

February 2022

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Legacy Videos Maintain Family Stories

Avery Shaw, Client Sales Manager with YPE

FEBRUARY 12

Shreveport Rising! This Far by Faith

Dock Voorhies, Vincent Williams and Willie Bradford with Shreveport Rising

FEBRUARY 19

Having Essential Financial Conversations with Your Adult Children

Cameron Huddleston, Careful Family Financial Expert

FEBRUARY 26

Are You Prepared to Fight Your Insurance Company After a Disaster?

Chip Merlin, attorney and author

MARCH 5

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The Best Of Times

February 2022 • Vol. 31, No. 2
Founded 1992 as *Senior Scene News*
ISSN Library of Congress
#1551-4366

A monthly publication from:

TBT Multimedia, LLC
P.O. Box 19510
Shreveport, LA 71149
(318) 636-5510

www.TheBestOfTimesNews.com

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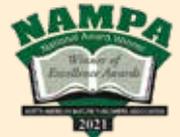
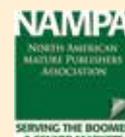


"Online classes can have a worldwide audience, instead of the limitations of local classes."

Sarah Sally Harper

CORRECTION

Our sincerest apology to Sarah (Sally) Hamer. She was incorrectly identified as Sarah Sally Harper on page 19 of our January issue.



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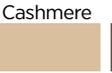
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Medical News & Info



Cardiovascular Risks May Be Worse for Women's Cognition in Middle Age

A new study suggests that even though men may be more likely to have cardiovascular conditions like heart disease and stroke and risk factors like diabetes, high blood pressure and smoking in middle age than women, the negative impact of most of these conditions on thinking and memory skills may be stronger for women. Researchers found that most cardiovascular conditions were more strongly associated with cognitive function among women. For example, heart disease was associated with more than a two-fold greater decline in composite cognitive test scores for women compared to men. Additionally, they found that diabetes, heart disease and abnormally high levels of fat in the blood were associated with language score decline only in women. However, congestive heart failure was associated with language score decline only in men. The study does not prove that women who have cardiovascular risk factors will have cognitive decline in midlife, but it shows an association. The research is published in the January 5, 2022 online issue of *Neurology*®.



Latte Lovers Rejoice! Drinking Coffee May Lower the Risk of Alzheimer's Disease

Good news for those of us who can't face the day without their morning flat white: a long-term study has revealed drinking higher amounts of coffee may make you less likely to develop Alzheimer's disease. As part of the Australian Imaging, Biomarkers and Lifestyle Study of ageing, researchers from Edith Cowan University (ECU) investigated whether coffee intake affected the rate of cognitive decline of more than 200 Australians over a decade. Researchers found participants with no memory impairments and with higher coffee consumption at the start of the study had lower risk of transitioning to mild cognitive impairment - which often precedes Alzheimer's disease - or developing Alzheimer's disease over the course of the study. Drinking more coffee gave positive results in relation to certain domains of cognitive function, specifically executive function which includes planning, self-control, and attention. Higher coffee intake also seemed to be linked to slowing the accumulation of the amyloid protein in the brain, a key factor in the development of Alzheimer's disease.

Pandemic Depression Persists Among Older Adults

The COVID-19 pandemic has had a significant impact on the mental health of older people living in the community, with those who are lonely faring far worse, according to new research from McMaster University. Using data from the Canadian Longitudinal Study on Aging (CLSA), a national team of researchers found that 43% of adults aged 50 or older experienced moderate or high levels of depressive symptoms at the beginning of the COVID-19 pandemic, and that increased over time. Loneliness was the most significant predictor of worsening depressive symptoms, with other pandemic-related stressors, such as family conflict, also increasing the odds. The study was published in the journal *Nature Aging*.





The Best of Times

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The Case of the 12-Year-Old Who Lawyered Up

Mike (all names have been changed) was on his second marriage. His new wife had 3 kids of her own. The oldest, Jan, was 12.

Mike, who owned a farm down in south Louisiana, decided that it would be a good idea for him to give the farm to Jan. So he called up his good friend Sam the butcher, who is also a notary, and asked Sam to prepare the paperwork. In Louisiana, when you give land to someone, the gift is called a donation and it has to be in writing. It also needs to be signed in front of a notary and witnesses by both the person giving the gift and the person receiving the gift.

The next day, Mike and 12 year old Jan went to the butcher shop and signed the paperwork in front of 2 witnesses and Sam, who notarized the donation and filed it at the courthouse.

Mike told Jan that this was all a big secret and that she must never tell her mother. Carol, Mike's new wife and Jan's mother, knew nothing about this until Mike died 20 some odd years later.

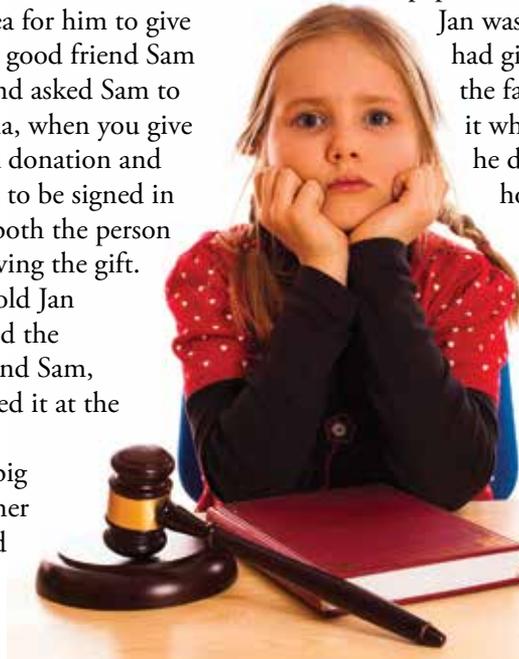
At that point, Carol opened up Mike's will and saw that in his will, Mike left his farm to her. So Carol tried to sell the farm, but the sale fell through because of that donation paperwork that Sam had filed at the courthouse when Jan was 12 years old. That paperwork said that Mike had given the farm to Jan. Because Mike had given the farm away while he was alive, he didn't own it when he died, and if he didn't own it when he died, then he can't leave it to Carol. That's how Carol found out about the whole deal.

