

February 2019

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February 2
Rise and Fall of Cardiovascular Disease
 Paari Dominic, MD, assistant professor of Medicine at LSU Health Shreveport

February 9
Latest in Cancer Screening, Treatments, and Research
 Broadcasting live from Family Health Day at Feist Weiller Cancer Center

February 16
AARP Louisiana's Focus for 2019
 Troy Broussard with AARP Louisiana

February 23
Chronic Obstructive Pulmonary Disease (COPD)
 Robert C. Holladay, MD with LSU Health Shreveport

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Medical News & Info



Why Do People Stay in Unsatisfying Romantic Relationships? A new study, performed at the University of Utah and published in the *Journal of Personality and Social Psychology*, suggests it may be because they view leaving as bad for their partner. The study found the more dependent people believed their partner was in the relationship, the less likely they were to initiate a breakup. Previous research shows the amount of time, resources and emotion invested in a relationship can be factors in deciding to end a romantic relationship. Studies also show that a person may opt to remain in an unfulfilling relationship if the alternative — being alone, the available pool of partners, etc. — seems less appealing. In those cases, deciding to stay or go was based on self-interest. But the new study shows that decisions about an unsatisfying romantic relationship may involve an altruistic component.

Moving More in Old Age May Protect Brain from Dementia Older adults who move more than average, either in the form of daily exercise or just routine physical activity such as housework, may maintain more of their memory and thinking skills than people who are less active than average, even if they have brain lesions or biomarkers linked to dementia, according to a study by Rush University Medical Center published in an online issue of *Neurology*®.



Excessive Social Media Use is Comparable to Drug Addiction Bad decision-making is a trait oftentimes associated with drug addicts and pathological gamblers, but what about people who excessively use social media? New research from Michigan State University shows a connection between social media use and impaired risky decision-making, which is commonly deficient in substance addiction. The findings were published in the *Journal of Behavior Addictions*.

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Give Your Heart Some TLC

The heart is the universal symbol for love. Each year, at least 36 million heart-shaped boxes of chocolates are sold during the Valentine's season.

What is less known is the fact that February is also American Heart Month, and that our actual hearts are physically suffering. In the United States, heart disease is the #1 cause of death for both women and men. While we celebrate love and care for our loved ones this season, it is equally important to care for our own hearts.

Heart disease is a blanket term which includes many different heart conditions. In the United States, the most common type of heart disease is coronary artery disease. For many people, a heart attack is the first sign of coronary artery disease. This is caused by plaque buildup in our arteries, which are the vessels that carry blood to the heart. Plaque is formed from cholesterol, fat, calcium and other substances from the blood. An unhealthy lifestyle causes this to plaque slowly form and build up in the arteries, which can eventually block an entire artery and cause a heart attack. The diameter of our



McAlister

arteries is only about 4 millimeters, which means it doesn't take much plaque to cause a blockage. The thought of a heart attack is frightening, but the good news is that a healthy lifestyle can reduce your risk for heart disease. Follow these tips to improve your heart health and prevent disease:

If you currently smoke, work towards quitting. The chemicals in tobacco smoke can damage blood cells, blood vessels, and even the function of your heart. Smokers who quit can quickly reverse much of the heart and blood vessel damage caused by tobacco.

Start exercising. The Surgeon General recommends at least 30 minutes of moderate-intensity exercise five days a week. What is defined as moderate-intensity? A brisk walk, bicycle ride, heavy cleaning, dancing, and gardening are all good choices. The key is to find an exercise you enjoy and get your heart pumping!

Color your plate with plenty of fruits and vegetables. They contain numerous vitamins, minerals, antioxidants, and fiber, which help decrease your risk for heart disease. Aim to make half of your plate fruits and vegetables.

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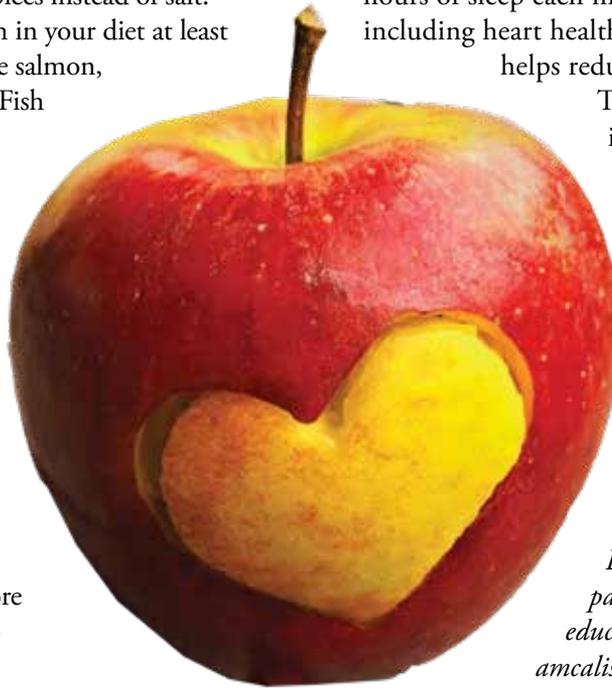
saturated fat include animal sources, like fatty beef, poultry with skin, pork, butter, and high-fat dairy products. Aim for lean cuts of meat, avoid poultry skin, and choose low-fat dairy options, like 1% or skim milk and reduced-fat cheese.

Reduce your sodium intake. When grocery shopping, choose low-sodium alternatives of your favorite products. Season your foods with herbs and spices instead of salt.

Eat more fish. Try to include fish in your diet at least twice a week, especially fatty fish like salmon, tuna, mackerel, trout, and sardines. Fish contains healthy fats that can help protect your heart from disease.

Snack on nuts instead of potato chips, cookies, or crackers. They are high in heart-healthy fats and they contain fiber. A small handful is all you need!

Limit your alcohol consumption. Too much alcohol can raise your blood pressure, which promotes narrowing and blockage of the arteries. Women should have no more than one drink per day, and men no more than 2.



Make at least half of your grains whole grains. Whole grains are packed with heart-healthy nutrients and fiber. Swap white bread with whole wheat or whole grain bread, use whole wheat pasta in place of white pasta, and cook with brown rice instead of white rice.

Get adequate sleep. Studies show that getting 7-8 hours of sleep each night can improve overall health, including heart health. A well-rested mind and body also helps reduce stress.

The majority of heart disease prevention is in your own hands. There are a few risk factors like age and genetics that can't be controlled, but most can be. Following a healthy lifestyle can even help lessen the influence of these uncontrollable risk factors. This year, celebrate Valentine's Day by giving your heart some TLC. Your body and your loved ones will thank you.

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

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Who Knew Goats Could Be So Dangerous?



When Dad died, his will was very specific: Artie, his son, was to get nothing. Is that legal in Louisiana? Usually it is, but there are some situations where you can't completely disinherit your kids. For example, if you have a child who is completely and totally disabled, then Louisiana law forces you to leave part of your estate to that disabled kid. That's called forced heirship.



Aronson

And Artie thought he would qualify as a forced heir because of his disability. About 17 years ago, Artie was gored by a goat. In the head. (I'm not making this up. I've changed the names, but this article is based on a real life Louisiana case.)

