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DECEMBER 11

Life's Third Age

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DECEMBER 18

The Latest Treatments for Arthritic Conditions

*Robert Goodman, MD with Arthritis
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Special guests

JANUARY 1

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Our beautiful blended cover image was created by **Twin Blends
Photography** (see more of their blends in our monthly "Then & Now" feature).

The central image is of LSUS Noel Memorial Library which houses the NWLA
Archives. Vintage images are courtesy of the Archives.

They are (counter clockwise beginning at the top left):

- Elvis Presley performing at the Louisiana Hayride
- KWKH "Hello World-Doggone" Airplane
- Southern Maid Donuts Greenwood Road sign
- Streetcar (downtown Shreveport, early 1900s)
- Homer Peel, Shreveport Sports baseball player
- The Captain, Shreveport Captains baseball mascot
- Hamel's Amusement Park log ride
- Journal photographer Jack Barham
- Steam locomotive 418
- Strand Theater sign
- Red River Snagboat C.W. Howell



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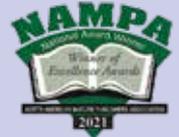
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Stat!

Medical News & Info



Extra Weight in 60s May Be Linked to Brain Thinning Years Later

Having a bigger waistline and a high body mass index (BMI) in your 60s may be linked with greater signs of brain aging years later, according to a study published in an online issue of *Neurology*. The study suggests that these factors may accelerate brain aging by at least a decade. Researchers with the University of Miami Miller School of Medicine noted that people with bigger waists and higher BMI were more likely to have thinning in the cortex area of the brain, which implies that obesity is associated with reduced gray matter of the brain. These associations add weight to the theory that having poor health indicators in mid-life may increase the risk for brain aging and problems with memory and thinking skills in later life.



Robotic Pets are the Cat's Meow

Individuals with Alzheimer's disease or related dementias (ADRD) often experience behavioral and psychological symptoms such as depression, aggression and anxiety. Frequently, these symptoms are treated with medications that often have side effects. Pet therapy is known to be a cost effective and therapeutic intervention for improving mood and behavior in older adults. With the help of a "furry" companion, researchers from Florida Atlantic University's College of Nursing tested the effectiveness of affordable, interactive robotic pet cats to improve mood, behavior and cognition in older adults in an adult day center with mild to moderate dementia. Participants were informed that their pet was not a live animal. Each of them selected a name for their cat, which was fitted with a collar and a personalized nametag. The study, published in the journal *Issues in Mental Health Nursing*, showed that intervention with a robotic pet cat improved all mood scores over time, with significant improvements on some tests. The study offers a way to address symptoms naturally and without the use of pharmacological treatments, which may or may not be effective and have possible detrimental side effects. By using therapeutic pets instead of live pets, there was no concern about the safety or care of the pet. In addition, there were no fears about participant safety due to possible pet aggression, allergies, tripping over them and the costs associated with caring for a live animal.



1 in 4 Older Adults Prescribed a Benzodiazepine Goes on to Risky Long-Term Use

They may start as well-intentioned efforts to calm anxiety, improve sleep or ease depression. But prescriptions for sedatives known as benzodiazepines may lead to long-term use among one in four older adults who receive them, according to research by a team from the University of Michigan, VA and Perelman School of Medicine at the University of Pennsylvania and published in *JAMA Internal Medicine*. That's despite warnings against long-term use of these drugs, especially among older people, because they can increase the risk of car crashes, falls and broken hips, as well as causing other side effects. Those whose initial prescriptions were written for the largest amounts were more likely to become long-term users. For every 10 additional days of medication prescribed, a patient's risk of long-term use nearly doubled over the next year.

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Mother Nature Meets Crass Commercialism in the Florida Keys

by Victor Block

One afternoon while visiting the Florida Keys I photographed my wife Fyllis swimming with denizens of the sea in a huge tank of water, then feeding sharks through an opening in a plexiglass wall.

Later, driving back to our rental home, we passed houses fronted by mailboxes shaped like dolphins, manatees and sea horses.

The island chain that stretches southwest from the tip of Florida combines encounters with Mother Nature's handiworks with touches of commercialism.

Magnificent parks lie near shops selling sandals, shells and T-shirts. Recreational vehicle lots are adjacent to upscale resorts. As last month's travel story attested, Key West offers tempting things to see and do, from funky and fashionable to historical and hysterical. Fyllis and I also wished to check the claim that other Keys islands boast attractions that also warrant a look.

For starters, there's the setting itself. Some dots of land are so narrow that we watched the sun rise over the Atlantic Ocean, then later took a short stroll to see it set into the Gulf of Mexico.

The Keys include some 1,700 islands, only about 40 of which are inhabited. The journey from Miami to Key West by car takes about three hours without stops, following the 113-mile-long Overseas Highway.

After leaving the mainland, travelers are immersed in local atmosphere. Bridges and piers are lined by fishermen seeking their dinner. Boats anchored in marines are available for deep sea fishing excursions, and rides to snorkel and dive sites.

The John Pennekamp Coral Reef State Park on Key Largo contains coral reefs, mangrove swamps and seagrass beds. Divers and snorkelers enjoy close-up encounters with over 50 varieties of multihued coral and 600-plus species of fish.

The park has two beaches, which are among the few stretches of inviting sand in the Keys. That's because offshore reefs reduce the beach-building action of the surf.

Fortunately, there are inviting exceptions. Anne's Beach on Lower Matecumbe Key is fronted by an elevated wooden boardwalk that meanders through a wetland hammock. White sand Sombrero Beach is a favorite among locals. Many sun worshippers rank the soft sand at Bahia Honda State Park among the best anywhere.

The fact that there are few outstanding beaches on the Keys has its upside, because that leaves more time for discovering other treasures. One of these is the animal life encountered both in the wild and at refuges and parks.





Most appealing is the tiny Key Deer, a subspecies of white-tailed North American deer found only in the Keys. The miniscule animals stand about two feet tall. Most live on Big Pine and No Name Keys, in a federal refuge.

Other wildlife encounters are available elsewhere. The Blue Hole on Big Pine Key, an abandoned quarry, is home to wading birds, turtles and numerous fish.

During spring and fall migrations, refuges provide habitat for more than 250 species of birds. I enjoyed searching the skies for winged visitors with intriguing names like sooty shearwater, brown noddly and dark-eyed junco.

Inhabitants of the Florida Keys Wildlife Bird Center on Key Largo are protected as they recover from accidents and disease. Those nursed back to health for release have included peregrine falcon, red-shouldered hawk and roseate spoonbills.

