

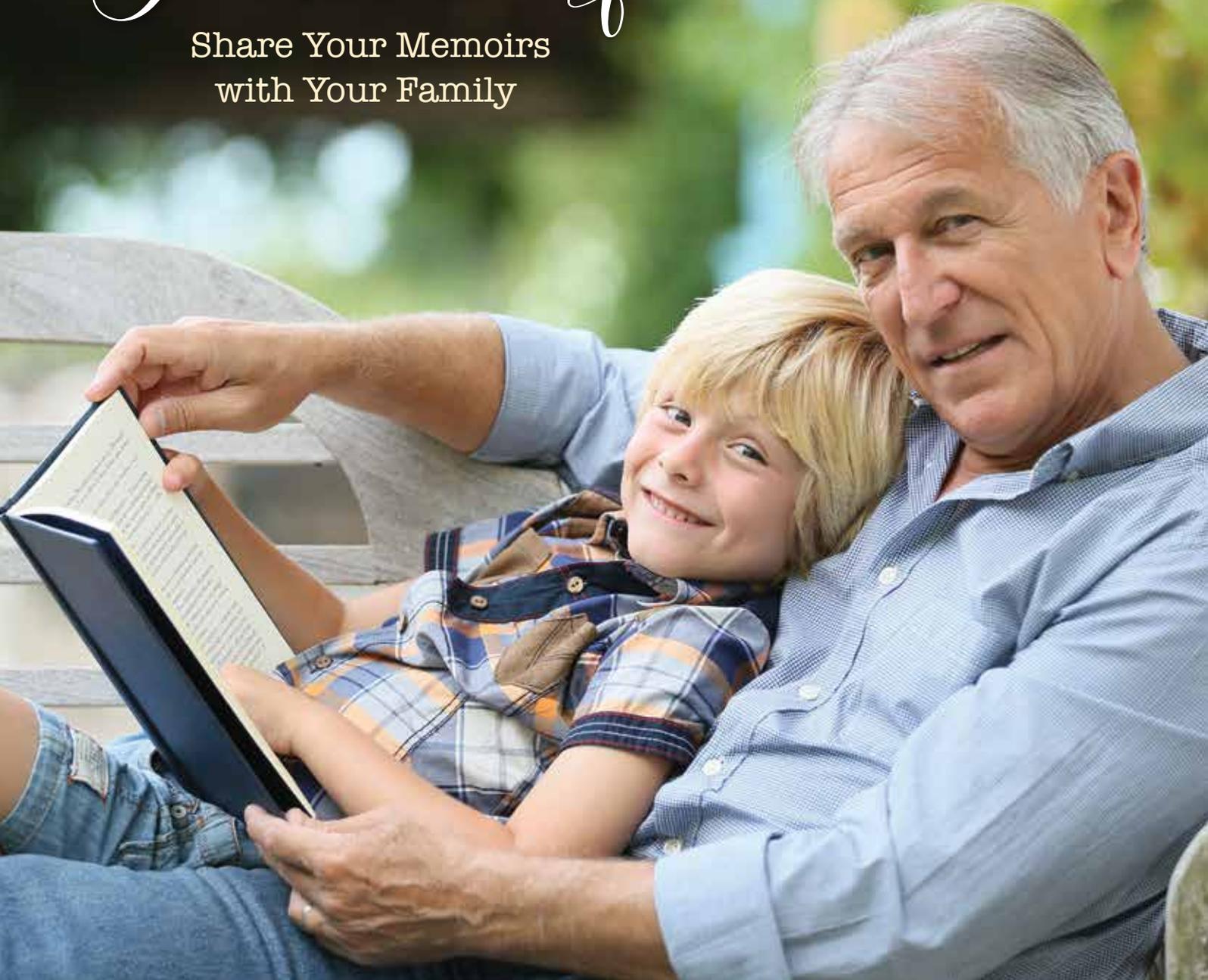
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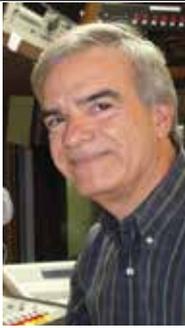
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"Estate Rescue 2018"
Guest: Steve Rainey, with SAFE Planning

June 9
"Caddo Parish Senior Services"
Guests: Monica Wright, Executive Director of the Caddo Council on Aging

June 16
"Live, Laugh, and Love are the Keys to Happiness"
Guest: Loretta LaRoache, a stress management expert, author, & humorist

June 23
"Ike and Kay"
Guest: Robert McMannus, internationally known author

June 30
"Does a Frog Remember its Tail"
Guest: Gregory Fynch, author & lecturer ***Broadcasting Live from Barnes and Nobles in Shreveport, LA**

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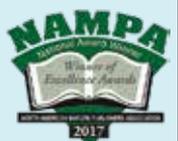
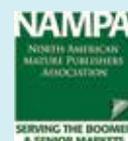
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Medical News & Info

• Sleep Apnea May Be Worse for Women

According to the American Academy of Sleep Medicine, 26 percent of adults ages 30 to 70 have sleep apnea. Left untreated, its sleep-disturbing effects can lead to life-threatening cardiovascular problems, including high blood pressure, chronic heart failure, atrial fibrillation and stroke. And for women, the impact can be even more severe. Studies led by UCLA School of Nursing professor Paul Macey have shown that while men are more likely to have sleep apnea, women with sleep apnea have a higher degree of brain injury which could impact memory and other mental processes among women with the disorder.



Vitamin D Deficiency Linked to Greater Risk of Diabetes

An epidemiological study conducted by researchers at University of California San Diego School of Medicine and Seoul National University suggests that persons deficient in vitamin D may be at much greater risk of developing diabetes. The findings are reported in an online issue of *PLOS One*.

• Do You Eat with Color in Mind?

When you look down at your plate at meal times do you see a variety of colors? If the answer is yes, then you are probably eating very nutritious food. If not, then you may be missing important nutrients during your day. More color usually indicates more nutrition. All fruits and vegetables contain healthy fiber and natural chemicals known as phytonutrients that can help protect against heart disease, cancer and age-related cognitive decline, cataracts and macular degeneration. Health experts say that people should get a minimum of five servings a day of fruits and vegetables. Nine servings are optimal for health maintenance.





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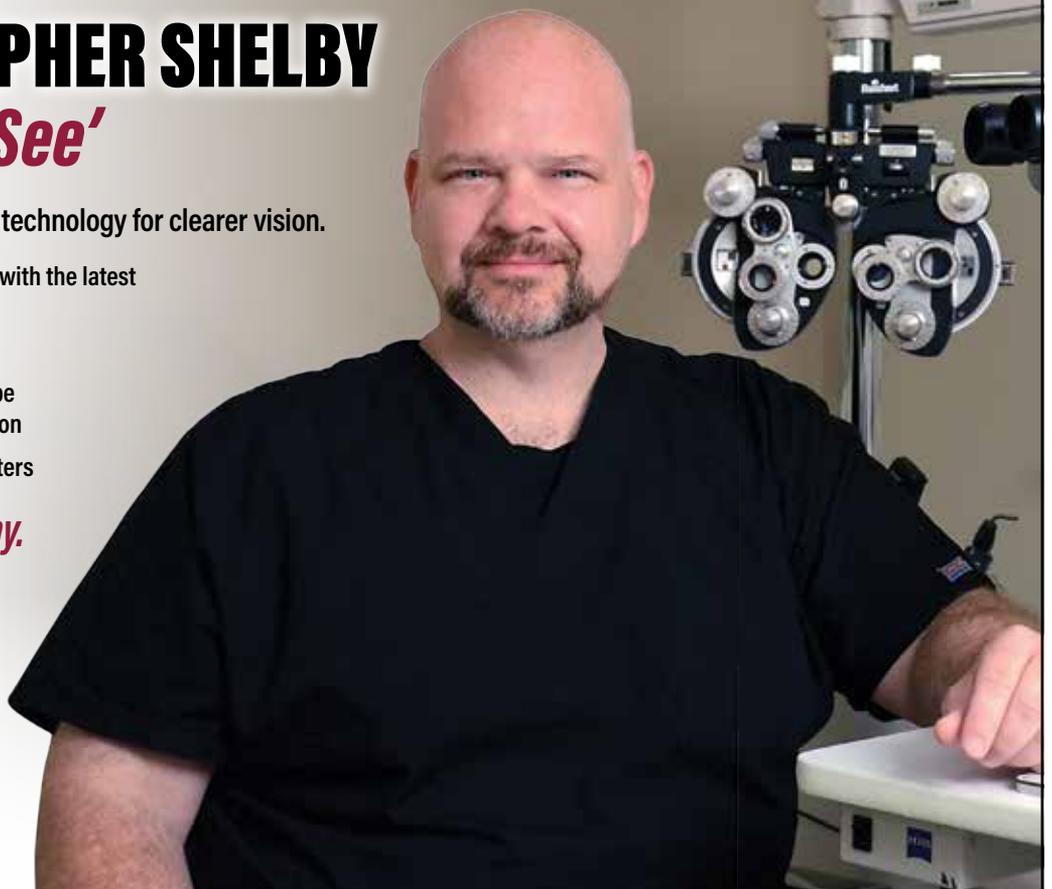
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How Many Spam Calls Can a Person Take on Their Cellphone?



