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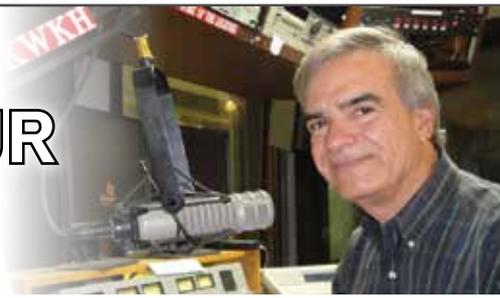
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AARP Real Possibilities in
Louisiana

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COPD

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 LSU Health in Shreveport*

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 Conversation with Family
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 Specialist with United Healthcare*

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The Best of Times

June 2019 • Vol. 28, No. 6
 Founded 1992 as *Senior Scene News*
 ISSN Library of Congress
 #1551-4366

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

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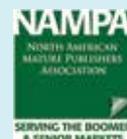
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Medical News & Info

Anger More Harmful to Health of Older Adults Than Sadness

Anger may be more harmful to an older person's physical health than sadness, potentially increasing inflammation, which is associated with such chronic illnesses as heart disease, arthritis and cancer, according to new research published by the American Psychological Association. The researchers found that experiencing anger daily was related to higher levels of inflammation and chronic illness for people 80 years old and older, but not for younger seniors. Sadness, on the other hand, was not related to inflammation or chronic illness.



Smell Test Could Become Part of a Regular Doctor Visit

Poor sense of smell becomes more common as people age. Using data from the National Institute on Aging's Health ABC study, a research team from Michigan State University reviewed information from almost 2,300 participants between 71 and 82 years old over a 13-year period. Participants included men and women, black and white, who completed a smell test of 12 common odors. Researchers then classified participants as having good, moderate or poor sense of smell. Compared with older adults with a good sense of smell, those with poor smell were at a 46% higher risk for death at 10 years and 30% at 13 years. The research is published in *Annals of Internal Medicine*.

Oral Care & Cancer

For cancer patients undergoing radiation therapy, intensive oral cleanings may help reduce oral mucositis, a potentially debilitating side effect of cancer care. "It can affect the tongue, the throat, even the intestinal tract," said Patricia Corby of the University of Pennsylvania School of Dental Medicine, "and it's a disaster. Severe cases place patients at risk for secondary infections and even sepsis due to open sores in the mouth. Sometimes it interrupts cancer treatment, and in the worst cases treatment can't continue."



Baby Boomers are Glued to their Smartphones

A new study by Provision Living revealed surprising similarities between Baby Boomers and the younger generation when it comes to screen time. In fact, millennials only log 14% more screen time, on average, than boomers each day. Highlights of the study include:

- 35% of boomers spend 5+ hours a day on their smartphones
 - Top 3 time-draining applications for boomers: Facebook, Instagram, Mail
 - 1-in-10 boomers spend 10 or more hours a day on their iPhone
 - Boomers spend an average of 1 hour a day on Facebook



People with Happy Spouses May Live Longer

Research suggests that having a happy spouse leads to a longer marriage, and a new study results show that it's associated with a longer life, too. Notably, spouses' life satisfaction was an even better predictor of participants' mortality than participants' own life satisfaction. Participants who had a happy partner at the beginning of the study were less likely to pass away over the next 8 years compared with participants who had less happy partners. Life satisfaction is known to be associated with behaviors that can affect health, including diet and exercise, and people who have a happy, active spouse, for example, are likely to have an active lifestyle themselves. The opposite is also likely to be true. If your partner is depressed and wants to spend the evening eating chips in front of the TV -- that's how your evening will probably end up looking, as well. The study was published in *Psychological Science*.



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Odds & Ends



WILLIS-KNIGHTON CANCER CENTER TEAM TAPPED FOR PRESTIGIOUS NATIONAL AWARD

Willis-Knighton Cancer Center's radiation oncology medical physics team has been named 2019 recipient of the George Starkschall Award of Excellence for Outstanding Radiation Oncology Physics Article. The article, "Commissioning of the World's First Compact Pencil-Beam Scanning Proton Therapy System," details the efforts of Willis-Knighton's medical physics team in readying the world's first Proteus[®]ONE compact proton machine for the clinical treatment of patients at Willis-Knighton Cancer Center. Receiving the award are medical director Lane R. Rosen, MD (left - upper photo), chief physicist Hsinshun Terry Wu, PhD (left - lower photo), and Joseph Syh, PhD, Matthew R. Maynard, PhD, and Joseph P. Dugas, PhD.

ONE RING ROBO CALL SCAM

The FTC (Federal Trade Commission) reported that in 2018, 69% of all reported scams were phone scams. The latest phone scam has been coined the "One Ring" scam. Your phone will ring once and end. You think you missed the call so you ring the caller back. You may get an actual person or possibly a recording. As you're waiting to figure out who's on the other end, high interconnect fees are adding up, similar to calling a 900 number, and you're racking up high phone bills while you wait. The phone number on caller ID will most likely appear to be an in-country call, but the calls are actually being trafficked from overseas. Each minute you're on the phone with the caller, the more money you'll lose and most likely not get back.



LOUISIANA NEAR THE TOP OF STATES WITH THE BEST ELDER-ABUSE PROTECTIONS

With the share of U.S. adults aged 65 and older expected to be 1 in 5 by the year 2030 and more than 95 percent of elder-abuse cases going unreported every year, the personal-finance website WalletHub recently released its report on 2018's States with the Best Elder-Abuse Protections. To determine which states fight the hardest against elder abuse, WalletHub compared the 50 states and the District of Columbia across 14 key metrics. The data set ranges from share of elder-abuse, gross-neglect and exploitation complaints to presence of financial elder-abuse laws. Louisiana ranked 13th out of 52 in states with best elder-abuse protections. They ranked 1st in lowest elder-abuse, gross neglect and exploitation complaints.

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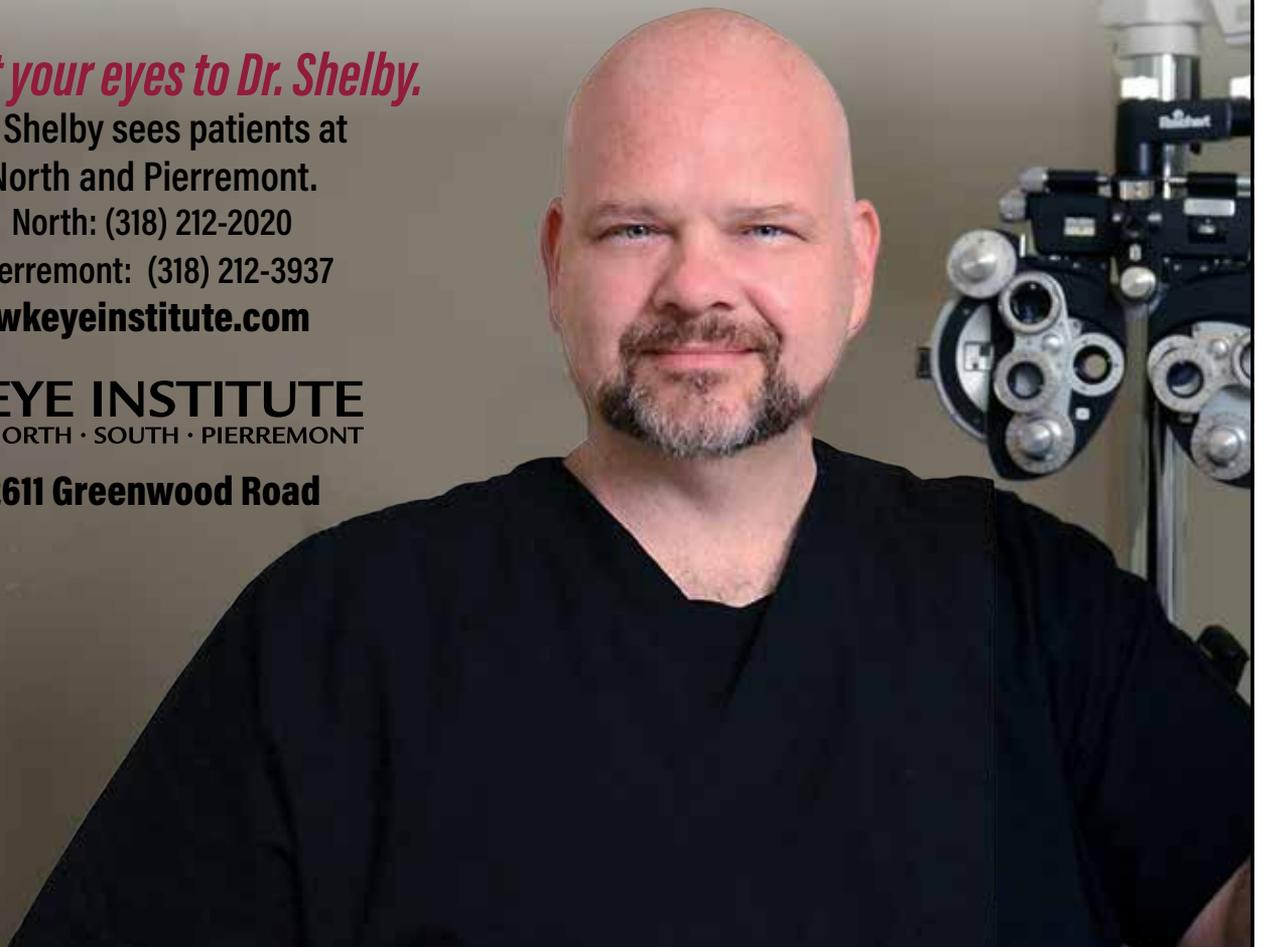
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Be Your Own Producer

Homemade videos are everywhere these days. People host their own YouTube channels showcasing everything from how to remove wallpaper to detailing each step of a car project they are working on. Videos span across other online platforms like Facebook and Instagram, as well. With modern technology, it's easy and affordable to make videos of everything from family slideshows to clips showcasing your own interests or expertise.



