Should a one-armed man be allowed to ride on a waterslide? That's the question a judge in Florida had to answer recently.

Here's what happened: the one-armed man took his 7-year-old son to a Florida waterpark for the boy's birthday. They got in line to ride the Volcano Aqua Coaster, a waterslide version of a roller coaster. But as the one-armed man and his son got towards the front of the line, one of the water park employees pulled the one-armed man aside and told him that he would not be allowed to ride because he was "unfit." The employee explained that only people with "two natural hands" were allowed to go on the ride.

Sound legal to you? Not to the one-armed man. He felt that he was being discriminated against because of his disability. There is a federal law in America called the Americans with Disabilities Act that makes it illegal to discriminate against disabled people, so the one-armed man sued.

The water park told the Judge that they had no choice in the matter; the government made them do it. Let me explain. Florida has a law that says all amusement park operators must comply with the ride's manufacturers recommendations. The manufacturer of the Volcano Aqua Coaster recommended that only people "with 2 natural hands" be allowed to ride.

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One of the first things the Judge wanted to know was why the manufacturer had made this recommendation. It turned out that there really wasn't a good answer. It wasn't for safety reasons. When the ride had first been designed and built, the manufacturer had done all kinds of "hazard analyses" and they all concluded was that there were "no specific risks for anyone with a limb difference or other physical disability."

At that point the water park admitted that when they didn't let the one-armed man ride, it wasn't for safety reasons. But they told the Judge yet again that they had no choice. Florida law said that they had to follow the manufacturer's recommendations, which said "don't let the one-armed man ride." The water park argued that if they let the one-armed man ride, they would be violating Florida law and could be fined or even go to jail.

Which left the Judge in a difficult position. The federal law said that the water park couldn't discriminate against disabled people and therefore had to let the one-armed man ride, but state law said that the water park could not allow the one-armed man to ride. What are you supposed to do in a situation like this? Unfortunately, there are no easy answers. There are law school classes that last an entire semester that try to explain this issue.

In the case of the one-armed man, the Judge decided that "Congress passed a sweeping law to prohibit discrimination. A state should not be allowed to unilaterally nullify this law by enacting a state law requiring discrimination." The Judge went on to explain that "if federal law requires [the amusement park] to allow [the one-armed man] to ride and state law forbids it, then [the amusement park] must let [the one-armed man] ride...Federal law-not state law-must be followed when the two conflict." Seems simple enough, right? Well, not so fast.

Not all judges have reached the same conclusion. In a case out of Ohio, a school bus driver became disabled. She could still drive the bus, but she was no longer able to do any heavy lifting. The Board of Education fired her because Ohio had a law that said all school bus drivers must be "physically capable of appropriately lifting and managing handicapped pupils when necessary." The school bus driver sued, alleging disability discrimination under federal law. The Board of Education argued that State law required them to fire the disabled bus driver because her disability prevented her from doing any heavy lifting. If we follow the reasoning of the Florida Judge, the bus driver should have won her case because "federal law-not state law-must be followed when the two conflict." But that's not what happened; the school bus driver lost her case.

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



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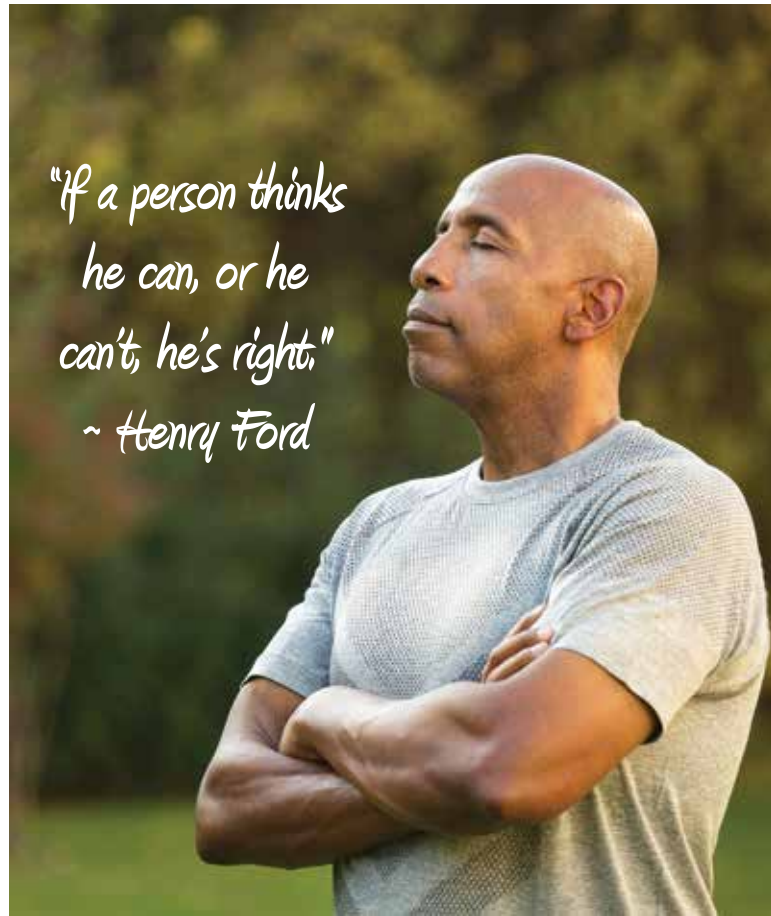
## The Saddest Little Words

by David McMillian, Ph.D. & Lauren Leon McMillian, PLPC

Consider what may be, when added together, the two saddest words in the English language; “if” and “only.” These words, when paired together with I and had, create an extremely sad phrase; “if only I had.....” It has been my observation that, in the end more than anything else, we likely will regret the small chances we chose not to take. Perhaps, because we did not even think about these things consciously, we do not even perceive them to be choices and decisions available to us. In that spirit, let’s explore what some of these choices may be, because if we have a map of the potholes, we can attempt to avoid them, or at least slow down:

- **Allowing someone else to create your dreams for you.**

The greatest challenge in life is discovering who you are. A gigantic part of this is your decision to stay true to your own goals and dreams. Sometimes we do things considered “crazy” by others. If so, that may be a great sign that we are following our own unique path. If you realize that you often lose track of time when you’re engaged in your passion, that’s when you’ll know you’re doing the right thing for you.



