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AARP
Louisiana

November 2 - 2024 Christmas in the Sky
Rebecca Bonnevier, Executive Director of Shreveport Regional Arts Council

November 9 - Lili's Caregiver Guide
Lili Udell Fiore, author and caregiver

November 16 - Ethics Playbook: Winning Ethically in Business
Mr. Aaron Beam, author, lecturer, and consultant

November 23 - Implantable Hearing Devices Offer Hope
Gauri Mankekar, MD, PhD with Ochsner LSU Health in Shreveport

November 30 - The Opioid Settlement and Hope for the Future
Shawn McNeil, MD a clinical professor and researcher at Louisiana Addiction Research Center at Ochsner LSU Health in Shreveport

December 7 - Confronting Tobacco Disparities in Louisiana: A path to enhanced health and equity
Dr. Benjamin-Robinson, senior director for Tobacco Control and Prevention at Louisiana Public Health Institute

December 14 - Ochsner LSU Health Recognized for Outcome Improvements
Special guests from Ochsner LSU Health in Shreveport

December 21 - Changes at Shreveport Regional Airport
Mark Crawford, Airport Business and Development Manager

December 28 - Trivia Part 1

January 4 - Trivia Part 2

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We're On *Cloud 9* at the **The Best Of Times**

The Best of Times received **15 awards**, including the prestigious **First Place award in General Excellence**, at the North American Mature Publishers Association (NAMPA) convention. Kudos to our talented columnists, writers and graphic designers for an exceptional job well done!

FIRST PLACE

GENERAL EXCELLENCE

Table of Contents (Design)

Feature Layout

"Life is a Journey", May/June 2024

Self Promotion (Outside Source)

"The Stage is Set" Strand Theatre promo ad

Self Promotion (Awards)

"Creating Quite a Stir" NAMPA Awards promo ad

Best Single Ad (color)

Southern Roofing ad

Best Use of Color

SECOND PLACE

Editorial/Opinion

"Beginning a New Chapter" by Tina Calligas

Feature Writing

"Historic Sites are Being Lost to Neglect"
by Sarah (Sally) Hamer

Briefs/Shorts (Design)

"Our Favorite 5"

Overall Design

Best Overall Use of Photography

Best Banner

THIRD PLACE

Briefs/Shorts (content)

Odds and Ends

Website Self Promotion



Stat!

Medical News & Info



Poetry Can Help People Cope with Loneliness or Isolation

Research by the University of Plymouth and Nottingham Trent University found that many people who took to sharing, discussing and writing poetry as a means to deal with the COVID-19 pandemic experienced “demonstrable positive impact on their wellbeing”. Just over half (51%) of respondents indicated that reading and/or writing poetry had helped them deal with feelings of loneliness or isolation, and for a further 50% it had helped with feelings of anxiety and depression. It’s also likely that other modes of creative and expressive writing – trying to find the right words for experience or circumstance, and then sharing them reciprocally – may positively affect people’s health in a similar way. The wider arts, including visual and performing arts, likely have comparable potential. This study shows that creativity, coupled with the opportunity for safe and supportive explication and discussion, can help people endure difficult times and circumstances by providing outlets through which they can work at making sense of experience.



Alcohol Consumption Linked to Acceleration of Alzheimer’s Disease

Alzheimer’s disease is the most common form of dementia, accounting for 60% to 80% of dementia cases, according to the Alzheimer’s Association. In a new preclinical study, scientists at Wake Forest University School of Medicine showed that even modest amounts of alcohol can accelerate brain atrophy, which is the loss of brain cells, and increase the number of amyloid plaques, which are the accumulation of toxic proteins in Alzheimer’s disease. The study appears in *Neurobiology of Disease*.



An Hour of Walking Per Week May Boost Longevity in Elderly

Adults aged 85 years and older who logged an hour or more of walking each week had a 40% reduced risk of all-cause mortality compared with less active peers, according to data from more than 7,000 individuals. For adults of any age, current guidelines recommend at least 150 minutes per week of moderate activity or 75 minutes per week of vigorous activity, but the amount of physical activity tends to decline with age, and activity recommendations are more difficult to meet. Those who walked at a slow pace for at least 1 hour per week had a 40% reduced risk of all-cause mortality and a 39% reduced risk of cardiovascular mortality, compared with inactive participants. The study was presented at European Society of Cardiology Congress with data from participants in the Korean National Health Screening Program.



Insomnia in Midlife May Manifest as Cognitive Problems in Retirement

The Helsinki Health Study at the University of Helsinki investigated the development of insomnia symptoms in midlife and their effects on memory, learning ability and concentration after retirement. According to the 15 – 17-year study, long-term insomnia symptoms and later poorer cognitive functioning have a clear connection. The study also found that the memory problems, and problems in learning ability and concentration increased as the insomnia symptoms were prolonged. Among other things, the study demonstrated that if insomnia symptoms eased over the years, cognitive functioning was also found to be better at retirement age compared to the problems persisting.