He (Artie, not the goat) had a major operation on his brain, and ever since he's had seizures. The seizures last anywhere from 15 minutes to about 45 minutes. Over the years, Artie averaged about 3 seizures per month. According to Artie's wife, when Artie has a seizure, he "goes into a zone" and "there is just no response from him." After the seizures, according to his wife, Artie would be very tired. Sometimes the tiredness would last for 15 minutes and sometimes it would last for 3 days. According to Artie's doctor, these seizures would never go away; they would last all of Artie's life.

Artie had disability insurance through his work and his disability insurance provider found him disabled and paid his claim. Artie also applied for Social Security disability benefits and the Social Security Administration found him to be disabled as well.

Does Artie sound completely and totally disabled to you?

Here's the other side of the story: Artie doesn't just sit around

all day waiting for a seizure to happen. He owns and operates his own business breeding exotic animals. (Again, I'm not making this up.) He takes care of the animals, feeds them, dispenses medications to them and tranquilizes them when he needs to transport them. Artie is under no medical limitations preventing him from driving, working, or doing anything else. And here's the real kicker: Artie hasn't refilled his seizure medication in years.

Now does he sound completely and totally disabled?

Not according to the Judge. And because Artie was found not to be a completely and totally disabled forced heir, Dad's will was allowed to stand and Artie got nothing.

But what if that goat had gored Artie just a little bit harder and as a result, Artie went into a coma that he won't be coming out of. Seventeen years later, his Dad dies with a will that says Artie gets nothing. Would that stand? If Artie's in a permanent coma, he's permanently and totally disabled, so he's a forced heir. Even so, there are some times when Louisiana law allows you to disinherit a forced heir. For example, if you have a kid who is permanently and totally disabled, even though he would be a forced heir, you can still disinherit him if he refuses to communicate with you for 2 years.

Artie has been in the coma for 17 years and during that time, he hasn't said a word. Can Dad disinherit him for failure to communicate for 2 years? Nice try, but no. That's because although you can disinherit a forced heir who refuses to communicate with you for 2 years, the disinheritance will not be effective if the person who is disinherited unintentionally failed to communicate with you.

Here's another example: let's say that after the goat goring, Artie wasn't in a coma, but he was severely brain damaged. So much so that he was left with the mental capacity of a 2-year-old, making him permanently and totally disabled. One day, Artie punched his Dad in the face. Normally, punching your Dad in the face is grounds for disinheriting a forced heir. But when Artie threw the punch, because of his mental capacity, he was "not capable of understanding the impropriety of his behavior," then Dad won't be able to disinherit his son.

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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Is Your TV Programming "Over the Top"?

I can remember a time when you were faced with two choices to enjoy new and exciting content in your living room: having cable run into your house, or having a giant satellite dish installed in your backyard. With the advent of the Internet we were promised exciting new entertainment with just the click of the mouse.

YouTube was one of the first internet options for deciding what we want to watch. As our internet connections became faster, our selection of content grew, satellite and cable TV providers started offering on demand services along with their standard broadcasted content – all utilizing your existing internet connection. And then along came Netflix with their own streaming service. From there the Over the Top market has expanded.

The term Over the Top (OTT) describes a content provider that streams media over the internet, bypassing traditional means of delivery such as cable, satellite or broadcasting. Netflix's streaming service was at first limited to watching their programming on your personal computer, and then grew to be supported by your smart phone or tablet. With the invention of streaming devices and appliances like the Roku, Apple TV, Google Chromecast and Amazon's Fire stick that connect to your TV, you could then watch Netflix without having to boot up your laptop. These devices allowed new apps to be installed and expand the number of providers you have access to. Streaming is now an integral part of smart TVs. They provide the capability of accessing some of the most popular OTT providers.

Today the OTT market has expanded into a separate market of providers that not only provide you with a choice of content, but also a choice of channels. We are slowly moving towards a la carte paid TV programming. Services such as Sling TV, Pluto TV - just to name a few - are very appealing to the growing number of people who are tired of paying large



Rinaudo

amounts of money every month and only watching a handful of the channels that they are being charged for. The number of cord-cutters, as they are called, are rising and will only continue to grow. Premium movie channel providers such as HBO, Cinemax and Showtime offer paid streaming access to all their latest content now.

The market is changing, as do all markets eventually. Other top content providers have taken notice. Later this year Disney will be rolling out their own OTT service called Disney+. Slowly Disney has been pulling their content from Netflix in preparation to start streaming on their own service. Just this past fall Discovery rebranded its popular Velocity channel as the Motor Trend group. With that rebrand they've rolled out the Motor Trend App which will allow you to watch all your favorite and latest Velocity channel content for a low \$5 a month. These are just a few examples of how the paid TV landscape is changing.

Thanks to the internet we now have even more choices of what we want to watch and what we want to pay to watch. As OTT becomes more and more predominant, traditional Pay TV will have to change the way they charge for programming or they may just be the next Blockbuster.

Mark Rinaudo has worked in IT in Shreveport for more than 20 years. He is the owner and operator of Preferred Data Solutions. Email mark@preferreddatasolutions.com to submit a question for this column.

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Turn Off Your Cell Phones In Court

You may think this is a strange topic to write in this column. However, in the last couple of months, the court has been plagued with persons bringing cell phones into the courtroom. This has caused many problems for the court and court personnel.



Cox

As you enter the courthouses, you will usually notice signs at the door that direct you to turn off any cell phones. When you enter the courtrooms, a bailiff will usually address the audience and let them know that cell phones are to be turned off and no one is to use them in the courtroom. If a cell phone does ring in the courtroom, the judge can either reprimand the person whose phone rang or may confiscate the phone and keep it until the close of business on Friday of the week the person was in court. Cell phones, as well as cameras, have been excluded from courtrooms by the Louisiana Supreme Court and local Court Rules.

Cell phones cause a distraction in many ways in the courtroom. First, they interfere with the recording equipment

The judge... may **confiscate the phone** and keep it until the close of business on Friday of that week.



in the courtroom. Each matter that appears before the court must be recorded. Cell phones cause a humming in the system which makes it difficult to record the proceedings. In addition, the humming sound makes it difficult for a court reporter to hear and transcribe the proceedings. As such, cell phones must be turned off.

Second, cell phones ringing in the courtroom can be a distraction. Many times, I have been in the middle of a proceeding when a cell phone rang out in the courtroom. This has distracted my train of thought and caused me to have to refocus and possibly go back through steps I had already covered. You have to remember that a person appearing before a judge wants that judge's undivided

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attention. Cell phones can cause a distraction that can take away a judge's attention at a critical time in a case. This is especially true at the Court of Appeal where litigants are arguing reasons why a case from a lower court should be affirmed or reversed.

Third, cell phones have camera and recording abilities. Cameras and recording of cases are expressly prohibited in the courtroom. If a person is taking pictures or recording any of the events in the courtroom, the person's cell phone can be confiscated. In addition, the phone may be searched and any pictures taken or recorded can be ordered to be deleted from the phone before the phone is returned to the person. By entering the courtroom and using the cell phone, you are

potentially consenting to the search of the cell phone if it is used while court is proceeding.

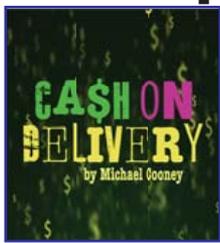
Judges do not want to have to confront persons appearing in the courtroom over cellphones but as you can see, cell phones present many problems for the court. Judges do not want to have to reprimand a person or confiscate a person's cell phone. However, a judge is responsible to control his or her courtroom. The best thing a person can do that is entering a courtroom is either leave their cell phone in their vehicle or turn off the cell phone until court is completed and they have left the courthouse.