Rinaudo

How to get started?

The easiest way to create a video is by using your smartphone. Both Apple and Android phones come equipped with high resolution cameras that make recording easy. Want to make your footage more professional? You can buy a tripod, or even a steadycam, that's made just for smartphones!

Once you've recorded your video footage, it's

time to edit. Video editing used to be a labor intensive process, but software and digital recording has eased the process considerably. If you're content to do all your editing directly on your smartphone, you have several options.

The iMovie app comes standard on all iPhones. This free app allows you to trim videos, splice clips together, make slideshows, add music, change frame speed and use pre-set themes and filters to create polished videos without ever having to leave your mobile device. Likewise the app store offers a huge selection of video editing software to fit a variety of needs. FilmoraGo for Android, for example, is a popular and easy to use video app.

Another benefit of shooting and editing video directly on your smartphone is that you can then share your finished product immediately to your preferred online media platform.

There are also many video editing softwares for your desktop computer. Like the iPhone, Macs all include the iMovie software, which functions very



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The Worst Person in Louisiana

Don't read this column if you don't like horror movies. Although what I'm about to tell you is a real Louisiana case, it's going to seem like something right out of the deranged mind of Hollywood.

Bessie (names have been changed) was an elderly woman who lived in Tennessee. Her son, who lived close to her, started to get concerned about Bessie's memory and felt it was time to move his mom to an assisted living facility. He called his sister, who lived in Louisiana, and asked for advice. The sister, who I'll call Ms. Looney, drove up to Tennessee, got her Mom and drove her back to Louisiana to live with her.

About six months later, Bessie died. When the coroner's office showed up at Ms. Looney's house to get her mother's body, they found something out of a horror movie. The coroner's office called the police. Here's what they found: Bessie was dead and slumped over in a wheelchair, "nude from the waist down with a dress draped over her head." When they tried to remove her from the wheelchair, "her skin had so adhered to the wheelchair's strap that the officers had difficulty removing the strap. Her skin had also adhered to the pad on which she sat." There



Aronson

were "multiple wounds on Bessie's lower back and posterior."

And the room smelt horrible. The police opened Bessie's closet door and "the swarm of flies that flew out was so thick that the officers were forced to exit the house because they could not breathe without inhaling a fly. The officers discovered that the closet was full of soiled bedsheets, soiled diapers, and paddings. Additionally, the officers discovered that Bessie's bedroom was covered in urine and fecal matter and that it also covered her wheelchair, the bathtub, the bathroom and the clothes recovered from the closet." Anybody up for lunch?

Bessie was 82 pounds at the time of her death. (She had weighed about 130 when she left Tennessee.) She was also covered in bedsores and her cause of death was "septic shock as a result of the bedsores becoming infected with bacteria from feces." The autopsy also showed that Bessie had Alzheimer's disease, was dehydrated and had not been taking any of the medicines prescribed to her.

When the son found out about all of this, he vowed never to speak to his sister again, especially as his Mom "owned several properties" and "could have afforded a good nursing home."

Charges were brought against Ms. Looney and she decided to plead not guilty by reason of insanity. The psychiatrists who then examined Ms. Looney determined that she knew exactly



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what she was doing and “did not meet any criteria for a major mental disorder or depression.”

The Judge said that “despite the physical violence he has witnessed in murder cases during his lengthy tenure as a judge, he had never, ever been as affected by a case as he was in this one.” He said he did not “understand how any human being could have done that to anybody, much less their mother.” Ms. Looney tried to explain: “Your Honor, the things, it was not like that,” but the Judge cut her off, saying “Ma’am, I heard the trial. It was exactly like that” and sentenced her to 40 years at hard labor.

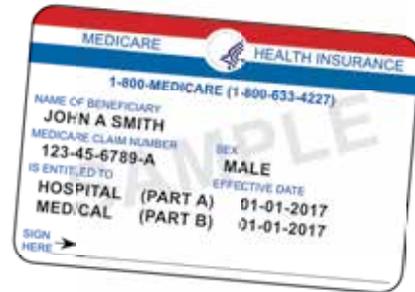
But Ms. Looney wasn’t done. She appealed, arguing that 40

years was just too long! Here’s what the appellate Judges said: Ms. Looney “neglected her role as the primary caregiver to her elderly mother to the point of strapping her into a wheelchair, allowing her to lose almost 50 pounds, and not administering any medication for her medical issues. [Ms. Looney] allowed her mother to develop muscle and bone eating bedsores and ultimately stood by and allowed her mother to die of septic shock as a result of infection from the filth in which [Ms. Looney] allowed her mother to wallow.” Appeal denied. *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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It's Time to Review Your Homeowners Policy

Welcome to Louisiana and lately the storm season! It seems that every week this spring we are facing new dangers from tornadoes, hail, straight line winds to flooding.



Cox

I was reminded that we are entering Hurricane Season the other day when I received my new Homeowner's Policy. In my policy, a deductible amount was listed for damage caused by a named Hurricane. It still is beyond comprehension to me how people in northwest Louisiana receive less money for damage to their home caused by a named Hurricane in south Louisiana.

Homeowner's Policies have changed tremendously since Hurricanes Katrina and Rita hit Louisiana. Insurance

companies have paid millions of dollars in damages with no end in sight. Insurance companies have faced numerous lawsuits in the past trying to decide if the hurricanes did the damage or the floods did the damage to the homes and businesses affected by the storms. In past years, lawsuits have been decided in the U. S. District Courts of Louisiana and Mississippi which will have had a dramatic impact on insurance policies and future litigation with the insurance companies.

Needless to say, it is time, for you, the homeowner, to review your policy. You need to be informed of any deductible amount listed in your policy regarding storms and the damage those policies will cover in case of damage caused by a storm. You need to know your insurance company's definition of what the insurance company considers to be damage



caused by a storm or named hurricane. In most policies that I have seen, damage caused by wind or rain from a named hurricane within 72 hours after the storm hits land is usually subject to fairly large deductible amount under the policy based on the value of the home.

In addition to checking your Homeowner's Policy for the above stated deductible amounts, it is a good time to

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check your policy for damages covered and not covered under the policy. Unless you have flood insurance, your home is not covered for any flooding caused by a storm. If the home floods, you will most likely have mold form in the home. Most policies now exclude mold contamination or remediation for the mold that forms. Mold remediation is a very expensive process and you may want to discuss what your insurance will cover in case mold is found in the home.

In checking your policy, you may want to add coverage or increase the amount of liability insurance you carry. Liability insurance is the amount of insurance you carry in case someone is hurt on your property while visiting your home. In addition, you may want to add an umbrella policy that pays additional amounts if the base policy is not enough to cover the damages done to your home by a storm or for injuries that may occur on your property.

A good thorough review of your insurance can help you determine the amount of coverage you may need in the future. Hopefully this review will help protect you against a surprise you did not expect when a storm moves through northwest Louisiana or something unexpected occurs on your property.

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

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Relaxing -- A Skill We All Need To Learn

We live in a world that produces lots of stress. While stress can sometimes help motivate us to focus and act, a lot of stressful things are nonproductive and harmful. Stress might help motivate you to meet that new project's deadline at work, but the anger a traffic jam causes you really has no benefit.

None of us can avoid all of life's stress-causing events and people, but learning how to relax can keep that stress from causing you harm. Uncontrolled stress can make you react poorly or angrily, and prolonged stress can negatively affect your health in a number of ways.

Your starting point is simply to learn to recognize when something is stressful and is affecting you. Experts advise that one quick way to reduce that stress is deep breathing. It's simply breathing in for 5 seconds, holding your breath for 5 seconds, then slowly breathing out for 5 seconds, and holding for another 5 before doing another breathing round. When you breathe like this your brain is focusing on your breaths, not the source of your stress, and that gives your mind and body a chance to relax just a bit.

