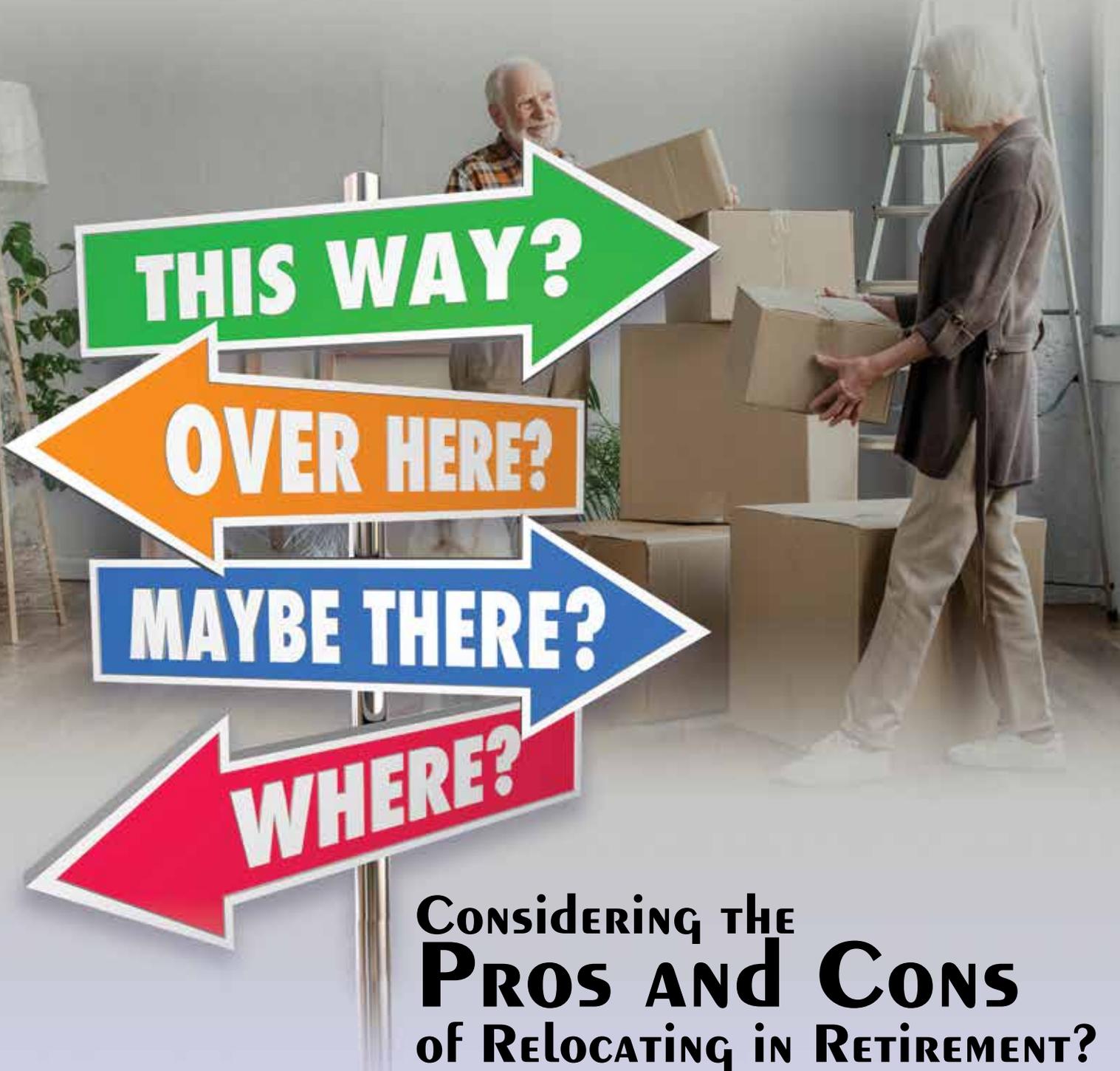


March 2022

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Louisiana

MARCH 5

Senior Primary Care Services

Live Remote Broadcast from Centerwell Senior Primary Care Center in Bossier City with guests Brian Byrd and Dr. Ravi Gupta with Centerwell Senior Primary Care Center

MARCH 12

How You Can Help Protect Your Grandkids from Strangers and Bullies

Robert Kahn, retired deputy sheriff and author

MARCH 19

Senior Medicare Patrol Helps You Avoid Scams and Fraud

Brenda Malara, Community Outreach Specialist with Senior Medicare Patrol

MARCH 26

Legal Concerns Facing Older Adults

Kyle A. Moore, elder law attorney and Vickie Rech, Client Coordinator with the law firm of Weems, Schimpf, Haines, Shemwell & Moore, APLC

Broadcasting every **Saturday** morning **9:05 to 10 a.m. on News Radio 710 KEEL**, a Townsquare Media radio station in Shreveport.

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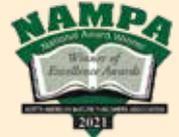
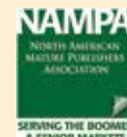
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Medical News & Info



Self-Perceptions of Aging Have Significant Impact on Physical Health

As adults age, it's common to start thinking about how getting older affects their energy, physical health and cognitive well-being. But dwelling on negative aspects of aging can have a measurable negative impact on your physical health and ability to respond to stress, a recent study from Oregon State University found. Using daily survey data from older adults over a period of 100 days, OSU researchers found that people who reported more positive self-perceptions of aging were more insulated from the physical effects of stress compared with people who felt more negatively about their own aging. Researchers noted that better self-perceptions of aging are good for your health, regardless of how much stress you have, or how much stress you perceive you have. The study was published in the *Journals of Gerontology*.

Risky Drinking Patterns Found in Older Adults During Pandemic

According to new findings from the National Poll on Healthy Aging, 23% of adults over 50 who drink alcohol reported that they routinely had three or more drinks in one sitting. Routinely having three or more alcoholic drinks on any day they drink, and occasional binge drinking, are both considered signs of problematic drinking in any adult. And 10% of adults who drink use other drugs while drinking, including marijuana or prescription medications that can interact with alcohol in risky ways. While overall only 14% of older adults who drink alcohol said their drinking increased during the first ten months of the pandemic, that percentage was much higher among the minority of older adults who said they drink as part of their routine, to boost their mood or to relax, or to cope with boredom, stress or pain. A third to half of such adults reported drinking more in the past year. Those who reported feeling isolated or lonely were also more likely to say they'd increased alcohol intake. Among older adults who drink, 10% said there was a time when they thought they were drinking too much during the pandemic, though few of them had sought help.