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

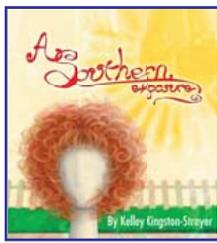
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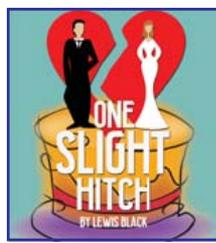
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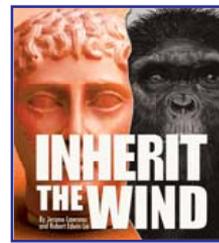
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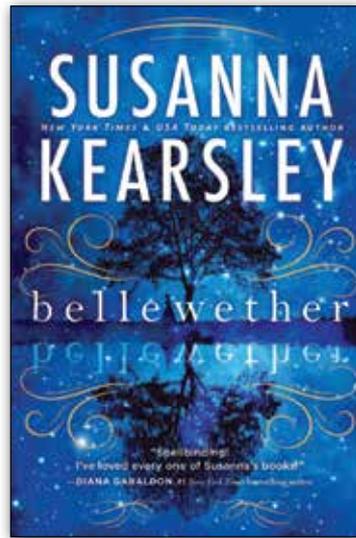
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For many popular authors, when you see their name gracing the title of a new book, you usually already know if you're going to like the story. So it is for me and Susanna Kearsley's books. I've read nearly all of her titles, and her writing strategy works for me. There's a historical plot line, a modern day plot line, a bit of magic and a touch of romance. And that's exactly why I reached for her newest novel, *Bellewether*, for my February review - after all what's Valentine's Day without a bit of romance?



Rinaudo

Bellewether's dual plots are framed by the lives of two women: Charley, a modern day museum curator, and Lydia Wilde, whose life's tale in 1759 has been passed down through the generations and transformed into a modern day ghost story.

As Charley begins to research the local legend that a ghost on the island was Lydia's beloved - a French-Canadian officer and prisoner of war who was supposedly murdered for falling in love with his enemy, so do we begin to get glimpses of Lydia's true story. It was during the Seven Years War (or the French and Indian War as we Americans call it) and North American colonials were fighting with the French at Britain's' behest. French and French Canadian officers, were being taken

as prisoners of war – but it's not what you're imagining. The captured officers were allowed to live in private Colonial homes on a parole of honor. The officers who arrived on the scene of the Wilde's house were unwelcome guests, but the family and officers slowly formed an uneasy truce while they lived together.

While Charley uncovers artifacts in the present, battles museum board members and navigates rocky family and romantic relationships, Lydia slowly learns to put aside her distrust and look kindly upon her enemies. Prejudices are on display in both story lines: with the French and slaves in the past, and from the modern wealthy island residents in the modern day.

Perhaps one of the most interesting parts of this book was the arrival of the "privateers," sailors who conducted illegal trade with the French against British sanctions - and it is this part of the story that unveils the glorious Bellewether, the Wilde's ship of great renown.

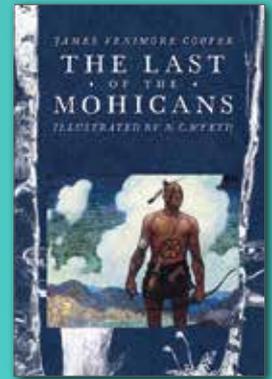
Kearsley's book unwinds the mystery at just the right speed, pulling off perfect (if sometimes predictable) plot twists. The novel fits well into Kearsley's writing collection, and I thoroughly enjoyed her glimpse into a piece of history that I didn't know much about.

A great pick for February reading.

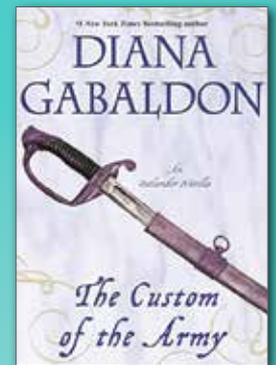
Grade: B

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.

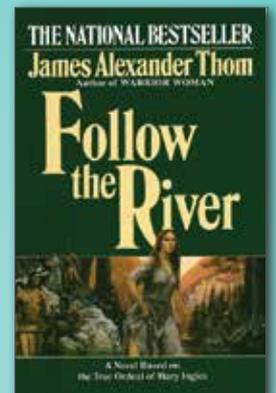
More Books Set During the French & Indian War



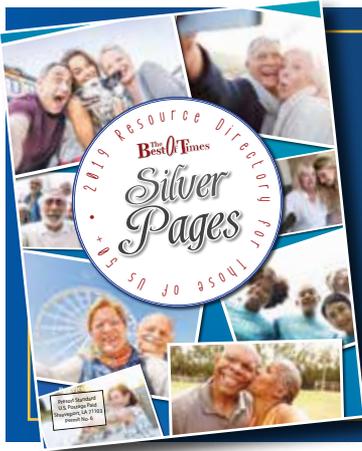
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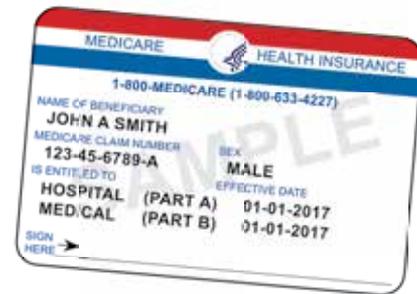
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A Tale of Two Ghost Singers

India Adams and Annette Warren have a lot in common. Both now in their nineties, their career paths merged in the 50s when the pair were hired by studios to dub the singing voices of actresses as so-called ‘ghost singers.’

Adams sang for Joan Crawford and Cyd Charisse in films such as “The Band Wagon,” “Torch Song,” and “Johnny Guitar,” while it’s Warren’s voice heard for Ava Gardner in MGM’s musical “Show Boat” as well as Lucille Ball in several movies.



Thomas

“I was appearing at a club and someone from MGM asked me afterward if I’d be interested in dubbing,” recalled Ms. Adams from her Los Angeles home. “I did ‘The Band Wagon’ first, and one of the songs for Cyd Charisse, ‘Two-faced Woman,’ was cut out but used for Joan Crawford in ‘Torch Song.’ It’s the only time in motion picture history that two different actresses have lip-synched to the very same track.”

Ms. Warren broke into Hollywood after seeing a Los Angeles Times ad.

“It turned out MGM was looking for a vocalist to dub Ava Gardner’s songs in ‘Show Boat,’” she recalled from her home in Rancho Palos Verdes, Calif. “That same night I was at a party and introduced myself to Marvin Saltzman who was an agent and the son-in-law of Arthur Freed who was producing the film.”

Saltzman helped Warren secure an audition – in front of the entire cast.

“That never happened when you went for most dubbing

jobs,” said Warren. “But they were all there – Kathryn Grayson, Howard Keel, even Joe E. Brown and Agnes Moorehead. I sang ‘Can’t Help Lovin’ That Man’ and when I finished Kathryn Grayson – who was a fabulous singer – walked up to me and said, ‘My dear, we could all learn a lot from you!’ But Ava wasn’t happy because she wanted to sing in the movie. And to be honest, I couldn’t blame her because she had a fairly good voice herself.”