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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 LSUS 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.

All photos are from the Lawrence Lea Collection.



These photos are from the Lawrence Lea Collection. (above) - 1977 photo taken at Cross Lake, perhaps a commercial for a Boat Safety class. (right) 1978 model.



These 1978 Lawrence Lea collection photos appear to be for an ad for a floor covering business.



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Sleep Apnea is More Than a Snore

(Family Features)

Snores throughout the night. Gasping for air suddenly while sleeping. Feeling tired after a night of rest. These aren't just signs of a poor night's sleep – they could be symptoms of obstructive sleep apnea.

Sleep apnea is a serious sleep disorder characterized by a repetitive collapse of the airway during sleep. Most people with sleep apnea don't even know they have it – in fact, 80% of people with sleep apnea in the United States are undiagnosed, according to research published in the *American Journal of Epidemiology*.

Experts from the American Academy of Sleep Medicine (AASM) recommend most adults get at least seven hours of sleep each night without waking frequently. If you have untreated sleep apnea, healthy, uninterrupted sleep can be hard to achieve. When the airway collapses or becomes blocked while you sleep, it causes you to wake briefly – maybe with a snore or gasp for air – to unblock the airway.



Sleep Apnea Treatments

When followed properly, sleep apnea treatment improves breathing, sleepiness and quality of life. Some people may find the disorder improves through lifestyle changes such as losing weight, sleeping on their side or quitting smoking or drinking alcohol. Most of the time, however, other treatment options are necessary, such as:

CPAP

The most common and recognized treatment for sleep apnea, a CPAP machine provides a steady stream of air to keep your airway open throughout the night.

ORAL APPLIANCE THERAPY

Similar to a mouthguard, an oral appliance can be worn at night to prevent the airway from collapsing by moving the jaw forward.

SURGERY

If lifestyle changes, CPAP or oral appliance therapy don't work, there are surgical options to treat sleep apnea. They include upper airway stimulation, which uses an implanted device to stimulate a nerve that controls the tongue, moving it forward while you sleep.

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Untreated sleep apnea can contribute to long-term health problems, including hypertension (high blood pressure), heart disease, stroke, Type 2 diabetes and depression. Overall quality of life can also suffer. It can lead to a decline in mood, lower work productivity, difficulty concentrating and making decisions and an increased likelihood of getting into a traffic accident due to sleepiness.

The disorder may even affect your family and relationships; snoring or poor sleep due to sleep apnea can keep your family members up at night, affect your mood with others and impact your general decision-making. Consider this additional information about sleep apnea from Count on Sleep, a collaborative awareness program led by the AASM.

SIGNS AND SYMPTOMS OF OBSTRUCTIVE SLEEP APNEA:

- Snoring or noisy breathing
- Stopping breathing while asleep
- Waking up gasping or choking
- Restless sleep or waking up tired and groggy after a full night's sleep
- Insomnia
- Waking up frequently to use the bathroom
- Having headaches in the morning
- Feeling sleepy or falling asleep during the day
- Having difficulty with memory or concentrating
- Mood changes or irritability
- Drowsy driving

RISK FACTORS FOR OBSTRUCTIVE SLEEP APNEA:

- Overweight or obesity (BMI of more than 30)
- High blood pressure
- Neck size of more than 17 inches for men; 16 inches for women
- Coronary artery disease (a type of heart disease) or heart attack
- Atrial fibrillation or other heart rhythm problems
- Congestive heart failure
- Type 2 diabetes
- Stroke
- Daytime sleepiness

If you think you may have undiagnosed sleep apnea, talk to your doctor about your signs, symptoms, risk factors and concerns. If friends or family members exhibit these symptoms, urge them to talk to a doctor.

Your doctor may screen or test you for sleep apnea, which could include an at-home sleep test or sleep study at an accredited sleep center. If diagnosed, treatment options include continuous positive airway pressure (CPAP) therapy, oral appliance, surgery or lifestyle changes.

Learn more about how sleep apnea affects health and take a short quiz to see if you may be at risk at countonsleep.org.

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Make the Criminals Pay

In a case out of Kansas, Shirley (not her real name) befriended a dementia patient. Shirley moved in with the patient and acted as his caregiver. She then convinced the patient to give her power of attorney and to put her on his bank account. Shirley then put the patient into a nursing home and stole all of his money.

Shirley was eventually caught and found guilty. If you were the Judge, what sentence would you give Shirley? She got probation.

But as a condition of probation, Shirley was ordered to pay the dementia patient's nursing home bill. You see, although Shirley used the patient's money to buy herself vacations, liquor, clothes and shoes, she didn't pay the patient's nursing home bill. When the patient died, he owed the nursing home over \$9,000.