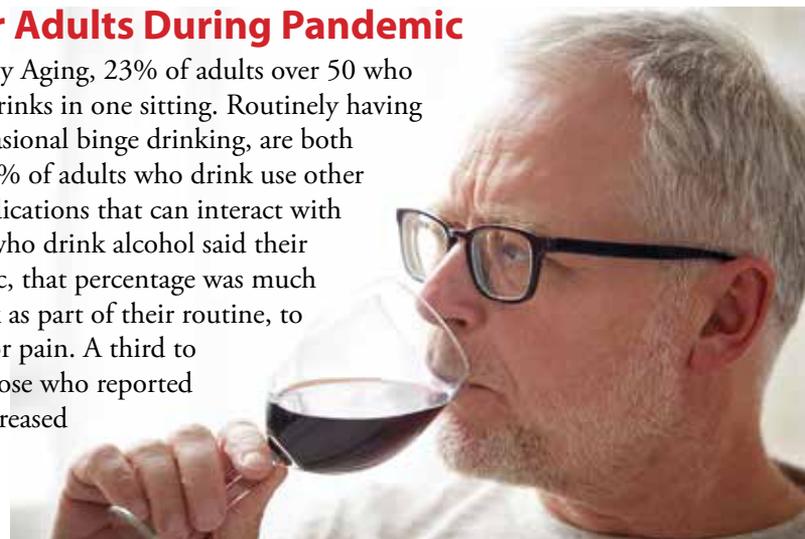


Music Therapy May Help With Chronic Illness

Music therapy is the use of music and musical methods to help restore, heal and improve the patients' emotional, physical, and mental state. Recently, studies by Chulalongkorn University's Faculty of Fine and Applied Arts were conducted on music therapy with kidney disease patients undergoing dialysis, cancer patients receiving chemotherapy, patients awaiting diagnosis, and the elderly with dementia, for example. The study found that music therapy helps relieve pain, lower blood pressure, maintain a normal heart rate, thus alleviating concerns for patients both during treatment and while waiting for a diagnosis, so their treatment could proceed smoothly.

Short on Sleep?

Otherwise healthy adults with chronically limited sleep showed abnormal heart rate patterns in a new study published in the *American Journal of Physiology-Heart and Circulatory Physiology*. Not getting enough sleep on a regular basis is associated with a wide variety of health problems, including cardiovascular issues such as high blood pressure, heart disease and stroke.





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Date: Saturday, March 5, 2022

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CONSIDERING RELOCATING AWAY FROM FAMILY IN RETIREMENT?

FIND OUT THE PROS AND CONS & HOW TO MANAGE LIFE IF YOU DO

by Kimberly Blaker

WHEN YOU'RE FINALLY ABLE TO RETIRE, a new and exciting chapter in life begins. You no longer have to dedicate your time and energy to a job or raising kids. For many retirees, this means a return to focusing on their own wants and needs.

One of the most significant changes new retirees often consider is moving to a new city or state. The idea of relocating is an exciting way to embrace your new life. But it's also a big decision you may want to consider carefully, especially if it means leaving family behind.

LIVING WHERE YOU LOVE OR SOMEPLACE MORE AFFORDABLE

During earlier adulthood, people often relocate based on their jobs or the best location to raise a family. Retirement

provides you the opportunity to choose where you want to live just because that's what you want, therefore, eliminating many factors to consider. There are many reasons retirees choose to relocate. Most often, they want to live in a place that offers them a better way of life.

A significant factor retirees consider is choosing an area where they'd love to live. Maybe you live in a suburban area but really enjoy nature and hiking. Or perhaps you've lived and worked in a crowded city for years, but would rather spend your time relaxing by the beach. After you retire, you're better able to prioritize your personal preferences when deciding where to live. Think about what things you enjoy and the type of environment that makes you feel your best to help narrow down your options.



Another important factor to consider is affordability. If you're thinking about moving after retirement, you may want to consider downsizing. If all your kids are grown and gone, you probably don't need as much space. Plus, you may have different needs that are better served with a smaller home.

Retirement means you likely have less



income than you did before. So having a smaller mortgage or rent payments, lower property taxes and insurance, and less maintenance and repairs can save you a bundle. If you've got equity in your home or home values in your area have risen since you purchased your home, you might even make a profit from selling it.

Do you currently live in an area with a high cost of living? If so, you may be able to find an area you'd enjoy with a much lower cost of living, thereby offering you multiple benefits.

THE PROS AND CONS OF RELOCATING

Deciding to move away from family and friends after retirement is a big decision. Creating a list of personal pros and cons is a helpful tool to help you process all the factors.

Pros

- Leaving behind obligations, old drama, or bad memories
- Getting a fresh start
- Finding a more appropriate place for your stage of life
- Finding a new community with whom you have more in common
- Leaving an area that has a younger population and a family focus
- Saving money by downsizing or living in a less expensive area

Cons

- Being away from family special places
- Having to develop new friends
- Not getting to see family and friends regularly
- Starting over new town effort
- Needing to make new friends and find new social outlets
- Moving can be difficult and stressful

Everyone has their own unique pros and cons based on various aspects. The ones above can help you get started. But don't forget to add your own.



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HOW TO MANAGE RELATIONSHIPS WITH KIDS AND GRANDKIDS IF YOU DO MOVE AWAY

One of the biggest hesitations retirees have about relocating is that it'll take them away from their kids and grandchildren. If you're used to living close to them and enjoy the benefits of living nearby and spending lots of time together, leaving family behind can be difficult. You may feel relocating is right for you, yet

you're still worried about living so far away from your loved ones. Fortunately, there are many ways to keep your relationships strong, even from a distance.

Moving away from family and friends is easier than ever before because of all the technology now available for keeping your relationships close through virtual connection. Gone are the days of delayed communication through limited means. You can now easily see your kids or grandchildren at the push of a button.

Through social media, you can follow them to see regular updates, pictures, and videos of important things happening in their lives. It's just as easy to have direct communication at any time using text messaging and phone or video calls. Video calls can give you the feeling you're right there with your family. At the pace technology is advancing, long-distance communication will only continue to get better.

In some ways, living away from your family can make seeing each other even better. When you live near family, you may not put as much effort into seeing each other or the quality of your time together because everyone's lives are so busy. If you live further away, the times you get to spend together will be more focused, special, and memorable. You can travel to each other's locations or meet for vacations together for a fun change of pace. The time leading up to visits can be fun too with countdowns or sending messages to each other as the visit gets closer and your excitement builds.



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How to make the most of your new life if you do move away

If you do decide to relocate, the best thing you can do is go into it prepared, so it's a great experience from the start. You'll want to begin by figuring out precisely what you want out of your new home, town, and life to narrow down the places that make the most sense for you to move to. Even if you already have a dream location in mind, know the reasons why you want to live there and that it'll actually meet your expectations for retired life.

It's a good idea to visit any new places you're seriously considering relocating to and spend time there. You'll want to be familiar with the area you choose to relocate to. Check out the city or town, including the more mundane aspects of it, like places where you'll run errands. Talk to locals, also, particularly those at a similar stage of life, and get their perspective. Realtors and librarians are both excellent resources for getting more information about what your potential new hometown has to offer.