Adams has vivid memories of singing for Crawford and Charisse.

“I worked a lot more with Joan than I did with Cyd who was cold and reserved although part of it might have been that she was rather shy,” she said. “Joan was very friendly and would invite me back to her dressing room. She had a passable voice, but they really wanted someone to provide a more professional edge.”

Despite the obvious vocal talents of both singers who spent many years working in other areas of the entertainment industry, they were dedicated to raising their families.

“I never really promoted myself as much as I could have,” admitted Warren. “But I have never, ever felt any regrets about not becoming a better-known singer. I was the happiest woman in the world raising a family.”

“I always wanted to become a really big star,” added Adams, “but don’t believe it would have allowed me to have the fulfilling family life that I had. I’m content to be a little star!”

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



Early and recent publicity photos of India Adams provided by India Adams



Early and recent publicity photos of Annette Warren provided by Annette Warren



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ON THE HUNT FOR WILLIAM BENNETT

LOCAL HISTORIANS SEARCH FOR
GRAVE OF SHREVEPORT FOUNDER

by Jessica Rinaudo

I can't count the number of times I've turned on the TV, flipped over to the History channel and been instantly sucked into a documentary about a lost artifact with captivating interviews by archeologists and historians intent on discovering its location. The intrigue seems so intangible though - after all, how many of us will ever be able to realistically seek out the Ark of the Covenant or a lost city?

But Shreveport, Louisiana is not without its own intriguing archeological mysteries, and local historians have dug in, quite literally, to search for a missing piece of important Shreveport history. Dr. Gary Joiner and Dr. Cheryl White, history professors at LSU-Shreveport, are on the hunt for one of Shreveport's earliest pioneers, William Bennett.

"We have always wondered, at the university, where William Bennett was buried, because he probably is the earliest pioneer," said Dr. Cheryl White. "We knew that he was here before Captain Henry Miller Shreve was here in the early 1830s. He was married to Mary Bennett Cane. We know where she was buried - in Oakland Cemetery. We know where James Cane was buried - on the Bossier side of the river

... We never knew where he was. And it never made sense to us that we wouldn't have a burial chart for him because he was such an important figure."

Who was William Bennett and why is he an important part of Shreveport history?

In order to answer that question, we need to travel back to the early 1800s. Shreveport was an untamed frontier with a wide river running through the area - a location, it turns out that was ripe to be settled for trade. William Bennett, a native of New Hampshire, traveled south with his wife Mary (who also happened to be his own niece), and his business partner, James Cane. Together the two men ran trading posts with Bennett on the Shreveport side of the Red River, and Cane on the Bossier side. They ran a ferry service back and forth between the two posts.

"We know that Bennett was a signatory of the charter of the original Shreve Town Company - the for profit corporation came together and formed this trading relationship on the Red River," said Dr. White. "And then Captain Henry Miller



Shreve came in and he became a member of the Shreve Town Company. He cleared the river, the raft off the river. Shreveport ended up being named for him, even though he was not one of the earliest pioneers here. He never lived here. It was called Shreve Town because he had the patents on boats that would come in for the clearing of the river. The Shreve Town Company existed before the city was incorporated. William Bennett was the first one here. If Shreve had not come here, if had not been a case of needing him to clear the river, this would have been Bennett's Town," added Dr. White.

Shreve Town, as they called it then, was the forerunner of what would later become Shreveport.

Fast forward to 2017.

Dr. Gary Joiner unearthed a map in the archives at LSU-Shreveport that designated a corner of Travis Street and Mary Court as "William and Mary's Cemetery." Together Dr. Joiner and Dr. White visited that spot and noticed something interesting.

"If you stand on that particular lot, and directly across is Sprague Street, which was put in in the 1870s, you're looking at Oakland Cemetery, and you're looking at Mary Bennett Cane's grave – It's like the visual clicked and we knew that this was one continuous piece of land in 1837 when he died and he was buried on this corner. And somehow, through the decades, as development happened and Sprague Street was put in, it was separated from the rest of the cemetery. That's sort of what began the question of could we locate his grave," said Dr. White.

How do you locate the unmarked grave of a man buried more than 180 years ago?

As with most things, it takes financial resources just to create a starting point. So in April 2017, the historians put together a GoFundMe Campaign - an online resource that utilizes "crowd sourcing" so that anyone in the community could contribute to their project. Their campaign was a success, raising \$7,000, which was then matched by LSU-Shreveport. These funds allowed them to take the first big, important steps in their hunt for William Bennett.

"When you do urban archeology, you have to use a lot of different kind of tools that you would not necessarily do in a rural setting. In this case, this area was heavily urbanized." said Dr. Joiner.

"There was enough ancillary information that this block was standing out as a real prime place for William Bennett, and so we contracted with an archeological firm to run Ground Penetrating Radar, over the north third of this block," he added.

Their geophysical survey "involves using the ground penetrating radar (GPR), which you run over the surface of the land and it will show you things below the surface. It works kind of like sonar, it bounces waves off of things," said Dr. White.

"It's a pretty cool piece of gear," added Dr. Joiner. "Some of the work that you do in determining what you see is half art and half science. So there's something there – the

continued on page 22

Above and on the Cover: Dr. Cheryl White and Dr. Gary Joiner, history professors at LSU-Shreveport, inspect the 2 foot deep trench, dug by excavator John Michael Giglio, for signs of soil changes that might indicate a grave feature.

Right: World renowned archeologist, Dr. Richard Buckley, inspects the site during his visit from the UK.

Pictured left to right: Dr. Richard Buckley, Dr. Cheryl White, Dr. Gary Joiner and excavator, John Michael Giglio.



Bennett's in California.

"And then when we realized there were 27 bodies, we realized it's going to have to be a more limited search. And it may be that we end by simply marking the lot, somehow memorializing William Bennett and his son, and all of these people who are known but to God and were buried here in the 1830s, 1840s, prior to the Yellow fever epidemic, prior to the Civil War," said Dr. White.

But they aren't done just yet. "The ultimate goal is going to depend on what we find. We are literally taking this dig one step at a time. We dug the first exploratory trench right through the center, diagonally of where we knew the grave features were, which is exactly what Dr. Buckley asked us to do, and we hit the first thing that was suspicious for a grave feature. We're going to go back and dig two more exploratory trenches diagonally the

same way and see if we hit the same kind of features where we expect them to be. And then we'll be able to come back and make conclusions about what we do next," added Dr. White.

Regardless of what they ultimately do with the graves they uncover, Dr. White said that it's essential that the site be permanently memorialized, as well as included as part of Oakland Cemetery, which is on the National Historic Register.

As this investigation continues, so does the enthusiasm it garners from members of the Shreveport community.

"It's exciting because it's not just history that's telling the story, it's the actual landscape of Shreveport. We have the visual of this being, at one point in time, all one piece of land that belonged to him. It was a little family cemetery that was lost," said Dr. White. •



Dr. White digs deep in the 67 foot long trench to collect soil samples.