Horrified, she sued her own daughter!

Carol told the Judge that Jan was 12 when she signed the donation paperwork accepting the gift of the farm. In Louisiana, if you are under the age of 18, you are a minor. Carol argued that minors can't sign any legal paperwork. Is she right?

Here's what the law says:

In Louisiana, once you turn 18 you are an adult. Before you turn 18, you are a minor. As a general rule, minors can not sign legal documents. If they do so anyway, the legal document is not an absolutely illegal



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deal that can't be enforced. Instead, the minor, and only the minor, can get out of the deal. Everyone else is stuck.

In other words, once 12-year-old Jan had signed the paperwork accepting the farm, she was the only one who could get out of the deal.

Maybe an example will help explain: let's say that the farm had been illegally dumping toxic waste into the water supply. Whoever owns the farm is going to be in big trouble. Jan would be completely free to say something like, "You can't go after me. I accepted the gift of the farm when I was 12 and 12-year-olds can get out of any deal they made before they turned 18. So I want out. Go sue someone else for all this toxic waste."

Here's another example: let's say that 17-year-old Greg buys a car on credit. He drives the car home and his parents make him take the car back. Can Greg get out of the deal and make the car dealership take the car back? He sure can. If a minor makes a deal, the minor has the right to get out of the deal, but

no one else has this right.

In Jan's case, the farm wasn't leaking toxic waste. Jan loved that farm and she didn't want out of her deal. By the time Mike died, Jan was in her thirties and had lived on the farm for years. She wasn't going to give it up; not even for her own mother.

Here's what Jan told the Judge: "Judge, I was a minor when I accepted the gift of the farm. And because minors can get out of their deals, if I wanted to attack my acceptance of the gift of the farm, I could. But I don't want to attack my acceptance and no one but me has the legal authority to attack my deal. Therefore, you need to throw out my Mom's lawsuit."

Which is exactly what the Judge did. *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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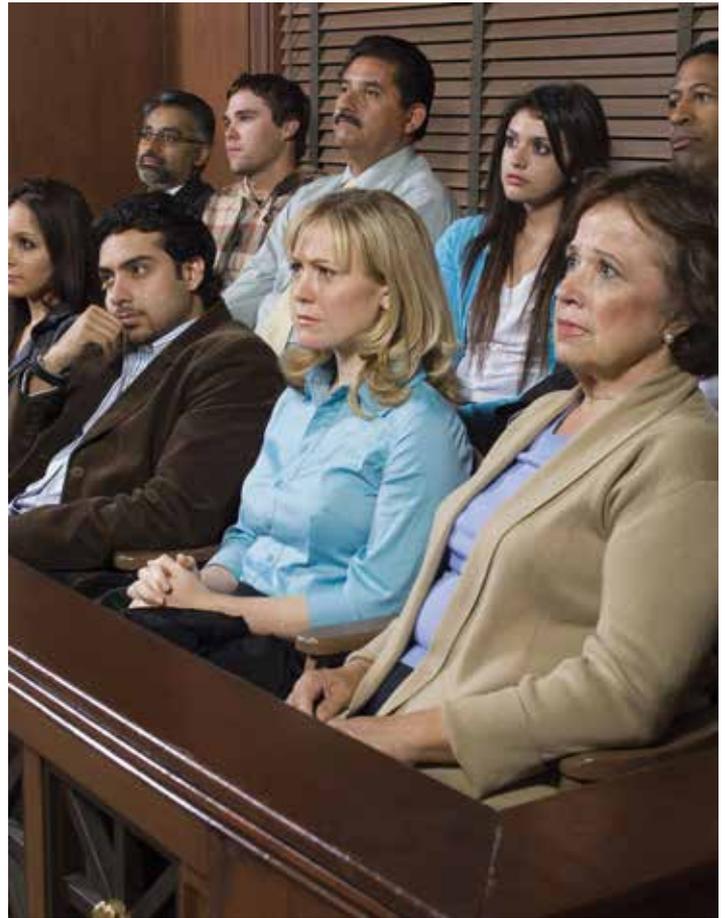


Serving on the Jury

One receives a summons for jury duty by certified mail, and oftentimes the responses are mixed. A lot of apprehension is due to lack of understanding of the jury system. Other times, people are upset because jury duty disrupts their busy lives.

Questions jurors usually ask are: How long will I have to serve? What types of cases will I hear? Will I look stupid if I have to answer any questions before a whole lot of people? For what reasons may I be excused from jury duty? Will I be sequestered and kept from going home at night? If it makes you, the reader, feel any better, judges are summoned for jury duty. I have been summoned to serve on juries in the past and I have sat in the jury pool with people from the community, waiting my turn to be called.

The role of a juror is that of a fact finder in jury trials. There are civil trials that can involve litigation dealing with issues such as vehicle accidents, medical malpractice, and other issues where one party sues another party. There are petit juries, or criminal juries, dealing with trials of defendants that are alleged to have committed certain types of crimes. The jurors hear the evidence in civil cases and determine whether a party is negligent and deserves monetary compensation. In criminal cases, the jury determines whether



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the person is on trial is guilty or innocent of the crime they have been accused of committing. The only jury that cannot go home at night after the presentation of evidence is a case where a capital murder is charged and the death penalty is a possibility for punishment. On all other cases, the jury is released each day at the end of the proceedings to go home.

The history of jury trials can be traced back to the Magna Carta. It is a not only a civic duty to serve when summoned for jury duty, but it is a privilege to serve in that capacity as citizens of our nation. There are qualifications that one must have, however, in order to serve as a juror. You must be a citizen of the United States and this state and have resided within the parish in which you would serve for at least one year immediately preceding jury service; you must be at least 18 years of age; you must be able to read, write and speak the English language; you must not be under interdiction or incapable of serving as a juror because of a mental or physical infirmity, provided that no person shall be deemed incompetent solely because of the loss of hearing in any degree; and you must not be under indictment for a felony or not have been convicted of a felony for which you have not been pardoned.