Once you've relocated, look for ways to get involved and become a part of your new community. Leaving your old home also means losing the relationships and routines you were used to. At the same time, as a new retiree, you have a lot more time on your hands than you're accustomed to. So find healthy and fun ways to fill that time to ensure you're taking advantage of your new opportunities.

Look for group classes that align with your interests or offer the opportunity to try something new. There are often classes specifically for senior populations where you can meet other people to build new relationships and enjoy retired life together. Both the local library and city recreation department are helpful resources for finding these classes and groups.

You can also go online to Meetup.com to find various social groups with a broad array of activities and interests. It's a great way to do the things you love and make new friends who have something in common.

Retirement is a time of change that can be both wonderful and daunting. So whatever path you're considering, weigh your options carefully to find the best situation best suited for enjoying your new life.

Kimberly Blaker is a freelance writer. She also owns an online store, Sage Rare & Collectible Books, specializing in out-of-print, scarce, signed, and first editions; fine bindings; ephemera and more at sagerarebooks.com

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Nosy Neighbor Becomes Bewitched by Your Property



It wasn't much of a neighborhood when Mr. and Mrs. Stephens (all names have been changed) bought two empty lots next door to each other. But what a difference 20 years made.

When the Stephens had first moved in, there were more empty lots than houses. They had built their home on one of the lots and used the neighboring lot as a playground for their kids. After 20 years, their playground was the only empty lot left; houses had been built on all of the others.

One day, one of their neighbors, Mrs. Kravits, asked the Stephens if they would sell her their empty lot so she could turn it into her private garden. The Stephens weren't interested at the time, but they promised Mrs. Kravits that if they ever changed their minds, she would be the first to know. As time passed, the Stephens came to realize that they didn't really like Mrs. Kravits; she was a busybody and a nosy neighbor. When the Stephens finally decided to sell their lot, they didn't say a thing to Mrs. Kravits. Instead, they sold the lot to their good friend, Dr. Bombay and that didn't sit well with Mrs. Kravits. So she sued.

Louisiana law is OK with deals like the one that the Stephens made with Mrs. Kravits. Such a deal is called a right of first refusal. Here's how it should have worked: the Stephens could have put their lot up for sale at any time, but once they had gotten an offer from Dr. Bombay, they should have taken the offer to Mrs. Kravits. If Dr. Bombay had offered to buy the property for \$100,000, then Mrs. Kravits had the right to either

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match the offer or to give up her right and let Dr. Bombay buy the property. Mrs. Kravits doesn't have to outbid Dr. Bombay. Her right of first refusal gives her the right to buy the property for whatever price the Stephens were going to be able to sell the property for. If Dr. Bombay had made a lowball offer to buy the property for \$30,000 and the Stephens had accepted that offer, then Mrs. Kravits would have the right to buy the property for \$30,000. And if Dr. Bombay had stupidly offered to buy the property for much more than it was worth, say \$300,000, and the Stephens had accepted that offer, then Mrs. Kravits would have to pay \$300,000 to get the property.

But here's the trick with rights of first refusal. They do not last forever. In almost all situations, the longest they can last is 10 years. So let's say that the Stephens and Mrs. Kravits had made a deal that the Stevens would not sell the property without first giving her the chance to buy it and they put the deal in writing. They even got it notarized

and filed it at the courthouse, but the deal says that Mrs. Kravits right of first refusal will last for the next 30 years. In other words, if the Stephens want to sell within the next 30 years, they have to give Mrs. Kravits the right to buy the property. But after 30 years, the Stephens can sell to whoever they want and Mrs. Kravits can't do anything about it. Is that legal? Nope. Ten (10) years is the longest that the right can last, even if everyone had agreed otherwise.

But get this: even though the 30-year deal is illegally long, it does not mean that there is no deal at all. The law says that even if everyone agrees in writing for a right of first refusal to last longer than 10 years, then the deal is automatically, or you might say magically, reduced to 10 years.



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



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Postmodern Jukebox

THURSDAY
DECEMBER 2, 2021
8PM

Rudolph The Red-Nosed Reindeer:
The Musical

WEDNESDAY
DECEMBER 15, 2021
7PM

2022

Mutts Gone Nuts

SATURDAY
FEBRUARY 26, 2022
2PM

Roald Dahl's Charlie and the
Chocolate Factory

WEDNESDAY
MARCH 16, 2022
7PM

The Queen's Cartoonists

FRIDAY
MARCH 25, 2022
7PM

South Pacific

THURSDAY
APRIL 21, 2022
8PM

One Night of Queen

WEDNESDAY
APRIL 27, 2022
8PM

Waitress

FRIDAY
MAY 6, 2022
8PM

Beautiful-The Carole King Musical

TUESDAY
JUNE 7, 2022
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Implied Consent and What It Means to You as a Driver

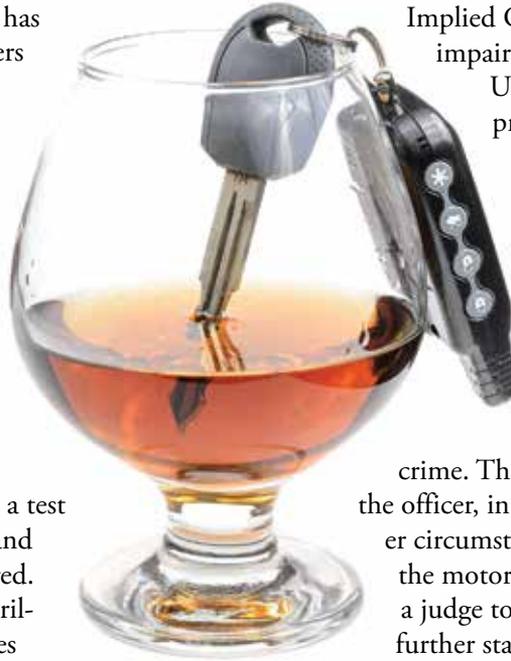
Each year, thousands of accidents happen on Louisiana highways and roadways. A number of these accidents cause death or injury. Many times, there is a question whether or not the driver is impaired by alcohol or drugs. Louisiana, like many other states, has Implied Consent laws that apply to drivers of motor vehicles on our roadways.

Implied Consent laws have been on the books for a number of years in Louisiana. Implied Consent is triggered by the operation of a motor vehicle on the public highways, whether or not the driver has a valid drivers license. Implied consent is just as it implies. Because a driver is using our roadways, they have consented by that use of our roadways to be subject to a breath test or blood test if certain conditions apply. In almost all instances, a test will be given where there is an accident and someone has died or been seriously injured.