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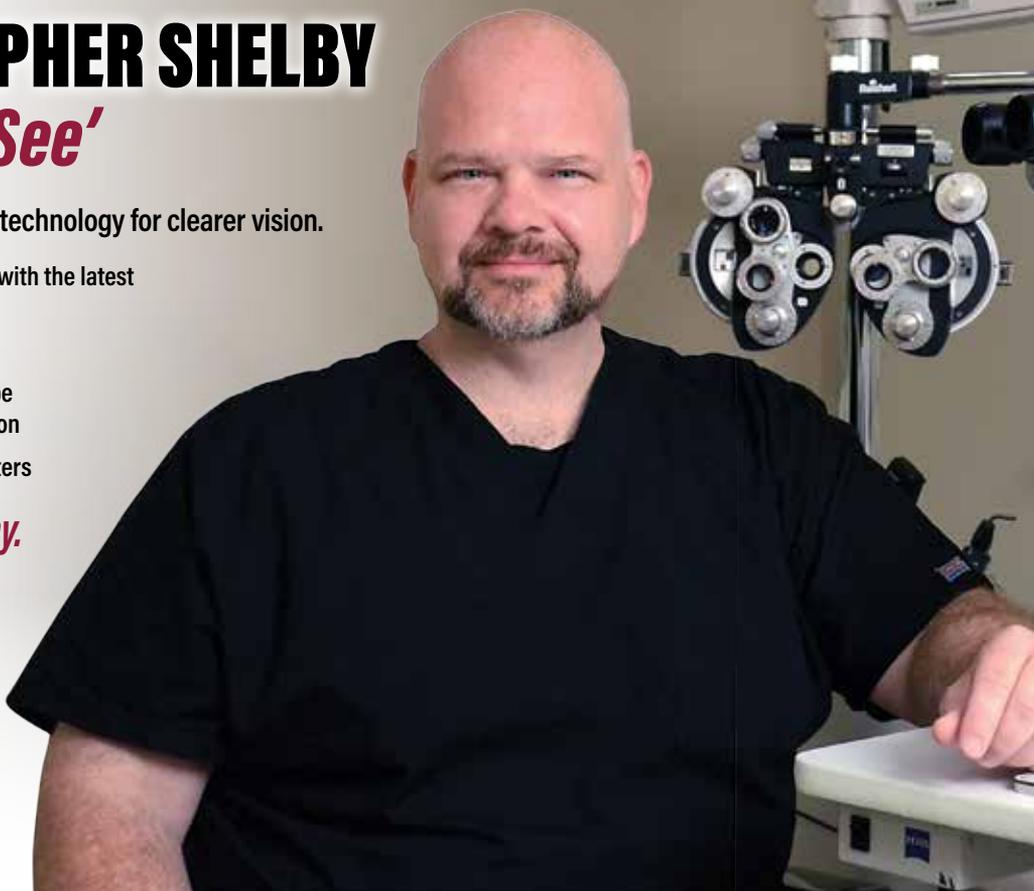
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A man prepares lunch over a fire in Jamaica

JAMAICA

A Diversity of Riches

by Victor Block



One meal my wife Fyllis and I will long remember was a gourmet five-course candle-lit dinner served in a romantic setting. The other was a simple vegetarian lunch at a ramshackle lean-to perched precariously on a steep mountainside.

It's not often that two repasts encapsulate much that a destination has to offer visitors, but Jamaica is such a place. The Chef's Showcase dinner dished up at the Sunset at the Palms resort had little in common with the modest spread prepared by Fire, a Rastafarian man of uncertain age.

This is one example of the diversity that greets travelers to Jamaica. That island-nation has an abundance of magnificent beaches, a long list of outdoor activities, an intriguing history and a rich cultural mélange.

Even tourist-magnet towns along the northern coastline demonstrate Jamaica's split personality. Montego Bay is all hustle and bustle. Ocho Rios is more relaxed, except when one or more cruise ships disgorge their passengers. Negril overlooks the island's finest beach. Port Antonio offers outdoor markets, a maze of narrow back streets and buildings whose dilapidated condition can't hide the faded beauty of their Georgian architecture.

For visitors seeking excitement, activities range from exploring the island by horseback or Jeep, and hiking and biking excursions, to climbing mountains and scampering



down into limestone caves. Those who prefer to commune with Mother Nature find plenty of alternatives. As if the island weren't already a tropical paradise, British colonists gilded the lily – literally – by importing flowers and fruits from around the world.

The Brits were preceded by Taino Indians, who arrived around 650 AD and Christopher Columbus, who dropped by in 1494. Spain controlled the island until 1655, when British

forces took over. Jamaica became independent in 1962.

The Spanish introduced sugar cultivation and slavery, both of which were expanded by British settlers. Among reminders of the heyday of sugar, from the 17th to 19th centuries, are the "Great Houses" which plantation owners built. They ranged from grandiose to more modest, and provide insight into part of Jamaica's past.

Halse Hall was built in 1680 on the foundation of a Spanish hacienda. It was constructed with the thick walls of a fortress for security.

Rose Hall comes with a legend concerning Annie Palmer who, according to the story, murdered three husbands, among others. Some people believe that Annie's spirit haunts the grounds.

While Seville isn't one of the more imposing plantation houses, what's inside makes the structure, well, great. A museum traces Jamaica's history, and displays artifacts from the times of the Taino, Spanish and British. Scattered around the grounds are portions of the sugar cane processing factory,

the bookkeeper's and overseer's houses, and tiny huts where slaves lived.

Jungled mountains cover about 80 percent of Jamaica's terrain, which is laced with rushing rivers and tumbling waterfalls. Most famous is Dunn's River Falls, which plummets 600 feet down a series of natural steps that people may climb, carefully and clutching the hand of other daring risk-takers.

A different water experience is a river trip through the verdant countryside. As Captain Gayle expertly piloted the bamboo raft transporting Fyllis and me along the Martha Brae River,

he identified trees and flowers and described rusting equipment along the shore left over from sugar growing days.

Time spent with Gayle was one of several encounters with Jamaicans that became a highlight of our visit. We purchased snacks from street vendors who were happy to chat for a while with Americans.



Seville Plantation
slave hut

At a beach that's popular with locals we spoke with families who were picnicking, and teenage boys playing a pick-up soccer game with coconuts marking the goals.

Our most memorable person-to-person meeting occurred when we approached several men seated on rickety chairs near a small beach. Reggae music blared from a radio, as it does throughout Jamaica, from cars, houses, stores and just about anywhere that there are people.

The men led us along the sand, explaining that the small weathered boats basking in the sun are used by fishermen. Our conversation ranged from the lifestyle of Jamaicans and the island's economy to politics both there and in the United States.

The jovial gentleman named Joshua led us into the miniscule but neatly organized shed which serves as his home. He said he has everything he needs to lead a happy life, and he displayed the joy of simple pleasures that was exhibited by virtually everyone with whom we crossed paths.

That outlook, combined with Jamaica's magnificent setting and numerous attractions, has earned it a place on our "must return" list of destinations.

For information about Jamaica, log onto visitjamaica.com.

Victor Block has traveled throughout the United States and to more than 75 other countries around the world, writing about what he sees, does and learns. He loves to explore new destinations and cultures, and his stories about them have won a number of writing awards.

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SHREVEPORT *Then & Now*

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Crescent Cash No.1 was located at 106 Texas. Silbernagle Company Wholesale Grocery and Cotton Factory was next door at 100 Texas. This area is now a parking lot. The building behind Silbernagle (Kokopellis building) still stands. Notice the horse drawn buggy in the left corner of the picture.