Shirley didn't have a problem with the sentence of probation, but she thought it was unfair for the Judge to have ordered her to pay the nursing home with her own money, so she appealed. All the way to the Kansas Supreme Court, which held that Shirley didn't need to pay the nursing home. Why? Here's what the Judges said: "the nursing home bill was caused by [the patient's] independent need for care. [Shirley's] misuse of [the dementia patient's] money was not necessary for the bill's existence. The outstanding bill did not result from [Shirley's] crime."

Huh? Kansas has some very confusing laws when it comes to making criminals pay back their victims. The nursing home could sue Shirley for the unpaid bill. So could the dementia patient's heirs. But Kansas makes it much



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harder for a Judge in a criminal case to order restitution.

Then there was the case of the son who stole \$300,000 from his elderly mother. By the time he was caught, the mother had died, leaving her son as her sole heir. When he was sentenced, the Judge ordered the son to pay the money back to his mother's estate. That meant that the son would be paying himself back. That didn't seem fair, so 4 years later the Judge ordered the son to pay the \$300,000 he stole to the federal crime victim's fund. The son appealed. And won. Why? First, at the time of the original sentencing hearing, everyone, including the Judge, knew that the mom had died and the son was the only heir. Secondly, once a Judge imposes a sentence, it's almost impossible for the Judge to later change or modify the sentence.

In another case, this time out of Missouri, Laverne (not her real name) worked for a chiropractor's office in St. Louis. But that's not where she made most of her money. Her real money came from selling the chiropractic patients something that she called her "disability package." For \$21,000 she would help the patients, most of whom worked at a nearby Budweiser beer plant, fraudulently apply for disability benefits from private insurers as well as Social Security. She would coach the patients on how to fraudulently represent themselves as disabled and warn them not to post anything online that would indicate that they were not disabled. Laverne would also then use her job at the chiropractor's office to build a false paper trail of unnecessary medical tests and treatments.

For an additional fee, Laverne would also help patients apply for an extra benefit that Budweiser gave to all of its factory workers: if a worker became completely and totally disabled for 12 months, then the employee could receive an immediate payout of \$100,000 under a group life insurance policy that Budweiser purchased on behalf of its employees.

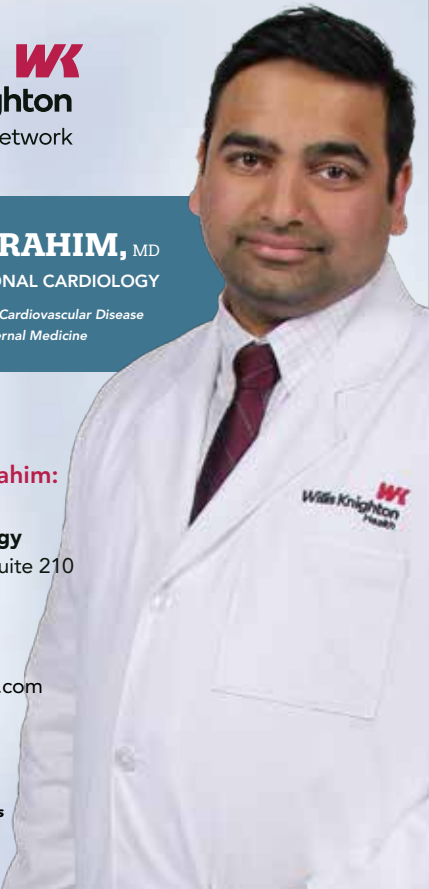

Once a patient had been approved for benefits, Laverne would make the patient continue to get unnecessary medical treatment until age 65. This was done so that Laverne "could continue providing fraudulent documentation to satisfy both the private insurers' annual review of their long-term disability claims and provide ongoing documentation to the Social Security Administration."

But when an undercover police officer posed as a new patient, Laverne got caught. She was found guilty and was ordered as part of her sentence to pay back all of the money that the various disability insurers lost because of Laverne's fraud. The total came to over half a million dollars.




Laverne appealed, arguing that Missouri law, like Kansas law, makes it very difficult for a Judge in a criminal case to order restitution. Sound right to you? Laverne lost her appeal and was forced to pay.

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





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Blue Zones “Power 9” Principles for Longevity

Have you ever wondered what’s the secret to living to 100 years? You are not alone, as researchers have also been asking this question. Studies show that our lifespan is mostly influenced by our lifestyle and environment (80%), while only 20% of how long we live is determined by our genetics. Common lifestyles were found among those who live to be 100, and this was all discovered through Blue Zones research. Five geographic areas in the world have high percentages of centenarians (i.e. people who live to be 100 years or older). These areas, referred to as “Blue Zones,” are Loma Linda, California; Nicoya, Costa Rica; Ikaria, Greece; Sardinia, Italy; and Okinawa, Japan.