As I sit here and write this article today, my cellphone is blowing up with calls with numbers that I do not recognize. I have gotten to the point if I do not recognize the number, I do not answer the phone. I believe that if someone needs me, they will leave a voicemail and I will call them back immediately. It has gotten very annoying to have this happening, especially when you are trying to handle your job.

I used to answer the phone with Peaceful Rest Funeral Home to hear the click at the other end of the phone, but now all I usually get when I answer is a pre-taped message that wants you to click buttons to talk to someone or call another number. After enduring this torture for the last few days, I have a few suggestions that may help you if you receive these calls in the future.

First, if you don't recognize the number, don't answer the phone. Anyone needing to reach you will leave a message. You can then call them back at the number that shows up on your call history. If you get numbers that you don't recognize and they don't leave a message, then go to your phone history and block the number so they can't call back. They will still have your number in their system and may use a different phone number than the one that is blocked, but then you just repeat the process and keep blocking the numbers. Hopefully, they will eventually quit calling.

Second, there are Apps that are available for your phone that will block Spam callers and advertisers. Some of these Apps have good ratings and do not cost anything to use. Others may cost a certain price per month. Phone companies, where you purchased your cellphone, should be able to tell you which App is the best one to use with your phone and which one will block the most number of calls.

Third, if you get someone calling you telling you are going to be arrested because the Internal Revenue Service has a warrant for your arrest; or, you

These calls are scams and they are trying to **extort money** from the person who owns the phone.

failed to make it to jury duty and you are going to be arrested and need to pay money so you won't be arrested; or, your child/grandchild has been arrested and is sitting in jail and you've called the local jail at the number listed in the phone book or available on-line and your child/grandchild is not there, then you need to call your local law enforcement officers and report these calls. These calls are scams and they are trying to extort money from the person who owns the phone. If you answer these calls, the person on the other end of the line will either try to get you to send them money on a debit card purchased at the store or will try to get information they can use to exploit your credit or gain access to your finances. These are scam calls and they should be reported.

Telemarketers can be placed on the "Do Not Call" lists. Those placed on this lists are not supposed to call the numbers that have been placed on this lists. If they do call, they are supposed to be penalized for calling.

I hope that some of these suggestions are helpful in avoiding some of the unwanted calls that we all receive. I do know this, telemarketers and scammers will always find a way to call. We just have to do all we can to avoid as many of these calls as possible, especially the scammers.

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



Cox

Nutrition Information: Fact or Fiction?

As the field of nutrition continues to grow and new discoveries are made, more consumers are taking matters regarding their diet into their own hands. This can be effective if consumers are aware and diligent in their efforts to avoid misinformation. When seeking nutrition-related information, it can often be difficult to decipher fact from fiction. This is especially true for those over 65, as a large amount of the health fraud today is actually targeted at this group. Luckily, there are some ways to refine your search efforts to find trustworthy and accurate information.



McAlister

Fraudulent nutrition claims are very common due to a variety of reasons. First, any individual can claim themselves as a nutritionist without needing any credentials or educational background. Also, products termed as “dietary supplements” have limited laws and are not regulated by the FDA. Nutrition advice is also often given freely by virtually everyone, though laws in Louisiana are very specific that only a licensed dietitian can provide nutrition care, including advice, counseling,

assessment, and goal setting. Some professionals (ex: certain medical providers, nutrition educators for extension services) are exempt as they provide nutrition care incidental to their job, which is accounted for in the exemptions set by the Center for Nutrition Advocacy. Beware of those giving nutrition advice who are not dietitians or do not fall under specific exemptions.

The best way to protect against false diet information is to



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stay informed and ahead of the common trends in nutrition misinformation. Nutrition misinformation is misleading information that has been given to the public which is not supported by science or may be incomplete. Accurate nutrition information is replicable, peer reviewed, and science based. There are some red flags to spot when sifting through diet information, such as promises of a quick fix, lists of “bad” and “good” foods, recommendations based on one study alone, non-science based testimonials or celebrity endorsements supporting a product, and statements of research that is “currently underway”, which signifies that there is actually no supporting research. Also, be wary of statements that refute the information given by reputable, well known scientific organizations, such as the National Institute of Health (NIH), United States Department of Agriculture (USDA), and the Academy of Nutrition of Dietetics, to name a few.

When searching the internet for health and nutrition information, credible websites are those that end in “.gov” (website of a government agency), “.edu” (website of an educational institution), or “.org” (website for a non-profit). Websites ending in “.net” and “.com” should be approached with caution. When reading a newspaper or magazine article or book, check the author’s qualifications to make sure he or she is educated in the field of nutrition. The credentials “RD” and “LDN” signify that the author has received education in nutrition and is a registered dietitian. “MD” is

also an acceptable qualification. The author should also be a member of a credible nutrition organization. When watching television, such as a news report, remember that one study does not confirm findings to be absolutely true. Be critical when watching reports of a single study, and search for follow-up studies to strengthen the evidence. In general, for all media sources, a good rule to follow is to make sure the information is current and from a reputable organization and that the overall goal is not to advertise a product.

With the overflow of nutrition information and opinions today, it can be difficult to determine what is truthful. In order to avoid nutrition misinformation, stay up-to-date on current trends, visit reputable websites, be wary of any advice given, and do your research to ensure there is significant evidence behind certain diet and health claims.

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.

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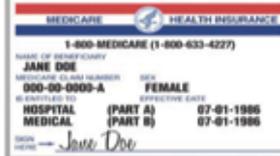
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Too Late!



Homer and Marge (not their real names) opened a family business and did pretty well for themselves. Almost all of their money was tied up in the business, which meant that there wasn't much money in their savings accounts or retirement accounts. So, the family did something in order to protect themselves. Their business was set up as a corporation. And corporations have to follow a rule book. If you own the corporation, you can put pretty much whatever you want in your corporation's rule book. Homer and Marge had put the following rule in their rule book: if Homer were to die before Marge, then the family business must pay for Marge's full maintenance, support and medical care until her death.

Now you probably won't find a rule like that in Exxon's rule book, but each corporation's rule book



Aronson

can be different. Big multi-national corporations have rule books that look very different than family businesses. And that rule Homer and Marge put in their rule book is perfectly legal.

Twenty-three (23) years after opening their business, Homer died. At which point Bart, Homer and Marge's son, took over the business. He did an OK job of running the business, but he didn't follow all of the corporation's rules. Care to guess which one he chose to ignore? That's right, the one that required him to make sure the company took care of his mom.

But Marge never did anything about it. A couple of years later, she died. That's when Bart's sisters found out that he hadn't followed the company rule to take care of their mother. Which got them hopping mad. So mad that they sued their brother.