In the last few years, there has been a trilogy of cases rendered by the United States

Supreme Court defining the cases where Implied Consent laws are applicable. We call these cases the Birchfield Cases as the landmark case was Birchfield v. North Dakota (US Sup. Crt. 2016). These cases set forth guidelines when the Implied Consent laws can be used for testing for impairment.

Under Birchfield, a motorist could not be prosecuted for refusing to take a blood draw without certain conditions applying. The United States Supreme Court determined that a blood draw, absent other conditions, violated the 4th Amendment of the United States Constitution as it was intrusive to the body of a person and as it also left behind DNA which could be used to prosecute a person for another crime. The United States Supreme Court said that the officer, in order to obtain a blood draw absent other circumstances, either had to have consent from the motorist or had to obtain a search warrant from a judge to collect the blood. The Court in this case further stated that the motorist could not be pros-



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ecuted for failing to give a blood test. However, in the Birchfield trilogy of cases, the United States Supreme Court held that a person could be prosecuted for not giving a breath sample under the Implied Consent laws as breathing is something everyone has to do and breath does not leave behind DNA.

Louisiana has had Implied Consent laws on our books for many years. Prior to 2019, a motorist was required to give a blood sample when an accident occurred and someone died at the scene of that accident or shortly thereafter.

In 2019, a tragic accident happened in Bossier Parish involving a little girl named Katie Bug. Because of efforts by her mother, Katie Bug's Law was passed in 2019. Katie Bug's Law has amended La. R.S. 32:681 and states as follows;

Drivers involved in a collision shall be deemed to have consented to the administration of a drug test to determine the presence of drugs/alcohol if the law enforcement officer has reasonable grounds to believe:

- 1) There is a fatality.
- 2) A suspected serious injury defined later in the statute.

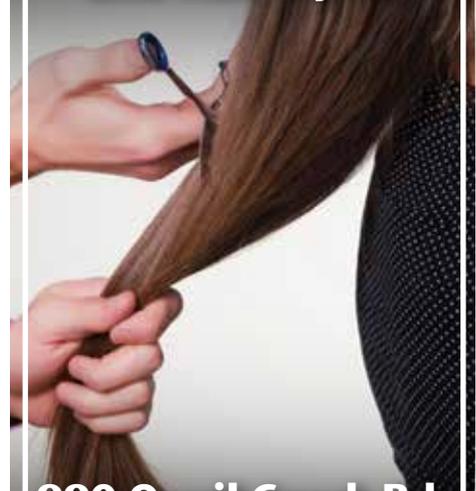
For purposes of the statute, suspected serious injury is defined as severe lacerations exposing tissues, muscles, organs, or significant blood loss; broken/distorted extremities; crush injuries; suspected skull, chest, abdominal injury (other than bruises/minor lacerations); significant burns; unconsciousness when taken from the crash; and/ or paralysis. For all purposes, our Implied Consent laws also apply to any operation of motor vehicles or watercrafts, such as boats.

As you can see, if you drink and drive on our roadways, you are subject to being tested if an injury occurs. The best thing to do is always have someone who has not been drinking to drive.



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

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Build Your Plate With the Rainbow

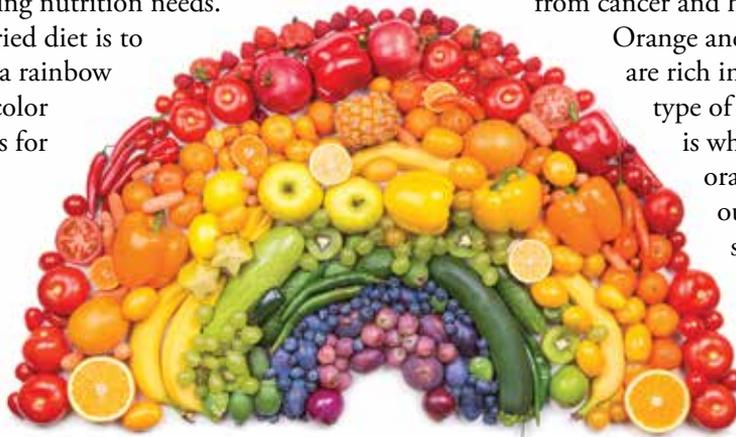
Ever get stuck in a rut and feel like you're eating the same foods every week? While this is certainly convenient and comfortable, it's not always ideal for our health, even if we are eating the recommended amounts of each food group. Our Dietary Guidelines tell us we should be filling half of our plates with fruits and vegetables, and they also encourage variety in the diet. Eating a variety of different foods, especially fruits and vegetables, is important because every single food that exists has a different nutrient makeup. By eating many different foods, we're giving our bodies a better chance of meeting nutrition needs.

A good rule of thumb for a varied diet is to color your plate and try to eat a rainbow of fruits and vegetables! Each color provides unique health benefits for our bodies.

Red fruits and vegetables are known for protecting our hearts. The red color in these foods is due to an antioxidant called lycopene, which is known to help protect against heart and

lung disease and some types of cancer. Lycopene may also help improve immune function and reduce inflammation in the body. Some lycopene-rich fruits and vegetables include tomatoes, strawberries, cherries, watermelon, radishes, pomegranates, red cabbage, cranberries, red apples, and beets. Cooking tomatoes and eating them with a fat or oil actually increases the amount of lycopene our bodies absorb, so try eating cooked tomatoes or tomato sauce for extra lycopene! Red fruits, like raspberries, strawberries, and red grapes, also contain anthocyanins, which can protect our bodies from cancer and help keep our hearts healthy.

Orange and yellow fruits and vegetables are rich in beta carotene, which is a type of vitamin A. Beta carotene is what gives these foods their orange color. It also helps keep our eyes, skin, and immune system healthy. Beta carotene may even lower our risk for stroke, heart disease, eye diseases, and some types of cancer. Orange fruits and vegetables that provide beta



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carotene include sweet potatoes, carrots, cantaloupe, apricots, mango, pumpkin, orange and yellow peppers, and grapefruit.

Green fruits and vegetables are full of helpful nutrients, as well as antioxidants. In specific, green vegetables like peas, dark leafy greens, green peppers, celery, and cucumber, contain lutein, which can help keep our eyes healthy. Other green vegetables, like broccoli and cabbage, contain indoles, which are compounds that may have some cancer-protective benefits. Green fruits and vegetables also contain a variety of other nutrients, like B vitamins, vitamin C, vitamin A, folate, and potassium. To add more green to your diet, eat leafy greens, broccoli, peas, kiwi, brussels sprouts, green grapes, zucchini, green peppers, green cabbage, green beans, asparagus, honeydew melon, artichoke, avocado, green apples, cucumbers, limes, and green onions.