Another way to relax is as basic as exercise. If, when faced with a stressful situation, you can get up, go outside for a quick walk, and use the time

to focus on the world around you rather than what is stressing you, you are going to find yourself more relaxed. And a relaxed you will think more clearly.

Learning to relax simply means looking for ways to refocus your attention and thinking. The simple act of counting to 10 when you feel yourself getting angry (a sign of stress you want to avoid) really does work. If the anger is pretty strong, keep on counting to 100. Getting upset by that traffic jam that's going to make you late? Turn on the car radio and sing along with whatever's playing. Again, it's relaxing by simply refocusing your attention.

You can and should also prepare your body to handle stress, since there always will be some. Good nutrition, regular exercise, staying hydrated and being well rested are all good protections against the negative effects that stress can produce.

Learn to recognize when stress is beginning to affect you, then look for ways to add some relaxation. The result will be a happier and healthier you.

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Shop Smart at the Farmers' Market

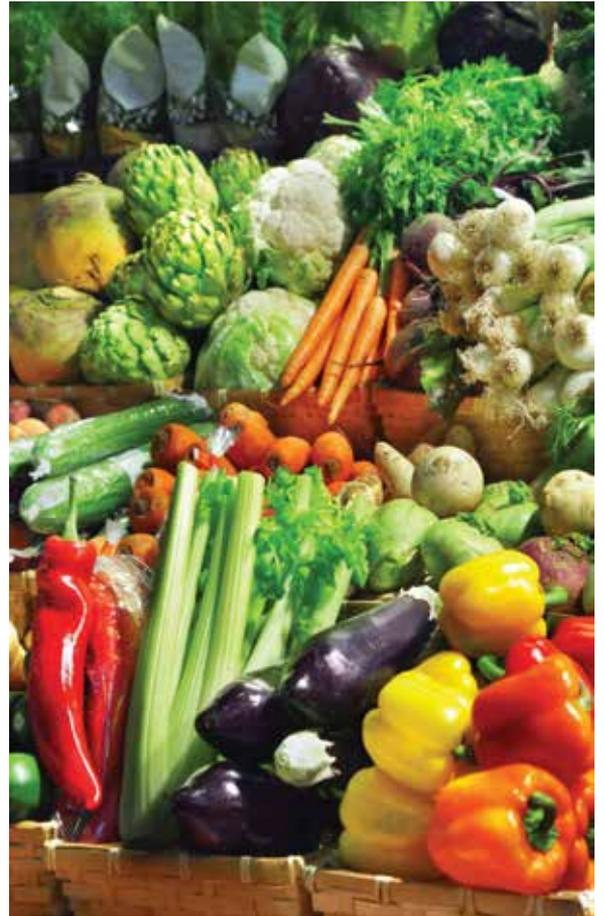
It's June, which means it's farmers' market season! With farmers' markets becoming more common, now is a great time to visit and enjoy foods from local vendors.

Why shop local? By shopping at the farmers' market, you are supporting farms and vendors in our area, which helps boost our local economy. Farmers' market prices are also pretty competitive and affordable, especially since your produce will likely last a little longer than store-bought foods. Local produce is also often at its highest nutritional value and best flavor since it is in-season, fresh, and picked at its optimal ripeness.

Considering the perks to shopping at our local farmers' markets, where do we begin? It may feel overwhelming at first for new shoppers. Follow these tips to get started.



McAlister



FRIEND A FARMER

This is a great opportunity to meet the people responsible for growing or making the foods you are buying. Don't be shy! The farmers at the market want to answer your questions and share your enthusiasm about the foods you eat. No question is a silly question, so don't be afraid to

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Summer and sunshine means it's **farmers' market time**, which is a **fun time** for shoppers and vendors alike.

ask a vendor about their farming methods or what a patty pan squash is and how to use it. Some farmers may even be willing to share one of their favorite recipes using the produce you bought.

VISIT EARLY

The earlier you visit the farmers market, the larger the selection of fresh foods you will have to choose from. Farmers markets are popular, especially in the Shreveport-Bossier area, and local foodies often visit early to grab the best produce. Research market hours and try to shop early. Visiting the market sooner in the day also helps with avoiding the scorching heat of Louisiana summers.

TRY SOMETHING NEW

Be spontaneous and buy a fruit or vegetable from the market that you have never eaten before. Find a fun new recipe using the produce you've purchased. Instead of reaching for a green bell pepper, grab the purplish bell pepper right next to it. Farmers markets are the perfect opportunity to try a new food or a new variety of a certain fruit or vegetable. Don't be weary of the unknown-- since the foods are local, they are likely to be very fresh and super tasty!

TAKE ADVANTAGE OF THE BENEFITS OFFERED

Some markets in the area participate in the Louisiana Senior Farmers' Market Nutrition Program, which provides farmers' market coupons to seniors 60 years and older who meet specific income requirements. To find out if you qualify for the Senior Farmers' Market Nutrition Program and if a local market accepts these benefits, contact your parish Council on Aging. Some farmers' markets also have vendors who accept

SNAP benefits. For more information, visit the information booth at your local farmers' market.

Summer and sunshine means its farmers' market time, which is a fun time for shoppers and vendors alike. When visiting the farmers' market, there is no "wrong" way to shop, but there are things you can do to get the most out of your experience. No matter how you shop at the market, the most important thing is to have fun shopping and spending time with the people in your community.

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

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



All of the photos are from the J. Frank McAneny Photograph Collection.

1. late 1940s or 1950
2. 1980s or 90s
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WALK JAPAN: EXPLORING THE HEAD, THE HEART AND THE SOUL OF A COUNTRY

By Fyllis Hockman

It is not often that a toilet and a tea ceremony form perfect metaphors for the culture of a country, but so it is in Japan.

The toilet falls into the realm of delightful personal discoveries – albeit all of them in the hotel bathroom of the Kyoto Park Hotel. First, a warm toilet seat with a variety of buttons that cleaned more areas with water spray than I have nether region body parts, a portion of the large bathroom mirror that remained perfectly clear even after an exceptionally steamy shower. Plus a sophisticated hair dryer with more settings than I had hair styles. All a testament to Japanese ingenuity. However, as I was to discover on our hikes through the countryside, these benefits were not always available. In fact, toilets in general were not always available – or stall showers (but more on that later).

A stop at a tea house illustrated another pervasive element of Japanese custom -- the precision with which they do everything. Just the preparation of a simple cup of tea can be a time-consuming, labor-intensive, rule-bound ritualized ceremony – the same is true of a cocktail at a bar. Whether you prefer your drink shaken or stirred, an air of

pomp and circumstance surrounds its presentation. You don't actually stop for a beverage of any sort on the way to the airport!

From Kyoto and its temple overload – it has over 2000 of them -- we headed into the countryside to follow the paths forged by feudal lords, daimyos and samurais of the 17-19th centuries. Traversing the Kiso Road section of the Nakasendo Way – the ancient highway that connected Kyoto with the then-town of Edo, now Tokyo – at a rate of 8-10 miles a day, we travelled through post towns that afforded the pilgrims refreshment and accommodations and that feel and look as old as they did in the 17th and 18th centuries. We meandered over trails, through mountain passes and alongside Shinto shrines and Buddhist temples, often shrouded by forests, thick and lush, with ever-present rumblings of brooks, rivers and waterfalls that provide a different kind of tranquility equivalent to the many temples enroute.

I sensed the samurais traversing the same stone steps, stopping for tea at the same wooden tea houses, sitting on the same tatami mats. Every day was an adventure. Past so much greenery as to require a new color delineation to accommodate the different shades. Past sacred stone markings, old rice mills and monumental rock structures represent-

ing any variety of gods or demons or homages to emperors and other human or spiritual deities. As we hiked in and out of shrines, temples and tea houses, there's a lot of taking off of shoes and putting on of slippers – and then taking off those slippers and slipping into so to speak, other slippers. Whoever has the slipper concession in Japan provides added dimension to the concept of walking in someone else's shoes...

The evenings we spent at small travelers' inns, with fluffy futons floating on the floors serving as our beds. The inns might have been small and simple but the dinners there were not. They most often were banquet-style with multiple courses ranging from traditional (and to my palate, unidentifiable) to more recognizable offerings that usually took the shape of cooked fish. Despite not being an advocate of Japanese food in general, I never left the table hungry.

Having luxuriated in the bathrooms in Kyoto, such ablutions took on a slightly different tenor in the countryside. I don't usually shower and wash my hair before getting into a bath, but at the traveler's inn in the rural town of O'Tsumago, I found this was the custom. And as I'd learned, customs are one of the primary characteristics of Japanese society. Okay, so maybe shower is somewhat of a misnomer – really, you're sitting on a low stool next to a series of other low stools and rinsing yourself off with a shower head.