Nine similarities in the lifestyles of people who lived in Blue Zones, called the “Power 9”, led to their longer life spans. Read below to learn about each of these common factors.



1. Move Naturally: There is extensive research that shows the benefits of exercise and moving more. There is also research from Blue Zones showing the power of natural movement in our daily lives. A common practice among the world’s centenarians is that they naturally moved throughout their day, moving their bodies every 20 minutes on average. Activities that kept them moving included walking to the store, gardening, using hand tools instead of power tools, building fences, doing yard work, and kneading their own bread. They do not have as many time-saving conveniences in their homes, which causes them to move more.

2. Purpose: Those who had a clear sense of self purpose and could communicate it with others had an increased life span, up to 7 years longer.

3. Downshift: Everyone experiences stress, even centenarians living in

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Blue Zones. The difference is how they handle stress. They make efforts daily to engage in activities to reduce stress, including napping, meditation, happy hour, and prayer.

4. 80% Rule: Blue Zone residents all had something in common about how much they eat. Instead of eating until they are completely full, they eat until they feel 80% full. This helped avoid overeating. They also eat their smallest meals later in the day.

5. Plant Slant: Those in Blue Zones tend to eat a lot of plant-based foods, especially beans. Beans are packed with protein, fiber, and nutrients, which helps keep us healthy. These centenarians also eat whole grain and sourdough breads instead of refined grains.

6. Wine at Five: With exception to the Adventists, people in blue zone studies consumed wine in moderation (1-2 glasses per day) with food and friends.

7. Belong: A sense of belonging is key to increased life expectancy. Centenarians tend to belong to a faith-based community. Denomination didn't matter-- belonging to a supportive community was the major factor in living longer.

8. Loved Ones First: Putting family first leads to an increase in lifespan. Centenarians in these studies often kept aging loved ones nearby or at home with them. They invested in quality time frequently with their children and they had a committed relationship with a life partner.

9. Right Tribe: Centenarians often have close social circles that support health. This looks like a group of friends, family, or loved ones that have a long-term commitment to supporting one another to keep healthy habits for life.

If this all seems overwhelming, remember that even the small changes can make a big difference. Using hand tools for yard work, keeping a bowl of fruit on the counter, making your own whole grain or sourdough bread, walking every day, starting a garden in your backyard, eating until you are 80% full, or making more intentional efforts to spend quality time with loved ones are all changes that promote overall health. When you have successfully added a small change to your routine, refer to the "Power 9" list for inspiration on the next habit to tackle. Every small, healthy change can help increase your life expectancy. What habit will you start today in your journey to 100?



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@agcenter.lsu.edu.

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The Separation of Church and State

Last year, I took the opportunity to write about our United States Constitution and how it sets our government apart from any government in the world today. The First Amendment covered numerous freedoms that the drafters of the Constitution felt were essential to the citizens of the new nation.

One of those freedoms was the freedom of religion known as “the establishment clause.” This particular provision of the United States Constitution has been in the news lately as the Louisiana Legislature, with the Governor’s signature, has mandated the posting of the Ten Commandments in all Louisiana classrooms across the state. Without stating any position, I will attempt in this article to discuss the First Amendment “establishment clause” and when and where the phrase “separation of church and state” entered our case law.

The First Amendment

states: *Congress shall make no law respecting an establishment of religion.*

This is known as the “establishment clause.” This amendment prohibits the government from creating an official religion or favoring one religion over another. As you remember from discussions in a previous article, the drafters of the Constitution did not want to be taxed for support of a church they did not attend like they had been in England, where they were forced to support the Church of England. The drafters

of the Constitution felt that in order to have freedom to worship, they should be able to support the church, or religion, of their choice without being forced by the government of the United States.

Though they didn’t use the phrase “separation of church and state,” the drafters of the Constitution debated the extent to which the government should support religion. Some of the drafters argued



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that it was fine to mandate participation in religious services, while others like Thomas Jefferson and James Madison argued that government compulsion of religion violated a person's rights to shape their own life according to their convictions. The phrase "separation of church and state" did not appear in the text of our Constitution but appeared later when Thomas Jefferson wrote a letter to the Danbury Baptist Association.

The Danbury Baptist Association was concerned about their status as a religious minority. They penned a letter to the President expressing their fear about religious persecution. Thomas Jefferson responded to the letter and emphasized the First Amendment's free exercise and establishment clauses together built "a wall of separation between church and state." This letter has been used over the years in numerous arguments regarding religious freedom in the United States.