View of the 100 block of Texas Street. Once part of Shreve Square, these buildings were built in the early 1900's before there was a Texas Street Bridge. They are no longer standing.



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Sweet Potato and Black Bean Chili

Prep time: 30 minutes • Cook time: 60 minutes

Servings: 6

- 6 slices thick-cut smoked bacon, chopped
- 1 lb. sweet potatoes, peeled and diced into $\frac{3}{4}$ -inch pieces
- 2 medium onions, chopped
- 1 jalapeno pepper, seeded and finely chopped
- 5 garlic cloves, minced
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{4}$ teaspoon ground chipotle pepper
- 2 cups chicken broth
- 1 can (14 $\frac{1}{2}$ ounces) no-salt-added fire-roasted diced tomatoes
- 1 can (15 ounces) no-salt-added black beans
- $\frac{1}{2}$ cup quick-cooking barley
- $\frac{1}{2}$ teaspoon salt

Heat casserole over medium heat. Add bacon and cook until browned and crisp, about 7-8 minutes. Using slotted spoon, transfer bacon to paper towel-covered plate.



Reduce bacon fat in casserole to 2 tablespoons and return to stove over medium-high heat. Add sweet potatoes, onions and jalapeno pepper; cook, stirring occasionally, until onion is slightly softened, about 5 minutes.

Add garlic and cook 1 minute. Stir in chili powder, cumin, oregano and ground chipotle; cook until fragrant, 15 seconds.

Pour in broth, tomatoes, beans and barley; reduce heat to medium-low, cover and simmer until sweet potatoes are tender and barley is cooked through, about 20 minutes. Remove from heat and stir in bacon and salt; let stand 15 minutes before serving.



Honey-Pumpkin Cornbread

Prep time: 20 minutes • Cook time: 20 minutes

Servings: 12-16

- 1 $\frac{1}{2}$ cups all-purpose flour
- 1 $\frac{1}{4}$ cups yellow cornmeal
- 3 tablespoons sugar
- 1 $\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{4}$ teaspoon baking soda

- $\frac{1}{2}$ teaspoon sea salt
- 1 cup canned pumpkin puree
- 2 large eggs, at room temperature
- 5 tablespoons unsalted butter, melted
- 4 tablespoons honey
- $\frac{1}{3}$ cup buttermilk
- 1 tablespoon grated orange zest

Heat oven to 400 F. Lightly butter baking pan.

In bowl, combine flour, cornmeal, sugar, baking powder, baking soda and salt.

In separate bowl, whisk pumpkin puree, eggs, butter, honey, buttermilk and orange zest. Stir flour mixture into pumpkin mixture until moistened; transfer to prepared baking pan.

Bake until cornbread pulls away from sides of pan and toothpick inserted into center comes out clean, 20-22 minutes. Cool in pan 5 minutes. Remove from pan and cool on wire rack at least 10 minutes before cutting.

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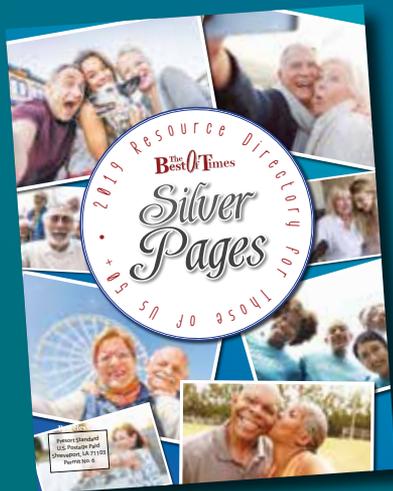
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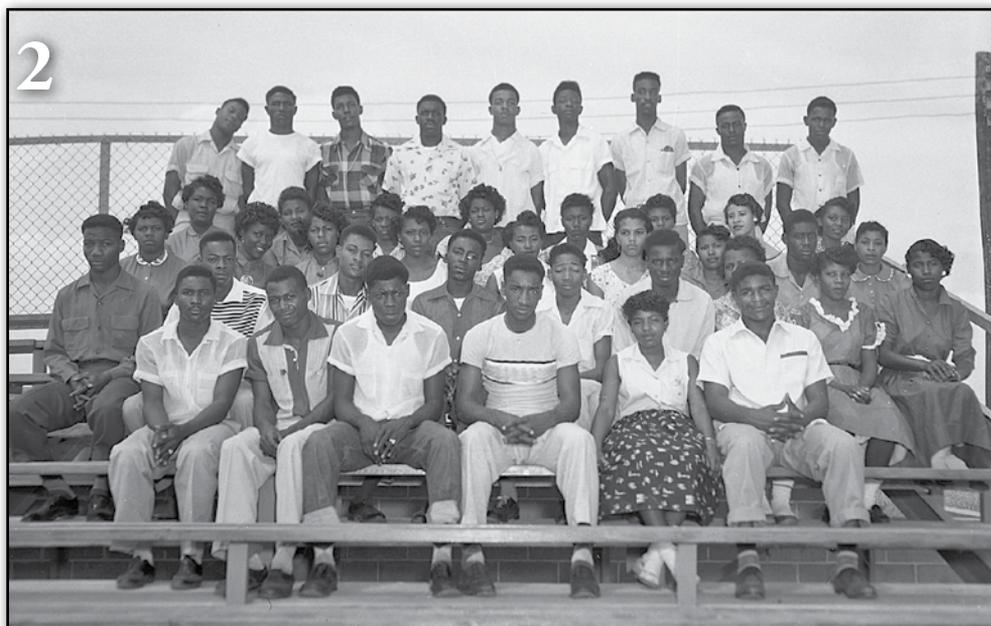
The Best of Times has partnered with Archives and Special Collections of the LSU Shreveport Library to identify individuals and events in their collections. Please email Tina at editor.calligas@gmail.com or Laura at laura.mclemore@lsus.edu if you have any memory or comments about these images.



1. Fair Park High School Mardi Gras Court, January 1962

2. Bossier Negro High School Senior class, April 28, 1955.

(All photos by Jack Barham)



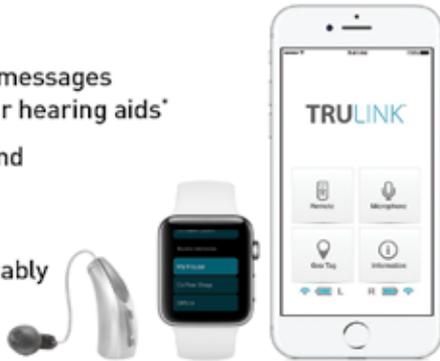
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Sarah Smith, M.A., CCC-A
Audiologist

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*Only available on Apple devices.

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The Strand Theatre

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SAVE the Date



Mardi Gras Jazz Brunch • Feb. 16

COUNCILS ON AGING

• Bossier Council on Aging Weekly Dances

Every Thursday evening from 7:00 to 9:30 p.m. at 706 Bearkat Drive, Bossier City. \$6/ person. Call 318-741-8302 or visit www.bossiercoa.org for which band is playing on a particular date or for more information.



Yellow Fever • Feb. 11

• Caddo Council on Aging

Valencia Community Center, 1800 Viking Drive, Shreveport. 9:30 a.m. coffee and cookies; 10:00 a.m. program. **FREE**. Call 676.7900 for more information.

• Friday, **February 1, 8, 15, 22**, 10:00 Senior Tech Talk

Introduction to Laptops, tablets and smart phones and other tech tips.