And maybe bath is misleading, as well. It was actually an assortment of hot pools in a tranquil outdoor setting accessed by multi-levels of stones and surrounded by interspersed boulders. And although to me this seemed like a very unusual experience, our guide assured me it was an everyday occurrence. In other words, bathing had become a communal rather than an individual occurrence. That sense of community carries over to meals to which

the inn occupants tend to wear their yukatas, dressing robes provided by the inns, while sitting cross-legged on tatami mats.

Ours was a measured pace with lots of stops for historic perspective and although the uphill climbs often necessitated a wish for even more historical perspective, it sounds harder than it was. Oh alright, so there were one or two

The Best Of Times

sharp inclines but you tend to forget about them shortly thereafter. Sort of like childbirth...

As much as my eyes tended to glaze over after yet another temple, shrine or castle, each is actually so well done that despite myself I found I was both interested in and understanding the many details of the lives of the various emperors, shoguns, samurais, daimyos and oh yes, also the concubines who dominated the history of Japan from the 9th century through the 20th. And I was actually beginning to look forward to yet another pair of slippers...

Eventually it was time to return to the big city. Culture shock ensued going from the tranquility of the countryside to the sensory overload of Tokyo, the city center doing a very convincing impression of New York's Times Square.

Despite Tokyo's high-rise modernity, the Edo Period (1602-1868) is still alive and well just below the surface. And this is what our guide Paul, delights in explaining. Using a collection of wood cuts and old photographs dating from the 1800's, he illustrates how every street corner, bridge, side street and major boulevard had their beginning from the time Tokugawa arrived in 1590. The rich history is not present in the buildings but in the layout of the city, the nooks and crannies underneath. He related his pictures directly to what we were looking at so that we no longer saw what was currently there but what used to be. He brought to life all the far-reaching accomplishments of the Tokugawa family shogunate, the daimyos and samurais who served them, the merchants and the horse traders who lived there

Although the two major cities, Tokyo and Kyoto, add breadth and scope to the experience, it is the richness of texture and depth of culture of the Nakasando Way that makes

the journey so meaningful.

As I was going through security at Narita Airport enroute home, somehow having to remove my shoes did not feel as oppressive an activity as it usually does. I felt right at home -- until I asked a surprised TSA agent for a pair of slippers...

For more information, visit walkjapan.com.

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King Arthur

What's Truth? What's Legend?

by Sarah (Sally) Hamer

The Arthurian legend is a hodgepodge of locations, time periods, legends, and fiction, and, ultimately, no one really knows the truth. Archeological evidence is periodically trotted out and examined and then, because things don't fit in the narrative, is thrown out. Or cranks – people with agendas – seize on theories and hold on, ignoring any 'facts' that don't match their beliefs.

Depending on which version of the legend you choose, Arthur could be a medieval king, a post-Rome general, or a Renaissance noble. Many people think, because he supposedly fought the Saxons during an invasion, he might have been born in the early Dark Ages, around the time Rome collapsed. Any of them could be true. Or none of them.

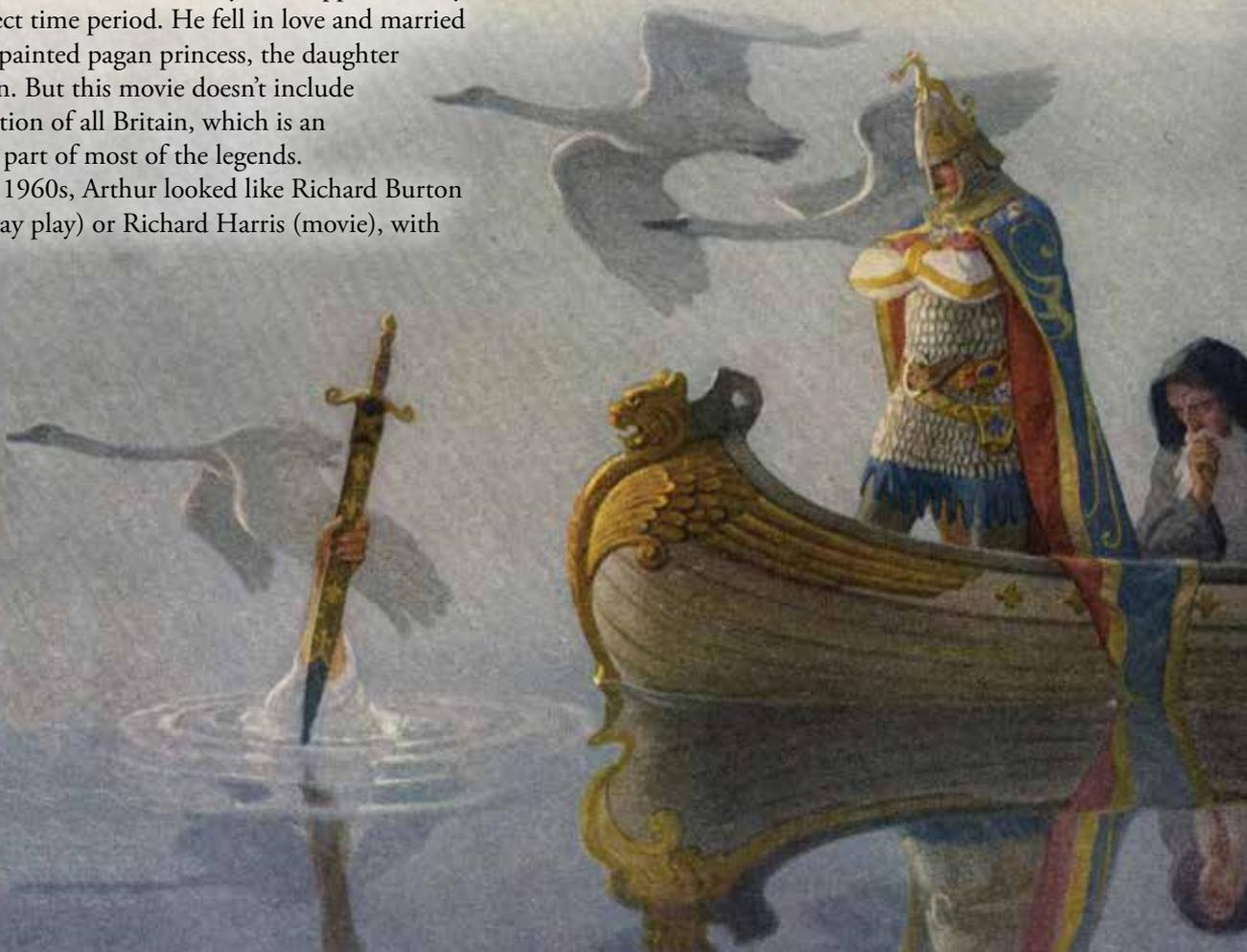
If you like movies, in 2004 Arthur was a Romanized Briton, which may be in approximately the correct time period. He fell in love and married a Woad-painted pagan princess, the daughter of Merlin. But this movie doesn't include a unification of all Britain, which is an essential part of most of the legends.

In the 1960s, Arthur looked like Richard Burton (Broadway play) or Richard Harris (movie), with

their very Middle Ages castles and beards. This romanticized version of Camelot showed a Christian king of great power and understanding whose vision was of a united kingdom and an idealized version of democratic rule.

Go back even farther and the 'established' story was of Arthur being born at Tintagel in Cornwall, son of King Uther and Igraine, another man's wife, through the magic of Merlin and around 500 A.D.

Rome had occupied England all the way to the Scottish border, for almost 600 years, so their withdrawal left a huge vacuum, one the Saxons were more than willing to fill. This time period was filled with small kingdoms, held by small kings, all of whom thought they were the ones to unite the country.





Top: Merlin presenting the future King Arthur.

Bottom: The footprint at Fort Dunadd is carved in a stone on top of a windy hill, where legend holds that kings were inaugurated in years past.



According to the legend, Arthur was given to Merlin upon his birth and raised by a foster family. When he came with that family to a tournament in London, his foster brother, Sir Kay, had left his sword behind. Arthur found another sword, this one stuck in

a stone, and pulled it out, giving it to Kay for the tournament. The sword was immediately recognized and Arthur was declared king.

He married Gwenevere, fought twelve battles to stop a Saxon invasion and, through trickery, lost the last one to his nephew/son, Mordred. After his sword was thrown into a lake, Arthur was carried to a special place by a group of women, to rest and heal until Britain needed him again. I've left out the Round Table and Merlin turning him into a fish and all the Grail stories, as well as Camelot.

But the gist of it all is that there is NO PROOF that any of it happened in Southern England. Really, there's not been much proof it happened anywhere.

Over the years, people have tried to make the legend fit in lots of different places. Even

the monks at Glastonbury "dug up" Arthur and Gwenevere's graves in the fourteenth century, complete with a metal plaque with their names engraved on it. Amazingly enough, the money they received from pilgrims (now known as tourists) who came to look,

paid to repair the cathedral after a horrible fire.