In 1947, Justice Hugo Black wrote in the case of *Everson v. Board of Education* that "the First Amendment has

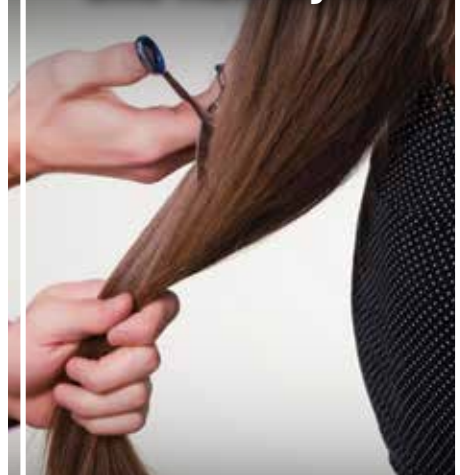
erected a wall between church and state" which "must be kept high and impregnable." After this case, we have seen these words used in numerous court cases and the media. Although not placed in the Constitution, this is one of the most quoted phrases when discussing the First Amendment and the "establishment clause."

As the United States is moving forward in our history, we are still debating the meaning of the "establishment clause" and its meaning in our society. Numerous court cases have been filed and will be filed which will continue the debate. However, it is always important to remember that the drafters of the Constitution felt that it was important to protect individual rights of the citizens of the United States.



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

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5 Natural Strategies to Lower Cholesterol and Triglycerides

If you've recently been told your cholesterol levels are creeping into unhealthy territory, it's a wake-up call to embrace more holistic practices for heart health. As someone who understands both the conventional and natural sides of medicine, I want to empower you with actionable, natural strategies. Here are five of the top ways to lower LDL, triglycerides, and cholesterol naturally:

1. Increase Soluble Fiber Intake

Fiber is more than just a buzzword, it's a powerful tool to combat high LDL cholesterol. Soluble fiber, found in foods like oats, beans, lentils, flaxseeds, and fruits (especially apples and berries), binds to cholesterol in your intestines and helps eliminate it before it's absorbed into your bloodstream. Adding just a couple of servings of these fiber-rich foods each day can make a significant difference.

2. Incorporate Omega-3 Fatty Acids

Healthy fats are crucial for cardiovascular health, and omega-3 fatty acids are at the

top of the list. Found in fatty fish like salmon and sardines, as well as plant-based sources like flaxseed and chia seeds, these fats are known to lower triglycerides and raise HDL ("good") cholesterol. They also fight inflammation - a key factor in heart disease. Including omega-3-rich foods in your diet a couple of times a week or supplementing with a high-quality fish oil can bring lasting benefits.

3. Get Moving: Aerobic & Resistance Exercise

Try engaging in regular physical activity - whether it's brisk walking, cycling, swimming, or weight training - can help lower LDL cholesterol, raise HDL, and reduce triglycerides. Aim for at least 150 minutes of moderate aerobic exercise weekly, and don't shy away from adding some resistance training. Consistency is key, so find activities you enjoy. It's not about hitting the gym hard every day but about incorporating movement into your routine in a way that you'll stick with. Remember: your heart is a muscle, and it needs regular exercise to stay strong and healthy.



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4. Adopt a Mediterranean Diet

The Mediterranean diet is a plant-based way of eating that emphasizes vegetables, fruits, whole grains, nuts, legumes, fish, and olive oil. The focus on monounsaturated fats (especially from olive oil) and antioxidants helps lower LDL cholesterol while maintaining a healthy HDL balance.

5. Balance Nutrients: Magnesium, CoQ10, and Vitamin D

Your body needs certain nutrients to maintain healthy cholesterol levels, and deficiencies can hinder your progress. Magnesium, CoQ10, and vitamin D all play a role in cardiovascular health.

While medications like statins can effectively lower cholesterol, they don't address the root cause or support a comprehensive approach to heart health. You can make a big impact with the suggestions above. Your heart works hard for you every day, so take proactive steps to support its health naturally.

If you're interested in more information, read the longer version of this article posted at my website [suzycohen.com](http://www.suzycohen.com).



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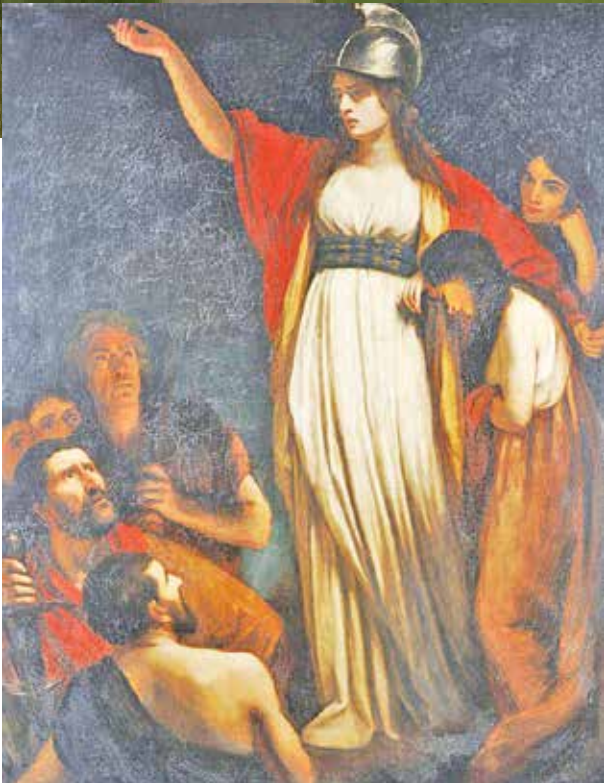
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WOMEN IN WAR