There are only two exemptions one can claim to not serve on a jury, and those are persons who have served as a grand or petit jurors in criminal cases or as trial jurors in civil cases during a period of two years immediately preceding their selection for jury service, or persons who are seventy years of age or older. These exemptions have to be claimed by the person desiring to use them; but, if a person is otherwise eligible, they are encouraged to serve as a juror. If one wants to be excused from jury duty for any legitimate reason, he or she must send a letter with supporting documents explaining the reason for the request.

The Court Administrator or Jury Coordinator's name is on the jury summons and can be contacted if one has a disability that requires accommodations, but this person does not have the authority to excuse you from jury duty. Only a judge can excuse you. It is very important to know that a person can be held in contempt for ignoring the jury summons. The summons for jury duty should not be taken lightly. Sheriff's deputies can be sent to your home to pick you up for jury service and you can be held in contempt by the court for not appearing at the time stated in the summons.

The court does understand that times are tough and jury service can be a burden. The court will attempt to make your jury service as convenient as it can and try to not waste any of your time. But remember, if you or a loved one were on trial, you would want as many of your peers to choose from in

order to receive a fair hearing. Remember, a price was paid by many with their lives so that we, as citizens, have the privilege of a fair trial.

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



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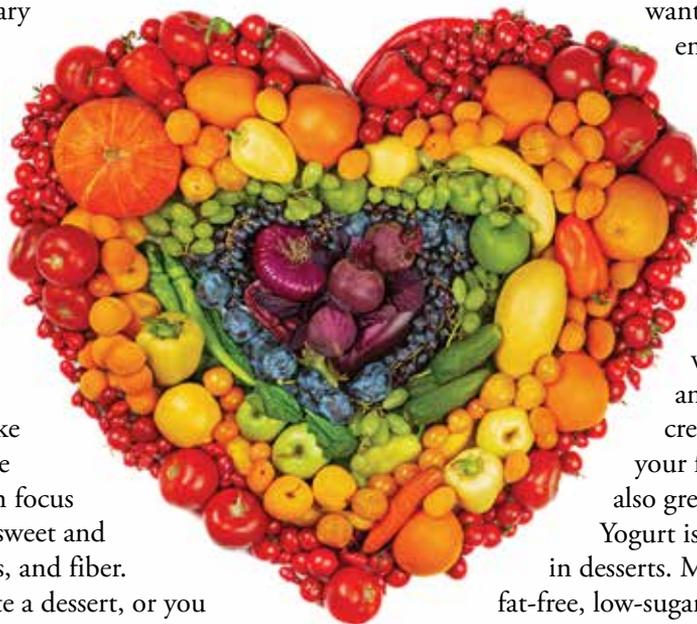


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Celebrate Valentine's Day With a Healthy Dessert

It's officially Valentine's season! For some of us, we may dread the temptation that comes with this time of year. We've made it through January trying to keep up with healthier habits, and now February has come upon us, with Valentine's treat season (and king cake season!). If you have a sweet tooth, the typical treats that come with this season can be tempting, but who says we have to celebrate Valentine's the traditional way? There are plenty of healthier ways to satisfy a sweet tooth during this time of year.

One of the easiest ways to make dessert healthier is to incorporate fruits, or to make fruits the main focus of the dessert. Fruit is naturally sweet and packed full of vitamins, minerals, and fiber. Fresh fruit by itself can constitute a dessert, or you can top it with a dollop of whipped cream or Greek yogurt and a small amount of grated dark chocolate to make it more fun. Fresh fruit can also make for a colorful, appealing dessert board. Cut up a variety of fresh fruit and add it to



a serving board, along with fruit dips, nuts, and dark chocolate for a fruit "charcuterie" board. Fruit kabobs are also tasty and can even be grilled for a different flavor profile. If you're

wanting a more festive themed Valentine's dessert, use heart-shaped cookie cutters to cut up fresh fruit for your board, kabobs, or fruit cups. For an easy dessert in a pinch, chop up a banana and pair it with a spoonful of peanut butter and just a few dark chocolate chips. If you're an ice cream fanatic, mix fruit with ice cream. Trick your brain and replace half the amount of ice cream you would normally eat with your favorite fresh fruit. Fresh fruit is also great paired with angel food cake.

Yogurt is another great ingredient to use in desserts. My favorite sweet splurge is to mix fat-free, low-sugar Greek yogurt with just a few dark chocolate chips. Yogurt parfaits are also a fun way to incorporate gut-friendly probiotics into a dessert. Choose your favorite fruits and nuts or seeds for your own creative parfait. Have you ever made yogurt bark? Simply spread



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Greek yogurt on a sheet pan, sprinkle fresh fruits, nuts, or dark chocolate on top, and stick the pan in the freezer. When the yogurt is frozen solid, take the pan out of the freezer, cut the bark into pieces, and enjoy.

So what's the verdict on chocolate? Research shows that high quality dark chocolate can have its health benefits. Dark chocolate contains iron, copper, manganese, magnesium, and potassium. It also has flavonols, which are components that act like antioxidants in the body, helping to reduce inflammation and promote healthy blood circulation. It's important to note that these benefits hold true for dark chocolate, but not for its counterparts. Milk chocolate and white chocolate are higher in sugar and have less cocoa, which is the ingredient that has the vitamins, minerals, and flavonoids mentioned above. It's also important to note that not all dark chocolates are created equally. When shopping, try to choose a dark chocolate with a cocoa content of 70% or higher. The higher the percentage, the more nutrients your dark chocolate will have. While you're looking at the package, this is also a great time to check the sugar, calorie, and fat content on the nutrition label. As with everything else, consume dark chocolate in moderation, as it still has sugar and is high in calories.

As you try to maintain a healthy lifestyle this Valentine's season, keep in mind that eating all treats in moderation is important. A dessert with fruit is still a dessert, and making a food healthier does not make it a health food. There are certainly benefits to making healthier changes to your Valentine's desserts, but keep in mind that healthy eating for a lifetime requires a focus on moderation, balance, and variety for the long run.