Sea turtles are patients at the Turtle Hospital, which also treats animals that have been injured. The facility has a Turtle Ambulance which may be seen driving on rescue missions. Our tour included views of the examination and surgery rooms, and face time with dozens of resident reptiles.

A personal favorite site was the Crane Point Museum and Nature Center, a pocket of thatch palm hammocks which represents the natural habitat of the Keys. The Museum houses exhibits ranging from a 600-year-old dugout canoe to remnants of pirate ships and a realistic simulated coral reef cave. Outside are a labyrinth of nature trails, wild bird center and butterfly meadow.

Another chapter of the Keys story is the Seven Mile Bridge. It was completed in 1911 as part of the railroad built by industrialist Henry Flagler to connect the Keys to the southern tip of the mainland.

After the demise of the railroad, it became part of the Overseas Highway. Since a new span was built alongside it in 1982, the old structure has been a favorite route for walkers, bike riders and fishermen.

Fishing from bridges and boats is so popular that I include it in "Victor's laws for people who wish to live in the Keys." If you don't know how to fish, learn. Develop a taste for all kinds of sea food. Relax.

That last admonition appeared on a roadside sign we spotted which succinctly summarizes perhaps the greatest appeal of the Florida Keys. "Honestly now, what's your hurry? You're here!"

For info about visiting the Florida Keys log onto fla-keys.com.

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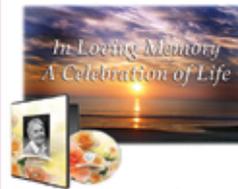


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Playing With FEAR

The past two years have certainly brought lots of experiences to us that we have not had to deal with before. As a result, many of us have dealt with increased levels of fear.

- 2/3 of Americans (68%) fear that Corona virus will have a long-lasting economic impact.
- Nearly 40% of us are anxious about becoming seriously ill.
- 62% are afraid about the possibility of family and loved ones getting Corona virus.

When we get into fear, it's easy to get lost, and we spiral into a state of chronic stress and anxiety. When we are facing fear, it might serve us well to remember that no matter what we are confronting, we have choices.

Have you ever considered "playing" with fear? Let's play with F.E.A.R. a bit.

F.E.A.R. could be **Forget Everything And Run**. We can do that, and some of us do. With this approach we may find ourselves running in circles.

How about this? F.E.A.R. could be **False Expectations Appearing Real**. How many times have all of us worried and fretted about something, sometimes for months or even years, and then we realize one day that this turned out ok, and I'm ok! Why did I worry so?

Finally, how about this one; F.E.A.R. could be **Face Everything**



And Respond. Perhaps life doesn't happen "to us," but instead "for us." Life happens. We get to make choices and respond.

2022 is just around the corner. Let's play on.....



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The Case of the Deathbed Gifts

Weezy's (all names have been changed) surgery did not go well. She knew that when the hospital discharged her, she was going to be able to go home, but she was going to need some help. She started asking around to try to find someone. One of the people she asked, the hospital janitor, suggested Florence, his wife.

Weezy hired Florence for \$15 an hour, went home, and for a few months, with Florence's help, everything worked out fine. But then Weezy's health took a turn for the worse and she had to go into a nursing home. Florence continued to help take care of Weezy by going to the nursing home every day. Everything worked out fine for a few months, until Weezy became terminal. Before she died, Weezy started giving things to Florence - her car, her savings bonds and her cash.

After Weezy died, Lionel, her son, found out about these gifts from the deathbed, and he was not pleased. So, he sued Florence to get everything back. When the case went to court, Florence told the Judge that Weezy hated her son. She explained that Weezy made her promise that she would not tell Lionel when Weezy died. Florence went on to tell the Judge that Weezy had given Florence all of these gifts because Weezy didn't want her son to have any of her stuff.

The bank records showed that while she was dying, seven cash withdrawals were made from Weezy's bank account, totaling about \$70,000. When asked about these withdrawals, Florence explained that Weezy would send her to the bank to get cash. Florence would



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bring the cash to Weezy and then Weezy would give the cash to Florence. When asked if there were any witnesses, Florence said no. But then Florence's sister took the stand. The sister told the Judge that she was there each and every time Weezy gave cash to Florence and had witnessed all of the gifts.

Because Florence and her sister were telling different stories, the Judge found the whole thing to be very suspicious.

Then Florence was asked about the car. Weezy had given the keys to Florence and Florence was driving the car. It appeared that Weezy had signed the back of the title to the car in front of a notary. Florence said that she had arranged for the notary to come to the nursing home so that Weezy could sign the title. But Florence's sister had a different story. The sister said that the notary didn't come to the nursing home. Instead, the sister said that she had taken Weezy, while she was on her deathbed, to the notary's office to sign the title. A handwriting expert testified that Weezy hadn't signed the title at all: her signature was a forgery!

When it came to Weezy's savings bonds, Florence said that Weezy kept them in her dresser. Before she had to go to the nursing home, Weezy went to the dresser, took out the savings bonds, which were worth about \$30,000, and handed them to Florence saying, "Here. I want you to have these."

The Judge had an easy time deciding what to do about the savings bonds. That's because the law is clear: if you have savings bonds in your name, you can't give them away to someone else. Even if what Florence had said about the bonds was true, it was not a valid gift.

When it came to the cash and the car, the Judge said that these could have been valid gifts, but Florence would need to prove that the gifts were valid. Because Florence and her sister were telling different stories, the Judge found them hard to believe and that their word alone was not enough evidence to prove the gifts.

As a result, Florence had to give everything back.