Bart admitted to the Judge that he was in charge of the family business. He also admitted that even though the business was required to pay for his mother's maintenance, support and medical care, he just didn't do it. He

didn't offer any excuses, but he wanted the case thrown out anyway. Here's why: under normal circumstances, if you die, your rights do not die with you. For example, let's say Barney owes me \$50. But I die before he pays me. Does he still owe the money? He sure does. He has to pay my estate. If he doesn't, my heirs can sue him. But that's not the case in all circumstances. Some rights do die with you.

Bart was convinced that when his mom died, so did her right to sue. He showed the Judge a case that involved a civil service employee who had missed a lot of work due to "illness." The boss thought the employee was abusing the sick leave policy, so he told the employee that he had to get a doctor's note for all future sick leave. The employee didn't like that, so he sued to challenge this new requirement, but he died while the suit was still going on. The suit died with him.

Bart thought his case was just like the civil service employee's case and tried to convince the judge that once his mom died, so did her right to sue. Bart admitted that Marge could have sued him while she was alive, and that she probably would have won her case if she had done so. But once she died, that was it. His sisters didn't inherit the right to sue.

Sound right to you? It did to the Judge; he threw the case out. The sisters appealed. Just a few days ago, the appeal came back: case dismissed, Bart wins. If Marge wanted to go after her son, she could have. But maybe she didn't. Maybe she didn't need the money. Or maybe she didn't want a family fight. But that was a decision for Marge to make, not her daughters.

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

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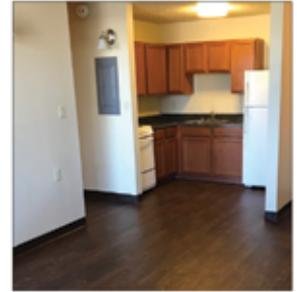


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Data Backup Considerations

What are my options for backing up my computer?

When it comes to computers, it's not a matter of if it's going to fail, but when. With hard drives slowly being replaced by solid state drives, the chances of losing your data is slowly diminishing - but it's not completely gone. Solid state drives today have about one tenth of a percent failure rate, versus its cousin the hard drive, which has a 4-6% failure rate. It's pretty slim, but still possible.



Rinaudo

Backups are a very important tool to be used to guard your data against failures within the machine and failures made by the users of these machines. As malicious activity – such as scams and viruses – escalate, so are the tactics used to deploy them and their level of sophistication. Ransomware is a tool that is starting to be seen more and more. The ransomware will encrypt all of your data and programs and leave your machine in a unusable state. The ransomware then instructs you where to make

Backups are definitely something **any computer user needs to have in their line of defense.**

It will save you the loss of data and the anguish of lost time.

.....

payment if you want your data decrypted. A good backup may be the quickest way to free yourself of ransomware. Backups play a crucial role in protecting yourself from data loss and time loss.

There are many online services available to consumers that allow you to backup your computer to the cloud. When you hear the word “cloud,” it's safe to assume that you can replace it with the word “server.” When you back up to the cloud, your data is usually being compressed, encrypted, and uploaded to a server on the internet where it is stored for retrieval. Most

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online backup services provide you the option to keep multiple versions of files so if you accidentally overwrite a file or want to go back to a particular version of a file on a particular date, you have that option. Online backups are your go-to disaster backup tool. This protects your data from theft, fire or acts of Mother Nature. In the event your home or office is no longer standing, for whatever reason, your data is readily available to be downloaded from the internet. All this data will take some time to download, however.

For non-disaster recovery, I recommend restoring from an onsite backup. This usually entails an external hard drive connected to your computer. Some backup services allow you to backup to a local destination as well as to the cloud. I always recommend having a local backup in the event you need to recover from a computer failure and you don't want to wait 8 hours to download all your data from the internet.

Backing up your files is a good first step for protecting yourself, but if you really want protection then you will want to make sure you have a bare metal backup. This backup provides a way for you to restore your operating system, programs and files back to a specific point in time. This is the backup you want if your computer loses a hard drive or you're infected with the latest greatest ransomware. You can simply restore your machine from a bare metal recovery and you're back up and running without having to reinstall the Operating System and programs one at a time, or reconfiguring everything. It's all there ready to be restored. It's like going back in time.

Backups are definitely something any computer user needs to have in their line of defense. It will save you the loss of data and the anguish of lost time.

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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Tangerine

by Christine Mangan

I admit, when I see that new book's film rights have already been auctioned off (in this case to George Clooney's production company), I'm quick to investigate the story and its production appeal. In this case that book is *Tangerine* by Christine Mangan, a psychological thriller that delves into the intense and strange friendship of Alice and Lucy.



Rinaudo

The story is told from the alternating points of view of the two women: Alice is an isolated, wealthy British girl who moved in with her aunt when she was a young child following the death of her parents. Lucy is a girl of rough origins and no financial means who seems to have a gift of "knowing things". The girls were college roommates, but a dark event during college lead them to part ways. Alice married quickly and moved to Tangier in Morocco, effectively isolating herself from the rest of the world. She is clearly miserable in Tangier, unhappy with her marriage and her life, but when Lucy unexpectedly shows up in Morocco to extend the hand of friendship once again, the story gets strange.

From chapter to chapter, it becomes clear that at least one of the women is not sane, but the story is told in such a way that it's

not clear who - if either - is telling the truth. Both women's memories are altered by pain and obsession. They need one another in an unhealthy way neither can quite describe. But as memories of the past resurface, the tension of the story seeps in like the relentless heat of the Moroccan sun.

Tangerine - so named for the tourists who flood Tangier - is built on layers of fear: the escalating political tensions of the region, Alice's unpredictable husband with a questionable job, a local grifter with deceptive intentions, Lucy's unclear motives and Alice's glimpses into the past and dawning realizations about the present, all unfold to support one another to form the perfect atmosphere for trouble and the fulfillment of dark intentions.

The book is an interesting read, one that managed to hold my attention, even if it did take a while to ramp up to speed. Throughout the book, as certain characters would surface, a sense of unease would creep over me. The setting and story remind me of a Hitchcock film, rife with mystery, suspense and ready-made for the big screen.

Grade: B

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.

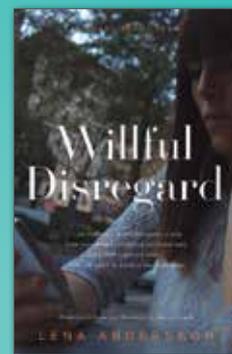
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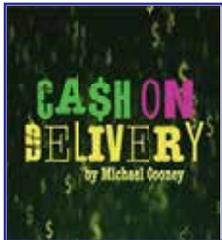


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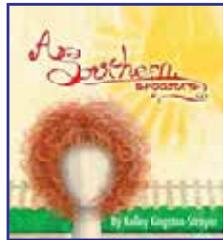
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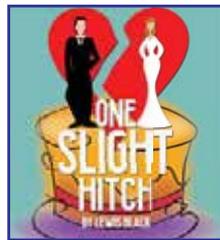
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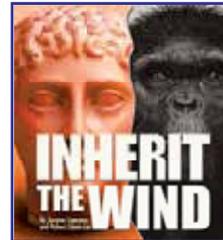
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Durham Looks Back at The Seekers

Fifty years ago, The Seekers were a pop music sensation. Featuring members Athol



Thomas

was a nominee at the 1967 Oscar ceremony for 'Best Song' for the film of the same name, although it lost to "Born Free."

The Seekers had burst onto the world music scene just 2 years earlier with their 1965 hit "I'll Never Find Another You," but Durham struggled with the sudden celebrity status.

"I was suddenly thrust into the international spotlight and found myself inadvertently in competition with the glamorous UK stars of the period – Dusty Springfield, Sandie Shaw, Lulu, Twiggy," said Durham from her home in Melbourne. "I was a 20-year-old girl who worked by day as a secretary, and I weighed more than 10 stone (140-lbs at 5'2"). Those girls were 'real' stars to me – slim, pretty, and wearing beautiful

clothes. I sewed my own frocks for TV shows and performances! I didn't feel I was glamorous enough to be the pop star I was being projected as. It caused a lot of anxiety for me for the first two or three years."