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



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BLACK HISTORY MONTH

Black History Month Celebrates Those Who Blazed the Trail

2022

by Kimberly Blaker

For nearly 250 years, black men, women, and children were considered ‘property’ and worked as servants and on plantations, not by choice, and for little compensation. During Black History Month let’s recognize and acknowledge our history and celebrate African-Americans who fought for freedom and civil rights.

—A BRIEF HISTORY—

ABOLITION

The legalized slave trade ended in 1808. But slaves continued to be smuggled into the United States, and the millions already held in servitude found no relief.

By a half-century later, most Northerners opposed the institution of slavery. But Southerners still relied on slaves to work their plantations. In 1860, Abraham Lincoln, who opposed expanding slavery, was elected president despite opposition from the South. This resulted in several southern states’ withdrawal from the union and their formation of the Confederate States of America.

On April 12, 1861, the Civil War began. It was the beginning of the end of slavery. Although the war had

many causes, in September 1862, Lincoln warned the Confederate states that all slaves would be declared free if the Confederates failed to return to the Union by January 1, 1863.

When the date came, the Confederate States had not returned to the union. Lincoln immediately issued his Emancipation Proclamation. It declared all slaves held by the Confederates “shall be forever free of their servitude, and not again held as slaves.” Slaveholders released few slaves immediately. But two years later, the South surrendered, and the Thirteenth Amendment was ratified, abolishing slavery.

SLOW CHANGE

Many whites were displeased with the end of slavery. In 1867, the Ku Klux Klan was formed to keep blacks 'in their place.' Its purpose was to intimidate black Americans.

In 1868, the Fourteenth Amendment was ratified, giving U.S. citizenship to blacks and guaranteeing equal protection under the law. Then in 1870, the Fifteenth Amendment gave them the right to vote.

President Ulysses S. Grant signed the Civil Rights Act in 1875, guaranteeing African-Americans equal rights in public accommodations and jury duty. But the progress was short-lived. In 1883, the Supreme Court ruled the Act unconstitutional.

Over the following decades, the change took a gradual pace. Conservative Southern leaders sought ways to deprive African-Americans. They created laws to keep them from voting and that legalized segregation. The Ku Klux Klan took matters into its own hands. From 1889 to 1918, the Klan captured and hung 3,224 men, women, and children, mostly black.

ORGANIZING THE CIVIL RIGHTS MOVEMENT

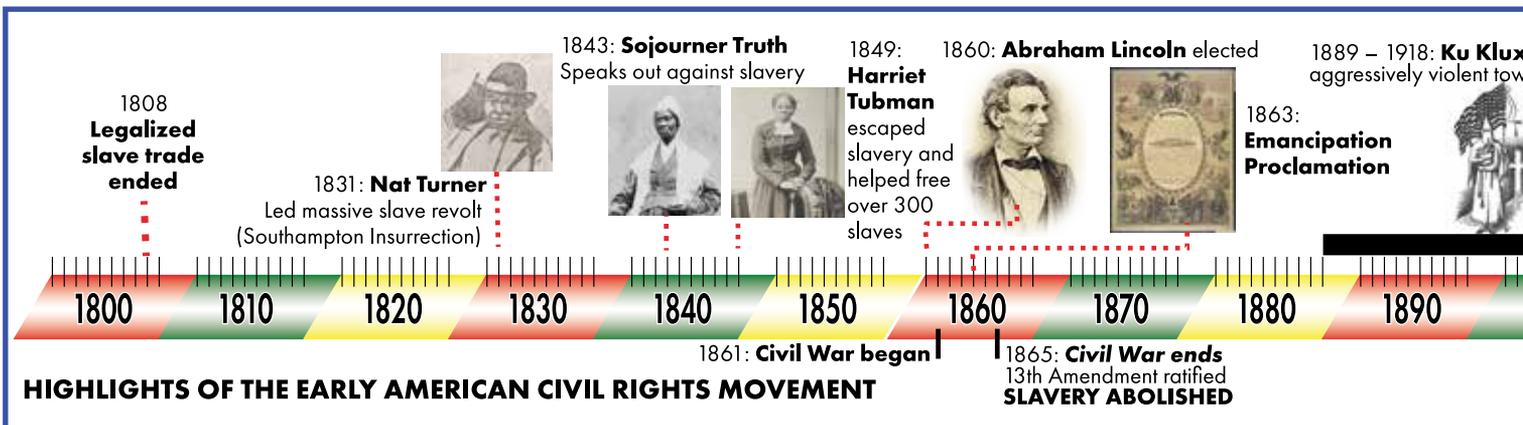
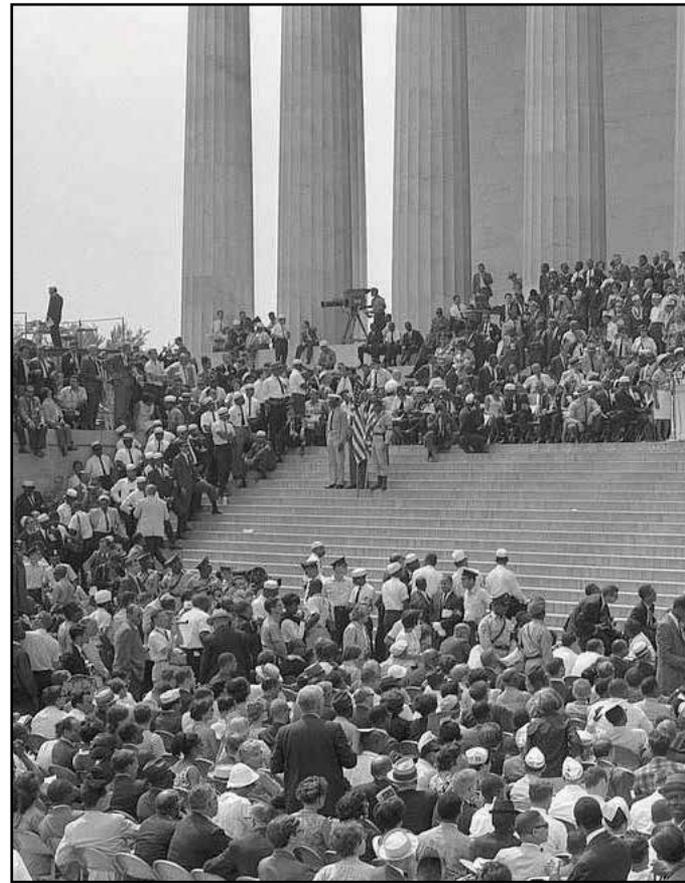
In 1905, W.E.B. Du Bois wrote: "We claim for ourselves every single right that belongs to a freeborn American - political, civil, social; and until we get these rights we will never cease to protest and assail the ears of America. The battle we wage is not for ourselves but for all true Americans." Out of his letter came a civil rights organization called the Niagara Movement. It lasted only five years. But it led to the formation of the National Association for the Advancement of Colored People (NAACP) in 1910.