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



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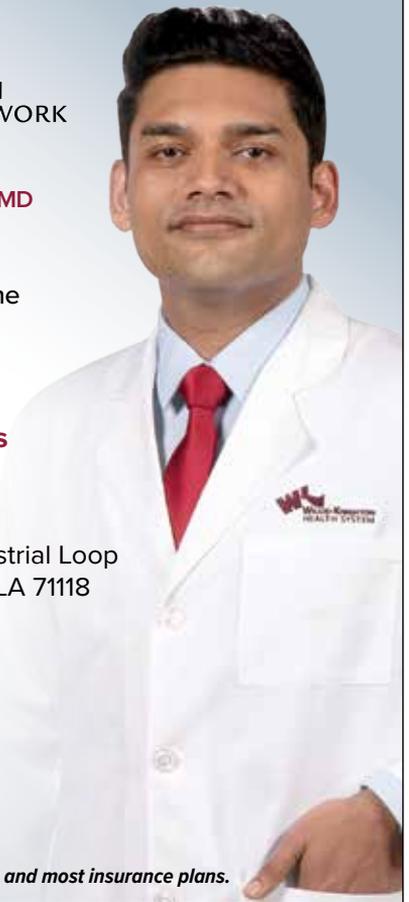
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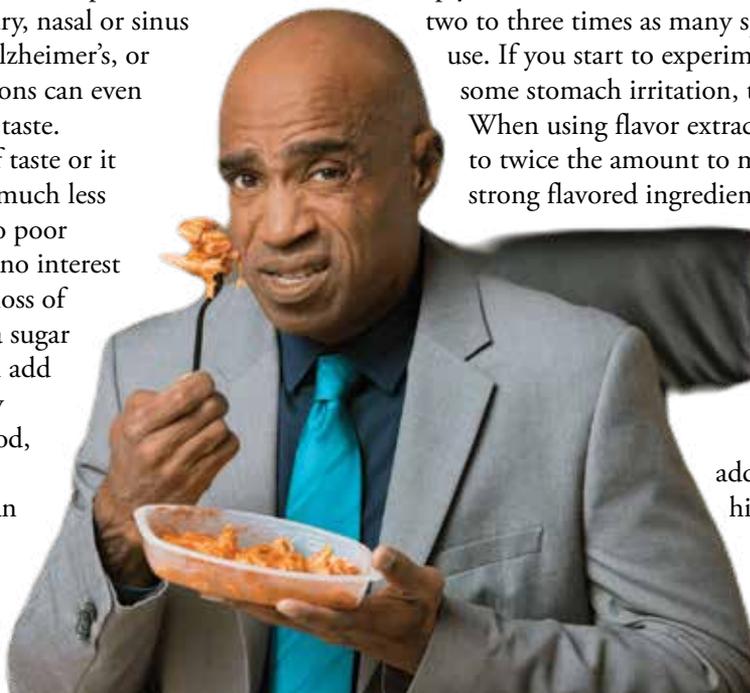


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Helpful Tips for Managing the Loss of Taste

The holidays are here, which means all of our delicious seasonal favorites are back! But what if this year, the food tastes a little different? Loss of taste is a natural part of aging, especially after 60, but it can also happen due to other reasons, such as dental problems, cigarette smoking, head injury, nasal or sinus issues, Parkinson's disease, Alzheimer's, or COVID-19. Some medications can even cause us to lose our sense of taste.

If you've lost your sense of taste or it has lessened, eating may be much less enjoyable. This could lead to poor appetite, skipping meals, or no interest in food. To compensate for loss of taste, many people add extra sugar or salt, hoping that they will add more flavor. While they may enhance the taste of your food, adding too much of these ingredients a regular basis can have health consequences, especially if you have medical problems like diabetes or high blood pressure. It's important to



practice balance and moderation in your diet to avoid eating too much or too little of any single food or ingredient.

Luckily, there are some other ways to add extra flavor to your food to counteract loss of taste. For starters, try perking up your food with more herbs or spices. You may need up to two to three times as many spices and herbs as you used to use. If you start to experiment with spices and experience some stomach irritation, try sticking with herbs instead.

When using flavor extracts, you may need to use up to twice the amount to make up for lost taste. Other strong flavored ingredients to add to foods to enhance

flavor include onions, garlic, ginger, lemon juice, mustard, vinegars and oils, salad dressings, hot sauces, jams, fruit concentrate, and sharp cheese. Just be sure to check food labels on ingredients you add to make sure they are not too high in sodium!

Sometimes texture can play a role in our overall eating experience, especially when it comes to mouth feel and flavor. Incorporating different textures



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can help make up for lessened taste. Try adding crunch to your foods to enhance the flavor. Think crushed cornflakes on pudding, nuts or granola on yogurt, sunflower seeds on a salad, chopped nuts on vegetables, or crushed crackers on soup. Other foods to experiment with to add texture include cooked beans, whole grain breads, and whole grain cereals. Having combinations of different textures in your meals and snacks, like crunchy apples paired with sticky peanut butter, may also help.

Adjusting food temperatures may help too. If a dish is supposed to be served hot, make sure it is hot and not luke-warm. Some people find that chilled or frozen foods taste better to them than hot dishes. If this is the case for you, try dishes like egg salad, smoothies, shakes, yogurt, or frozen fruit.

It's long been known that we eat with our eyes before our mouths. Making food more visually appealing can go a long way. While this doesn't enhance flavor, it enhances the eating experience and makes food more appetizing. Serve attractive, colorful foods, like tomatoes, eggplant, peppers, avocado, carrots, red cabbage, watermelon, strawberries, radishes, pomegranate, broccoli, and sweet potatoes, to name a few. Avoid bland colored, mushy, or unappetizing looking foods. Try adding fun garnishes, setting your table, using the good dishes, and dressing up your plate, too!

Losing your sense of taste can be incredibly frustrating, especially as you try to enjoy the foods you once loved. While there are some things you can do to improve the taste of your foods, it's still very important to talk to your doctor. Sometimes loss of taste can be caused by an underlying health issue, so it's important to express your experiences and concerns.

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



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The Holidays are a Time to Gather Together

The last year-and-a-half has been trying on everyone. We have had to quarantine. We have had to wear masks. We have had debates about vaccinations. We have seen food prices and fuel prices skyrocket. Supply chains have been stretched to the max and the holidays are here. What do we do?

Thanksgiving and Christmas holidays have always been a traditional time for families to gather. I recall my Mom and Dad telling me about the holidays they had when they were children growing up during the Great Depression and World War II. Money was tight and certain products were rationed or scarce. Mom and Dad told me how their families coped through these times and I thought a few of these ideas may help us during this difficult time and may bring us even closer during this season in our life.

Mom and Dad said at Thanksgiving, moms, dads, aunts, uncles, and cousins would all gather. Each family would be responsible for bringing different dishes to the table. As farmers, there was always plenty of turnip greens, green beans

canned in vinegar, potatoes, corn, tomatoes, green tomato relish, butter beans, cheese, and any other vegetables grown that year. Chickens were usually plentiful and since the families hunted, they would have ham from the hogs they killed and ducks they shot for the table. Desserts were also brought by the families. Usually the families had pear and apple trees in the yards and could make these into different kinds of desserts. By doing this, the families were able to gather and connect with each other and share a meal that fed everyone. It made the families closer and allowed them an opportunity to see cousins they did not get to see all the time. The families, especially the older ones, would recount the blessings they had received that year and what their families had to be thankful for even though times were difficult.