From 1965 to 1968, The Seekers' sound enchanted the pop music world with a string of hits including "A World of Our Own," "Someday, One Day," and "The Carnival Is Over" (see www.theseekers.com.au). But as the group's popularity increased, the pressure on the lead singer continued to mount.

"We worked constantly for four years and when we weren't doing seasons of tours, we were in the recording studio. It was exhausting." So, in July 1968, Durham parted ways with The Seekers to pursue her own career (see www.judithdurham.com).

With her departure, The Seekers disbanded, although the group reformed over the years with various replacement lead vocalists, while Durham focused on her solo career. Enviously, however, the group's enduring popularity led to several reunions of the original ensemble.

Reuniting with The Seekers meant putting her 25-year solo career on



Production still from The Seekers Down Under TV special in 1967.



Judith Durham then and now.



The Seekers onstage in the UK in 2014 during their sold-out Golden Jubilee tour.

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hold, but Durham felt compelled. "I wanted to do it for the group's fans, who had remained so loyal for so long, and who had never stopped pleading with us to come back. What I didn't realize was that it would become an on-again, off-again situation for another 25 years!"

But four years ago, tragedy struck.

"We were still performing by the time our 50th anniversary rolled around. During a sell-out Australian tour as part of our Golden Jubilee in 2013, I suffer a brain hemorrhage after the first of four nights in Melbourne."

Durham was in hospital and rehab for six months and her recovery still continues.

"That was a difficult time," she admitted. "I had problems finding the words I needed in conversation, and still do to a certain extent. I effectively had to learn to write again. But my long-term memory wasn't affected, so I had no problem remembering things like lyrics. And thankfully, my voice wasn't affected in any way."

Looking back on the past 50 years, Durham – who turns 75 in July – has continued to forge ahead through the good times and the bad. "Even though age and illness have slowed me down some, I still crave creative stimulation," she says. "I hope I can still absorb myself in those pursuits until it's time to go."

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



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The Story of *Your Life*

Share Your Memoirs with Your Family

by Sarah (Sally) Hamer

*Since you are like no other being ever created since
the beginning of time, you are incomparable.*
– Brenda Ueland

And, because we are incomparable, every one of us has a story to tell, a story for the benefit of future generations, whether just your family or for the general public.

I have a very precious thing that has been handed down in my family through seven generations. It's a 25-page biography of one of my grandfathers who was born in Inverness, Scotland in 1753, attended medical school in Edinburgh, was conscripted into Cornwallis' army, and took ship to deal with the rebellious colonists across the pond in 1776. He fought against men who were passionate about their freedom until he was captured in the Battle of Cowpens. After the war, he and his wife and children searched for their own freedom and moved west to the wild frontier of the 'Bloody Hunting Grounds' of the Shawnee Indians in what is now Kentucky, where they lived in constant danger. Finally, he took his family even farther west, into Indiana and Illinois. At the end of his long life, he told his story to one of his grandsons, my five-time great grandfather, who wrote the stories of war and travel and danger down for us, John Og McIntosh's grandchildren.

My point is that, even though it isn't great literature, John Og McIntosh's story is intimately connected to me, my children and my grandchildren. We have more than naked names and dates to remember him by. We can hear his thoughts, feel his fears and concerns and, finally, we can tell what kind of a man he was. Without this, his life would have been forgotten long ago.

That's what your own story can mean to your children and grandchildren and great-grandchildren, even if it seems that they don't want to listen right now. But these stories, and by association, you, yourself, are important. Remember, you are incomparable. And writing your story down may be the only way – except for the DNA in your cells – that you can connect with future generations.

One of the reasons I think that connection is particularly important is because we have become so disconnected. We don't have direct links our families for several

The **strength of a memoir** is that anyone can tell a story about an extraordinary event in their life. And, even if we ourselves are not 'extraordinary', **our experiences – love, life, children, successes, failures, joy, despair – can be teaching tools.**



If you don't tell it,

reasons, but I believe the lack of family stories are a large part of that.

In our world, our technology – ships, trains, automobiles, television, cell phones, internet - allows us to exist without the deep family ties of before. We no longer have multiple generations living in the same household. In fact, we may live hundreds of miles away from our families. Letters are a thing of the past. Sunday afternoon get-togethers may only happen once or twice a year. Air-conditioning has effectively taken away the porch sitting where so many stories were told. We're in great danger of losing our family stories through these technical evolutions, and ultimately, we can also lose our sense of identity.

Telling our life histories – putting them down on paper for people to read and remember and learn from – is a path from the past to the future that can bring families together through a common interest.

The two most accepted ways of telling stories are memoirs and autobiographies, which allow us:

- To say what you want to say about yourself.
- To tell of heartbreak and joy, of things you've learned, of things you regret

- To help others in ways that only you can, with your very personal experiences

An autobiography is usually a birth-to-death story, often starting with an 'I was born on a dark rainy night in the middle of a sunny day'- type format. This is usually more appropriate for a celebrity or famous person.

Telling our life histories – putting them down on paper for people to read and remember and learn from – is a path from the past to the future that **can bring families together through a common interest.**

On the other hand, a memoir is more of a slice-of-life story, where a particular time period or set of events is the focus. The strength of a memoir is that anyone can tell a story about an extraordinary event in their life. And, even if

we ourselves are not 'extraordinary', our experiences – love, life, children, successes, failures, joy, despair – can be teaching tools.

Think about this: We are each the surviving descendants of survivors. Each of our grandparents and great-grandparents survived life, or we wouldn't be here. How they survived often is a lesson which should be shared.

Many of our families are immigrants from one place to another, regardless of where. Our ancestors moved as populations of people – across huge tracts of land and/or oceans, away from glaciers in ice ages or to areas with more abundant food, toward religious freedom or away from tyranny – and most of them told stories about their experiences.



who will?

The best example I can give of this are in the Hebrew Bible. It's full of stories about men and women as they are exiled to Babylon or Egypt, for instance, or as they fight for their principles.

They tell their life stories, not because they themselves are special, but because they wanted to leave a legacy for their children.

And, we can too.

So much of our history is watered down by celebrity or politics or forgetfulness, we can lose our purpose in life, thinking that others have 'The Answer', that we don't.

Even though there are three-point-something million books being sold on Amazon this week, how many are true tellings of how we have survived floods and earthquakes and famine and plagues? Not enough, in my opinion.

So, what life experience taught you the most? What do you want to share with others, whether your own children or not?

The best way to get started on your story, is to get started. As with my great-grandfather, there is no need to be famous, or a great writer, or even someone particularly special. But we are special to our family.

I helped another family member research his genealogy and we were both delighted to find that one of his great, great-aunts had scribbled the story of 'Why the Lyles no longer own a Mississippi River plantation' down on a torn piece of paper. It told the story of how they had lived in Southeastern Missouri during the New Madrid Earthquake in 1811 when their home and plantation was destroyed by the Mississippi River changing course. He had never heard that story and it immediately created an amazing connection between him and those long-dead family members and the tragedy they'd experienced.

Your story can be as simple and short as my Lyles cousin, or a full-length book. It can be about a specific event or about a lifetime. And it can be commercially published or just handed down to the family.

But it should be told.

Do you have a story?

I bet you do. In fact, I bet you have a lot of them.

And, if you don't tell it, who will?

Sarah (Sally) Hamer is a teacher of memoir, beginning and advanced creative fiction writing, and screenwriting at LSU in Shreveport. She writes in many genres - mystery, science fiction, fantasy, romance, medieval history, non-fiction - and has won awards at both local and national levels, including two Golden Heart finals. She also is a book coach, with many of her students and critique partners becoming successful, award-winning authors. You can find her at sallyhamer.blogspot.com

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2 “When you stand and share your story in an empowering way, **your story will heal you and your story will heal somebody else.**”
– Iyanla Vanzant

3 “**Everyone has something they can share.** I'm not famous. I don't have anything that would be newsworthy, but I have stories.”
– Iyanla Vanzant

4 “My life has been such a blur since I was 18, 19 years old. I haven't even had time to contemplate my own life. **By forcing yourself to write your life story you learn a great deal about yourself.**” – Grant Achatz

5 “Share your story with someone. You never know how one sentence of your life story could **inspire someone to rewrite their own.**” – Demi Lovato

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The First United Methodist Church at the head of Texas Street in downtown Shreveport has been a central part of the city for many years. Here is a blend of that location using an old picture from the 1950s and a recent picture. As you can see, the church hasn't changed much other than the steeple replaced the large cross and the Justin Gras building on the left is now long gone.