Blue and purple fruits and vegetables are known for helping with our memory and heart health thanks to phytochemicals called anthocyanins. Anthocyanins may help reduce blood pressure, lower our risk of heart disease and stroke, and can even help with healthy aging and memory. To reap the benefits of these heart-healthy anthocyanins, be sure to incorporate foods like eggplant, blueberries, blackberries, purple cabbage, purple grapes, plums, purple potatoes, figs, and raisins into your diet.

White fruits and vegetables contain helpful pigments called anthoxanthins, which may help with managing blood pressure and cholesterol levels. They may also lower our risk for heart disease and stomach cancer. Some of the white vegetables and fruits we know and love, like potatoes and bananas, are also rich in potassium. To get more white vegetables and fruits in your diet, try onions, cauliflower, parsnips, ginger, turnips, potatoes, jicama, mushrooms, bananas, or garlic.

If you find yourself eating the same foods quite often, try building your plate with a rainbow of fruits and vegetables to add some variety to your diet. A variety of foods means

you will be getting an assortment of helpful nutrients for your body.

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



Odds & Ends

Each household in the U.S. can now have four free COVID-19 at-home tests shipped directly to their home at no cost! All you need to do is visit COVIDtests.gov and enter your contact information and mailing address. The "at-home" tests can be taken anywhere and give results within 30 minutes. Guard against scammers trying to steal your personal information. When ordering tests, use the official, secure government website: <https://COVIDtests.gov>.



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Choose to Dance With Life!

I was probably about 8 or 9 years old when I heard a line from a play in which my sister Barbara was performing; the line resonates with me to this day. As I recall, the production was a South African play called *Behind the Yellow Door*, performed at Centenary College, and my sister played a wise old street person that people from all walks of life would seek out for counsel. The scene I remember has a fellow in a business suit seeking advice from my sister's wise old character. Barbara puts down her mop, turns over her bucket, sits down, and pontificates "if you worry, you die, and if you don't worry, you still die, so why worry? Made good sense to me then; makes great sense to me now.

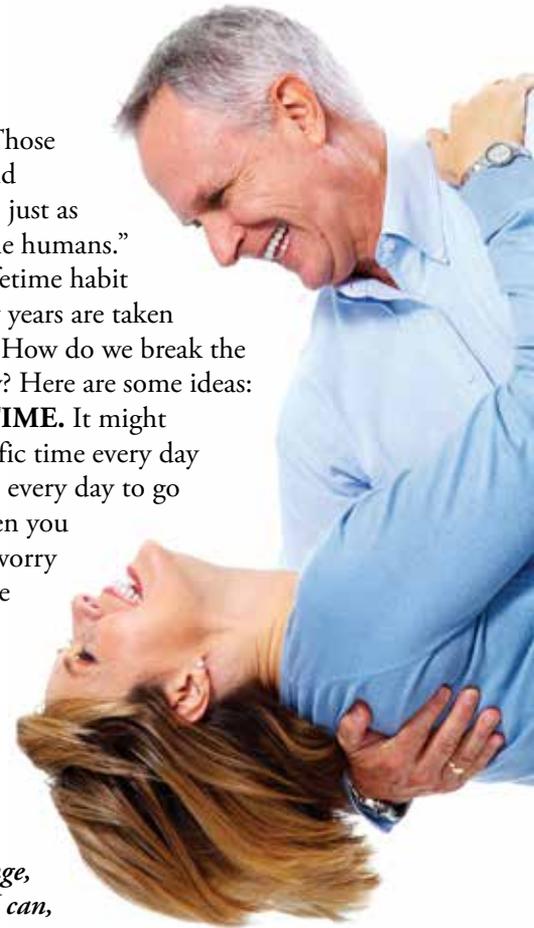
Constant worry can take a heavy toll on anyone. Worry can keep us awake at night, affect us physically (at times gravely) during the day, and even negatively impact relationships.

Many of us believe that worrying helps us. We think that worrying helps avoid bad things, prevents problems, and prepares us for the worst. Some of us even convince ourselves that worrying

is "the responsible thing to do." Those are all "lies" we have been told and accepted as "truths," so we worry, just as we've been taught, like "good little humans." Too many of us have formed a lifetime habit of worrying. I wonder how many years are taken from our lives from worry alone. How do we break the habit? How do we stop the worry? Here are some ideas:

- **SCHEDULE A WORRY TIME.** It might be helpful to give yourself a specific time every day to worry. Set aside thirty minutes every day to go through your list of worries. When you are tempted to worry outside of worry time, remind yourself it's not time to worry now, so don't.

- **PROCRASTINATE NO MORE.** Action, for many of us, focuses our energy on what we can do to positively impact situations that we want to influence. *God grant me the serenity to accept the things I cannot change, the courage to change the things I can,*



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Sometimes it helps just to let yourself process through something. Journaling is a great and safe way to allow yourself to process situations and events on your mind.

• **GIVE UP THE IDEA OF CONTROL.** I can only control *myself*. All we can really do is give and receive information from one another. What others do with the information I offer, is up to them.

• **LET GO AND DANCE WITH LIFE.** Life doesn't happen "to us," it happens "for us." Make a choice and decision to Dance with Life!

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Review of "A History of Wild Places" by Shea Ernshaw

A *History of Wild Places* by Shea Ernshaw opens with Travis showcasing his unique gift: seeing imprints and memories of people who have touched or been associated with an object when he holds it. Over the years, he's used his gift to unerringly find people who have gone missing. But his past relationship with his sister haunts him, deterring his use of his gift. After a long break for hunting missing persons, he's convinced to take up a job and go on the hunt for famed controversial children's author Maggie St. James, gone for more than two years.

And just when you think you've got a read on the story, it shifts completely. Enter Theo, Calla and Bee, who live in Pastoral, an isolated commune in the middle of the woods. Their lives seem ideal from the outset. They live in community, away from technology and modernity in all forms, and share the fruits of their labors. However, a shadow looms over them. The community lives in fear of the outside world and the contagious rot that lives in the trees and infects the people who venture outside Pastoral's boundaries.

Pastoral's people are not allowed to question their lives or the rot. To do so is seen as an act of treason. But when a baby in the community is born prematurely and desperately needs outside medical attention, Theo, Calla and Bee begin to slowly realize that something in Pastoral is off. Together, they begin to unravel the haunting truths behind the community.

A History of Wild Places is dark and beautiful. It's packed

with metaphorical strangeness and a haunting sense of the unknown. Written with vivid prose and dynamic characters, it will have you staying up late into the night to find out what happens next and questioning all the characters' motives.