At Christmas, Mom and Dad's families usually spent Christmas on their own. Dad had eight brothers and sisters. Mom had three brothers. The family was still able to put dinners together because of the work they had done in the summer. Usually there was a ham and ducks, vegetables and some sort of dessert that came from the fruit trees grown on the farm. The Christmas tree usually was a cedar cut from the woods and decorated with home made decorations that the kids made out of scraps of paper, popcorn, pine cones, sticks, and yarn. Typically, the tree was not as full foliage as the ones in our homes today. There were not as many presents under the tree because of the lack of money, but if the families were lucky, they had nuts and some oranges for each of the kids. All that was given, was given out of love. Before or after the meal, both families gathered at church and worshipped together with the grandparents, uncles, aunts, and cousins.

With all that is going on today and the stress of providing meals for the table around the holidays, perhaps we should slow down and remember our families and be grateful for



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the time we get to spend with them. It is really nothing about the meal that will be remembered next year, but it is the memories of family that will help keep us moving through difficult times. Forging bonds with family means everything. Memories from your childhood provide history and perspective from where your family came and will instill memories in future generations.

Difficult times come and go. If you know someone that does not have family, invite them to your table and let them be a part of your family. You never know how your family will be blessed by their presence at your table. By inviting family, pooling resources, and maybe remembering the importance of relationship with our families,

we can again say it is time to gather. Happy Holidays to all!

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



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SHREVEPORT *Then & Now*

Photos blended and used with permission by **Mike and Mark Mangham** of **Twin Blends Photography**. For more blended photos showcasing Shreveport/Bossier City's historical photos, please visit www.facebook.com/twinblendsphotography.



Both images show the triangle property bounded by Common, Texas Avenue and Crockett Street which was once home to the Frost-Whited Building. Most people referred to it as the Booth's Furniture building since their huge sign sat atop for all to see. It was home to many other businesses as well. The Rex Hotel sat at the west end, while businesses such as the S.B Hicks Motor Car Company, Waller Baird Motor Company and Brownlee-Wells Motor Company occupied spots on the Texas Avenue side. Greg Juneau, President of the Credit Bureau of The South, Inc. now occupies this space. (Vintage portion of these photos courtesy Winston Conway Link)



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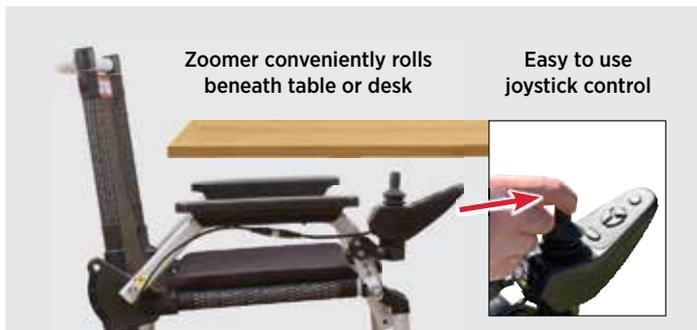


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Preserving History at the Northwest Louisiana Archives

By Sarah (Sally) Hamer

Images courtesy of Northwest Louisiana Archives

Imagine reading letters written in French from a World War I aviator. Captain George Guynemer was the second highest-scoring French fighter ace with fifty-four victories before his death over Belgium in 1917 at the age of twenty-two. His family, who lived on Fairfield Avenue in Shreveport at that time, kept a scrap book with those precious letters.

Collection of addressed envelopes from correspondence between Madame Martin of Highland Avenue in Shreveport with Captain Guynemer, fighter pilot in the French armed forces during World War I. (Mrs. A. O. Graves Collection, Collection #085, Scrapbook)

Charcoal portrait (reprint) of Captain Guynemer. (Mrs. A. O. Graves Collection, Collection #085, Scrapbook inside cover)



and culture, education, politics, architecture, and the natural environment of the Ark-La-Tex area from 1830 to the present day,” according to Dr. Laura McLemore, the current Curator and head Archivist. Following their mission to collect, preserve, and make accessible to interested researchers the papers, records and other materials of individuals and organizations significant to the history of Northwest Louisiana and the Red River region, the Archives welcomes requests to accept materials, including journals, diaries, records, and photographs. Even though some records hold no “historical significance,” most still deserve to be preserved.

As most anyone who has a box of old documents or video and cassette tapes knows, they will deteriorate over time. Most people appreciate the value of such historical material for current and future generations, but they do not realize how much effort and expense goes into preserving it and making it accessible. The NW Louisiana Archives continues to find ways to slow “the inevitable deterioration and chemical decomposition of physical media,” according to Frank Severic, currently a graduate student working in the Archives. For instance, Dr. Butler’s letters were typed with carbon paper onto onion-skin, a thin, brittle paper that, after a hundred-plus years, is starting to crumble. The ink from all those years ago is fading, making it difficult for a researcher to read. Photographic negatives and prints also suffer from age. For example, beginning in the 1920s, negatives and film were cellulose-acetate based and subject to degradation. To preserve them, the images must be transferred to another medium, such as archival digitization, which is expensive and labor intensive.

The Archive holds many priceless photographic collections, such as the Grabill Studio Collection with photos by both Burch (father) and Bill (son) Grabill from 1919 to the 1980s. Another amazing collection is the massive H. O. Wiseman Collection with nearly 70,000 negatives documenting the construction of the Gulf South Natural Gas pipeline as part of the war effort in 1941. Also, Frank McAneny was a national award-winning photographer for the Shreveport Journal, 1946-1964, famous for documenting fires and crashes - cars, trains, planes - often beating first responders to the scene and his collection is proudly maintained by the Archives. McAneny’s Journal photos are only a part of an even larger collection that documents news-worthy events and culture in Shreveport and the Ark-La-Tex. The Archives also houses The Times Photographic Negatives Collection, 1946-1999 (nearly 300,000 images) and a collection of more than 1200 videotapes from Cablevision of Shreveport, Inc., 1983-1995, which features local television programming related to the Ark-La-Tex and Louisiana culture and politics. According to Severic, these collections are being dealt with to prevent “this inevitability [of deterioration] before time has done its damage.” For photo negatives and film digitization is imperative and ongoing.

Because these collections, and the many more that exist, are so important to future researchers and to the legacy of the almost two centuries of history of our local area, it is immensely important to continue to find ways to preserve them. Thankfully, because of our patrons and supporting organizations, and with the leadership of Archivist, Dr. Laura McLemore, LSUS and Noel Memorial Library continues to preserve Northwest Louisiana Archives as a valuable regional history institution.