Around the mid-1900s, the pace of the civil rights movement took off. In 1948, President Harry Truman created a Civil Rights Commission. He called for an end to school segregation and proclaimed a fair employment policy for federal workers. Over the next few years, state Supreme Courts heard school segregation cases. Not all were successful. But on May 17, 1954, the United States Supreme Court made a ruling. In *Brown v. Board of Education of Topeka*, the Court ruled school segregation is unconstitutional.

The next decade was turbulent. Many whites refused to accept that black and white children would attend school together. There were bus boycotts and other peaceful demonstrations by blacks and civil rights activists. There were also acts of violence by whites that favored segregation.



HISTORY



BLACK MONTH



Then, in 1964, **President Lyndon B. Johnson** signed a new Civil Rights Act. It outlawed discrimination in voting and public accommodations. It also required fair employment practices. In 1965, the Voting Rights Act was passed. It barred the use of literacy and other tests as a requirement to vote.

Over the last half-century, African-Americans have seen continued change and progress in the United States. Still, despite laws to protect their rights, prejudice and discrimination against them endure.

AFRICAN-AMERICANS WHO TOOK A STAND

It takes dedicated leaders to achieve the kind of change we've seen over the last two hundred years. The following celebrated men and women challenged the system and led the way to reform.

Sojourner Truth (1797?-1883) escaped slavery and became a traveling preacher. She was a talented orator and, in 1843, became the first black woman to speak out against slavery. Later, Truth strove to improve the conditions for black people who settled in Washington, D.C.

Nat Turner (1800-31) led a massive slave revolt in Virginia in 1831. It was known as the "Southampton Insurrection." Nearly sixty white people were killed. Turner and many of his followers were later captured and hanged. Nonetheless, he became a symbol for abolition.

Harriet Tubman (1820-1913) escaped slavery in 1849. She helped free more than 300 slaves through the Underground Railroad and served as a spy and a nurse during the Civil War. Later she helped raise funds for African-American schools and advocated for women's rights.

Booker T. Washington (1856-1915) headed and expanded the Tuskegee Institute in Alabama, a college for black students. He believed that black economic independence was necessary to gain social equality. His autobiography *Up from Slavery* was published in 1901.

Thurgood Marshall (1908-93) was the first black United States Supreme Court judge. Before taking the seat, he served as director of the NAACP's Legal Defense and Education Fund. Marshall appeared before the Supreme Court in *Brown v. Board of Education* 1954 and other monumental civil rights cases.

Rosa Lee Parks (1913-2005) got arrested in 1955 after refusing to give up her bus seat to a white man. This led to the Montgomery bus boycott, which facilitated the national civil rights movement. In 1979, she won the Spingarn Medal for her courageous contribution.

Malcolm X (1925-65) became a Black Muslim minister after he converted to Islam. He became an influential leader. In 1964, he broke away from the movement to form the Organization of Afro-

Klan
wards blacks



Booker T. Washington
(1856 – 1915)
Calls for progress through education and entrepreneurship

1910: **NAACP** formed

Martin Luther King Jr. (1929 – 1968)

Most visible leader of the American Civil Rights movement. He was assassinated in 1968



1955: **Rosa Lee Parks**

Her refusal to give up her bus seat to a white man instigated a successful bus boycott



1967: **Thurgood Marshall**

Confirmed as first black US Supreme Court judge



Malcolm X (1925 – 1965)

Controversial figure who advocated for black empowerment. He was assassinated in 1965



The struggle and progress for civil rights continues into the 21st century.

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American Unity. He was assassinated in 1965, presumably by Black Muslims.

Martin Luther King Jr. (1929-68) is one of America's most noted civil rights leaders. His leadership included organizing the 1955 bus boycott in Montgomery, Alabama. Over the years, he was arrested 30 times for his peaceful civil rights activities. King's extraordinary leadership led to the Civil Rights Act of 1965. In 1968, he was assassinated.

Andrew Young (1932-) assisted in drafting the Civil Rights Act of 1964 and the Voting Rights Act of 1965. He also served as the first African-American U.S. ambassador to the United Nations.

YOUNG ADVOCATES OF CIVIL RIGHTS

Belinda Rochelle explains in her book, "Witnesses to Freedom: Young People Who Fought for Civil Rights" that kids also made valuable contributions.

On April 23, 1951, high school student **Barbara Johns** led a boycott at R.R. Morton High School over the black school's poor conditions. The Morton students rode an unheated school bus to school. They also had to wear heavy winter coats to classes to keep warm. The school's textbooks and classrooms were also in poor condition. A month following the boycott, a lawsuit was filed against the school district.

Another high school student, **Harvey Gantt**, was a senior when he organized a sit-in demonstration. He and other black students walked into a segregated diner to be served. Instead, they were immediately taken to jail. Gantt became the first black student to enroll in the segregated Clemson University of South Carolina.

Sheyann Webb was only eight when she became involved in the movement. On March 7, 1965, the courageous little girl participated in what became known as Bloody Sunday. In this demonstration, 600 people began a 54-mile march from Selma to Montgomery, Alabama. It was in response to the death of a black man killed in a fight with the police. On Bloody Sunday, officers attacked innocent marchers, including children, during the demonstration. Many were beaten and injured. Sheyann escaped the worst of the day, suffering only from the tear gas she encountered. As an adult, she's traveled the country advocating for education and discussing the civil rights movement.