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• **Giving up when the going gets tough.**

Henry Ford said, "If a person thinks he can, or he can't, he's right." In truth, there are no failures, just results. Even if things don't unfold the way we expect, the worst possible choice is to give up. We can learn what we can from whatever is unfolding and move along. The one who continues to advance one step at a time will "win" in the end. Life is a process that occurs with small steps, decisions, and actions that gradually build upon each other and eventually lead to what we might label a "win."

• **Trying to micromanage every little thing.**

Our physical minds are not designed to know every detail of what is happening. Our physical minds are simply designed to allow us to experience what is happening and point us in the direction of our journey. Besides, life would lose the element of fun and surprise if we DID know every detail. Allow your physical mind and emotions to guide you in the direction of where you are meant to go, and then enjoy where it takes you! Life is about the journey, not the destination. As you follow your highest truth and passion, you will be able to look back at what seemed like a strange and circuitous path, and truly appreciate all the lessons and the meaning in the path.

Of course, there are many more than these; I am only attempting to start us thinking about what I might do different now. "Now" is indeed our "precious present!" Hopefully, this way of thinking will help us avoid those sad little words, "If I had only..."



*Hear life coach Dr. David McMillian and Lauren Leon McMillian, PLPC on "Strategies for Living" each weeknight 7 p.m.-8 p.m. and Sunday morning 9 a.m. to 10 a.m. on KEEL 710 AM and 101.7 FM, on the KEEL app. or on our Facebook page, StrategiesforLiving with David McMillian.*

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# The U.S. Constitution: The 18<sup>th</sup> and 21<sup>st</sup> Amendments

The Eighteenth and Twenty-First are two of the most interesting amendments to our United States Constitution. Both amendments deal with alcohol and its sell in the United States. By 1919, people in many of the states grew tired of the ills of alcohol in society and decided they needed to eliminate its sale. A movement had been growing over the years to eliminate alcohol from society, and the Eighteenth Amendment to the United States Constitution was passed.

Section One of the Eighteenth Amendment stated:

*After one year from the ratification of this article the manufacture, sale, or transportation of intoxicating liquors within, the importation thereof into, or the exportation thereof from the United States and all territory subject to the jurisdiction*

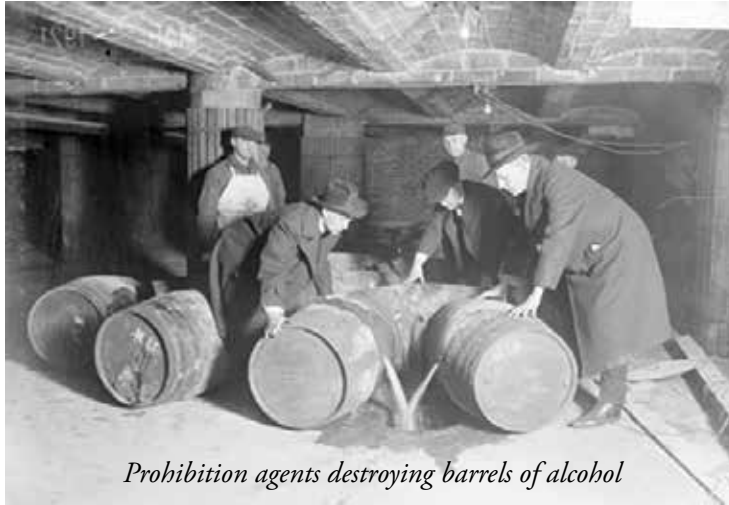
*thereof for beverage purposes is hereby prohibited.*

For 13 years, it was illegal to make, sale, or transport alcohol in the United States. Of course, this caused a number of problems. Many of you reading this column remember seeing movies regarding this era.

People were making bathtub gin. Speakeasys, which are illegal underground bars, became the hottest spots to attend. Gangsters, such as Al Capone, moved illegal alcohol and

made fortunes on its sale and transportation. Law enforcement was always chasing the illegal alcohol and sometimes law enforcement officers were paid to look the other way. An entire industry of illegal alcohol was flooding the United States that cost the taxpayers a ton of money to try to stop the illegal cottage industry of alcohol that was flourishing in the United States.

One interesting note during



*Prohibition agents destroying barrels of alcohol*

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this time is that some of the bourbon distillers in Kentucky were able to get their bourbon declared a medicine for citizens that lived in their state. If you had a doctor's note that gave you a prescription for the bourbon medicine, you were able to get a certain number of bottles of bourbon per year. The bourbon, according to the distillers, treated nervousness, joints, headaches, anxiety, and other problems. One distiller said there were about half a million people that lived in Kentucky at that time but over a million and half prescriptions for people who claimed to live in Kentucky.

With alcohol outlawed and people trying to get around the law, there were hundreds of illegal manufacturing operations distilling alcohol. As there were no guidelines, numerous people were poisoned and died or were injured by alcohol that was produced by these stills. If the alcohol was not manufactured, boats would bring in whiskey from Canada, rum from Jamaica, and alcohol

from other regions by meeting boats in international waters. It was a crazy time during American History as people still wanted to drink.

In 1933, the Twenty First Amendment to the United States Constitution was passed. The Twenty First Amendment, Section One stated:

*The Eighteenth Article of Amendment to the United States Constitution is hereby repealed.*

Short and to the point. The easiest Amendment to our Constitution to read. Many people look at this time period as a noble attempt to stop society's problem with alcohol but understand that it is difficult to legislate morality. As I said at the beginning, these two amendments created an



interesting period of time in our American History.

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

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## Stress and Your Health

**D**o you ever feel like stress is affecting your health? Well, you're not too far off on that theory. Chronic stress can influence how our body functions. Episodic, chronic, or repetitive stress can cause hormones in our bodies to become elevated. When these hormones are consistently high, other health problems can result, like weight gain, chest pain, heart disease, digestive issues, high blood pressure, immune system issues, skin conditions, muscular pain, anxiety, depression, and disruptions in sleep.

Cortisol is one of the main hormones we see elevated during stressful times. If cortisol stays high, this can cause inflammation in the body, damage to the cells, and accumulation of fat in the belly region. High cortisol can also lower the levels of the hormone leptin, which promotes the feeling of fullness, and increase the hormone ghrelin, which makes us hungry. Chronic stress can even influence how our bodies use and burn the foods we eat. Stress can also cause us to crave foods that comfort us, like highly processed foods or foods that are high in calories and fat and low in nutrients.