There’s a saying that, every time an old person dies, a library dies with them. Shreveport, and the surrounding area, is very fortunate to have such an amazing resource of our history.

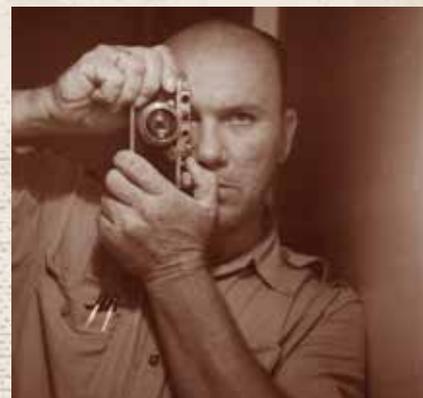
Background image designed by Vecteezy:

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Texas Street from First Methodist Church steps, ca. late 1940s (549, Box 66)

United Gas Pipeline construction north of bridge on North Market Road in Shreveport, near 12-Mile Bayou. 1942



Photographer H. O. Wiseman, Alvis Hotel mirror, August 1944



Photographer J. Frank McAneny with his movie camera (Collection 549)

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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 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.mcmore@lsu.edu if you can help.



(left) The photo was taken at the Guest House, which was a Senior Care Center on Normandie Drive (now The Guest House Rehabilitation Center). The children were members of the Patriots drill team that came to perform for the residents. We would love any information on the Patriots as well. (November 1973)



(right) This photo is of Western Electric Company Y Indian Guides, dated November 1973, that was taken in someone's backyard. (the Lawrence Lea Collection).

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Claude Jarman Jr. Recalls a Family Classic: "The Yearling"

Premiering in Los Angeles a few days before Christmas 75 years ago this year, "The Yearling" depicted the post-Civil War Baxter family struggling to survive in the backwoods of Florida. Notwithstanding fine performances from screen parents Gregory Peck and Jane Wyman, the film soon became a family favorite due in no small measure to Claude Jarman Jr. and his dramatic portrayal of their son, Jody.

Just 10-years-old when filming began in spring 1945, it was young Claude's first professional acting job. His powerful emotional performance was recognized with a Juvenile Academy Award.

"The only previous experience I had was in fourth and fifth-grade school plays and some community theater in Nashville where I grew up," said Jarman from his home north of San Francisco. "MGM conducted a national search and the director, Clarence Brown, wanted a boy who was totally natural and looked the part – a skinny blonde kid, which I was."

Location filming in Florida took several months and was especially challenging because the director required dozens of takes for almost every scene which often featured animals, notably wild deer.

"They are obviously unpredictable," explained Jarman. "In one scene I had to run up to a neighbor's house with the deer following me, but it wouldn't. We had to do that probably 100 times before getting it right."

Jarman says several fawns were used in the film and each was named.

"My favorite was called Bambi and it grew into a yearling during the movie. Bambi was probably in 70% of the scenes where you see a deer and was the only one that would sit on my lap for hours with its legs folded which is unusual because they normally want their legs down so they can quickly run from danger. I had a wonderful relationship with that fawn which, like me, grew up while making the movie."

Like Bambi, Claude also grew taller during production, but he actually lost weight as the grueling shooting progressed through the humid Floridan summer.

"In those days, we could shoot 7 days a week in Florida," he recalled. "I was 110-lbs at the beginning of filming but lost 10-lbs by the end and was totally spent."



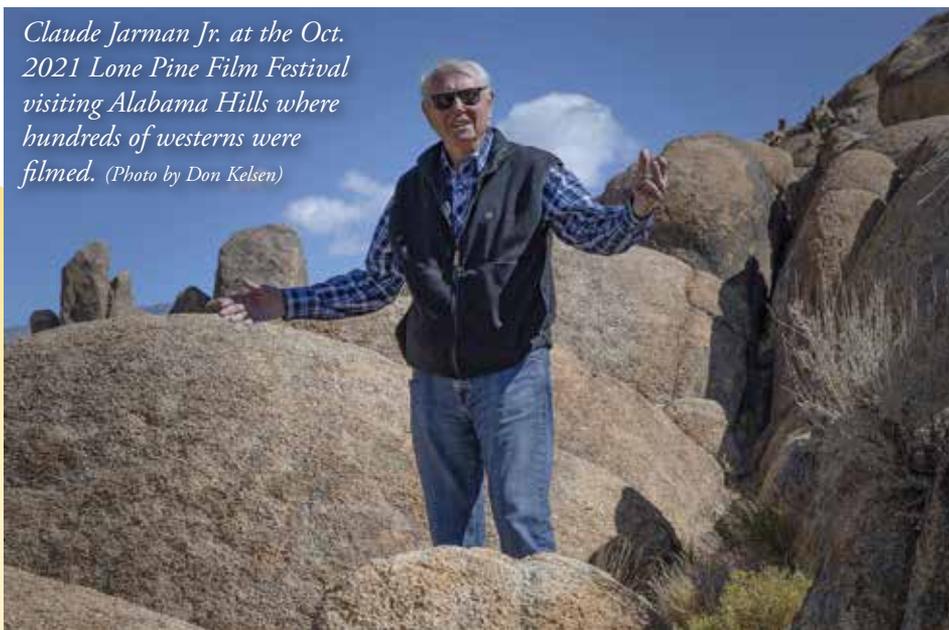
Considering his limited previous acting experience, Jarman's moving performance is still impressive to watch, especially the final scenes with the deer.

"The cast and crew were together for many months, so as the filming progressed you really got into the part and lived it," he said. "It was emotional for me, but you just took it one day at a time."

Jarman's film career ended in the mid-50s, but not before working with legends such as John Wayne in "Rio Grande" and Randolph Scott in "Hangman's Knot." "Intruder in the Dust," dealing with racial issues in the South, remains a personal favorite. He discusses his career in his 2018 autobiography, "My Life and the Final Days of Hollywood," available through Amazon and his Facebook page (www.facebook.com/MYLIFEANDTHEFINALDAYSOFHOLLYWOOD).

"I made 10 other films after "The Yearling," says Jarman, "but nothing came close to being as difficult." Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See www.tinseltowntalks.com

Claude Jarman Jr. at the Oct. 2021 Lone Pine Film Festival visiting Alabama Hills where hundreds of westerns were filmed. (Photo by Don Kelsen)





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Memories of Christmas Toys Past

Favorite toys probably top the list of fond childhood Christmas memories for many adults. What were yours? Some of my favorites are listed below:

Bubble Solution: I blew my first bubbles one joyous Christmas around the age 7. You've got to applaud the guy who came up with this idea. "Hey, I know," he said to himself one day. "I'll put soapy water in a bottle and sell it to kids." Genius.