By Sarah (Sally) Hamer

Photo provided by Military Women's Memorial

Located at the entrance to Arlington National Cemetery, the Military Women's Memorial is the only major national memorial honoring all women who have courageously defended America.



John Opie's Boadicea Haranguing the Britons

From Boadicea, the warrior queen of the Iceni tribe, to the military today, there is a long history of women who have fought for their country.

Stories about these women abound, although we are probably only touching the surface. But women, especially those who purposely served in the military, are a part of American history that deserves to be remembered and honored.

Many of the women involved in the Revolutionary War were wives or camp followers, who cooked and washed for the soldiers but, when the need arose, picked up a gun, carried secret messages, or rode to shout a warning of British troop movement. Two of the most well-known are Molly Pitcher, who brought pitchers of water to the troops in the midst of battle, and Kate Barry, who roused the militia to fight, and win, in the Battle of Cowpens in South Carolina. (My ancestor was one of the 71st Highlanders of the British cavalry who was taken as a prisoner-of-war that day.) By the War of 1812, women were first included as nurses among personnel at U.S. Navy hospitals.

In the Civil War, it is thought that from 500 to 1000 women dressed as men and enlisted in the armies of both sides, at least one of them reaching the rank of captain. These are only the ones known – it's very possible that many more fought in the war for short periods of time or in specific situations. Others served as nurses, doctors, spies, and resistance fighters. The National Park Service website article entitled, "Breaking Down Boundaries: Women of the Civil War," tells us that, "These women of the Civil War courageously fought not only the enemy soldiers but the traditional expectations of a 19th century gentlewoman."

World War I found women finally being allowed to enlist in the armed forces, although the majority of female participation was in a volunteer position. Around 40,000 women were admitted into active duty and most received the same responsibilities, pay, and benefits as their male counterparts. Over 20,000 women served in the U.S. Army Nurse Corps alone. According to a quote by Alice Dunbar Nelson on the National World War I Museum and Memorial in Kansas City, Missouri website, "The women worked as ammunition testers, switchboard operators, stock takers. They went into every kind of factory devoted to the production of war materials, from the most dangerous posts in munition plants to the delicate sewing in aeroplane factories." They served stateside and were mustered out when the war was over.

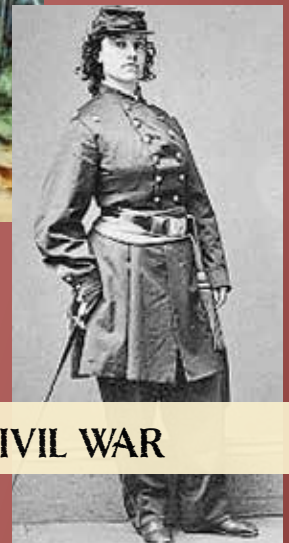
It was not until World War II that women finally were accepted, although they were still

WOMEN WARRIORS THROUGH THE DECADES



REVOLUTIONARY WAR

Print of
Molly Pitcher
(Currier and Ives)



CIVIL WAR



Harriet Beacher Stowe
Harriet Tubman
Sarah Rosetta Wakeman

Pauline Cushman,
Actress and Union Spy



WORLD WAR I

WOMEN
OF VALOR

Women went from housewives
to soldiers during WWI.

WOMEN WARRIORS THROUGH THE DECADES

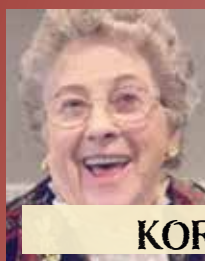


WORLD WAR II

WASP Pilots in front of USAAF B-17 "Pistol Packin' Mama." Lockbourne, Ohio, United States, circa 1943-1945. (courtesy asset of National Museum of the USAF)



Coy Cooper, served in the Women's Army Corp



Shirley McBride served in the Women's Army Corps during the Korean Conflict.

KOREA WAR

VIET NAM WAR

American Women who lost their lives in the Viet Nam War.