So what is true? Probably no one will ever know. But a man in Scotland says he has some proof.

Author Adam Ardrey claims Arthur wasn't a king at all, but the son of an ancient king of Scotland. In his book, *Finding Arthur: The True Origins Of The Once And Future King*, he tells an entirely different story of the legend, even suggesting that the Round Table is not a table at all, but a meeting site for warlords buried under a seventeenth-century formal garden called The King's Knot and next to a jousting field beneath the walls of Stirling Castle. Dozens of surveys, including LIDAR (Light Detection and Ranging) and GPR (Ground-Penetrating Radar) show old earthworks which may in the past even included a stone circle. It may be a far leap from

Another of Ardrey's theories is that, instead of an English Avalon, Arthur instead joined his ancestors in the ancient cemetery at Iona Abbey on the island of Iona...

the image of Arthur sitting at a wooden table in a Medieval castle, but since castles in 600 AD Scotland were not the immense structures they are today, a circle of war lords in their tents around a large meeting area makes sense.

The “sword in the stone” wasn’t pulled directly from a rock, according to Ardrey, but may be from a Scottish coronation legend. Northwest of Glasgow is an area where many of the Arthurian stories seem to be from. There is an Iron Age fort there, Fort Dunadd, which may have been the capital of the kingdom of Dal Riata. A footprint is carved in a stone on top of a windy hill, where legend holds that kings were inaugurated in years past. Their sword would have been handed to them as they stepped into the footprint, allowing a loose translation of “the sword (being passed to them as they stepped) in the stone.” Possible? Why not?

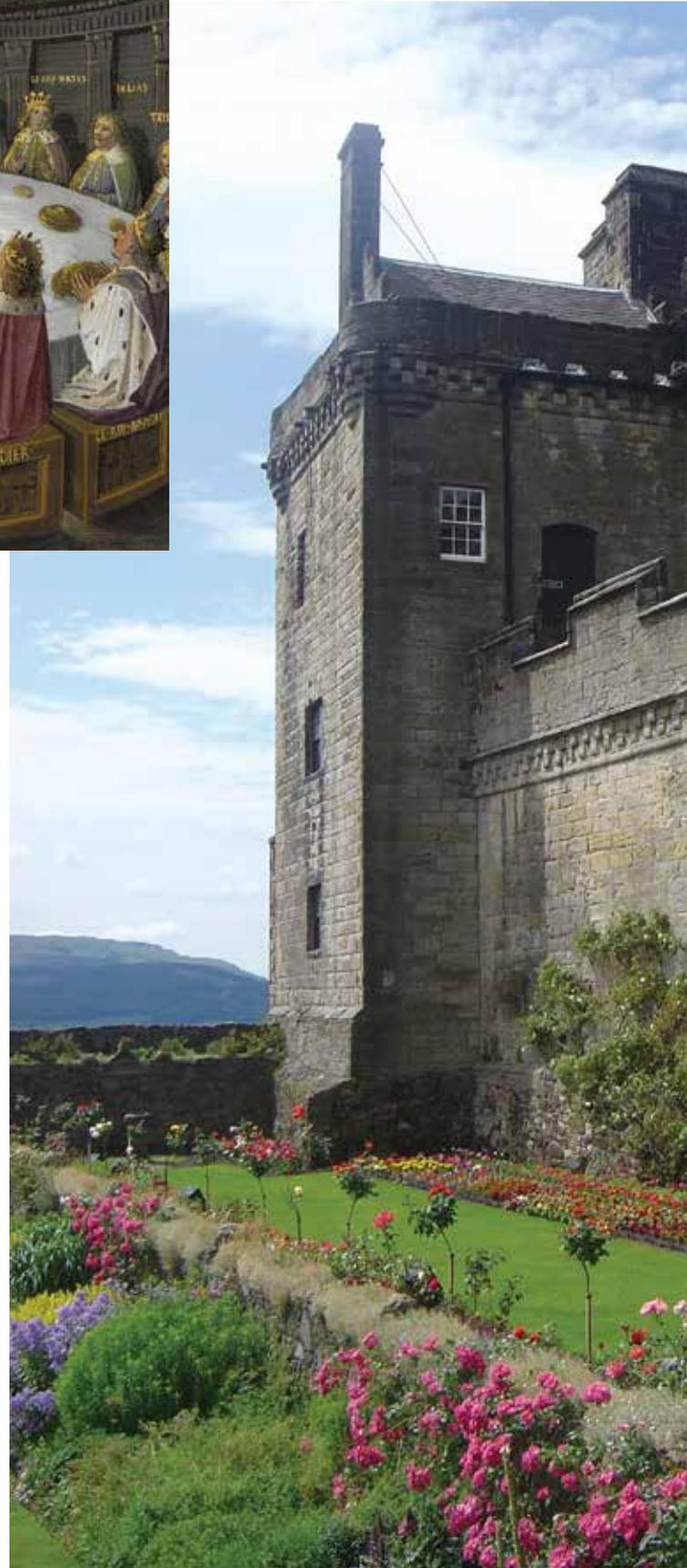
Another of Ardrey’s theories is that, instead of an English Avalon, Arthur instead joined his ancestors in the ancient cemetery at Iona Abbey on the island of Iona, where historians think over a hundred kings were buried over the last 1400 years. Proof is almost non-existent but speculation flourishes.

Could Camelot be an ancient hill fort in Argyll? Could the twelve battles associated with the Arthurian legend all be in southwest Scotland?

Since I have Scots blood in my heritage, of course I’d prefer that the Scottish version be the right one but, unless the next shovelful of dirt gives us more information, we’ll probably never know. But it is fun to imagine that bright shining moment actually existing somewhere.

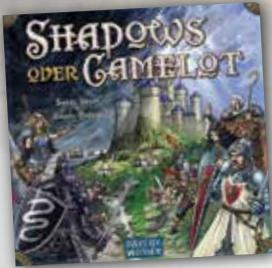
Sarah (Sally) Hamer is a teacher of memoir, beginning and advanced creative fiction writing, and screenwriting at Louisiana State University in Shreveport. She writes in many genres - mystery, science fiction, fantasy, romance, medieval history, non-fiction - and has won awards at both local and national 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

Ardrey claims the gardens of Stirling Castle (below) lay atop a 17th century site where warlords met, at the “round table.”



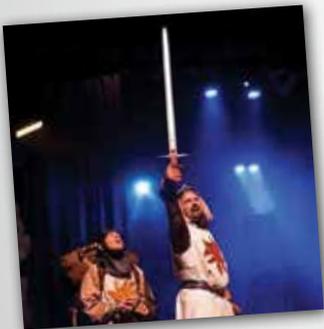
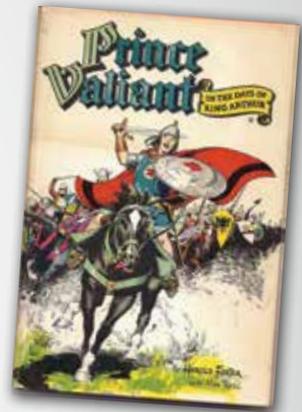
FAVORITE 5

UNCONVENTIONAL ADAPTATIONS OF King Arthur



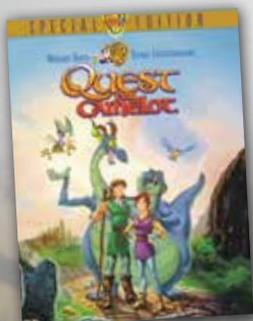
1 You can find King Arthur in the **board game** "Shadows Over Camelot" in which players get to go on quests as Knights of the Round Table.

2 The long-running **comic strip** "Prince Valiant in the Days of King Arthur" depicts the life of Valiant, who eventually becomes one of Arthur's knights. Fun fact: This comic's first full page comic strip appeared in New Orleans' Times Picayune in 1938!



3 The **comedy stage musical** "Spamalot" - a Monty Python take on the quest for the Holy Grail - continues to be performed on stages across the globe.

4 You can hear the tale of Arthurian knight Percival in Richard Wagner's **opera** "Parzival," which was written over a 25 year time period beginning in 1857.



5 Kids can share in the legend of King Arthur when they watch *Quest for Camelot*, an **animated movie** produced by Warner Bros. in 1998.

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➤ Do you know there are benefits available to many **veterans and widows of veterans** that can help pay for long-term care and that many VA employees aren't aware of them?

➤ Do you know the common mistakes many families make when they have a loved one that is qualified for Medicaid that can knock them off their benefits?

➤ Did you know that the state has the right to recover money they spent on your care after you die and before it goes to your heirs? Do you know how to keep this from happening?