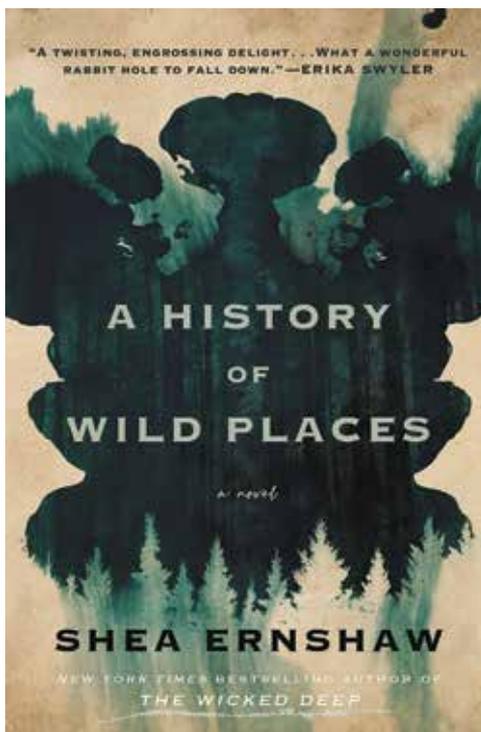
The book's plot is rolled out at perfect speed, with clues appearing at just the right moments. It is also structured in such a way to leave the reader wondering what is really happening and which characters are telling the truth. Sections of the book are broken up by snippets from Maggie St. James' dark children's books that help propel the story forward. And, like all good books do, it will ignite powerful emotions.

While reading this one, I kept notes of other stories and things *A History of Wild Places* reminded me of. In summation, you should read this if you like any of the following: *The Village* movie, cults, allegory, communes and *The Book of Lost Things*.

A History of Wild Places is well worth your time - and it won't take up much of it. You'll likely stay up much too late devouring this one over the course of a couple of days.

Rating: ★★★★★

Jessica Rinaudo is a Shreveport-native who works as a writer and editor in Cincinnati, OH. She has a passion for books and regularly reads, reviews and photographs them on her instagram account, [instagram.com/readbelieveandlove](https://www.instagram.com/readbelieveandlove).



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Sharon Gless (left) as Detective Christine Cagney, with on-screen partner Tyne Daly as Detective Mary Beth Lacey (CBS publicity photo)

Sharon Gless Writes of Rewarding, Challenging Hollywood Journey

Not even a youthful warning from her grandfather, a powerful entertainment attorney during the Golden Age of film, could prevent Sharon Gless from attempting the journey to Hollywood.

Neil S. McCarthy, who counted Cecil B. DeMille, Katharine Hepburn, and Lana Turner among his clients, cautioned his young granddaughter that the movie industry could be a “filthy business.” Aided by loyal friends and associates, however, as well as possessing a fierce determination to succeed, Sharon beat the odds to find stardom as recounted in her December autobiography “Apparently There Were Complaints” (see www.sharongless.com).

Appearing in just a half-dozen feature films, Gless focused her career on television. Since 1970, she guest-starred in numerous TV movies and series and received wide acclaim for starring roles in several popular shows including the 80s CBS crime drama “Cagney & Lacey.”

“It changed the history of television for women,” said Gless

from her home on private Fisher Island, a short ferry ride from the coast of Miami. Gless portrayed New York detective Christine Cagney alongside Tyne Daly (detective Mary Beth Lacey). The tough but flawed duo regularly dealt with serious social issues.

During the show’s run, Gless and Daly dominated the Emmy season, winning for Best Lead Actress in a Drama each year (four for Daly and two for Gless). Of her co-star of six years, Gless has only praise.

“You might think we’d be competitive on the set, but not at all,” she said of Daly. “When you’re working, any sort of competitiveness is good for no one. She was a real pro and we were totally there for each other throughout the series. Since COVID, we talk on the phone almost every day.”

Gless credits others for guiding her journey including Monique James, head of the talent department at Universal Studios where Gless was under a seven-year contract. “She was so tough I always felt she would protect me, and she did.

When I left the studio, she came with me as my manager for many years.”

Barney Rosenzweig was the executive producer of “Cagney & Lacey” and with whom Gless began an affair towards the end of the show’s run. Despite their on-and-off-again personal relationship, Rozenzweig remained a loyal supporter of Gless’s career. The couple would eventually marry and remain together today. “We have an interesting history together that’s outlined in the book, but love and respect each other enormously.”

Gless followed the hit crime show with other successful series such as “The Trials of Rosie O’Neill,” “Queer as Folk,” and “Burn Notice,” receiving multiple award nominations or wins including a Golden Globe for Rosie O’Neill. Although she stumbled along the way (leading to the title of her book) with alcohol problems, weight issues, recurring pancreatitis, and complicated relationships, she never found Hollywood to be the “filthy business” her grandfather labeled it.

“It hasn’t always been an easy road, but I made my own way helped by people who believed in me,” she says. “Television is an amazing medium and I’ve been fortunate to be part of it.”



Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written for numerous magazines and newspapers. See www.tinseltowntalks.com.

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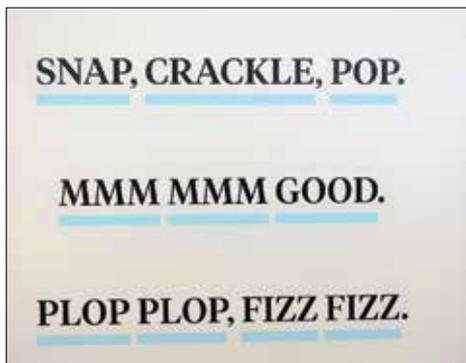


Planet Word: Where the World of Words Rules the Universe

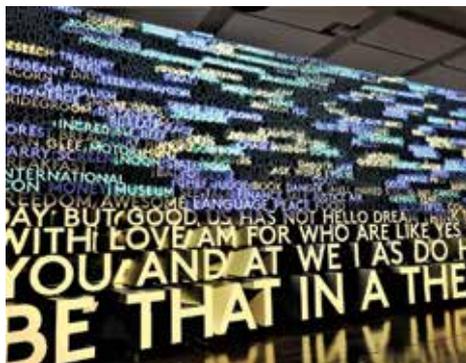
Song lyrics are another function of words



Painting with Adjectives by (DuHon Photography)



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Magic Word Wall

“They had to amputate them both at the ankles,” said Tom, defeated.

Puns - a major source of word play.

By Fyllis Hockman

I’m a travel writer. Words are what I do. My stories may not always sing but I usually can put one word in front of another succinctly enough to craft a quasi-well-written article. But when I heard about the newly opened Planet Word in Washington, D.C., I was so excited, I had no words. I knew I couldn’t get there fast enough to see all the magical ways in which words – the entire focus of the museum “where language comes to life” – can be employed in their myriad maneuverings to explain, entertain and elucidate. Interactive exhibits that talk, teach, train and titillate.

Words are everywhere. The floor you walk upon reveals the development of language from cave dwellings to hieroglyphics to alphabets from around the world. Elevators resemble libraries. No admonishments to use your inside voices here; but definitely use your words. The museum is divided into the foundations of language; all the cool things you can do with words, and ultimately why words matter.