Hula Hoop: My favorite trick was flicking the hoop along the ground with a backspin causing it to roll back towards me. But I never developed any interest in its traditional use. Watching friends frantically wrenching their necks and backs to twirl the hoop around their spines merely convinced me these colorful rings of plastic were invented by a chiropractor.

Pogo Stick: While kids today must dress like gladiators in

protective gear before engaging in physical activities with some outdoor toys, we bounded unprotected over rock-hard concrete for hours on these spring-loaded metal sticks, blissfully unaware we were potentially just one bounce away from a trip to the ER.

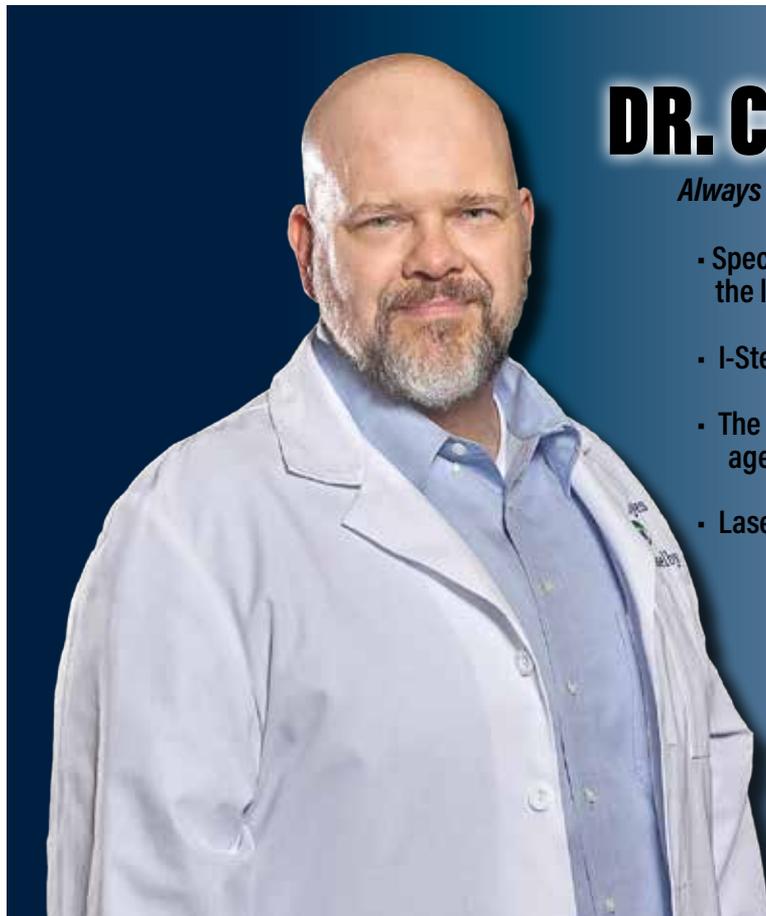
Chemistry Set: Got mine at the age of 10 and it inspired me to get a Ph.D. in chemistry some two decades later. Sure,

I performed some incredibly dangerous experiments, once ending up in hospital as a teenager, but burning a hole in your shoe (and, subsequently, foot) with molten zinc built character.

Gumby: While I generally took care of my toys, only one bendable green Gumby figure made it to adulthood (mine and his), the others falling victim to fiendish experimentation from a curious kid armed with a chemistry set. In one ill-conceived experiment, I attempted



Some of the author's childhood Christmas toys that survived over the decades including marbles, a Zeroid robot, die-cast cars, a Gumby figure, chemistry set, and a tin aircraft.



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to create a 'silver' Gumby by dipping in the aforementioned molten metal, only to discover that rubber toys (and shoes) did not survive at 787 degrees Fahrenheit.

Mouse Trap: This board game involved assembling some 2-dozen mostly plastic pieces which, when perfectly aligned, would set in motion a chain-reaction to trap an opponent's game piece. Delightful when it worked but infuriating when the mechanism malfunctioned. I still have mine from the 60s with all pieces intact – rather amazing considering threats of adjusting the unreliable mechanism with a hammer were not uncommon amongst frustrated young players.

Tin toys: First made in the mid-1800s, these colorfully painted metal figures and vehicles fell out of favor after the emergence of cheap plastic toys. My favorite, a Northwest Airlines DC-7C from the 60s, still works and always delighted my mother, too, who had been an air hostess on similar prop aircraft a decade earlier (see video: <https://youtu.be/kJVOS0fFR8o>).

It's no surprise, therefore, that favorite old toys can evoke distant but fond memories of family Christmases past.



Nick Thomas teaches at Auburn University at Montgomery in Alabama, and has written features, columns, and interviews for many newspapers and magazines. See www.getnickt.org.

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Few things bring family and friends together quite like the holidays, and serving up an elegant, seasonal meal centered around a mouth-watering main dish is a recipe for creating lasting memories with the ones you love. Recipes courtesy of Omaha Steaks Executive Chef David Rose Find more holiday recipe inspiration at OmahaSteaks.com/blog/recipes.



Special Centerpieces for Holiday Celebrations

Suya-Dusted Filet Mignon with “Red Rice” Risotto

Servings: 4

Suya Dust:

- 2 cups roasted cashews
- 1 Tbs. chicken bouillon
- 1 Tbs., plus 1 teaspoon, smoked paprika
- ¼ tsp. cayenne pepper
- 1 tsp. ground black pepper
- 2 tsp. ground ginger
- 2 tsp. garlic powder
- 2 tsp. onion powder

To make suya dust: In food processor, blend cashews, chicken bouillon, paprika, cayenne pepper, bell pepper, black pepper, ginger, garlic powder and onion powder into fine powder.

To make “red rice” risotto: In medium saucepan, warm canola oil over medium-high heat. Add onions, garlic and red bell pepper, sauteing until lightly caramelized, about 1 minute.

Add tomato paste to pan and saute until fragrant, about 1 minute. Add chopped tomato, Worcestershire sauce, paprika, 1 teaspoon kosher salt and ½ teaspoon ground black pepper; continue sauteing until tomato starts to break down and soften, 3-4 minutes. Reduce heat to simmer and cook 3-4 minutes.