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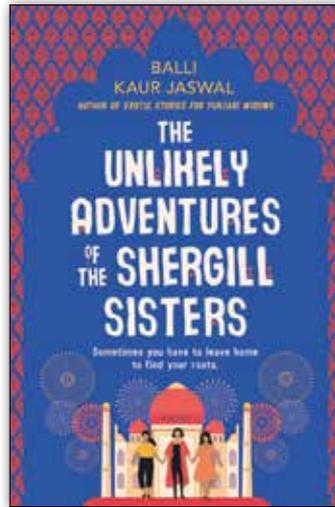
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The Unlikely Adventures of the Shergill Sisters

by Balli Kaur Jaswal

When I'm looking for a summer read, "travel narrative" almost always fits the bill. So when I saw that *The Unlikely Adventure of the Shergill Sisters* was a novel about three sisters who travel to India together, I cracked open the book, thought about the summer sun and dug in.



Rinaudo

On the surface Balli Kaur Jaswal's book is just that: a travel story. When their mother dies, she leaves a deathbed request for her three London-born daughters to take a pilgrimage together to her home country of India. At the end of which, their final act will be to distribute her ashes. But the Shergill sisters' personal stories, and the larger message of how women are perceived and treated in India quickly rise above the easy going premise of the book.

One sister is struggling with a budding acting career only to be completely derailed by an embarrassing incident that goes viral. Another sister is struggling with the shame of a son who conceives a child with a much older woman out of wedlock. And although the third sister seems to have everything, she is carrying a painful secret.

Their journey together starts off with constant frustration and bickering amongst

the sisters, all hiding their deep shames and pushing one another further from their lives. Each step of their pilgrimage has a purpose though - one is meant to force the girls to reflect on service to others, another the importance of prayer, still others are designed purely to showcase the beauty of India.

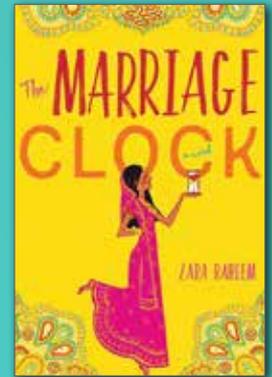
During their journey though, hints of their mother's life in London, as well as her final moments before her death begin to seep through. As these truths are unveiled, the importance of the pilgrimage the Shergill Sisters are undertaking is all the more poignant.

Perhaps the thing that continued to draw me in most about the story was the dynamic of women in Indian culture. There are several incidents in the story that took my breath away and brought tears to my eyes. It's the clash of modern London women in a culture where many still consider women to be shameful or simply the means to producing a boy child. Jaswal tackles honor, shame, fear and rape culture alongside the sisters' pilgrimage - all of which, it turns out, breathe detail into their own familial histories.

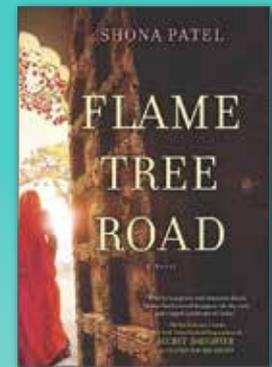
Grade: B+

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.

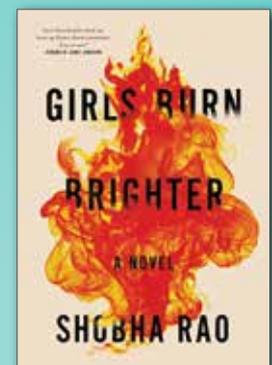
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Congratsamundo to Happy Days' Anson Williams for Saving Lives



As one of the most popular television shows in the late 70s to early 80s, “Happy Days” helped propel many cast regulars into the production side of show business. Ron Howard, Henry Winkler, Don Most, and Anson Williams all achieved recognition behind the camera as producers, directors, and/or writers.

Williams played Potsie – the naïve, well-meaning friend to Ron Howard’s Richie Cunningham character – and says the show was almost shelved when the pilot didn’t sell and then aired by ABC for an episode of “Love, American Style.”

“When ‘American Graffiti’ came out (in 1973) and was so popular, ABC re-shot another pilot more like ‘Graffiti’ and changed some of the cast,” said Williams from Los Angeles.

The show became a hit and Williams partly credits the show’s producer and writer for motivating the cast. “I had such an education because of Garry

Marshall who inspired us to broaden our horizons.”

Later becoming a successful TV director himself, Williams also branched out into the business world selling dozens of products on QVC. He recently launched BOGO (Buy One Get One) List, a web site to help consumers save money (see www.bogolist.com). “It’s also important for seniors with limited incomes,” he said. “Improving their lifestyle is paramount to BOGO List.”

Williams is especially gratified with another business venture, Alert Drops, a simple spray he developed to prevent drowsy drivers from falling asleep behind the wheel. He notes that thousands of drowsy-driving related fatalities and many more injuries occur across the United States each year.

“It’s a common but often neglected problem,” he explained. “Just a spray of Alert Drops on the top of the tongue produces a reflex reaction that causes the body to release a burst of adrenaline and you’re instantly awake.”

Williams experienced the dangers of drowsy driving back in the late 80s while working on the “Slap Maxwell” TV series.

“After a rough day directing in the hot Palmdale desert, I was driving home and suddenly found myself bouncing around in the car off the road. I’d fallen asleep and was extremely lucky I didn’t kill myself. It scared the heck out of me.” He later recounted the incident to his ‘uncle,’ Dr. Henry Heimlich – yes, of the anti-choking Heimlich Maneuver fame.

Heimlich, who was actually Williams’ second cousin, suggested carrying slices of lemon in the car to counter drowsiness. “I did that for years and it worked, but who wants to suck on messy lemons when driving? I called Uncle Hank and asked if the same effect could be



Anson Williams (Potsie), Marion Ross (Marion) from *Happy Days* in recent photo holding co

achieved by putting the lemon ingredients in a spray bottle. He said that was a brilliant idea. We’re (now) saving lives every day, which is very satisfying” (see www.alertdrops.com).

While still appearing in “Happy Days” Williams was inspired to produce the TV movie, “Skyward,” beginning the new phase of his career behind the camera. While he looks back on those early entertainment days with fondness, he’s especially proud of his achievement away from the camera with Alert Drops.



SHREVEPORT *Then & Now*

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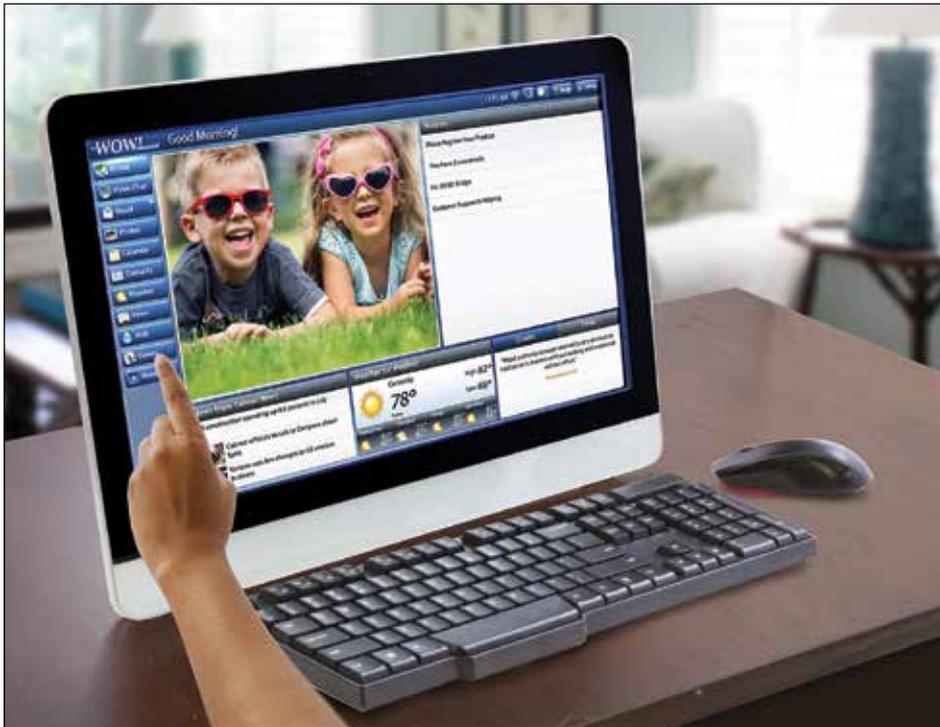


In 1919 Shreveport saw the construction of the Victory Natatorium. It was the largest salt water pool around and people from all over came to swim here. It was dedicated to the end of the Great War, hence the name Victory. Located where McNeil St. meets Fourth St. behind Hamilton Terrace School, the only thing that remains is it's "footprint". (Photographer: Photo 1 - Henry Langston McEachern; photo 2 - unknown; photo 3 - Bill Grabill.)



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FAMILY FEATURES

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Grilled Buttermilk Chicken

Recipe courtesy of Lori Yates of Foxes Love Lemons on behalf of Milk Means More
Prep time: 10 minutes
Cook time: 16 minutes
Servings: 4

1½ cups buttermilk
1 tablespoon mustard powder
1 tablespoon Sriracha
2 teaspoons minced garlic
2 teaspoons paprika
4 chicken drumsticks, bone in, skin on
4 chicken thighs, bone in, skin on
vegetable oil, for grill
¼ cup chopped fresh parsley
1 lemon, cut into wedges
(optional)

In medium bowl, whisk buttermilk, mustard powder, Sriracha, garlic and paprika.