While each of these men, women, and children played a crucial role in the movement, they couldn't have done it alone. Millions of Americans throughout history have taken part in the cause. Their cumulative efforts have made an impact - just as the collective contributions of people today can bring change for tomorrow.



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MEMORIAL

Review of "The Love Hypothesis" by Ali Hazelwood

When Olive applies for the graduate program at Stanford University with hopes of conducting research on pancreatic cancer detection, she's unsure if she wants academia to be her ultimate pursuit. But she bumps into a man in the lab's bathroom who asks her why she wants to enroll in the graduate program. Her answer and his affirmation convince her to pursue her PhD. The catch is, her contacts were expired, her eyes were watering and she couldn't really make out his features.

Many years later Olive finds herself locking lips with the first person she encounters in the lab hallway, who turns out to be the intimidating, infamous and antagonistic Dr. Carlsen (known for terrorizing graduate students), in a quick attempt to convince her best friend, Ahn, that she's on a date.

Olive and Dr. Carlsen - Adam - agree to pretend to date. Olive in order to convince Ahn to date the guy Olive had previously dated, and Adam to convince Stanford that he's not a "flight risk" to another university's program. They start their fake dating with a set of rules and decide to make public, convincing appearances together once a week, but slowly discover that they prefer to be near each other far more often than that.

The Love Hypothesis by Ali Hazelwood is a darling of bookstagrammers, booktube and booktok (book enthusiasts on various social media platforms), and with good reason. It's not

only chock full of the things all the best romantic comedies contain (good banter, miscommunication and a slow burn relationship), but it's also a commentary on how women who pursue STEM (science, technology, engineering and math) research in academia are perceived and treated.

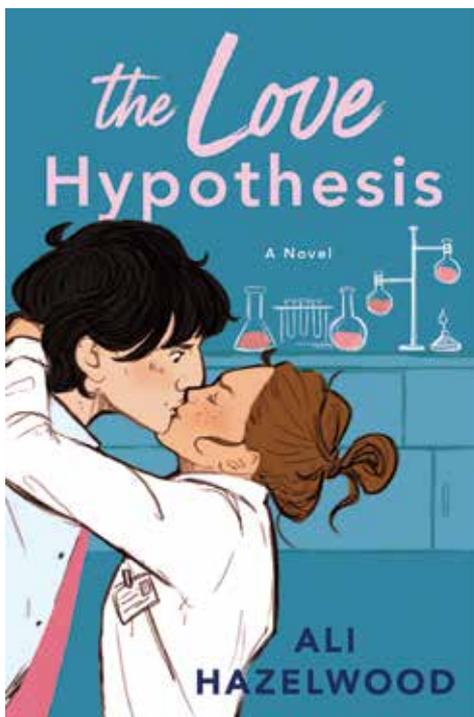
It's a smart book with a big heart. Olive and Adam are delightfully brilliant and awkward. They love their careers and don't apologize for being who they are. All the weird moments they encounter with one another only make them more endearing. One small content warning for readers is that this does include a love scene, which may not be for everyone.

It's been a long time since I read a book in 24 hours, but I'm happy that *The Love Hypothesis* was the novel that made me do it. I learned a lot about academia while reading this book, but mostly I just wanted to hug it when I was done reading it. This is the perfect book for Valentine's Day and I hope

you enjoy it just as much as I did.

Five enthusiastic stars!

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



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Lana Wood Still Questions Sister Natalie's death

The movie world was shocked when the body of 43-year-old Natalie Wood was found floating lifeless in the ocean off Catalina Island on the morning of November 29, 1981. Forty years later, sister Lana still can't accept that the incident was nothing more than a tragic accident.

Natalie's watery demise remains one of Hollywood's enduring mysteries recently resurrected in Lana's "Little Sister: My Investigation into the Mysterious Death of Natalie Wood" published last November, 40 years after the beloved actress's death (see www.amazon.com/Lana-Wood/e/B001KDRGZ8?).

Despite a morbid fear of drowning, Natalie would often go boating with husband Robert Wagner but, according to Lana, remained especially terrified of "dark ocean water."

"How did she end up in the sea at nighttime?" asked Lana from her home in Los Angeles. "The circumstances remain a question for many people. I wanted to present the facts about her death in this new book, including the police and coroner's reports, as well as a new witness who heard screams that night."

Natalie and Wagner, along with fellow actor Christopher Walken, had embarked on a weekend cruise aboard Wagner's motor yacht skippered for the trip by Dennis Davern. Although the group had been drinking and the couple apparent-



Lana (left) with Natalie

ly argued, Lana doesn't believe her sister merely fell overboard or that she tumbled into the water while attempting a nighttime launch of a dingy attached to the boat to leave after the argument.

While no one on board at the time has ever been charged with involvement in Natalie's death, speculation on how Natalie got into the water the night before her body was discovered continues to haunt her sister.

"I wrote another book (in 2011) that looked at Natalie's life and happier times," recalled Lana. "But the new book wasn't

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as easy to write because I'd get emotional and have to walk away from it periodically."

Both sisters were close, having been thrust into acting by their mother. But each took a different career path with Natalie working mostly in film to reach true superstar fame while Lana embraced the television route and enjoyed modest success in films such as the perky Bond girl Plenty O'Toole in "Diamonds Are Forever." And while Lana may have lived in her famous sister's shadow, she appears to have been comfortable in that shade.

"Natalie loved being a movie star," said Lana. "Any time she left home, she would put on her make-up, do her hair, and dress impeccably because she never wanted to disappoint when out in public. While I enjoyed working, I didn't want to be scrutinized everywhere I went or be constantly photographed. I didn't seek that fame."

She is, however, still convinced there's more to the story of her sister's death.

"I don't know if the truth will ever come out," she says. "I hope my book will keep people probing for answers and keep Natalie's memory alive."

Nick Thomas teaches at Auburn University at Montgomery and has written features, columns, and interviews for numerous magazines and newspapers. www.tinseltowntalks.com.