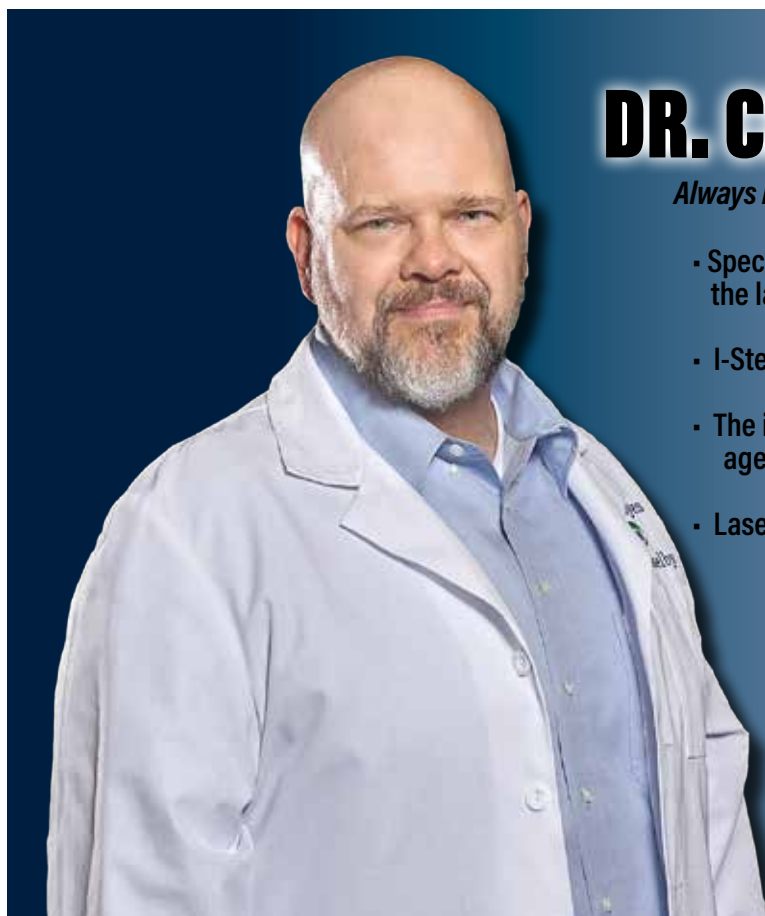
Though it can be daunting to keep up with a nutritious diet when we're stressed, there are many benefits of



doing so. A balanced diet can help provide the energy that our bodies need to handle stress. Some research even shows benefits of healthy fats, like omega-3s and polyunsaturated fats, and their role in helping to regulate cortisol levels.

Exercising regularly can also be beneficial in managing stress. When we exercise, our heart rate and breathing increases, which helps oxygen reach cells throughout the body. Exercise can also help lower stress hormone levels and blood pressure.

Don't forget about getting some "shut eye," too! Making sure you get at least 7-9 hours of sleep each night can regulate moods



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and ease the effects of stress. Counseling, engaging in fun activities and hobbies, connecting with others, meditation, deep breathing, listening to music, and journaling can all help during times of stress as well.

If it's difficult to fathom making so many healthy changes at once, remember to strive for progress and not perfection. Trying to tackle too much at once will only cause more stress. Some small healthy changes you can try to make include keeping high protein snacks on hand, eating more fruits and vegetables with your meals, eating smaller portions of "comfort foods," taking quick movement breaks throughout the day, or trying to be in bed by a certain time each night. These small changes are often more realistic, especially when our minds are overwhelmed with stressful situations.

Unfortunately, stress is a natural part of life. It can take a toll on our bodies, but there are some things we can do to help manage our health during stressful times. When stress levels are high, it is critical that we still care for our bodies so we can be our best for others. Small steps or changes towards a healthier lifestyle still make a positive impact on your health!



*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@agcenter.lsu.edu](mailto:AMcAlister@agcenter.lsu.edu).*

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## Too Old to Love

I am still in love with the love of my life. It is a love as full of joy as the day it began. All those years ago.

The experts tell me I am too old to experience those same joys of love, that the emotions I felt then are now just symptoms of one medical disorder or another.

When a mere glance from the love of my life sets my heart racing, the experts tell me it is just a side effect of the Levaquin I've been taking for my sinus infections or that my Tenormin dosage for that pesky irregular heart beat may need adjusting.

When I look into the eyes of the love of my life - eyes that have seen me at my best and at my worst and never looked away, eyes that have told me a thousand times how much I am loved, I am still, after all these years, at a complete loss for words. The experts tell me that it may be an early sign of Alzheimer's and that they'd like to put me on a light regimen of Razadyne.

When just one gentle touch from the love of my life makes me go weak at the knees, the experts tell me that it is a symptom of a too sedentary lifestyle and that I should consider a yoga class for seniors, preferably one that offers the half-moon position.

When I hear the breeze in the trees whisper the name of the love of my life, the experts tell me that audio delirium is sometimes associated with poor hearing and that I should look into getting hearing aids.

When I look at the love of my life and, after all these years, I still see only the person I have made perfect in my eyes throughout a lifetime, the person to whom I promised the moon and the stars but loved me as though she had just inherited the earth, the experts tell me that while the Ambien I take can offer much-needed relief for people with sleep disorders, they caution that newly reported side effects may



explain my lack of accepting certain realities.

When the love of my life smiles the smile that has lit the way through so many dark days, it still leaves me breathless. The experts tell me that I may have developed an airway obstruction, common with most people my age.

When just thinking about the love of my life makes me warm all over and has me walking around with a silly grin on my face, the experts tell me that it is possible I am in a heat-induced daze, impairing my judgment; perhaps I should have the air conditioner checked or take the time to walk around inside an air-conditioned mall?

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When I insist that I am as madly in love with this woman as I was all those years ago, the experts tell me experiments on lovebirds found that their serotonin levels were equivalent to the low serotonin levels found in sufferers of obsessive-compulsive disorder.

When the love of my life hugs me the way I have been hugged all these years, and I still want that moment to last forever, the experts tell me I am suffering from separation anxiety and that I should get a dog.

The experts tell me I am too old to experience the joys of love.

After a week of poking, pushing and prodding by several medical specialists it has been confirmed that the Levaquin I've been taking has had no ill side effects, my Tenormin dosage does not need adjusting and since I can remember every face and friend as far back as the second grade and the only things I have forgotten are the grudges I bore in my youth, I am not even close to being a candidate for Alzheimer's.

My hearing has been tested.

I can still hear raindrops on the window. I can still hear the gentle breathing of the love of my life lying next to me in the night and I can still hear my grandchildren whisper, "I love you" from across the room. I did not take any Ambien but still slept like, well, like a person 50 years younger. My airways are as clear as a mountain stream, my air conditioner works just fine and my serotonin levels are normal.