Place chicken in large zip-top bag; pour buttermilk mixture over chicken. Seal bag and refrigerate 2 hours or overnight.

Heat outdoor grill for direct grilling over medium heat. Remove chicken from marinade, shaking off excess; discard marinade. Lightly oil grill grates. Transfer chicken to grill and cook, turning occasionally, 16-18 minutes, or until internal temperature reaches 165 F.

Transfer chicken to serving platter. Sprinkle with parsley and serve with lemon wedges, if desired.



Grilled Pizza with Arugula Pesto, Corn and Ham

Recipe courtesy of Rachel Gurk of Rachel Cooks on behalf of Milk Means More

Prep time: 20 minutes; Cook time: 10 minutes

Servings: 6

Arugula Pesto:

2 cups fresh arugula, tightly packed
 1 clove garlic
 1 tablespoon lemon juice
 pinch red pepper flakes, (optional)
 1/3 cup shredded Parmesan cheese
 1/2 cup extra-virgin olive oil
 salt, to taste
 pepper, to taste

Grilled Pizza:

2 tablespoons flour, divided
 1 pound pizza crust dough (at room temperature if using refrigerated dough)
 vegetable oil, for grill
 1/2 cup Arugula Pesto
 1/2 cup part-skim ricotta cheese
 1/2 cup diced deli ham
 1/2-3/4 cup fresh corn kernels (about 1 cob)
 1/4 cup thinly sliced red onion
 1/4 cup shredded Parmesan cheese

Heat grill to medium heat (350-400 F).

To make Arugula Pesto: In food processor, combine arugula, garlic, lemon juice, red pepper flakes and Parmesan. Pulse until combined then, with food processor on, drizzle in olive oil until pesto forms, scraping down sides as needed. Taste and season with salt and pepper, to taste.

To make Grilled Pizza: Flour pizza dough lightly and stretch or roll to about 1/2-inch thickness (14-16-inch diameter).

Sprinkle remaining flour on large rimless baking sheet, pizza peel or pizza stone. Transfer dough to baking surface.

Clean grill grate and grease with oil-soaked paper towel and tongs. Slide dough off baking surface onto grill. Cover and cook until dough is bubbling on top and golden brown on bottom, 2-3 minutes.

Carefully flip dough over using peel or tongs. Remove crust from grill to add toppings. Spread Arugula Pesto over dough. Top with ricotta, ham, corn kernels, onion and Parmesan. Return pizza to grill, cover and cook until toppings are heated through and bottom of crust is crispy, 5-7 minutes.

Remove from grill, slice and serve.

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SAVE the Date



Let the Good Times Roll • June 21-23

COUNCILS ON AGING

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

• **Caddo Council on Aging**
Caddo Council on Aging/ Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. 9:30 a.m. coffee

and cookies. **FREE**. Call 676.7900 for more info.

• **Fridays, June 7, 14, 21, 28.** Senior Tech Talk. Introduction to Laptops, tablets and smart phones.

• **Thursday, June 6.**
10:00 “Unusual Alaska”, David Greer

• **Thursday, June 13.**
“Elder Abuse & What to Do About It”, Attorney Joseph Gilsoul

• **Thursday, June 20.**
10:00 “International Fried Rice”, Sneh Manocha

• **Thursday, June 27.**
10:00 “5 Pillars of Brain Health”, TBoT publisher Gary Calligas

EVENTS

• **33rd Annual Let the Good Times Roll Festival June 21-23** held in downtown Shreveport’s Festival Plaza at 101 Crockett Street. Annual event celebrates African American culture with live

music, food vendors and more while raising money for college scholarships. Food, alcoholic and non-alcoholic beverages will be available for purchase. General admission tickets are \$10 per day or \$25 for a weekend pass. Tickets may be purchased in advance at Eventbrite.com.

• **Astronomy 101**
The Glen Retirement System’s CATS series will present “Astronomy 101” from 3-4 p.m. on **Tuesday, June 18**, at 403 East Flournoy Lucas Road. CATS features events on Culture, Arts, Technology and Science. Open to

the public at no charge; however, seating is limited. Please call 318-798-3500 to reserve your spot.

• **Avoid Nursing Home Cost Workshop Wednesday June 26.** 10 AM - 12 noon. Broadmoor Branch Library, 1212 Captain Shreve Dr., Shreveport. Presented by SAFE Planning. Learn ways to avoid nursing home cost without buying insurance, losing your savings or home. **FREE** Please reserve your seat by calling 318-869-3133 or visit safeplanningseminars.net/event.



Empty Bowls Event • June 6

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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

• **Downtown ArtWalk**
Wednesday, June 5, from 5-8 p.m. Artists will be set up at various locations on Texas Street. Live music and street performance, food and drink specials. **FREE** and all ages appropriate. Street parking after 5 p.m. is **FREE**. Go to www.downtownshreveport.com/artwalk for a map of locations and additional information.

Food Bank of NWLAs Empty Bowls Event
Thursday, June 6, 6:00 PM – 8:00 PM. Eldorado Resort Casino Shreveport, 451 Clyde Fant Parkway, Shreveport. The annual event is a Hunger Awareness Fundraising Event and is the Food Bank's main fundraiser for the year. Attendees will enjoy a dinner of soup, bread, and dessert. Donated goods will be offered in a silent auction. Every attendee will receive a bowl to take home that was hand painted by volunteers. A \$50 donation is required for each ticket. To claim your ticket, please call the Food Bank at 318.675.2400 or email us at info@foodbanknla.org.

MARKETS

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

• **East Bank Market**
Every Tuesday thru November. 4pm-7pm at East Bank District & Plaza, 665 Barksdale Blvd, Bossier City. Farmers Market, shopping, handmade goods, art, unique foods, food trucks more. www.EastBankMarket.com.

• **Shreveport Farmers' Market**
 Open **every Saturday** through August 24 (except June 22) from 8 a.m. to 1:00 p.m. at Festival Plaza in downtown Shreveport. The East Pavilion features vegetables, fruits, herbs, plants, honey, and meats grown/raised within a 100-mile radius of Shreveport. Baked goods jams, jellies, pickles, various canned goods, locally-made soaps,

dog treats, seasonings, and sauces are also available. In the West Pavilion you'll find hot, ready-to-eat foods. Live entertainment from a variety of local performers. Free parking. For more information visit www.shreveportfarmersmarket.com.

MEETINGS

• **Ark-La-Tex Genealogical Association Meeting**
Saturday, June 8 from 1 to 3PM at the Broadmoor Branch Library, 1212 Capt Shreve Dr., Shreveport. The Education Committee will conduct breakout sessions on a variety of genealogy topics. This program is free and open to the public. For information

call 746-1851 or visit www.altgenealogy.com.

SUPPORT GROUP

• **Caregivers Memory Loss Support Group**
 5:30 p.m. on **Thursday, June 6**, at The Glen Retirement System, 403 East Fournoy Lucas Road. Sharon Fortenberry, Social Services Director at The Glen's Village Health Care, will discuss the admission process for long-term care. This is a support group for those caring for loved ones suffering from memory loss related illnesses. This event is **FREE** and open to the public. For more info, call 318-798-3500 or email info@theglensystem.org.



ArtWalk • June 5

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Crossword

Turn to page 42 for all puzzle solutions.