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Movie Double Features With Your Sweetheart

Of the many pleasant activities to share with someone special this Valentine's Day, relaxing at home with some popcorn, a soda, and watching a couple of movies will be high on the list for some couples. But what films pair well together? Here are some suggestions for double features from various genres – all actual feature films (release date shown) – that should be watched in sequence:

- “The Postman Always Rings Twice” (1946) followed by “You've Got Mail” (1998).
- “Twister” (1996) followed by “Gone with the Wind” (1939).
- “Meet the Parents” (2000) followed by “High Anxiety” (1977).
- “The Swarm” (1978) followed by “The Sting” (1973).
- “Marathon Man” (1976) followed by “Breathless” (1960).
- “A Night at the Opera” (1935) followed by “The Big Sleep” (1946).
- “Mr. Smith Goes to Washington” (1939) followed by “Dirty Rotten Scoundrels” (1988).
- “Raging Bull” (1980) followed by “Poor Cow” (1967).



- “The Man Who Fell to Earth” (1976) followed by “Fragments” (2008).
- “Robin Hood: Men in Tights” (1993) followed by “The Big Squeeze” (1996).
- “Divorce American Style” (1967) followed by “The Great Escape” (1963).
- “Weeds” (1987) followed by “The Constant Gardener” (2005).
- “One Hundred and One Dalmatians” (1961) followed by “The House of the Yellow Carpet” (1983).
- “The Cable Guy” (1996) followed by “Never on Sunday” (1960).
- “The Barefoot Contessa” (1954) followed by “Cold Feet” (1989).
- “The Birds” (1963) followed by “Bombs Away” (1985).
- “Edward Scissorhands” (1990) followed by “Love Hurts” (2009).
- “Blazing Saddles” (1974) followed by “Great Balls of Fire!” (1989).
- “Fiddler on the Roof” (1971) followed by “A Shot in the Dark” (1964).
- “The Frozen Dead” (1966) followed by “Die Hard” (1988).
- “Gay Blades” (1946) followed by “They All Came Out” (1939).
- “Big Fish” (2003) followed by “Liar, Liar” (1997).
- “Four Daughters” (1938) followed by “House of Terror” (1973).
- “The Dirty Dozen” (1967) followed by “12 Angry Men” (1957).
- “Cat on a Hot Tin Roof” (1958) followed by “Red Paws” (2020).
- “When Husbands Flirt” (1925) followed by “House of Flying Daggers” (2004).
- “The Nightmare Before Christmas” (1993) followed by “Scenes from a Mall” (1991).
- “Up” (2009) followed by “Vertigo” (1958).
- “They Died with Their Boots On” (1941) followed by “Happy Feet” (2006).

- “The Four Feathers” (1939) followed by “A Ticklish Affair” (1963).

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

Sudoku

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

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

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 Solutions on page 29



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Crossword

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Solutions on page 29

Across

- 1 Abrupt
- 5 Veranda
- 10 Aid in crime
- 14 African flower
- 15 Visibly upset
- 16 Heredity unit
- 17 Lotus position discipline
- 18 Bicker
- 19 Bridle part
- 20 Vets' concerns
- 22 Toward the center
- 24 Highland tongue
- 25 Very, in music
- 27 Early wheels
- 29 Kind of bar
- 34 Downhill racer
- 38 Some
- 39 Recluse
- 40 Hourly pay
- 41 Gown fabric
- 43 Classic art subject
- 44 Flowering shrub
- 46 Publicize
- 47 Flower part
- 48 Doc
- 49 Escalator feature
- 51 Japanese verse
- 53 Encourage
- 57 Adapt
- 61 Aquatic bird
- 62 It grows on you
- 63 Euripides drama
- 67 Appear to be
- 69 European erupter
- 70 Serengeti grazer
- 71 Heroic tale
- 72 Put an edge on
- 73 Force units
- 74 Jet black

Down

- 1 Raucous flier
- 2 Take the honey and run
- 3 Radio communication
- 4 "Ode to Psyche"

- 5 poet
- 5 Class-conscious grp.
- 6 Across, in verse
- 7 Maid's cloth
- 8 Sail
- 9 Nocturnal mammal of Africa
- 10 Taj Mahal city
- 11 Heineken, e.g.
- 12 Camelot lady
- 13 Change for a twenty
- 21 Band performance
- 23 Sage
- 25 Hokkaido native
- 26 Brown-speckled European bird
- 28 Pro follower
- 30 Vases
- 31 Censor's target
- 32 Sweep under the rug
- 33 Detail
- 34 Did the butterfly
- 35 Loaf
- 36 Old-time oath
- 37 Sub station?
- 39 Juno's Greek counterpart
- 42 In ___ of (replacing)
- 45 Canyon sound
- 49 Opportune
- 50 Grooved on
- 52 Packing heat
- 54 ___-Japanese War
- 55 Gather
- 56 Mournful poem
- 57 Prepare to swallow
- 58 Four-letter word
- 59 Emergency CB channel
- 60 Social group
- 64 One of the 12 tribes of Israel
- 65 Wind dir.
- 66 Pop-ups, e.g.
- 68 Nth degree

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
	20			21				22		23				
	24					25	26							
				27	28					29	30	31	32	33
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				51	52					53	54	55	56	
57	58	59	60							61				
62					63		64	65	66		67			68
69					70						71			
72					73						74			

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The Strand

2021
 The Second City-Legendary Laughs
 SATURDAY
 SEPTEMBER 18, 2021
 8PM
 Postmodern Jukebox
 THURSDAY
 DECEMBER 2, 2021
 8PM
 Rudolph The Red-Nosed Reindeer:
 The Musical
 WEDNESDAY
 DECEMBER 15, 2021
 7PM

2022
 Mutts Gone Nuts
 SATURDAY
 FEBRUARY 26, 2022
 2PM
 Roald Dahl's Charlie and the
 Chocolate Factory
 WEDNESDAY
 MARCH 16, 2022
 7PM
 The Queen's Cartoonists
 FRIDAY
 MARCH 25, 2022
 7PM
 South Pacific
 THURSDAY
 APRIL 21, 2022
 8PM
 One Night of Queen
 WEDNESDAY
 APRIL 27, 2022
 8PM
 Waitress
 FRIDAY
 MAY 6, 2022
 8PM
 Beautiful-The Carole King Musical
 TUESDAY
 JUNE 7, 2022
 8PM

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Snapshot SLEUTH

Do you recognize any of the people or recall anything about the events in these photographs?