For the record, I have also had my head examined. I will admit that I was a little anxious about those results, but it turns out I am not suffering from separation anxiety, social anxiety, status anxiety, performance anxiety or any other known anxiety.

And that sedentary lifestyle? Just another way of saying that I have at long last mastered the art of strolling versus strutting and nothing, not even the half-moon position, will make me go back to rushing through life.

Shortly after announcing all of this for all the world to hear, the person I have been privileged to share my life with, the love of my life, smiled at me, kissed me gently and gave me that look, that peculiar glance that I thought God had given only to eagles and kings.

My heart raced. I was at a loss for words. I got weak in the knees. I heard the breeze whisper a name. I was breathless. I got a silly grin on my face. I fell madly in love all over again, hoping in my heart that this moment would last forever.

And so to those experts who would say that I am too old to experience the joys of love, I offer up my own opinion.

Love never gets old.

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# Scotland:

## Where Old Traditions are Alive and Well Today

By Fyllis Hockman; Photos by Victor Block



Single Malt Whisky Tasting



Kilts are an everyday occurrence

Ask anyone what they think of when they think of Scotland and you'll probably hear bagpipes, kilts, clan tartans. And if the year were 1746, you would have heard the same thing. But it was in that year, after the Battle of Culloden when the British decimated the Scots, that the British set about to systematically rid the country and its people of their identity and traditions. It didn't work, which makes it all the more remarkable that everything that defines the Scottish people today is the same as it was centuries ago – and it was my mission to explore them all: kilts, bagpipes, also whisky. Even the Gaelic language.

And it was on a trip to the Scottish Highlands with UNTOURS that I got to relish in all of it. UNTOURS puts you up in unusual accommodations in multiple cities in more than a dozen European countries – perhaps a castle, a vineyard, or a delightful old church like ours. It provides a car, inundates you with information, connects you with a local contact to answer questions, and sets you off to see what you want to see when you want to see it, unencumbered by anyone else's set schedule or preferences.

We were spending our “live like a local” week in our own apartment, part of an 1837 church in a former life, near our home base of Inverness. Although a street sign on the corner with arrows pointing to a museum, the bus station, a market, including one which read “Castle and Toilet” warranted a double-take. Not to mention all the neighborhood signs where the Gaelic translation appears below the English ID. Dead language? Not close. Very hard to understand though. But then again so is the language they speak, which they claim is English.

If there were a singular symbol for Scotland, it might be tartan. You see it everywhere, from hotel interiors and tabletop items to cookie tins and everyday clothing. And then there are the wings of planes at the airport sporting bright tartan colors.

And alas at the Highland Games. A throwback to ancient Scotland, it is a unifying rite of passage for any Scot. Amidst the vast ocean of tartan, bagpipes and clans sits a cultural event steeped in skill, tradition and community going back more than a thousand years

The music, of course, the incredibly distinctive bagpipes emanating from

### Highland Games A throwback to ancient Scotland

1. Bagpipe Bands
2. Scottish Dancers
3. Hammer Throw





competing bands, never leave your ears. And, of course, every pipe band sports its own tartan so the multitudes of plaids create a fashion visual that is hard to forge from your eyes. And I can't tell you how many times I heard the words bonny, aye and laddie. To say, the Highland games are an assault on all the senses is a wee understatement.

And although some of the games such as track and cycling may be recognizable, the chanter, caber tossing, hammer throw and tug 'o war are not. Men throwing heavy sticks, balls, hammers – and probably their arms out! And the Highland dancers, from age six to sixty, with their colorful costumes, intricate steps, toe-tapping music and enthusiasm galore, enchant whatever the age.

So kilts, bagpipes, Highland games all attesting to Scottish heritage. That still leaves whisky.

Scottish single malts – celebrated locally as whisky (no e) – are known all over the world for their richness and smoothness – and cost. With a history dating back as far as the 11th century, Scottish whisky is an important part of the country's identity, with most of the 140-plus distilleries in the Highlands. Being more of a pedestrian imbibor of alcohol, I was not the ideal candidate for a whisky distillery tour and tasting. But I soldiered on.

At the Glen Ord Distillery, serving up its single malts for almost two centuries, I sampled a flight of their 3 brands of whisky. Three very different flavors, or so I was told, but I was useless as a taster. They all tasted the same to me. Then I added three drops of water to each dram to “separate the flavors.” And yes, I noticed they were more potent – but still tasted the same. I slinked out of the distillery.

A visit to The Highland House of Fraser reinforces the uniqueness that is Scotland because there, for a mere \$750, you can have your own personalized kilt made. And should you not have your own family tartan, you can choose from 750 different plaids from other clans. And you can even watch a kiltmaker weave your threads while, of course, listening to some bagpipe music.

And lest you think the kilt is itself a throwback to history, not so. They are often worn at every celebratory gathering from birthday parties to weddings to funerals – and sometimes just because. And as our local UNTOURS rep told us, he takes his kilt and bagpipes with him wherever he goes, which conveys how very much a part of everyday living the old traditions are today.

So despite Britain's efforts to destroy the language, the clothing, the traditions and the lifestyle of the Scottish people, it all remains alive and well today. Picking up a roasted chicken and another bottle of wine in our home town, we headed back to our cozy apartment to think about what other historic/modern Scottish traditions we would next explore.

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## Illeana Douglas Compiles Connecticut's Hollywood Connections

While only a handful of movies contain 'Connecticut' in their titles – 1945's "Christmas in Connecticut" comes to mind – more than 200 films have ties to the state. In her new book, "Connecticut in the Movies" released in October, actress Illeana Douglas explores Hollywood's long love affair with the Constitution State.

"The book features movies from the silent era to modern films that were either shot in Connecticut or featured the state in some way in the storyline or production," Douglas told me when we met at the Katharine Hepburn Cultural Arts Center in Old Saybrook, Connecticut, this past summer.

"On the one hand, you've got country-living comedies like 'Christmas in Connecticut' and 'Mr. Blandings Builds His Dream House' (1948)," explained Douglas. In the latter, a New York businessman (Cary Grant) builds his dream home in rural Connecticut, but the remodeling goes horribly wrong in a costly yet hilarious way.

The book's subtitle, "From Dream House to Dark Suburbia," alludes to the other more edgy Hollywood themes and darker storylines in the collection.