- Thursday, **February 7**, 10:00 a.m., "Q & A Smart Driver," Deputy McGraw
- Thursday, **February 14**, 10:00 a.m. "Soup & Chat"
- Thursday, **February 21**, 10:00 a.m. "Early Shreveport Currency," Leonard Gresens
- Thursday, **February 28**, 10:00 a.m. "Eat Your Veggies," Emile Harmeyer, Shreveport Green

EVENTS

• Yellow Fever Lecture

On Monday, **February 11**, Dr. Cheryl White will offer a public lecture at the Women's Department Club on the topic "1873 Yellow Fever: Shreveport's Struggle to Survive," which will touch upon the important work being done to tell the heroic stories of the five priests who gave their lives in that epidemic. Tickets are \$10 and are available at www.eventbrite.com.

• Cirque Du Soleil Corteo

February 14, 15, 16 at 7:30 p.m.; February 16 at 3:30 p.m.; February 17 at 1:00 p.m. and 5:00 p.m. at the Centurylink Center in Bossier City. Corteo, which means "cortege" in Italian, is a joyous procession, a festive parade imagined by a clown. The audience is plunged into a theatrical world of fun, comedy and spontaneity situated in a mysterious space between heaven and earth. Tickets are \$49 and up. For tickets visit cirquedusoleil.com/corteo or call 318-747-2501

• Mardi Gras Jazz Brunch

Saturday, **February 16** at 11:30 a.m. Woman's Department Club, 802 Margaret Place, Shreveport. Mardi Gras Attire.

\$35. RSVP Shirley by February 12 by calling 222-4186.

• The Enchanting World of Fantasy Masks Exhibit

The Friends of Louisiana State Exhibit Museum is hosting an exhibit "The Enchanting World of Fantasy Masks" Monday through Friday from 9:00 a.m. to 4:00 p.m. through Monday, March 4 at the Louisiana State Exhibit Museum, 3015 Greenwood Road, Shreveport. The masks of this exhibit will feature those made by Dennis Beckman, mask designer and the 2019 King of Krewe of Highland. **FREE** and open to the public. For more information, please call (318) 632-2020. www.laexhibitmuseum.org.

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EXPOS

• Caregiving Expo

Hosted by AARP Louisiana and *The Best of Times* on Friday, March 1 from 11 am to 3 pm at the Louisiana State Exhibit Museum, 3015 Greenwood Road in Shreveport. Learn caregiving tips and how to access needed services and products. Educational presentations, including the AARP's "Prepare to Care – Creating a Plan". **FREE** health screenings, door prizes, and the debut of the 2019 edition of Silver Pages, northwest Louisiana's premier senior resource directory. Connect with other family caregivers to share tips and information. **FREE** admission and parking. Seating is limited for the presentations, so please call toll-free 866-448-3620 to reserve your free seat.

• Family Health Day

February 9, 9:00 a.m. to 1:00 p.m. Feist-Weiller Cancer Center, 1405 Kings Highway, Shreveport. **FREE** cancer screenings, blood pressure and glucose checks (no reservations required). **FREE** breakfast and lunch, health information and seminars. Door Prizes. Children's activities. For more info call 318-813-1485.



Caregiving Expo • Mar. 1

MEETINGS

• Ark-La-Tex Genealogical Association Meeting

Saturday, **February 9** from 1:00 to 3:00 p.m. at the Broadmoor Branch Library, 1212 Capt Shreve Dr., Shreveport. Guest speakers Albert Dennis, business consultant and Dr. Sarah Dennis, educator at Grambling State University will make a presentation about Grambling State University in commemoration of black history month. **FREE** and open to the public. For information call 746-1851 or visit www.altgenealogy.com.

• Creative Art Connection Monthly Meeting

February 11; 6:00 – 8:00 p.m. at 630 Barksdale Blvd., Bossier City in The Annex. Founder Virginia Cook will present a mixed media demonstration and exhibit some of her work. Admission is **FREE** and open to the public. For more information call 318-965-0798.

SEMINARS

• Fraud Prevention Seminar

AARP Louisiana and *The Best of Times* magazine will host a "Fraud Prevention Seminar" on Tuesday, February 20 from 1:30 pm to 4:00 pm at the Shreve Memorial Library – Broadmoor Branch, 1212 Captain Shreve Drive in Shreveport. Attendees will learn about the current fraud trends, con artists techniques, fraud prevention tips, and resources to assist in fraud prevention. **FREE** admission and parking. Seating is limited, so please call to reserve your free seat by calling toll-free 866-448-3620.

• The Caregiver's Journey: Living Your Best Life

Presented by Brookdale Shreveport and the Alzheimer's Agency of Shreveport/Bossier at 7110 University Drive, Shreveport. Finger foods and

refreshments will be provided. RSVP to Ellie Watson at 318-524-2100.

- Friday, **February 22**, 12:00 p.m. to 1:30 p.m. Creating a Home Environment that Supports Aging: Staying Engaged, Staying Healthy, Feeling Safe
- Friday, **March 29**, 12:00 p.m. to 1:30 p.m. Solutions for Specific Caregiving Challenges: Mobility, Falls, Isolation, Dementia, and More...A User's Guide

THEATRE

• Inherit the Wind

February 28, March 1, 2, 8, and 9 at 7:30 p.m.; March 3 & 10 at 2 p.m. Shreveport Little Theatre, 812 Margaret Place, Shreveport. The story fictionalizes the 1925 Scopes "Monkey" Trial. \$22 adults, \$20 seniors, students, active military. For tickets call 424-4439 or visit www.shreveportlittletheatre.com



Corteo • Feb. 14, 15 & 16



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Answers from the Experts



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

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

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

In considering a nursing home for future placement of a family member, I am told that I should review the home's most recent state survey. Where can I obtain one?

Survey results are posted online at www.medicare.gov/NHCompare. You may search the site by city, zip code, or the name of the particular homes. It will give you a comparison of each home to the state and national averages of issues cited. If you do not have Internet access, you may ask the nursing home staff to see the survey since homes are required to display a copy of their most recent survey in a public area.

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.

I broke a bone last year. Do I have osteoporosis?

In certain high risk groups the risk of a serious fracture can double after a first fracture. Those who experience an osteoporotic hip fracture have a 24% increased risk of dying within one year following the fracture. This is not only a disease of aging white women. Osteoporosis occurs in all racial groups and men have a 1:8 chance of having an osteoporotic fracture. Although there is no specific cure, you can: Get enough Vitamin D and Calcium. Get regular exercise (weight bearing and low impact). Do balance exercises to avoid falls (Tai chi decrease falls in older individuals) and if you have a broken bone talk to your doctor about a bone density test.



Toni Camp
Regional Hospice Care Group
8660 Fern Avenue, St. 145
Shreveport, LA 71105
(318) 524-1046
See our ad on page 40.



Vicki Ott
Highland Place
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 31.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
See our ad on page 23.



John J. Ferrell, M.D.
Mid South Orthopaedics
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PUZZLE page

Turn to page 38 for solutions.