WOMEN OF VALOR

1st. Lt. Hedwig Orlowski,
2nd Lt. Carol Drazba,
1st. Lt. Sharon Lane,
Capt. Mary Klinker,
Capt. Eleanor Alexander,
2nd Lt. Elizabeth Jones,
2nd Lt. Pamela Donovan,
LTC Annie Graham

Sarah (Sally) Hamer, B.S., MLA, is a multi-award-winning author who teaches creative fiction writing at LSU in Shreveport. She is fascinated by how people tick and loves to explore the world around her.

not serving in combat. 350,000 enlisted and served and many times that worked in civilian jobs which supported the war effort. The National World War II Museum in New Orleans, Louisiana, notes that, "Women's auxiliary branches were created for every branch of the military, including the Women's Army Corps (WAC), Women Accepted for Volunteer Emergency Service (WAVES), and Women Airforce Service Pilots (WASP)," even though they were normally restricted from combat zones.

Local businesswoman, civic leader and politician the late Coy Cooper, a member of the Women's Army Corps (WAC), was stationed at Harmon General Hospital in Longview, Texas in the medical supply office. In her personal memoirs, she stated that, few of the men and women who were admitted to the hospital in the four years it functioned were due to battle wounds but it was well known for the work done in treating tropical and dermatologic diseases. According to the Texas State Historical Association website, "At its peak period Harmon Hospital had a community of 4,000 to 5,000 staff, trainees, and patients served by a railroad spur and depot, bank, chapel, newspaper, Western Union office, library, and post exchange." The hospital was de-commissioned in February 1946 and is now the site of the main campus of LeTourneau University.

Women served as front-line nurses in the Korean conflict with 120,000 women on active duty positions from 1950-1953. "A third of them were healthcare providers." Others stepped up when their country called on them, volunteering for service in the Women's Army Corps (WAC), Women in the Air Force (WAF), Navy Women's Reserves and Women Marines.

According to USO.org, "approximately 11,000 women were stationed in Vietnam during the nearly 20-year war, and 90% of them were nurses in the Army, Navy and Air Force." Eight of those women are listed on the Vietnam Veterans Wall in Washington, D.C., but "dozens more women died during the war working as civilian war correspondents, photojournalists, humanitarian aids and more."

In the decades since, women have slowly taken on combat positions in each of the services. But it wasn't until 2013, that then-Defense Secretary Leon Panetta "announced that the ban on women in combat would be lifted entirely, and that female service members would be allowed to serve in direct ground combat roles."

Today, women are an integral part of the United States military and, in 2022, represented 17.5% of the total active duty force and 9% of the U.S. Veteran population. "They have had to overcome decades of obstacles to get to where they are today: serving in greater numbers, in combat roles and in leadership positions all around the world." The Defense Advisory Committee on Women in the Services (DACOWITS) Report entitled, "A Historical Review of the Influence of the Defense Advisory Committee on Women in the Services From 1951 to Present: A 70-Year Review," is a fascinating read, although lengthy, on how women have contributed to the protection of our country.

A place to visit if you'd like to find more information is the Military Women's Memorial at the Ceremonial Entrance of the Arlington National Cemetery. A one-of-a-kind tribute to America's Servicewomen, past and present, it features "an education center, interactive exhibits, and a world-class collection of military women's stories."

Every day, women service members, along with their male counterparts, "selflessly put their lives on the line to keep us safe and free." Our country is safer because of them.



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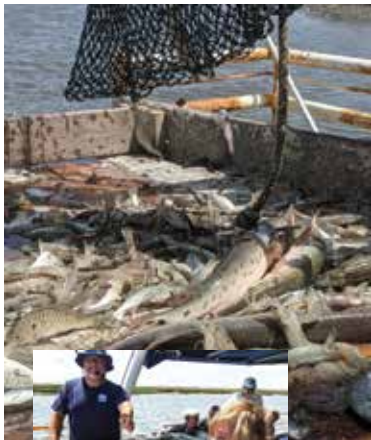
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COASTAL CRUISE: *Round the Clock Food, Festivities and Fun*

By Fyllis Hockman

I looked tentatively at the load of shrimp, blue crabs, gar, sea trout and other nameless denizens of the deep as they were dropped into the boat. I volunteered to hold one even more



Fish Catch

tentatively - much more tentatively. But then I was making eye contact with a very cute sting ray and I'm pretty sure we had a moment.

My trip upon the Lady Jane Shrimp Boat in Jekyll Island, Georgia is but one of the many adventures to be had on the American Cruise Line Historic South and Golden Isles Intra-Coastal Waterway Cruise from Amelia Island, Florida to Charleston, South Carolina.

We learned a lot about the mouths, gills and tails of individual fish which I actually found more interesting than I would have expected. There are some very weird fish tales out there! But take time to look up at the flocks of birds following the boat. They knew what we had on board.