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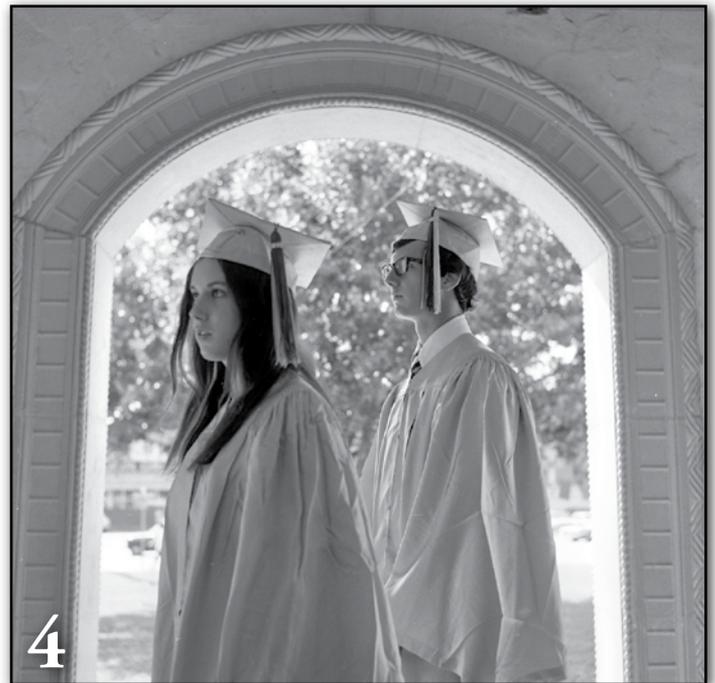
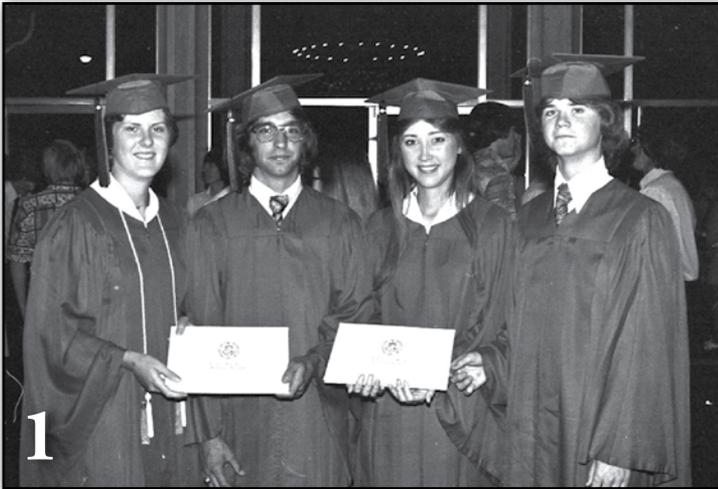


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The Best of Times has partnered with Archives and Special Collections of the LSU Shreveport Library to identify individuals and events in their collections. Please email Tina at editor.calligas@gmail.com or Laura at laura.mclemore@lsus.edu if you have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



1. American Legion Hall of Fame Graduates, May 25, 1976, at Riverview Civic Theatre in Shreveport. 2. Three men pose for snapshot at Anti-Communist Ark-La-Tex meeting, May 24, 1961. 3. Agenda Club Award to a student, June 4, 1967. 4. Girl and boy in caps and gowns at A.C. Steere, May 19, 1972. (All photos from *The Shreveport Times* collection.)



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Image by Neil Johnson Photography

Pursuing the Dream

The Civil Rights Trail

by Andrea Gross • photos by Irv Green

At first glance it's an unassuming little church, one that befits a small town in central Georgia. Along with about 20 other people, I walk through the arched doorway. A woman hands me a sheet of paper.

"Inside this building it is April 17, 1944," she says. "Here in the First African Baptist Church of Dublin, we're having an oratory contest. We will all attend that contest, and you will each play the part of the person whose name is on the paper I gave you."

She pauses and smiles broadly. "One of the contestants is a fifteen-year-old boy named Martin Luther King. The speech he gave on this day was the first public speech of his career."

King did well in the competition, but it wasn't his speech, titled "The Negro and the Constitution," that changed the course of history. It was what happened afterwards.

I look at my paper. I'm to play the part of Sarah Bradley, the teacher who accompanied King to the competition. I stand up when my name is called. I tell about our bus ride back to Atlanta, how Martin and I were told "by the brutish driver" to move to the back of the bus to make room for a group of white passengers, and how Martin resisted but when I pleaded with him not to make a scene, eventually moved with me to the back. It was, I say, the angriest he had ever been and a moment that would stick with him forever.

Later, back as my own self — a simple visitor to Dublin rather than a chaperone at an oratory contest — I realize that it was here that Martin Luther King began to formulate his dream to "one day live in a nation where [people] will not be judged by the color of their skin, but by the content of their character."



The fight for civil rights was brought into sharper focus in January 2018 with the launching of the United States Civil Rights Trail. Spanning more than 100 sites in 15 states plus the District of Columbia, it showcases places that played significant roles during the Civil Rights Movement of the Fifties [when the first large demonstration against segregation took place in Montgomery] and the Sixties [when Martin Luther King was assassinated in Memphis]. By the Seventies the fight for equality had shifted to a new phase, one that hopefully will be explored in a future Civil Rights Trail.

The sites include well-known places, such as Central High School in Little Rock, Arkansas where nine teenagers were refused entrance to an all-white high school, as well as less familiar places such as Monroe Elementary School in Topeka Kansas, where segregationist policies led to the Supreme Court decision that legally ended racial segregation in the United States [Brown v. Board of Education].

I begin my exploration of the Civil Rights Trail in Atlanta, the city where Martin Luther King was born and where he was living with his wife and children when, having gone on a quick trip to Memphis to give a speech, he was assassinated.

At The Martin Luther King, Jr. National Historic Site I tour his Birth House, visit the church where he was baptized and spend a quiet moment sitting by the reflecting pool that surrounds his tomb and that of his wife, Coretta Scott King.

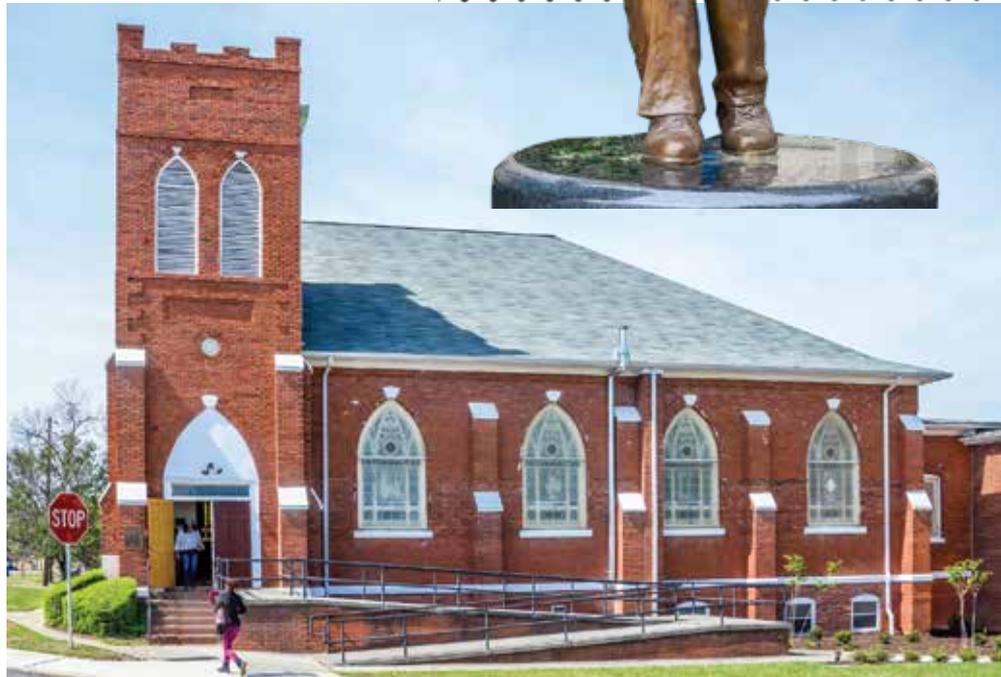
A three-hour drive brings me to Albany, where a group of young teens used music to publicize and win support for the burgeoning Civil Rights Movement. Rutha Mae Harris, now 76 years old and the only one of the original Freedom Singers who still performs regularly, enters a small auditorium, flashes a megawatt smile, and tells us how folksinger Pete Seeger realized that the group's heartfelt songs, which were often derived from familiar hymns or spirituals, would help spread the movement's message to folks across the nation.