The Best of Times has partnered with Northwest Louisiana Archives at LSU to identify individuals and events in their collections. If you can help, please email Tina at editor.calligas@gmail.com or Laura at laura.mcmore@lsus.edu.



Above: U.S. Coast Guard Reserve with Honor's Girl, June 1972. (Lawrence Lea Collection)

Below: Shreveport/Bossier area tourists, most likely at St. Peter's Square at the Vatican in Rome, July 1970. (Lawrence Lea Collection)





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

How can families determine if their loved one needs in home care services?

Older adults may not admit they're struggling because they don't want to lose their independence. There are many warning signs that indicate that a loved one may need in-home care. These signs may include memory problems, accidents such as falling in the home, or struggling to perform daily tasks such as bathing, dressing, toileting, cooking, etc.

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.

Does Macular Degeneration cause you to go completely blind?

Even though macular degeneration is a non curable disease, it does not cause you to go completely blind. The macula is the central part of your vision, so if you get macular degeneration it causes you to lose central vision. The rest of our eye works normally so even in the worst cases of ARMD, patients will still retain peripheral vision. The good news is that macular degeneration is treatable. If you ever notice loss of near vision you need to be seen immediately because the sooner you are treated the better the outcome.

What are the symptoms and treatment of torn cartilage?

Meniscus tears are the most common surgical condition involving the knee. Medial meniscus (inside) tears are 3 - 4 times more common than lateral tears (outside). The meniscus support 50% of the body weight with the knee extended and 90% with the knee flexed 90°. Because the meniscus supports body weight every attempt should be made to repair or maintain as much meniscus tissue as possible. Popping, giving way, locking, tenderness at the joint line, stiffness, and swelling are some of the signs/symptoms of cartilage tears. Arthroscopic surgery is generally done on an outpatient basis and recovery is from a few days to a few weeks.



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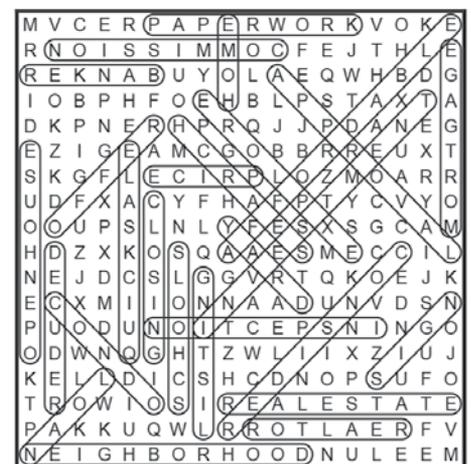
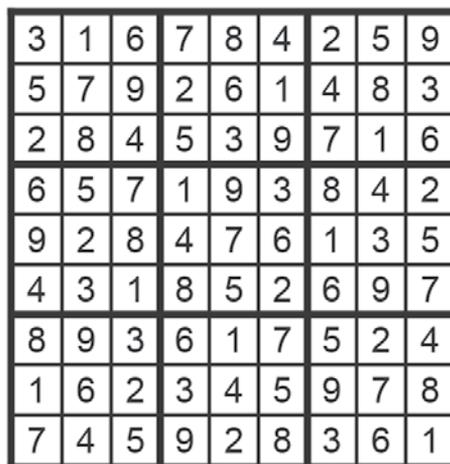


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PUZZLE answers (from pages 26 & 27)



SHREVEPORT *Then* & **Now**

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The beautiful **Sidney Herold Mansion** sat at 840 Jordan Street which is where the Rheumatology And Osteoporosis Specialists building sits now (across Jordan Street from the Specialist Hospital Shreveport). The Herold mansion was built in 1922 and demolished in 1978. A pool was installed in 1926 and, according to the late Eric Brock, it was the first home in Shreveport to have it's own private swimming pool! Unfortunately, this home is only a memory now, but we wanted to keep the memory alive by sharing it once again.

Everyone loves talking about the trolleys that used to run all over Shreveport back in the day. Since we've uncovered so many old photos of trolleys and the old trolley barn that once sat between Spring, Caddo and Market Streets, we thought we would take everyone back in time to see what the old building looked like. The Shreveport Convention Center Parking Garage and Hilton Shreveport Parking lot sit where the **Trolley/Bus Barn** and lot sat back in the day.

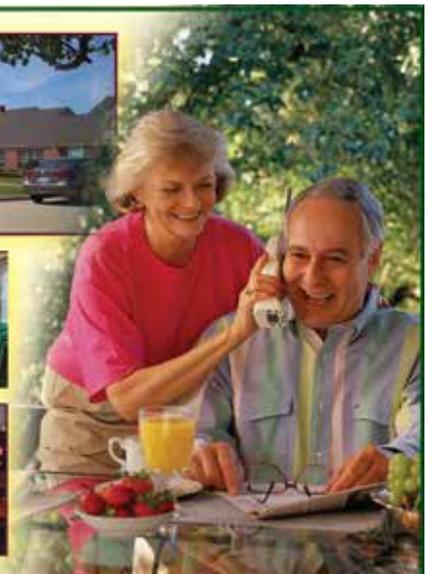


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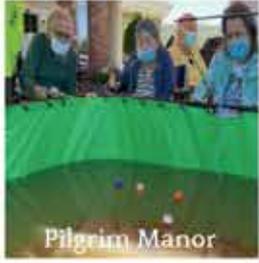
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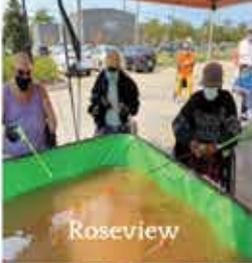
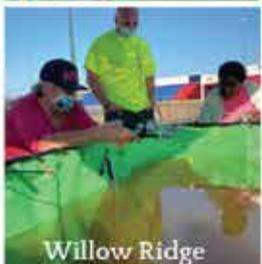
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