"Films like 'Gentleman's Agreement' (1947) and 'The Man in the Gray Flannel Suit' (1956) have dark suburbia at their core," said Douglas, referring to movies that deal with anti-semitism and disillusionment in the postwar generation, respectively. But it was back in the 80s after viewing "The Swimmer," a 1968 film set in Connecticut, that she first developed an interest in films that were connected to the state.

"Connecticut cinema began to percolate in my head and when COVID hit, I had time to sit down and focus on more Connecticut films," she said. "I simply fell in love with my subject."

So much so, Douglas uprooted herself from Los Angeles and moved to Connecticut, near where she grew up in Old

Saybrook. This allowed her to not only travel the state while researching and photographing its Hollywood links, but to also purchase a 19th-century house near her childhood home where she completed the book.

But complications of ironic proportions soon arose, linked to the "Mr. Blandings" film. Like Grant's character in the movie, who relocates from the bustling city to rural Connecticut and purchases an old home that becomes a money pit, Douglas discovered her new home was desperately in need of major repairs – far more than she anticipated. Plumbers, electricians, and builders became her constant companions for the past 2 years!

An actress in her own right appearing in such big-screen hits as "Goodfellas" and "Cape Fear," Douglas is also a producer, director, and writer and has appeared as a movie host and interviewer on the Turner Classic Movies network (see [www.illeanadouglas.com](http://www.illeanadouglas.com)). However, her personal ties to Connecticut uniquely qualify her as the ideal author to discuss the Hollywood-Connecticut link.

A thoroughly researched book with over 300 photos, Douglas is hoping it will lead to a resurgence in interest in filmmaking in the state.

"I've demonstrated the diversity of films that have been made in Connecticut," she says. "I hope the book is a blueprint of a renaissance of filmmakers returning to Connecticut."

*Nick Thomas teaches at Auburn University at Montgomery in Alabama and spent this past summer traveling throughout Connecticut and Maine. He writes features, columns, and interviews for newspapers and magazines around the country. See [www.getnickt.org](http://www.getnickt.org).*



*Above - Illeana Douglas in "Easy to Assemble".*

*Left - Illeana Douglas sitting on the stage of the Katharine Hepburn Cultural Arts Center, with an early draft of "Connecticut in the Movies".*



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## FAMILY FEATURES

Seafood night at your house is an exciting excuse to bring the family together for favorite meals. Delicious recipes abound when seafood is on the menu. However, this is no longer your grandparents' seafood. Today, more than half of all seafood consumed in the U.S. is farm-raised – a practice known as aquaculture. While the industry has made strides the last few decades, not all farmed seafood is equal and neither are the certifications you see on its packaging. For more than a decade, the global nonprofit Aquaculture Stewardship Council (ASC) has created and enforced the world's strictest standards for farmed seafood. Its sea green ASC certification label is only found on farmed seafood that meets these high standards. To find more certification information and discover family-friendly seafood recipes, visit [SeaGreenBeGreen.org](http://SeaGreenBeGreen.org).

## Honey Mustard Crunch Salmon

*Recipe courtesy of North Coast Seafoods*

1 pound (three 6-ounce portions) Norwegian Salmon  
salt and pepper to taste

2 tablespoons mayonnaise  
2 teaspoons horseradish  
1 teaspoon smoked paprika

### *Honey Mustard Glaze:*

1/3 cup honey  
1/4 cup whole-grain mustard  
2 tablespoons smooth Dijon mustard

### *Crunch:*

3/4 cup panko breadcrumbs  
2 tablespoons dried parsley  
2 tablespoons olive oil

Thaw salmon and pat dry. Arrange on oiled baking tray. Season with salt and pepper, to taste.

To make glaze: In small bowl, combine honey, mustard, Dijon mustard, mayonnaise, horseradish and paprika; mix until well combined. Chill glaze until ready to use.

To make crunch: In bowl, combine breadcrumbs, parsley and oil; mix well. Reserve.

Preheat oven to 400° F.

Top each salmon portion with 1 tablespoon glaze and spread evenly over fish. Press crunch evenly onto glaze.

Bake 15-17 minutes until fish is cooked through.

Serve with drizzle of remaining glaze.

## Blackened Shrimp Tacos with Creole Remoulade Slaw

Recipe courtesy of Coastal Seafoods and Fortune Fish & Gourmet

### Coleslaw:

1/3 cup mayonnaise  
1 tablespoon capers, chopped  
1 teaspoon stone ground mustard  
1/3 cup parsley, chopped  
1/2 teaspoon horseradish  
1/3 cup red onion, diced  
1 tablespoon Cajun seasoning  
1/2 bag coleslaw mix

### Tacos:

6 small corn tortillas  
1 tablespoon Cajun seasoning  
1/2 pound peeled and deveined shrimp, thawed  
3 green onions, sliced  
fresh salsa or pico de gallo (optional)  
1 lime, sliced (optional)



**To make coleslaw:** In bowl, mix mayonnaise, capers, mustard, parsley, horseradish, red onion and Cajun seasoning. Mix coleslaw and about 3/4 of dressing. Stir until coated then add more dressing, if desired. Refrigerate coleslaw until ready to serve.

**To make tacos:** Heat grill to medium heat. Once hot, toast tortillas on each side until browned on edges. Stack toasted tortillas on

plate and cover with towel until ready to serve.

Pour Cajun seasoning over shrimp and stir until shrimp are coated.

Cook shrimp 3-5 minutes per side, or until shrimp are firm and Cajun seasoning is blackened. Remove shrimp from grill to prevent overcooking.

To serve, place about 1/4 cup coleslaw in each tortilla then top with 3-5 shrimp and green onions. Top with salsa or pico de gallo, if desired. Squeeze wedge of fresh lime over top, if desired.



## Almond Stuffed Rainbow Trout

Recipe courtesy of Riverence Provisions

2 Steelhead Trout fillets (8 ounces each)  
nonstick cooking spray  
1/2 cup toasted, sliced almonds, coarsely chopped  
2 tablespoons lemon zest  
2 tablespoons lemon juice  
1/4 cup chives, chopped  
1 1/2 cups breadcrumbs  
1/4 cup Italian parsley  
salt and pepper to taste  
1 egg, beaten  
kitchen twine (6-inch lengths)  
1 tablespoon olive oil

Preheat oven to 350° F.

Rinse steelhead trout fillets and pat dry with paper towel. Line baking pan with parchment paper and spray with nonstick cooking spray.

Mix almonds, lemon zest, lemon juice, chives, breadcrumbs and parsley. Season with salt and pepper, to taste.