Within the next year the teens travelled to 46 of the then-48 states, singing songs like "We Shall Overcome" and "This Little Light of Mine." They performed alone, with Seeger, and eventually with other well-known entertainers such as Peter, Paul and Mary, John Denver and Bob Dylan.

Rutha pauses, takes a deep breathe and, oh my, her voice fills the room. Shivers run up my spine as this woman belts out songs that show how courageous leaders and ordinary people fought, prayed and yes, sang to win equal rights for all people. Her voice is powerful, her passion undeniable.

At the end of my tour, with the songs of the Freedom Singers still ringing in my ears, my thoughts go back to that time nearly 75 years ago when a fifteen-year-old boy and his teacher were forced to the back of the bus. Today, in front of Dublin's First Baptist Church of Dublin, a giant wall painting shows a young girl who, by blowing on a dandelion, which is the ancient symbol of hope, expresses her wish that Martin Luther King's dream will continue to inspire future generations. •

Left: Wilfred Stroud's giant mural, "From Africa to America," is on display in the Tubman Museum in Macon, the largest museum in the United States dedicated to the art, history and culture of African Americans.



Top: A statue of Martin Luther King stands in front of the Georgia state capitol in Atlanta.

Below: Martin Luther King gave his first public speech during an oratory contest in the First African Baptist Church of Dublin.

For more information about these destinations and others on the Civil Rights Trail, see "Napkin Notes" on www.traveltizers.com

Tortilla Pizzas

Prep time: 15 minutes

Cook time: 10 minutes

Servings: 4

- 4 flour tortillas (8 inches)
- 1 can (15 ounces) refried black beans
- 4 fresh plum tomatoes, chopped
- 1 can (4 ounces) sliced jalapenos, drained
- 1 $\frac{1}{3}$ cups shredded Mexican cheese blend
- 1 tablespoon chopped fresh cilantro
- chipotle-ranch dressing (optional)

Heat oven to 400 F.

Bake tortillas directly on oven rack 2 minutes. Cool. Spread $\frac{1}{4}$ cup beans onto each tortilla. Top evenly with tomatoes, jalapenos and cheese.

Bake 8 minutes, or until cheese is melted. Sprinkle with cilantro just before serving.

Tip: For added flavor, drizzle pizzas with chipotle-ranch dressing.



Festive **Fiesta** Flavors

Serve up some spice with fun party dishes

FAMILY FEATURES

Make your next fiesta one to remember with colorful decor, festive touches and, perhaps most importantly, unique and mouthwatering recipes that bring guests back for seconds.

To find more ways to spice up your fiestas as well as everyday recipes, visit riolunapeppers.com/our-meals, and find Rio Luna Organics on Facebook and Instagram.



Jalapeno Brownies

Prep time: 15 minutes

Cook time: 15 minutes

Servings: 16

- $\frac{1}{2}$ cup vegetable oil
- 1 cup sugar
- 2 eggs
- 1 can (4 ounces) diced jalapenos, pureed
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup, plus 3 tablespoons, all-purpose flour
- $\frac{1}{3}$ cup cocoa powder
- $\frac{1}{4}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- powdered sugar (optional)

Heat oven to 350 F.

In medium bowl, whisk oil, sugar, eggs, jalapenos and vanilla until blended.

In separate bowl, combine flour, cocoa powder, baking powder and salt; add to egg mixture. Mix just until combined. Pour into greased 8-by-8-inch baking pan.

Bake 15-20 minutes, or until brownies pull away from sides of pan easily. Cool in pan on wire rack.

Tip: Dust with powdered sugar before serving for added flavor and enhanced presentation.

Coleslaw with Green Chile Dressing

Prep time: 20 minutes

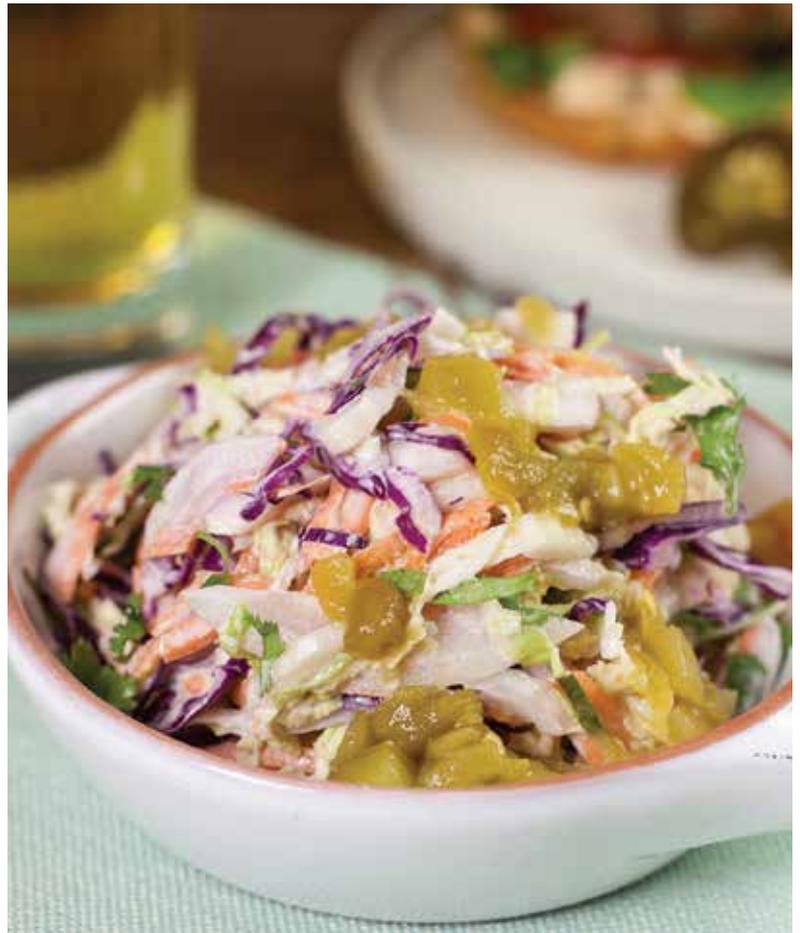
Servings: 6

- 1 ½ cups mayonnaise
- 1 cup sour cream
- ¾ cup diced green chiles, drained
- 6 tablespoons apple cider vinegar
- 2 tablespoons Dijon mustard
- 2 tablespoons Sriracha sauce
- 2 tablespoons agave nectar
- 2 cups shredded napa cabbage
- 1 cup shredded red cabbage
- 1 cup shredded carrots
- ½ cup thinly sliced white onions
- 2 ¼ teaspoons kosher salt, plus additional, to taste
- ½ teaspoon ground black pepper, plus additional, to taste

In medium bowl, whisk mayonnaise, sour cream, chiles, apple cider vinegar, Dijon mustard, Sriracha and agave nectar until well blended.

In large bowl, combine napa cabbage, red cabbage, carrots, onions, salt and pepper. Add mayonnaise mixture; toss until well coated. Season with additional salt and pepper, if desired, to taste.