Remove from heat and finely blend in food processor. Set aside.

In separate medium saucepan, warm olive oil and butter over medium-high heat.

Add Arborio rice and stir until slightly nutty and translucent, about 1 minute.

“Red Rice” Risotto:

- 3 Tbs. canola oil
- ½ cup diced yellow onion
- 3 fresh garlic cloves, smashed
- ½ cup diced red bell pepper
- 1 Tbs. tomato paste
- 1 large beefsteak tomato (about ½ pound), chopped
- 1 Tbs. Worcestershire sauce
- ¼ tsp. smoked paprika
- 1 tsp. kosher salt, plus

- additional, to taste, divided
- ½ tsp. ground black pepper, plus additional, to taste, divided (optional)
- 2 Tbs. olive oil
- 2 Tbs. unsalted butter
- 1½ cups Arborio rice
- 4 cups warmed chicken stock, divided
- ½ cup finely chopped Italian parsley

- 1 cup freshly shredded Parmesan cheese

Filet Mignon:

- 4 Filet Mignons (6 ounces each)
- kosher salt
- ground black pepper
- 4 Tbs. canola oil
- 2 Tbs. unsalted butter
- 1 clove garlic
- 1 thyme sprig

Add pureed tomato-pepper mixture and 1 cup chicken stock; bring to boil then reduce heat to medium.

Add 1 cup stock each time Arborio rice absorbs almost all broth. Continuously stir risotto each time stock is added to rice. Keep adding stock until risotto is al dente and still viscous then stir in parsley and Parmesan cheese. Season, to taste, with salt and pepper, if desired.

To make filet mignon: Pat steaks dry with paper towels and liberally season with salt and ground black pepper on both sides.

In large cast-iron skillet, warm canola oil over medium-high heat.

Place filets in skillet and sear 3 minutes.

Flip steaks and add butter, garlic clove and thyme. Baste steaks with butter and allow filets to finish cooking, 3-4 minutes for medium-rare doneness.

Rest filets 7-8 minutes. Serve over “red rice” risotto and sprinkle suya dust over filets.

Dijon-Herb Prime Rib Roast with Garlic Butter Mushrooms

Servings: 4-6

Dijon-Herb Rub:

- ¼ cup minced fresh Italian parsley
- ¼ cup minced fresh oregano
- ¼ cup minced fresh thyme
- ¼ cup minced fresh rosemary
- 3 fresh garlic cloves, minced
- 1 tablespoon Dijon mustard
- ½ cup canola oil
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- ¼ teaspoon smoked paprika

Prime Rib Roast:

- 1 Heart of Prime Rib Roast (4 pounds), thawed
- kosher salt, to taste
- ground black pepper, to taste
- ¼ cup canola oil

Garlic Butter Mushrooms:

- 6 tablespoons olive oil
- ½ cup small diced yellow onion
- 4 fresh garlic cloves, minced
- 1 pound button mushrooms, cleaned and quartered
- 1 pinch kosher salt, plus additional, to taste, divided
- 1 pinch ground black pepper, plus additional, to taste, divided
- ½ cup chicken stock
- 2 tablespoons unsalted butter
- ¼ cup finely chopped Italian parsley

To make rub: In medium bowl, whisk parsley, oregano, thyme, rosemary, garlic, Dijon mustard, oil, salt, black pepper and paprika until well incorporated.

To make prime rib roast:

Pat prime rib roast dry on all sides with paper towels. Season generously with salt and pepper, to taste. Allow roast to come to room temperature about 30 minutes.

Rub Dijon herb rub all over prime rib roast and allow to stand 10 minutes.

Preheat oven to 250 F.

In large cast-iron pan, warm oil over medium-high heat.

Sear roast on all sides until golden brown, 2-3 minutes per side. Place seared prime rib on wire rack-lined sheet pan and place in oven. Cook until internal temperature is 10 F below desired cooking doneness.

Rest 15-20 minutes before slicing.

To make mushrooms: In large pan, warm olive oil over medium-high heat. Add diced onions and saute about 1 minute.

Add minced garlic and lightly saute until fragrant, about 20 seconds.

Add mushrooms and pinch of salt and ground pepper to pan. Saute 3-4 minutes, or until mushrooms are tender.

Add chicken stock and reduce to one-third in volume, 3-4 minutes.

Add butter and parsley to pan and saute until butter is melted and incorporated. Immediately remove from heat and season, to taste, with salt and pepper.

Serve with prime rib roast.



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Independent Living

Crossword

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Solutions on page 36

Across

- 1 Nada
- 6 Perched on
- 10 Balkan native
- 14 Hilo hello
- 15 Ear part
- 16 Dwarf buffalo
- 17 Relating to hair
- 18 Clothing for Tarzan
- 20 "Dog Day Afternoon" character
- 21 The Everly Brothers, e.g.
- 23 Saintry toppers
- 24 Lopsided
- 25 Kaput
- 27 Flying lizard
- 30 Behemoth
- 34 John Lennon hit
- 35 Priests of the East
- 36 Early evictee
- 37 Qatari leader
- 38 Master
- 39 Bit of slander
- 40 Novelist Deighton
- 41 Takes to the water
- 42 Quartet member
- 43 Relaxed
- 45 Capital of Poland
- 46 Quebec seasons
- 47 It's under a foot
- 48 Union member
- 51 Greeting at sea
- 52 Singer Starr
- 55 Ammunition casing
- 58 Top-notch
- 60 S-shaped curve
- 61 Grimace
- 62 Waste conduit
- 63 Rimsky-Korsakov's "The Tale of ___ Saltan"
- 64 Chirp
- 65 Offer one's two cents

Down

- 1 Nukes
- 2 Hip bones
- 3 Take it easy
- 4 Chinese tea
- 5 Well-earned
- 6 Back street
- 7 Honk
- 8 Sapporo sash
- 9 Cygnet's mother
- 10 Pre-entree courses
- 11 Form of ether
- 12 ___-tiller
- 13 Scornful cries
- 19 Pandemonium
- 22 Coffee maker
- 24 Gelatin substitute
- 25 Cupolas
- 26 Panache
- 27 Be an inhabitant
- 28 Rival of Paris
- 29 Kind of acid
- 30 Gave in
- 31 Promotes
- 32 Throat flap
- 33 Goat antelope
- 35 Washes up
- 38 Go for the gold
- 39 Dehydrated
- 41 Ward off
- 42 Music genre
- 44 Gun dog
- 45 Court
- 47 Blind followers
- 48 Sean Connery, for one
- 49 Labels
- 50 District
- 51 Fit of fever
- 52 Fuzzy fruit
- 53 Emphatic agreement
- 54 Yesteryear
- 56 Rascal
- 57 Female antelope
- 59 Gym unit

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
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48	49	50						51				52	53	54
55						56	57				58	59		
60							61				62			
63							64					65		

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Sudoku

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

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



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Word Search

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

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|-------------|--------------|
| Biography | Internet |
| Books | Library Card |
| Borrow | Magazines |
| Branch | Newspapers |
| Catalog | Overdue |
| Chairs | Photocopier |
| Computer | Quiet |
| Dictionary | Read |
| Due Date | Renew |
| Fiction | Shelves |
| Fines | Story Time |
| Hardcover | Tables |
| History | Whisper |
| Information | |

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



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READERS: Send your questions to The Best of Times, Box 19510, Shreveport, LA 71149

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What does it mean when your cataract is "ripe"?