Add beaten egg to breadcrumb mixture and stir until well incorporated.

Lay first trout fillet skin side down on baking pan. Place twine pieces underneath fish, spacing 1 1/2 inches apart; leave untied.

Place breading mixture over trout fillet and remaining trout fillet on top of breadcrumb mixture, skin side up.

Secure trout fillets together using kitchen twine. Brush olive oil on trout and sprinkle with salt and pepper to taste.

Bake 15-20 minutes, or until fish is cooked through. Slice into portions to serve.

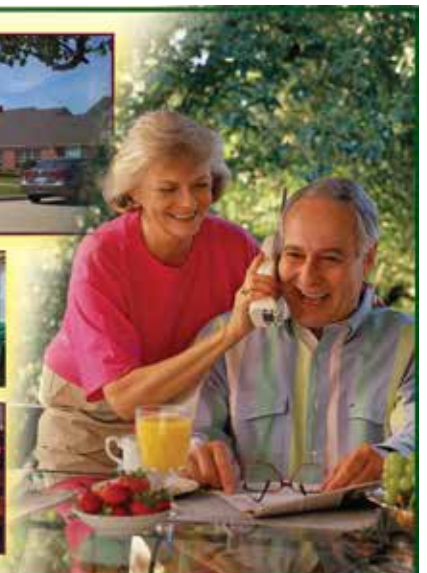
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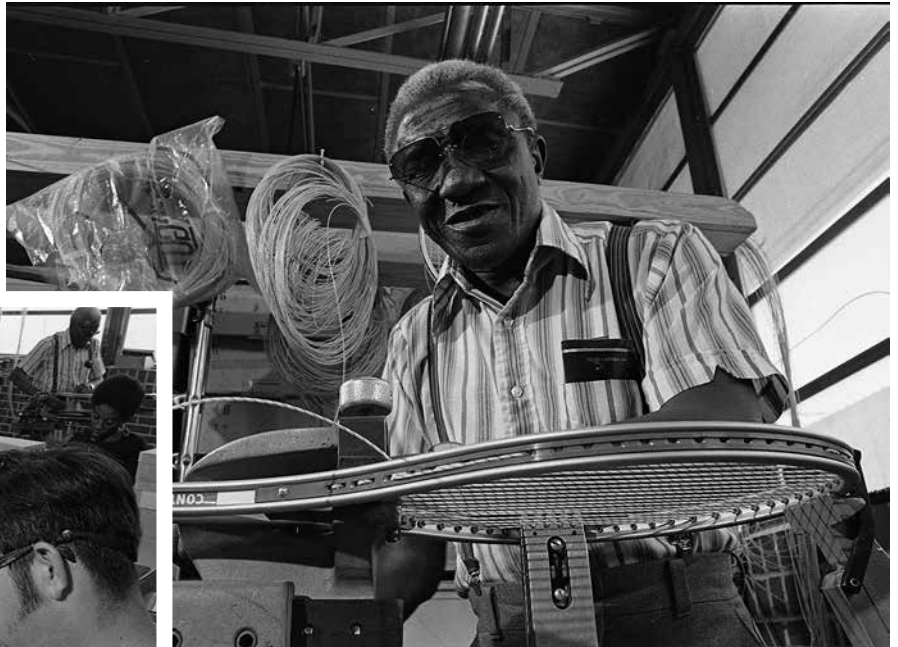


# Snapshot SLEUTH

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

*The Best of Times* has partnered with Northwest Louisiana Archives at LSUS to identify individuals and events in their collections. If you can help, please email Tina at [editor.calligas@gmail.com](mailto:editor.calligas@gmail.com) or Laura at [laura.mclemore@lsus.edu](mailto:laura.mclemore@lsus.edu).

*All of these photos are from the Lawrence Lea Collection continues. They are from July 1976 and were most likely taken in the workshop of the Association for the Blind.*



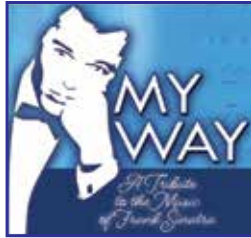
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## WORD SEARCH

Locate the words in the grid which are running horizontally, vertically, or diagonally - forward or backward.

### Mountain Climbing

- |           |          |
|-----------|----------|
| Adventure | Guide    |
| Arduous   | Hazards  |
| Base      | Knots    |
| Challenge | Nature   |
| Cliff     | Novice   |
| Climber   | Oxygen   |
| Courage   | Peak     |
| Danger    | Quest    |
| Descend   | Rappel   |
| Endurance | Rope     |
| Equipment | Route    |
| Fear      | Team     |
| Fitness   | Terrain  |
| Gear      | Training |
| Grueling  | Weather  |

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

## SUDOKU

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

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



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# CROSSWORD

*Across*

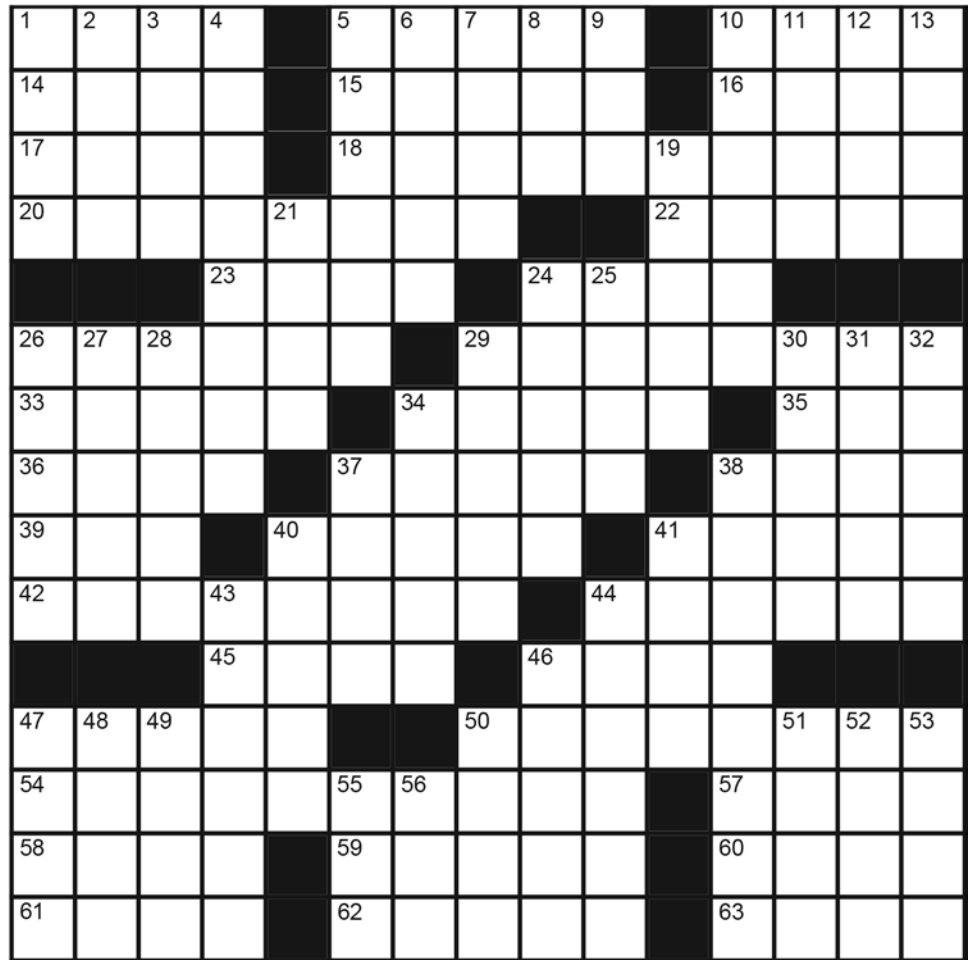
- 1 Real howler
- 5 Gauchos' weapons
- 10 Throat-clearing sound
- 14 African flower
- 15 Grammarian's concern
- 16 Capture
- 17 Pelvic bones
- 18 Fortify
- 20 Early Disney film
- 22 South African monetary units