First, you see how babies acquire language skills. We initially babble a lot of sounds, but only retain those that find a home in our native tongue. A massive word wall houses over 1000 words that visitors call out to see how they were developed, relate to each other or integrate with other languages. The explanations of the visuals are

enchanting. Everything is interactive; everything is entertaining; everything is fun.

The many side experiences in every gallery are fascinating in themselves but so easy to overlook. You might miss the signs above the entrance to the Joking Around Room: “Outside of a dog, a book is a man’s best friend. Inside of a dog, it’s too dark to read.”

At the Visual Puns exhibit, check out the large picture, among many, of two suitcases, one laughing and one crying. The tag line? Emotional Baggage. Move on to a table with two computers where you and a friend get to read jokes to each other and try to make each other laugh – or not. Yes, they’re corny but you’ll laugh out loud anyway. What’s the difference between a hippo and a Zippo? One’s heavy and the other is a little lighter.... See? Very hard to keep a straight face.

The Word World offers word paintings using adjectives. Pick up the Hibernial brush and snow appears over the nature scene on the wall; the Nocturnal brush brings darkness, Tempestuous, rain and wind. Ah, but the Magical brush elicits great whimsy. Paint the deer on the wall and it becomes a unicorn; splash it across the airplane and it turns into a magic carpet. Are you smiling yet?

In the Magical Library, people appear to walk on the ceiling. Read a descriptive plaque to a wall mirror and

a 3-D diorama pops up before you – open the drawer below to find the book from which the scene is taken. I shook my head in further disbelief when I opened a random book to a designated page and the book lit up as a narrator read the story and relevant images kept re-appearing next to the book. Who thinks of these things???? It all feels very surreal.

Feeling a little overwhelmed? Find the secret room – no help from me here – that takes you to the poetry nook – a quiet space in a very sensory-overload environment in which you get to sit back, relax, breathe out and let a sonorous voice reciting poetry re-vitalize you.

Want some tips on public speaking? Head to the Lend Me Your Ears Auditory Gallery. Learn when to effectively pause in your remarks. When repetition reinforces your message. Or how the use of metaphor may better convey your meaning. Then you can go into a private recording booth and deliver your own speech. Fortunately, I presume, without any hecklers in the audience.

Beware of the I'm Sold Gallery where you may have to come to terms with how susceptible you are to advertising. Here you'll encounter how words are used to persuade and

change people's minds through ads, videos and social media. Subtle but very effective to the easily gullible. That would probably be all of us. With, of course, deference paid to those slogans that have become part of the English lexicon: Where's the Beef? What's in your Wallet? Melts in your Mouth...

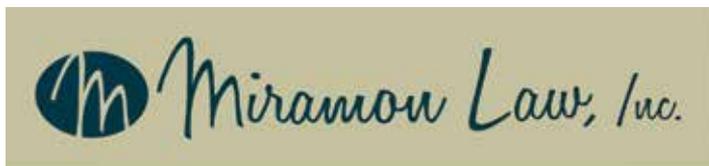
The final gallery is devoted to How Words matter. People, known and unknown, talk about how words have changed their lives, how the power of certain words, expressions, stories significantly impacted them.

Well, maybe not the final gallery should you choose to go to the bathroom before you leave. Not surprisingly, more relevant words that's not your usual bathroom graffiti... Heed the call of nature.

See a man about a horse. Take a whiz. Tinkle. Gives whole new meaning to potty humor.

I left the museum with a smile on my face, thinking to myself: What a wonderful place! Four little words. One declarative sentence. And yet it says so much. Words are funny that way...

The museum is free though donations are encouraged. For more information, visit planetwordmuseum.org.



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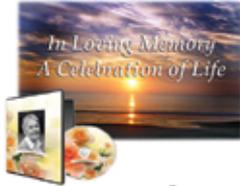
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Name That Car

Automobile names are important to car manufacturers who often assign models with names that intrigue or arouse our sense of adventure and excitement. What bold driver wouldn't want to be seen trekking through the rugged wilderness in a Ford Explorer, Toyota Land Cruiser, or Nissan Pathfinder?

Some drivers probably select specific models according to his or her profession. Can't you see an astronomer behind the wheel of a Mitsubishi Eclipse or an optometrist in a Ford Focus? What proctologist could resist parking a Ford Probe outside the surgery?

And you know if Captain Kirk needed ground transportation, he'd expect a Volkswagen Transporter to be waiting when he beamed down. As for the infamous Heidi Fleiss, she must have been tempted to treat her "girls" to a fleet of Escorts.

Were they alive today, some historical figures might have chosen their car by name, too:

Harry Houdini would drive a Ford Escape, while Mozart would prefer to maneuver the streets of Vienna in a Hyundai Sonata. Sir Edmund Hillary would feel right at home climbing into an old Mercury Mountaineer but would avoid the Chevy Avalanche. And British adventurer Percy Fawcett, lost while exploring the Amazon, would appreciate the benefits of a Jeep Compass.

Over the years, some automobiles have adopted names from the animal kingdom – the Mercury Cougar, Dodge Ram, and VW Beetle. Ford especially loved horse names producing the Mustang, Bronco, and Pinto. Wisely, they never produced a Ford Gelding – probably a little too Freudian for young male drivers.

Speaking of which, I've often wondered about the fate of my first American car, a Chevy Chevette. It wasn't exactly a vehicle to worship as it rattled along the Interstate in the 80s powered by an engine that roared like an electric toothbrush. I suspect by now it's been melted down and recycled into a faster and more graceful vehicle, such as the one my neighbor owns a John Deere.

Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written for numerous magazines and newspapers. See www.tinseltowntalks.com.



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Better-for-You Family Favorites for a Healthier Routine



FAMILY FEATURES

Taking time to nurture your health and well-being starts with building healthier habits. As the seasons change, challenge yourself to make small yet consistent choices that help you and your family through transitions at school, the office or wherever your days take you. All recipes courtesy of the American Heart Association's Healthy for Good initiative. Visit heart.org/healthyforgood to download more heart-healthy recipes and find tips for a healthier you in mind, body and heart.

Tuna Pasta Casserole

Servings: 4

4 ounces dried whole-wheat rotini pasta
(about 1½ cups)
nonstick cooking spray
16 ounces frozen mixed vegetables,
thawed
1 pouch (11 ounces) low-sodium chunk
light tuna
1 can (10¾ oz.) low-fat, low-sodium
condensed cream of chicken soup
½ cup chopped roasted red bell peppers
½ cup fat-free half-and-half
1 teaspoon all-purpose, salt-free
seasoning blend
¾ cup crushed low-sodium, whole-grain
crackers
¼ cup shredded or grated Parmesan
cheese

Prepare pasta according to package directions, omitting salt. Using colander, drain well. Transfer to large bowl.

Preheat oven to 350 F. Lightly spray 2-quart glass baking dish with nonstick cooking spray.