A cataract is simply a cloudiness of your god given lens. When you were first born, your lens was crystal clear like a glass of water. As you age it's like someone slowly pours coke into that clear glass of water, it slowly turns yellowish brown. When the symptoms of the cataract get to the point that it is reducing your quality of life, then the cataract is "ripe". It is at this point that the only way to get you seeing better is to have the cataract removed.



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See our ad on page 28.

Is Osteoarthritis (OA) hereditary?

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



John J. Ferrell, M.D.
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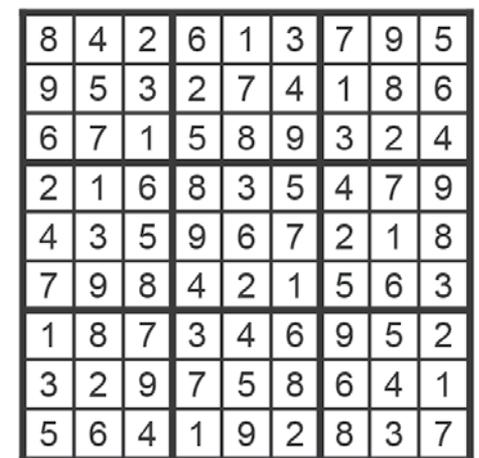
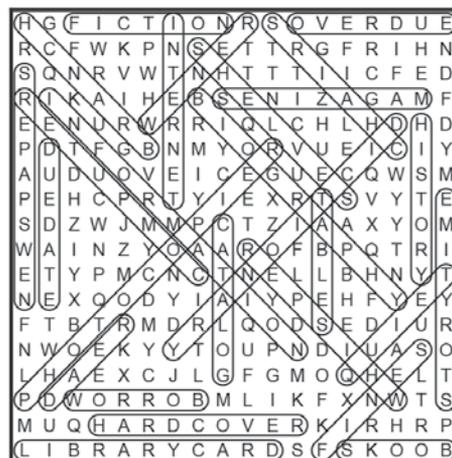
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PUZZLE answers (from pages 32 & 34)



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Odds & Ends



Tips for Long-Distance Caregiving

Many people provide assistance to friends and family members from far away. Long-distance caregivers can have many roles, including helping with finances, arranging for long-term care, and providing emotional support and occasional respite care to primary caregivers. The National Institute on Aging suggests some things to keep in mind:

- Ask the primary caregiver (if there is one) and the care recipient how you can be most helpful.
- Research local resources that might be useful.
- Learn as much as possible about the person's health care needs and any other needs they may have
- Visit when you can - you might notice something that needs to be done, and you may be able to provide some respite to the primary caregiver. Take time while visiting to provide for the needs of your friend or family member as well as to spend quality time with them.

Gray Divorce is on the Rise

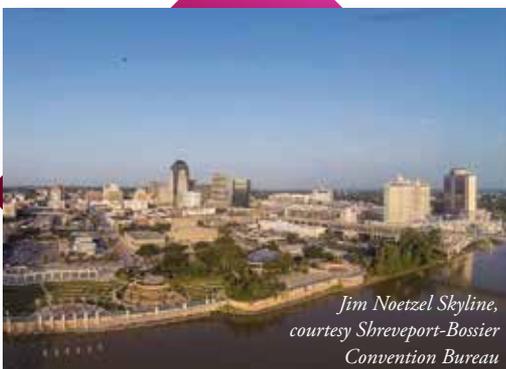
According to the National Center for Family & Marriage Research, between 1990 and 2017, divorce rates for those aged 45 and older increased for both men and women, although the increase was much greater for women than for men. For women aged 55-64, their divorce rate nearly tripled (from 4 to 11 per 1,000), whereas the rate for men in the same age group doubled (from 6 to 12 per 1,000). The divorce rate for women aged 65 and older increased six-fold (1 to 6 per 1,000), whereas for men aged 65 and up, the divorce rate almost tripled (2 to 5 per 1,000).



Shreveport Population is in Decline

The COVID-19 pandemic has shifted demographic trends in a number of ways, from lower birth rates to increased death rates to reductions in immigration. But one of the most significant changes is where people are choosing to live as they migrate within the U.S. A new study by *Porch* found that between 2015 and 2020, the total population in Shreveport decreased by 6.2%. Out of all midsize U.S. cities with relatively low population density, Shreveport is one of only 16 that has experienced a population decline. Here is a summary of the data for Shreveport, as well as the statistics for the entire United States for reference:

- 5-year percentage change in population: -6.2% (U.S. 2.7%)
- Population density (per square mile): 1,715 (U.S. 93)
- Population 2020: 184,786 (U.S. 329,484,123)
- Population 2015: 197,066 (U.S. 320,738,994)
- Land area (square miles): 107.8 (U.S. 3,537,042.5)



*Jim Noetzel Skyline,
courtesy Shreveport-Bossier
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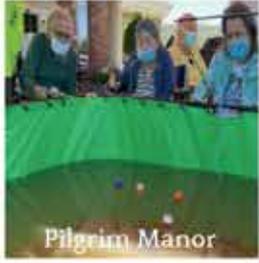


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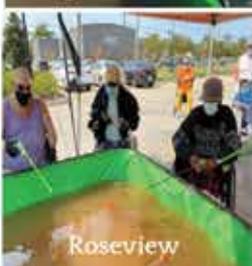
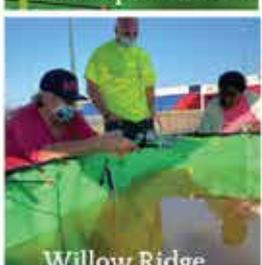
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