- 47 Book of maps
- 50 Silvery metallic element
- 54 Slammers
- 57 Diamond complement
- 58 Detractor
- 59 Manages, as a trade
- 60 Hill dwellers
- 61 Moon of Saturn
- 62 Express
- 63 Neighbor of Cambodia

*Down*

- 23 Iris's place
- 24 Coalition
- 26 Traps
- 29 Apprentice
- 33 Horse opera
- 34 Ski trail
- 35 Dine
- 36 Lamented
- 37 Blow gently
- 38 Carry's partner
- 39 Chapter in history
- 40 Southern breakfast dish
- 41 Dapper
- 42 Inspirational person
- 44 Tidbit
- 45 Memorial Day solo
- 46 Auto maker

- 1 Homeless child
- 2 Earthenware pot
- 3 Butcher's cut
- 4 Like some films
- 5 Travel options
- 6 Port of old Rome
- 7 Pasternak heroine
- 8 "Act your \_\_\_!"
- 9 Cambodian coin
- 10 Tack on
- 11 Chemistry Nobel
- 12 Squeezed (out)
- 13 Kind of room
- 19 Feel blindly
- 21 Claim
- 24 Trumps
- 25 Oodles
- 26 The New Yorker cartoonist
- 27 Micronesian



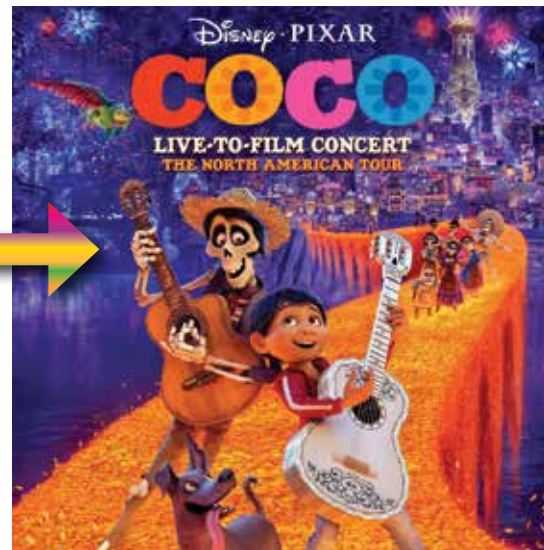
- island
- 28 Mr. T's group
- 29 Swell
- 30 "The Second Coming" poet
- 31 One of the senses
- 32 Gas additive

- 34 Twosomes
- 37 "That's a \_\_\_!"
- 38 Redbird
- 40 Grind, as teeth
- 41 Cliff's pal on "Cheers"
- 43 Paesano's land
- 44 Puddinglike

- dessert
- 46 Armada
- 47 Cracked open
- 48 Math function
- 49 Lo-cal
- 50 Three oceans touch it
- 51 Semitic deity

- 52 Gay Talese's "\_\_\_ the Sons"
- 53 Clutter
- 55 Harvest goddess
- 56 Final (Abbr.)

# SAVE the *Date*



## CADDO COUNCIL ON AGING

### ■ Presentations

CCOA will be offering the following programs at Caddo Council on Aging/ Valencia Community Center, 1800 Viking Drive, Shreveport (unless otherwise noted). For info call 318.676-7900. **FREE.**

• **Thursday, November 2 at 10 am** - "Games Day"

• **Thursday, November 9; 9 a.m. to 1 p.m.** at Caddo Council on Aging/ Bill Cockrell Community Center, 4109 Pines Road, Shreveport. "Caddo Council on Aging Annual Veteran's Celebration & Health Fair"

• **Thursday, November 16 at 10 am** - "Fall Flowers", Ann Shideler

• **Thursday, November 30 at 10 am** - "Get Ready, Get Set, Enroll!! 2023 Medicare Open Enrollment Reminders", Laphelia Johnson

• **Thursday, December 7 at 10 am** - "Winter Fire Safety", Jeff Witte

• **Thursday, December 14 at 10 am** - "Old Fashion Christmas Party – Covered Dishes"

## EVENTS

### ■ 3rd Annual Conference on Alzheimer's and Dementia

Presented by The Bridge Alzheimer's and Dementia Resource Center on Friday, November 3 from 9 am to 3 pm. at Bain Hall in First Methodist Church of Shreveport located at 500 Common Street. Tickets are \$25. For info and tickets, call (318) 656-4800 or visit [www.alzbridge.org](http://www.alzbridge.org).

### ■ Christmas in Roseland

Friday, Saturday and Sunday nights, November 24 - December 17 from 5:30 to 10 p.m. at the American Rose Center, just off I-20, Exit 5, 8877 Jefferson Paige Road, Shreveport. The gardens are transformed into a whimsical winter wonderland. \$10 per person or \$30 family 4 pack. Ages 2 and younger are free. Purchase tickets at the gate or at [www.rose.org](http://www.rose.org).