Stir mixed vegetables, tuna, soup, roasted peppers, half-and-half and seasoning blend into pasta until combined. Transfer to baking dish. Top with crackers and Parmesan cheese.

Bake, uncovered, 25-30 minutes, or until casserole is warmed through and topping is golden brown.

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Word Search

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

Tigers

- Asia
- Beast
- Bengal
- Big Cat
- Black
- Camouflage
- Captivity
- Carnivore
- Circus
- Claws
- Cubs
- Endangered
- Feline
- Ferocious
- Habitat
- Hunters
- Jungle
- Leap
- Malayan
- Mammal
- Nocturnal
- Orange
- Poaching
- Siberian
- Stripes
- Tail
- Teeth
- White
- Wild
- Zoo

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

Sudoku

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

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

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Crossword

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Solutions on page 37

- | | |
|--|-------------------------------|
| Across | Down |
| 1 New Jersey hoopsters | 1 Office memos |
| 5 Schools of thought | 2 Notable period |
| 9 Indigent | 3 ___ firma |
| 14 Crude group? | 4 Back of the neck |
| 15 Mixed bag | 5 Letter before kappa |
| 16 Part of a TV feed | 6 Deft |
| 17 Unit of pressure | 7 Student's worry |
| 18 Shipshape | 8 Kind of sauce |
| 19 Lively | 9 Wealthy one |
| 20 Light beige | 10 Dollar rival |
| 21 It's the law | 11 Do magazine work |
| 22 Mollify | 12 Satellite receiver |
| 23 Mine passage | 13 Oxen's harness |
| 25 Barbeque dish | 22 Uncle ___ |
| 27 Taradiddle | 24 Not bold |
| 29 Farm butter | 26 Louisiana sight |
| 30 Reddish-brown | 28 On the other hand |
| 34 Egyptian cobra | 30 Coke's partner |
| 37 Halloween costume | 31 Employed |
| 39 Rice with raw fish wrapped in seaweed | 32 Open carriage |
| 40 Public-service corporation | 33 Mah-jongg piece |
| 42 Breakfast staple | 34 Garage occupant |
| 44 Lukewarm | 35 Put one's foot down |
| 45 Get up | 36 Snowman prop |
| 47 Batiking need | 38 Biblical gift |
| 48 Like some columns | 39 Direct |
| 49 Be mistaken | 41 Jar part |
| 50 Chop down | 43 Cigar residue |
| 52 Search engine | 46 Pear-shaped |
| 54 Chain of hills | 49 Chow down |
| 58 Arrange | 51 Cricket equipment |
| 62 Roofing material | 52 NY team |
| 64 Mountain goat's perch | 53 Anointed |
| 65 From the top | 55 Golden Hind captain |
| 66 Stubborn beast | 56 Strong winds |
| 67 Cabbagelike vegetable | 57 Discharge |
| 68 Imbibe | 58 Rages |
| 69 De novo | 59 Cruel person |
| 70 Squeaks (out) | 60 Parade spoiler |
| 71 Mails | 61 Take care |
| 72 Chances | 63 Kind of wire |
| 73 Trial | 66 Cultural Revolution leader |

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
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40			41					42	43					
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58	59	60	61				62		63		64			
65							66				67			
68							69				70			
71							72				73			

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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 LSU to identify individuals and events in their collections. If you can help, please email Tina at editor.calligas@gmail.com or Laura at laura.mclemore@lsus.edu.



The staff of Freeman & Harris Cafe in 1975. Opened in 1921 in the 1100 block of Texas Street by Jack Harris and Van Freeman, the Freeman and Harris Café was one of the first African American owned restaurants in the United States. The Café moved to 317 Western Avenue (now Pete Harris Drive) location in 1930. Civic and business leader Pete Harris, took over the Café, which became known as Pete Harris Café in the 1990s. Up until it's closing in 2006, it was the oldest, continuously operating, African American owned restaurant in the United States.

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Answers from the Experts



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

What are the advantages of home care?

Research shows that elderly adults recover faster, with fewer complications at home than in a hospital. Being at home allows older adults to stick to their routines in familiar surroundings and maintain a sense of normalcy in their lives.

By managing their health conditions at home, elderly adults may be able to avoid unnecessary hospital visits.

Home care allows seniors and their families to enjoy their time together, knowing that the senior is well cared for.

There are many other advantages to home care as well, including:

- Peace of mind knowing that you or your loved one is receiving the best care available
- Personalized one-to-one care
- Caregivers who encourage independence and foster a sense of self-worth
- Companionship and engagement for older adults

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

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

Why did I need reading glasses when I hit 40 years old? When we read, our natural lens thickens allowing magnification. We call this accommodation. As we age, we slowly lose the ability to accommodate and when we reach our early 40's we can no longer focus within arms reach. This is a normal change of aging and is easily corrected with reading glasses. Some patients will opt for contact lenses to allow one eye to see distance and one eye to see near. This is called monovision and allows people to see all distances without glasses.

My shoulder hurts. Should I play through the pain?

Over 12 million people visit a doctor's office for a shoulder problem annually. Athletes are particularly prone to shoulder injuries due to repetitive, cumulative stress/injuries. Injuries occur during sports, as well as every day home and work activities. Most shoulder problems involve muscles, tendons, and/or ligaments and can be treated effectively with exercises, medications, physical therapy, etc. Steady pain, limitation of motion, difficulties with work activities of daily living or difficulty with sleep should alert you to seek an orthopedic surgeon for help in diagnosing and treating your shoulder pain.



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PUZZLE answers (from pages 34 & 35)

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

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

SHREVEPORT *Then & Now*

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People have asked what the strange looking building at 1626 Southern Avenue used to be. We knew it once was an old icehouse (Independent Ice and Cold Storage Company) but didn't realize who the owner was at the time. Well, according to Rich Lamb, the owner was his relative, none other than Sidney J. Harman! Yep, that's right, the same Sidney J. Harman that once had a mansion at that crazy intersection of Kings Highway and Fairfield Avenue! What's cool is he owned the Cuban Coffee Mills building next-door at 1616 Southern Avenue as well!



Above - Cuban Coffee Mills

Left - Independent Ice and Cold Storage Company

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Location: 2900 E. Texas St., Suite 100, Bossier City, LA 71111



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The Bradford



Pilgrim Manor



Colonial Oaks



Meadowview



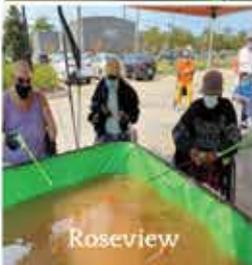
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Magnolia Manor



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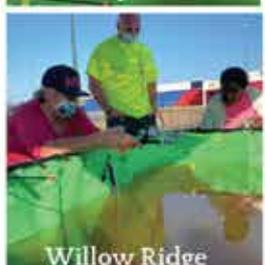
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