Crossword

Across

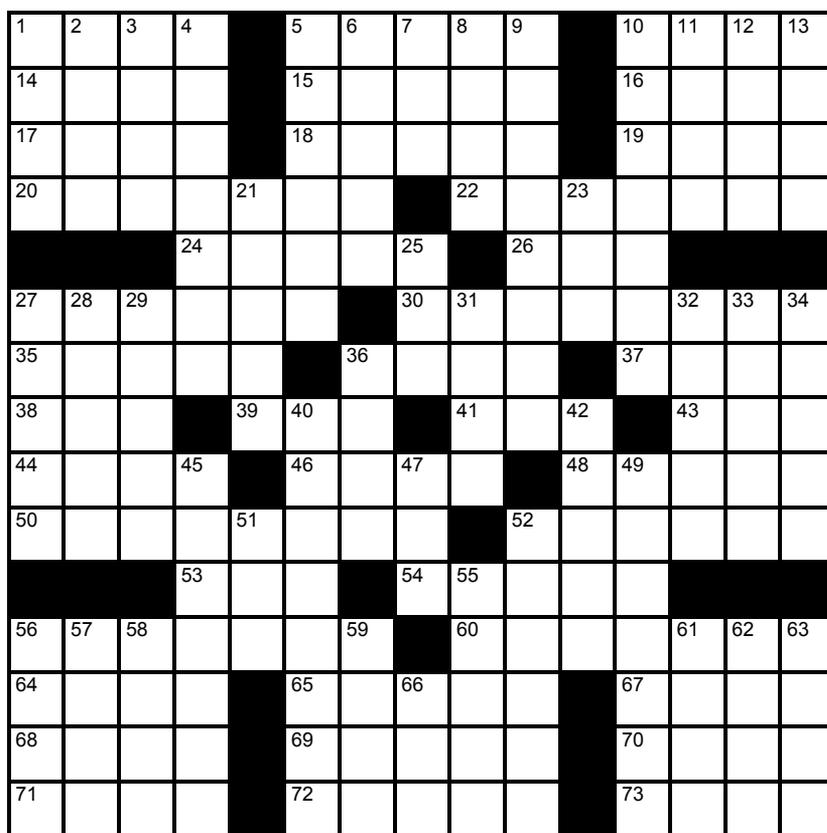
- 1 In ___ (together)
- 5 Squirreled-away item
- 10 Buddy
- 14 Marco Polo crossed it
- 15 Big sheet
- 16 Five-star
- 17 Mardi Gras follower
- 18 Ceasing to be visible
- 19 Some H.S. math
- 20 Pass through
- 22 Bookbinding leathers
- 24 Heart chambers
- 26 Rank above maj.
- 27 Cheerleader accessory
- 30 Plodder
- 35 Dispatch boat
- 36 Related (to)
- 37 Ballerina Pavlova
- 38 Chicken ___
- 39 Metric unit of volume
- 41 Common Market letters
- 43 Kind of team
- 44 Reunion attendee
- 46 Thug
- 48 Hit the road
- 50 Like some rabbits
- 52 Big ___
- 53 Fictitious name inits.
- 54 Considers
- 56 Imitation
- 60 With excessive enthusiasm
- 64 Creative spark
- 65 Itsy-bitsy bits
- 67 In ___ of
- 68 Typeface
- 69 Left one's seat
- 70 Like an oxeve window
- 71 Chimney channel

- 72 Staircase post
- 73 Back of the neck

Down

- 1 Shaker contents
- 2 River of Flanders
- 3 Dobrev of "The Poet"
- 4 Snoozes
- 5 Ratify
- 6 Raccoon relative
- 7 Elderly
- 8 Cambodian currency
- 9 Rocket part
- 10 Indian bean
- 11 Warning device
- 12 Module
- 13 Actresses Ryan and Tilly
- 21 Got up
- 23 Solemn promise
- 25 Call upon
- 27 Kind of cross
- 28 Convex molding
- 29 Confuse
- 31 Property claim
- 32 Like draft beer
- 33 Rogue
- 34 Like a beaver
- 36 Burn balm
- 40 Relating to farmland
- 42 Scale
- 45 Arbitrate
- 47 Offbeat
- 49 5th letter of the Greek alphabet
- 51 Agatha Christie's "The ___ Murders"
- 52 Prickly plant
- 55 Clear the slate
- 56 Irk
- 57 False god
- 58 Maître d's offering
- 59 Nostalgic time
- 61 Prima donna
- 62 Bound
- 63 Time for eggnog
- 66 Service station offering

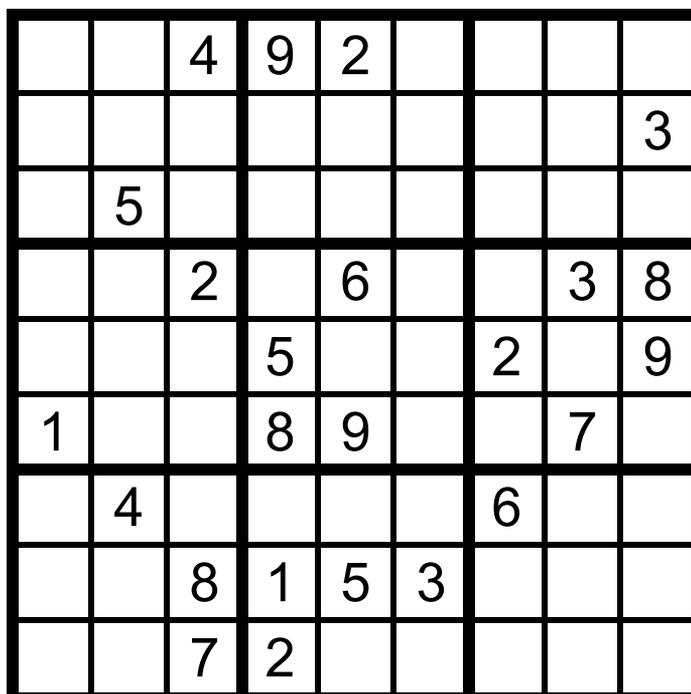
Crossword



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Sudoku

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



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parting ●● ●●●shots

KREWE OF ELDERS

The Krewe of Elders held their "Stars in Hollywood" Grande Bal XXI on January 19 at the American Legion Post 14 in Shreveport.



Pam Griffith, Terri Lively, Keith Festervan, and Sharon Festervan



Martha Nabors and Linda Kerr



Krewe of Elders King Doug Rivet and Queen Connie Rivet



Sharon Braggs, Candice Cooper, and Daphne Lott



Wanda Smith, Linda Young, and Linda Monzingo



Krewe of Elders Duchess and Duke of Wisdom Troy and Patsy McGee



Krewe of Elders Duchess and Duke of Prosperity Bill Wisby and Lana Cross

Puzzle ANSWERS

Crossword

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

Sudoku

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



Krewe of Elders Duchess and Duke of Longevity Luke and Amy Stetson

MULTICULTURAL CENTER

The MultiCultural Center of the South's Christmas party was held on December 20th in downtown Shreveport.



Janice Gatlin, Miriam Nazermalek, & Xingwen Chen



Michael Henderson accompanies singer Monro Brown



Mini Menon, Sanjay Menon, Vijaya Kumar, Indira Kumar

RED DINNER

Panderina on the Red reality cooking show preview was held January 14 at Proud Mary Restaurant in Shreveport.



Creator and executive producer Christopher B. Pearman (center) with left to right Candy Rain Welch and Shalisa Roland of the Shreveport Bossier Convention and Tourist Bureau.



Executive Chef Panderina Soumas and Michelle White Lafitte.

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