Across

- 1 Sage
- 5 Blots
- 10 Church alcove
- 14 Dismounted
- 15 Young hooter
- 16 Beseech
- 17 Exhale audibly
- 18 Provide food for
- 19 Fleshy fruit
- 20 Frightened
- 22 Deleted
- 24 Shed tears
- 25 Minaret
- 27 View from Jidda
- 30 Flowering vine
- 34 Before, before
- 35 Hiker's path
- 37 Lorgnette part
- 38 Kind of mill
- 39 Masthead V.I.P.'s
- 40 Listening device
- 43 Mouse catcher
- 44 Kind of rock
- 46 Poker Flat
chronicler
- 48 Cuckoo bird
- 49 Bemoaned
- 52 Assistant
- 54 Confined
- 55 QB Manning
- 56 Relatives by
marriage
- 59 Face-to-face,
literally
- 63 In apple-pie order
- 64 ___ Major
(southern
constellation)
- 67 Bar ___
- 68 Renown
- 69 Mature
- 70 Solar disk
- 71 Planets and such
- 72 Jottings
- 73 Spring purchase

Down

- 1 Big stinger
- 2 Hipbones
- 3 Communicate
silently
- 4 High standards
- 5 Waterfront area
- 6 On the road
- 7 Final (Abbr.)
- 8 Honey maker
- 9 Litters
- 10 Clothes
- 11 Major-leaguers
- 12 Identical
- 13 Regarded
- 21 Minotaur's home
- 23 Soak flax
- 25 Prefix with light
- 26 Persian Gulf ship
- 27 Fit for a king
- 28 Author Jong
- 29 Casual attire
- 31 Summary
- 32 Cockamamie
- 33 Up and about
- 36 Pale with fright
- 41 Nonbelievers
- 42 Staggers
- 45 Argues
- 47 Word on a
dipstick
- 50 Immediately
- 51 Italian dialect
- 53 Tropical plants
- 56 Data
- 57 Close
- 58 Gyro meat
- 59 Foul
- 60 Cast a ballot
- 61 Arrow poison
- 62 Transmit
- 65 Brouhaha
- 66 Fruitcake item

1	2	3	4		5	6	7	8	9		10	11	12	13
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17					18						19			
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63					64	65	66				67			
68					69						70			
71					72						73			

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Sudoku

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

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

G S N J B Q X J A L D C U H Y D M K
 Y R B D F C G M D R B Y E Q C M E D
 K I S E E T R W A T R D C K D U P A
 L M R I X O C W P E T E E R T S O X
 O E L F F Z R L I O D R N T C J X P
 S Y T I R O I R P E S E R H A I E R
 F X N T F V R P Q L K T L O N R T G
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 T E X P R E S S P Z A E C X Q K R Z
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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
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Shreveport, LA 71105
(318) 524-1046
See our ad on page 13, 48.

When should I have cataracts taken out?

Cataracts are a normal part of aging. Not everyone who has cataracts will need to have them removed. As cataracts progress, they cause decreased vision, glare problems, trouble reading, and loss of contrast sensitivity. We suggest having cataracts removed when your best corrected visual acuity drops to 20/50. They should also be removed if other symptoms are causing problems with daily activities of life such as driving, reading, or seeing fine details. Call us at 212-3937 for an evaluation TODAY.



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WK Eye Institute
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Shreveport, LA 71105
318-212-3937;
See our ad on page 9.

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.



John J. Ferrell, M.D.
Mid South Orthopaedics
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Shreveport, LA 71105
(318) 424-3400

PUZZLE answers

W	I	S	E		D	A	U	B	S		A	P	S	E	
A	L	I	T		O	W	L	E	T		P	R	A	Y	
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E	R	E			T	R	A	I	L			L	E	N	S
G	I	N		E	D	S		E	A	R		C	A	T	
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6	5	1	7	8	2	9	3	4
3	4	8	9	1	5	6	7	2
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4	9	2	3	7	6	5	8	1
1	8	3	5	2	9	7	4	6

G	S	N	J	B	Q	X	J	A	L	D	C	U	H	Y	D	M	K		
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parting ●● ●●● shots

WOMAN'S DEPARTMENT CLUB

The Woman's Department Club of Shreveport (WDC) held their 100th anniversary celebration on May 18th at their Club House. The gala evening featured members in period dress, music and messages that took attendees through the past 100 years.



Bill and Carol Reyenga with Adrienne and Robert Critcher



Brenda Traylor, Roxanne Bosserman, Libby Gleason, & Sandra Harold



Valerie Taylor, Barbara Gramling, Ginger Bryant, and Martie Powell



Hilda Holder and Allison Wray



Brenda Traylor and Virginia Joyner



Maredia Bowdon, 56 year member of WDC gave a delightful presentation on What Women Can Do



Liza DiSavino (left), who paid tribute to WDC Founder Dr. Katherine Jackson French, is welcomed by Shirley Kelly



Kathy and Dean Anderson



Bobbie Brasher and Deb Cockrell



Liz Beck and Kiki Casten

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SHREVEPORT BRIDGE ASSOCIATION

The Shreveport Bridge Association held their annual party to honor new Life Masters on May 5 at the Bridge House.



New Life Masters Cecil Davidson, Pat Berry, Todd Barnes, and Fran Hewitt

STRAND ANNOUNCEMENT

A party announcing the 2019 – 2020 Strand Theatre season was held on May 14 on the historic stage.



Doug Schaumburg and Dr. Ashok Rao



Candy Welch and James Davis



Jenifer Hill, Stephen Roberts, and Jodi Gloriosso

PATRON PARTY

A Strand Theatre sponsor appreciation party, hosted by the theatre's board of directors, was held on May 11 at JR Gallery.

Dee Peterson, and Carol Peterson with Mary and Brady Harris



Mike McCarthy and Ron Weems



Jodi Glorioso and Dr. James Ciaravella



Tim and Leslie Quinn, Laura and Ed Crawford



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*Disclaimer: Subject to SWEPCO program funds availability, program funds are limited and appropriated on first-come, first-served basis. The Wells Fargo Home Projects credit card is issued by Wells Fargo Bank N.A., an Equal Housing Lender. Special terms apply to qualifying purchases charged with approved credit. The special terms APR will continue to apply until all qualifying purchases are paid in full. The monthly payment for this purchase will be the amount that will pay for the purchase in full in equal payments during the promotional (special terms) period. The APR for Purchases will apply to certain fees such as a late payment fee or if you use the card for other transactions. For new accounts, the APR for Purchases is 28.99%. Rates are charged interest in any billing cycle, the maximum interest charge will be \$1.99. This information is accurate as of 5/15/2019 and is subject to change. For current information, call us at 1-800-431-5021. Offer expires 5/15/2019.

**See your independent Trane Dealer for complete program-eligibility, dates, details and restrictions. Special financing offers or rebates up to \$1,000 valid on Qualifying Equipment only. Offers vary by equipment. All sales must be to homeowners in the United States. Void where prohibited.

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Tune-Up Includes

- Check Freon Content
- Inspect & Clean Condenser Coils
- Measure Amperage & Voltage On All Motors & Compressor
- Adjust Thermostat Calibration
- Lubricate All Moving Parts
- Tighten All Electrical Connections

For the best value, ask about our maintenance agreement

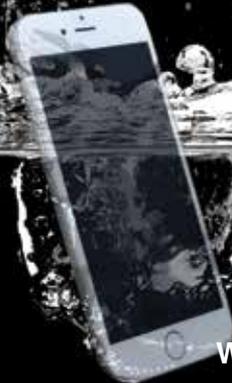


\$79

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ENGAGING AGING

Engaging Aging Seminar was held on May 15th at Saint Matthias Church in Shreveport.



(l to r) Reverend David Greer, Kathy Watkins, Gloria Presley, and Shirley Manis



Austin and Georgie Gleason with JW Jones



Steve and Caroll Boshier



Bennie Dodson, Mary Richard, Lindy Alberts



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Presenters Emma Shepard and TBoT Publisher Gary Calligas

“To you, it’s the perfect lift chair. To me, it’s the best sleep chair I’ve ever had.”

— J. Fitzgerald, VA



NEW Footrest Extension for even more head to toe support.



Sit up, lie down — and anywhere in between!

Easy-to-use remote for massage, heat, recline and lift

We’ve all had nights when we just can’t lie down in bed and sleep, whether it’s from heartburn, cardiac problems, hip or back aches – it could be a variety of reasons. Those are the nights we’d give anything for a comfortable chair to sleep in, one that reclines to exactly the right degree, raises feet and legs to precisely the desired level, supports the head and shoulders properly, operates easily even in the dead of night, and sends a hopeful sleeper right off to dreamland.

Our Perfect Sleep Chair® is just the chair to do it all. It’s a chair, true – the finest of lift chairs – but this chair is so much more! It’s designed to provide total comfort and relaxation not found in other chairs. It can’t be beat for comfortable, long-term sitting, TV viewing, relaxed reclining and – yes! – peaceful sleep.



This lift chair puts you safely on your feet!

Our chair’s recline technology allows you to pause the chair in an infinite number of positions, including the lay flay position and the zero gravity position where your body experiences a minimum of internal and external stresses. You’ll love the other benefits, too: It helps with correct spinal alignment, promotes back pressure relief, and encourages better posture to prevent back and muscle pain.

And there’s more! The overstuffed, oversized biscuit style back and unique seat design will cradle you in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. The high and low heat settings along with the multiple massage settings, can provide a soothing relaxation you might get at a spa – just imagine getting all that in a lift chair! It even has a battery backup in case of a power outage. Shipping charge includes white glove delivery. Professionals will deliver the chair to the exact spot in your home where you want it, unpack it, inspect it, test it, position it, and even carry the packaging away! You get your choice of bonded stain and water repellent leather or plush microfiber in a variety of colors to fit any decor. **Call now!**

The Perfect Sleep Chair®
1-888-621-9970



Please mention code 110892 when ordering.

Because each Perfect Sleep Chair is a custom-made bedding product, we can only accept returns on chairs that are damaged or defective.

Long Lasting DuraLux Leather

Tan	Chocolate	Burgundy	Blue

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Burgundy	Cashmere	Chocolate	Indigo

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