Tip: Coleslaw can be prepared ahead of time and refrigerated up to 1 day. Toss before serving.




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Culture.

Events.

Advice.

June Get Up and Go



Sunflower Festival • June 17

EVENTS

• 20th Annual Sunflower Trail and Festival

9 a.m. to 3 p.m. on Saturday, **June 17**, at Red River Crossroads Museum, 12797 Main Street in Gilliam. The festival will feature a scenic sunflower trail, sunflower picking, arts and crafts, live entertainment, art exhibits, children's activities, a sunflower photography contest, food vendors and more. Admission is FREE. To drive the Sunflower Trail, turn

right at Old Dixie Gin and Sentell Road and drive the loop around the levee. Sentell Road circles back to Highway 3049 at Cornerstone Baptist Church, just north of Dixie. This scenic drive features several sunflower varieties and wildflower fields.

• Le Tour des Jardins

Northwest Louisiana Master Gardeners annual spring garden tour. This year's tour will take you through 8 beautiful private gardens. 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. Proceeds from the garden tour fund future Master Gardener projects. www.nwlamg.weebly.com.

Northwest Louisiana Master Gardeners

2018
Le Tour des Jardins
Garden Tour

Saturday, May 12, 10 am until 5 pm
Sunday, May 13, 1 pm until 5 pm

Tickets \$10 in Advance
Available at Citizens National Banks
Or by calling Master Gardeners at 318-698-0010

Le Tour des Jardins • May 12 - 13

FARMERS MARKETS

• Bossier City Farmer's Market

South parking lot of Pierre Bossier Mall in Bossier City. 9 a.m. to 1 p.m. Every Saturday through November. Produce, arts & crafts, food trucks, handmade goods, plants, baked goods & more.

• Shreveport Farmers Market

Saturdays, **June 2 - August 25 (except June 16)**, 7 a.m. to 12 noon. Under the pavilions at Festival Plaza in Downtown Shreveport

at 101 Crockett St. (where Crockett St. and Commerce St. intersect.) Booths will offer produce, meat, honey, plants, artisan food products and agricultural goods produced within 100 miles of Shreveport. The Market Café will be



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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

open. For more information, please visit www.shreveportfarmersmarket.com.

MEETING

• Ark-La-Tex Genealogical Association Meeting

Saturday, June 9 from 1 to 3:00 p.m. at the recreation building at Betty Virginia Park on Line Ave in Shreveport. Guest speaker Margaret Dupree, family historian, will give an overview of the Family Tree Maker software program. In addition, genealogist



Genealogical Meeting June 9

Peggy LaCour will present 'DNA and GEDmatch: What? Why? How? Then What?' **FREE** and open to the public. For information call 746-1851 or email jjohnson747@suddenlink.net

SENIOR CENTER FUN

• Caddo Council on Aging

Coffee and cookies at 9:30 a.m.; program at 10 a.m. For more info call 676.7900.

• Friday, **June 1**: Senior Tech Talk with introduction to laptops, tablets, smart phones and other tech tips. Querbes Community Center, 3500 Beverly Place, Shreveport.

• Thursday, **June 7**: "A Promise Kept" by Bonita Bandaries. Valencia Community Center, 1800 Viking Drive, Shreveport.

• Friday, **June 8, 15, 22, & 24**: Senior Tech Talk with introduction to laptops, tablets and smart phones. Valencia Community Center, 1800 Viking Drive, Shreveport.

• Thursday, **June 14**: "Stroke Prevention", Beth Springer, Willis Knighton Pierremont Stroke Center. Valencia Community Center, 1800 Viking Drive, Shreveport.

• Thursday, **June 21**: "Chair Aerobics" Nora Wilbert. Valencia Community Center, 1800 Viking Drive, Shreveport.



Senior Tech Talk • Fridays

• Thursday, **June 28**: "Stress, Loneliness & Safety for Seniors", Janice Goodrich, YWCA. Valencia Community Center, 1800 Viking Drive, Shreveport.

SEMINAR

• If You Need Nursing Home Care, How Will You Pay For it?

Presented by Gilsoul & Associates, LLC. Saturday, June 9 from 2:00 to 4:00 p.m. Shreve Memorial Library, Broadmoor Branch, 1212 Captain Shreve, Shreveport. Learn how to qualify for Medicaid and preserve your wealth. **FREE** and open to the public, but RSVP required. Call 318-524-9966.



Shreveport Farmers' Market June 2 - Aug. 25

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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

I am told once I choose hospice I cannot return to the hospital. If I choose hospice care, am I able to return to the hospital?

YES, once you select hospice care, your care and options are actually expanded, not limited. The hospice team is there to help you manage your healthcare decisions. Call Regional Hospice at 318-524-1046 any day of the week to arrange an informational visit.



Toni Camp
Regional Hospice Care Group
8660 Fern Avenue, St. 145
Shreveport, LA 71105
(318) 524-1046
See our ad on page 17.

How can people partner with healthcare centers to make them a better place to live?

Visit, visit, and visit. Choose a healthcare center and indicate your interest to the Administrator, Activities or Social Services Director. Indicate if you have any special talent or gift, or if you just want to befriend someone. They can likely find a need you can fill that will give some residents a smile and a sense of gratification for you.



Vicki Ott
Highland Place
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 27.

I have heard that Glaucoma is a painless disease. How often should I get checked for Glaucoma?

Glaucoma is considered the silent thief of sight. It is painless, progressive, and can cause complete blindness. Every person over the age of 40 should be checked, if they have never had a glaucoma check, and then every 2 - 3 years after that. Glaucoma is more prominent in the elderly, so persons over the age of 65 should be checked yearly, especially if you have a family member with the disease. Glaucoma can be successfully treated with medicine and/or surgery to help prevent the loss of sight.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
See our ad on page 7.

Is Osteoarthritis (OA) hereditary?

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



John J. Ferrell, M.D.
Mid South Orthopaedics
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The Best of Times News

November 2017 Issue

- Volunteer: Building Bonds and Supporting Our Area
- New Dating Violence Law Added by Louisiana Legislature
- St. Therese: Special Masses With a Personal Touch
- New Crime Alerts: () Download (11 & 16)

The Best of Times Reads More on How We Built: Plus, by Anne, 10/18

November 19th, 2017 - Saturday @ 10:00am (7:00 NEWS)

SHREVEPORT: John Medina, author and renowned healthcare strategist

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NorthWest Louisiana's premier online magazine providing the locally recognized and

PUZZLE page

Turn to page 39 for solutions.