### ■ National Lung Cancer Screening Day

Saturday, November 11, 8 a.m. - 4:30 p.m. at WK Portico Imaging, 7925 Youree Drive, Unit 120. To be eligible, participants must be a current 20+ pack year smoker or have quit within the past 15 years, have no signs or symptoms of lung cancer, have had no CT in the past 12 months, be age 50 to 77, and

have a referral and preauthorization from primary care or pulmonary doctor. Registration is required by calling 318-455-3183. Covered by most insurances or \$50 self-pay at time of service.

### ■ Radiance Technologies Independence Bowl

Friday, December 16 at 08:15 p.m. at Independence Stadium, Prepare for an electrifying matchup pitting the Big 12 against the Pac-12. Tickets are \$20 - \$70. Tickets may be purchased at [www.radianceindependencebowl.com/tickets/](http://www.radianceindependencebowl.com/tickets/). Call (318) 221-0712.

### ■ Seminar on Social Security: Understanding Your Benefits

AARP Louisiana will host this seminar on Tuesday, December 12 from 10 am to 12 noon at the Shreve Memorial Library, 8303 Line Avenue, Shreveport. This workshop focuses on building an understanding of the implications of Social Security claiming decisions. **FREE** but you must register by logging on to <https://events.aarp.org/event/1b6bf82d-410c-475b-9acc-62f35d6c15fd/>

## ENTERTAINMENT

### ■ Centenary College Choir's Rhapsody in View

Presented by the Downtown Shreveport Lions Club on November 4 at 7 p.m. and November 5 at 3 p.m. at First Baptist Church, 543 Ockley Drive in Shreveport. Tickets are \$15 in advance;

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\$17 at the door; \$10 for students. For tickets, call (318) 869-5235.

### ■ Shreveport Little Theatre

Shreveport Little Theatre is located at 812 Margaret Place, Shreveport. Tickets are \$30. Call 318.424.4439 or visit [www.shreveportlittletheatre.com](http://www.shreveportlittletheatre.com).

• *My Way: A Tribute to the Music of Frank Sinatra* - November 3 and 4 at 7:30 p.m. and November 4 and 5 at 2 p.m. *My Way* celebrates the mystique of Frank Sinatra and the unforgettable music that made him famous.

• *Winter Wonderettes* - December 8, 9, 15, and 16 at 7:30 p.m.; December 10, 16, and 17 at 2:00 p.m. This seasonal celebration finds The Wonderettes entertaining at the annual Harper's Hardware Holiday Party. When Santa turns up missing, the girls use their creative ingenuity to save the holiday party! Featuring great '60s versions of holiday classics.

### ■ Shreveport Symphony

Performances are held at Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. Tickets are \$20 - \$75. For tickets visit [www.shreveportsymphony.com](http://www.shreveportsymphony.com) or call 318-227-TUNE (8863).

• *Rhapsody in Blue*  
November 18 at 7:30 p.m. - Celebrate the centennial of Gershwin's *Rhapsody in Blue*, pianist Jeffrey Biegel pairs this iconic work with the Louisiana premiere of a new American rhapsody by Peter Boyer.

Hanson's *Romantic* Symphony overflows with lyricism.

• *Holiday Pops* - December 16 at 7:30 p.m. Featuring the sensational Laura Osnes.

### ■ The Strand Theatre

The Strand Theatre is located at 619 Louisiana Avenue, Shreveport. For tickets visit [www.thestrandtheatre.com](http://www.thestrandtheatre.com) or call 318-226-8555.

• *COCO Live to Film Concert* - November 5 at 4:30 p.m. Score of Disney and Pixar's *COCO* performed live. Tickets: \$49, \$45, \$35, \$30 (student).

• *Jesus Christ Superstar* - November 11 at 7:30 p.m. This version pays tribute to the historic 1971 Billboard Album of the Year while creating a modern, theatrical world that is uniquely fresh. Tickets: \$85, \$65, \$47, \$30 (student).

• *A Charlie Brown Christmas* - December 1 at 7:00 p.m. Join Charlie Brown the rest of the *Peanuts* characters on their journey to uncover the true meaning of Christmas. Tickets: \$59, \$49, \$42, \$30 (student).

• *The Cher Show* - December 13 at 7:30 pm. This Tony Award®-winning musical of Cher's story, and it's packed with 35 smash hits that will have audiences dancing in the aisles! Tickets: \$89, \$65, \$47, \$30 (student).

### ■ Veteran's Day Concert

Thursday, November 9 at 6 p.m. at First

Baptist Church Shreveport, 543 Ockley, Shreveport. **FREE** concert, hosted by First Baptist Church Shreveport, in recognition of our veterans and their service to our nation, featuring 4 area choirs, members of the Shreveport Symphony Orchestra, Barksdale AFB Color Guard and special guests. Open to the public.

## MEETINGS

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

Saturday, November 11 from 1 to 3 p.m. at the Randle T. Moore Center, 3101 Fairfield Ave (corner of Fairfield Ave and Kings Hwy), Shreveport. Guest speaker James Jones, a genetic genealogist, will present "Fundamentals of DNA and Genetics from A to Z." **FREE** and open to the public. For info call 746-1851 or email [jjohnson747@suddenlink.net](mailto:jjohnson747@suddenlink.net).

## MOVIES

### ■ Silver Screenings

Silver Screenings feature a matinee and luncheon for senior citizens showcasing a classic film on the 3<sup>rd</sup> Tuesday of each month at Robinson Film Center, 617 Texas Street in downtown Shreveport. Movie begins at 10:30 a.m. and is followed by a buffet lunch. Cost is \$16 for movie and lunch. For persons 60 and older, there is a senior discount of \$5, compliments of AARP Louisiana. For info or tickets, visit [www.robinsonfilmcenter.org](http://www.robinsonfilmcenter.org) or call (318) 459-4122

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## Does Macular Degeneration cause you to go completely blind?

Even though macular degeneration is a non curable disease, it does not cause you to go completely blind. The macula is the central part of your vision, so if you get macular degeneration it causes you to lose central vision. The rest of our eye works normally so even in the worst cases of ARMD, patients will still retain peripheral vision. The good news is that macular degeneration is treatable. If you ever notice loss of near vision you need to be seen immediately because the sooner you are treated the better the outcome.



**Chris Shelby, MD**  
WK Eye Institute  
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## Is Osteoarthritis (OA) hereditary?

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



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

## PUZZLE answers (from pages 32 -33)

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

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

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