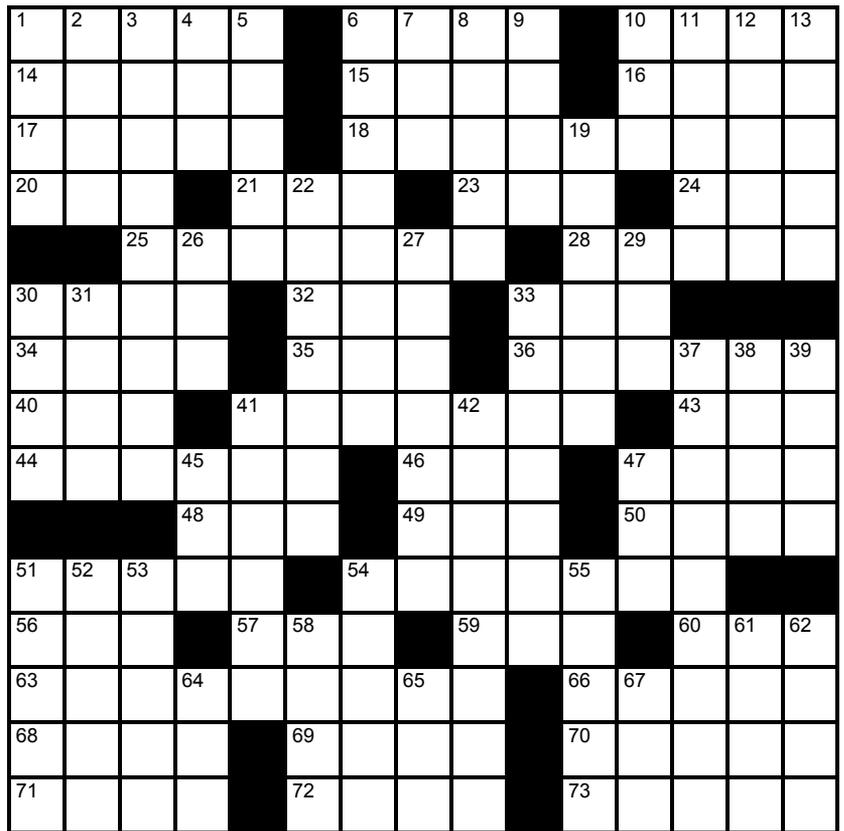
Crossword

Across

- 1 Milky gems
- 6 Newborn
- 10 Trails off
- 14 Loose fitting garment
- 15 Wows
- 16 Collagist's need
- 17 Refuse
- 18 House siding
- 20 Bobby of hockey
- 21 Cooking pan
- 23 Colorant
- 24 Belfast grp.
- 25 Insensitively
- 28 Airfield part
- 30 Yearn
- 32 Stew ingredient
- 33 Ed. group
- 34 Trot or canter
- 35 Grammy category
- 36 Sickly
- 40 Mins. and mins.
- 41 Take a hike
- 43 Prefix with natal
- 44 Blood vessel
- 46 Fitting
- 47 Small amphibians
- 48 Is no longer
- 49 Prompt
- 50 Moonshine mix
- 51 Citadel student
- 54 Betray
- 56 Lab eggs
- 57 Capt.'s guess
- 59 Clairvoyant's gift
- 60 Bring into play
- 63 Good one
- 66 Fill with joy
- 68 Headed for overtime
- 69 D.E.A. agent
- 70 Badger-like carnivore
- 71 ___-ran
- 72 Youngster
- 73 Supports, in a way

Down

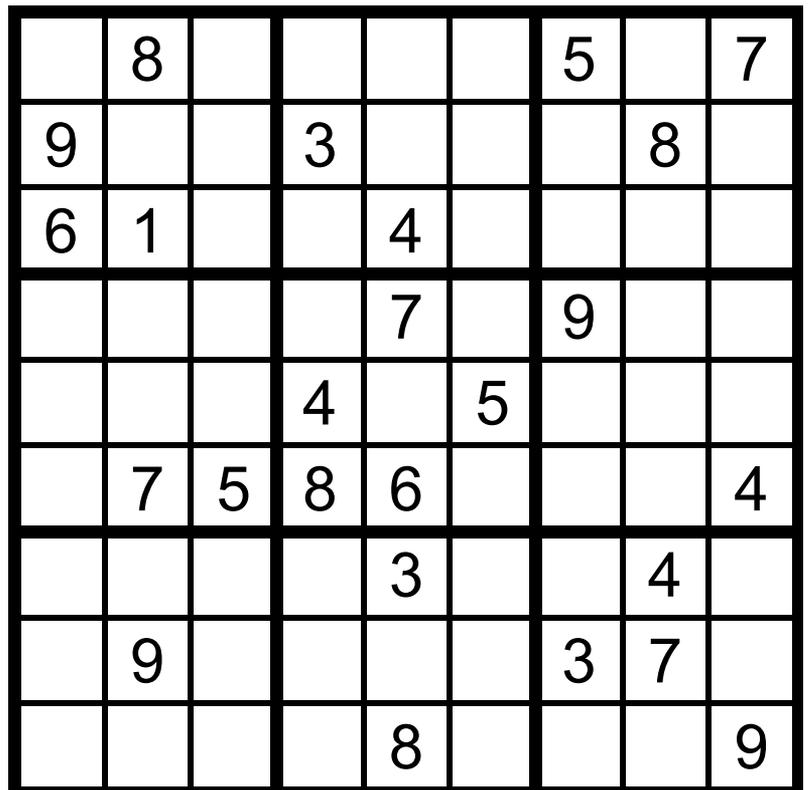
- 1 Chemistry Nobelist Hahn
- 2 Engine sound
- 3 Vanzetti, for one
- 4 Fleur-de-___
- 5 Vowel sound
- 6 Type of driver
- 7 Leatherworker's tool
- 8 Like some eyes
- 9 Glimpse
- 10 Psychoanalysis subject
- 11 British P.M. Tony
- 12 Grand Canyon transport
- 13 Roomy vehicle
- 19 See 41 Across
- 22 Large fish hawks
- 26 Soak flax
- 27 Marquis de ___ (French mathematician and astronomer)
- 29 Sidekick
- 30 Turkish title
- 31 Author John Dickson ___
- 33 Light colors
- 37 Enkindle passion
- 38 Hair controllers
- 39 "Holy cow!"
- 41 Kitchen gadget
- 42 Luxury
- 45 Lamb's mother
- 47 Outback runner
- 51 ___ del Sol
- 52 To no ___ (fruitlessly)
- 53 Ladies, in Runyon's tales
- 54 Malaysian dish
- 55 La Scala offering
- 58 Salon request
- 61 Editor's mark
- 62 Wiggly fish
- 64 Big fuss
- 65 Biblical boat
- 67 Test site



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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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parting ●● ●●● shots

BYRD REUNION

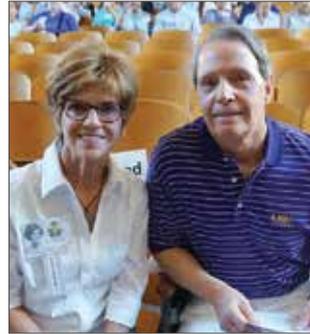
The 1968 graduates of C.E. Byrd High School celebrated their 50th reunion the weekend of April 28.



David and Kay Brookings with Mittie and Bill Bond



Thomas Littell, Allison Palmer, Melissa Welborne, Patti Blumberg, and Debbie Unverzagt



Charlotte Watson and Hal Carter



Jimmy and Catherine Patton



Mary Alice Rountree and Lan DeGeneres



Robert and Margaret Eckel



Sanders Hearne, Nancy Walker, Suzanne Hearne

SUMMERFIELD

Summerfield Estates in Shreveport held an open house on April 21.



Winnie Roberts and Betty Daily



Glenn Watkins



M.O. Green and Joe Stone



Donald Glasgow, Bobbie Harris and Carl Prothro

AUTHORS IN APRIL

Authors in April, a benefit for the LSUS Pioneer Heritage Center, was held on April 21, at Sam's Town Casino Hotel. The annual event featured critically-acclaimed author Amor Towles, author of Rules of Civility and A Gentleman in Moscow.



Charlcie Bain, Marianne Mosteller, and Judy Cassibry



Glenda Ilgenfritz and Frances Washburne



Rev. Father Jason Foster of Holy Nativity Orthodox Church greets internationally known author, Amor Towles



Jane Clawson, Marilyn Merkle, and Nancy Cosse

TEEN USA

The Miss Teen USA Preliminaries were held on May 16 at Horseshoe Casino's Riverdome.



Ronald Lowery, Candy Welch, Ann Villapando, and Gail Mitchell.

Want to
Submit Photos to
Parting Shots?

Email your photos, including event title, date, location and names of people in the photos to:
editor.calligas@gmail.com

PUZZLE answers

Sudoku

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

Crossword

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

When you need nursing home care, how will you pay for it?

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Nursing home care can cost over \$5000 per month.

Fees like that can wipe out your savings in short order, leaving you to the bare minimum of care covered by Medicaid and nothing extra. Extras like recreation. Like dental care. Like extra personal care. And something to your children instead of going broke.

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

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



FREE Seminar!

June 9

2:00 - 4:00 p.m.

**Shreve Memorial Library
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1212 Captain Shreve Drive
Shreveport**

**Call 524-9966 to
reserve your spot.**



Joe Gilsoul



Lee Aronson

Gilsoul & Associates, LLC

2950 Fairfield Avenue, Suite 300 • Shreveport, LA • 524-9966

For more information, please visit our website at www.gilsoul-law.com or email firm@gilsoul-law.com.

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

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