So we might as well first discuss mealtimes aboard the American Eagle. Maybe mealtime is more applicable because you can literally eat 24/7. There's an Early Riser breakfast before the dining room breakfast; there's a pretty much all day cafe in the Sky Lounge bracketing the more formal lunches

and dinners; Cookie time at 10 and 3 provides obviously very necessary sustenance in between meals; one would think the cocktail hour and hors d'oeuvres prior to dinner might interfere with the more than generous dinner options but of course that doesn't happen - and an hour later, no one skimps on the open bar, ice cream treats and popcorn that accompany the evening entertainment.

Rest assured there's a Fitness Room to counter all those calories but seriously, no one goes there. The saving grace? All meals come in half-portions, which themselves are more than sufficient in this Michelin-wannabe restaurant.

The staff - who are not allowed to accept gratuities - are still remarkably agreeable. How often do you request a drink at an establishment that they don't carry - and by the next night, it's there? So it was with my Fireball. Need I remind you that we were on a ship at the time? Just as an aside, this ship - accommodating only about 100 passengers - is part of the only line in the world offering small US ships that operate like river cruises along US coasts.

If you can find time in between all the food, multiple daily excursions are offered to St. Simon and Jekyll Islands, Savannah, Hilton Head, Beaufort and Charleston.

On the trolley tour of Savannah, a city I've never been to before. I wasn't expecting much, just another nice southern town. I was admittedly skeptical when the trolley driver started the tour by claiming that Savannah is the most fascinating town in America - but by the time the tour ended 90 minutes later, I was in total agreement.

The constant patter from Miss Pearl brought this historic wonderland to life. The picturesque streets just begging to be strolled upon with singular homes and stores; houses dating back to the 1700 and 1800's with architectural flourishes of graceful, lace-like iron-work adorning balconies, columns and brackets. Wraparound porches adorned with decorative balustrades and whimsically designed gingerbread give each structure its personal charm and distinction.

So much history visible right in front of you, peppered everywhere with almost two dozen parks and squares,



Cocktail Hour Appetizers

ennobled by a famous statue. Surrounding the immersive history are huge oak trees, their gnarled branches dripping with Spanish Moss, forming canopies over the streets. I laughed when I passed a sign declaring “Savannah’s Historic District.” Kind of felt redundant at best.

The next mode of transportation was a golf cart traversing Pat Conroy country. You probably ought to know the author of *The Prince of Tides*, *The Great Santini*, *The Water is Wide* and others to appreciate even the idea of such an excursion. I qualified. But even if you’re not familiar with his books, you may be with the many movies made of them, all of which take place in the city where he lived. Beaufort, SC is another historic small town, with houses from the 1700’s, that delights even without the Pat Conroy connection.

Nor are they the only movies for which the town is famous – and whose settings are great fun to visit. Perhaps you’ve

heard of *Forrest Gump*? Maybe even *The Big Chill*? *Forces of Nature* with Ben Affleck and Sandra Bullock? *Glory* with Denzel Washington? You pass scenes from the movies, houses the stars rented during filming, and the chocolate shop whose candies filled the famous box of chocolates *Forrest Gump* ate in the infamous bench scene.

And should you wish to stay on board – few people do, no matter their disabilities - ship activities abound. There’s “Are you Smarter than a Fifth Grader”; movie trivia; an *Outrageous Laws* game – you probably didn’t know that in Alabama, it is illegal to drive while wearing a blindfold -- and the ever-popular *Boozy Bingo*. As silly and/or intimidating as they may sound, they are always fun. And the same can be said of the whole cruise!

FOR MORE INFORMATION, VISIT AMERICANCRUISELINES.COM.



Beaufort, SC is historic small town that Pat Conroy described in many of his books



Forrest Gump (Tom Hanks)



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Walk On

They told my mother to get out and walk a little.
Every day.
She didn't.

Good genes kept her going for 86 years but I still wonder, if she'd gotten out and walked a little every day, how many more times would I have been able to send roses on her birthday?

I suppose, if life runs in some sort of chronological circle, then once your parents are gone, you're next in line. Like everyone who came before you, you have a choice ... get old, sit still and curl up at the edges like something left too long in the sun or get out and walk a little.

Every day.

Walk in the morning. Watch the sun begin to pull the day from the night. I have never seen a sunrise that did not fill me with awe and hope, make me feel insignificant one moment and grateful the next that I am part of a Master.

Walk in the morning. Spend the time sorting things out in your mind.

Or just listen to the quiet.

According to a study by Dr James Brown of the world-class Aston University in Birmingham, England, walking for just 30 minutes a day can protect against obesity, type 2 diabetes, reduce the risk of some cancers and combat depression. It can also slow



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A promotional poster for a Christmas event at The Strand. It features three men in 1940s style: Frank Sinatra on the left, Dean Cain in the center wearing a fedora and holding a glass, and another man on the right. A circular inset on the right shows Marilyn Monroe. The background is black with white snowflakes and the text 'CHRISTMAS WITH THE RAT PACK' in large, bold letters. Below the names, it says 'Swingin' Holiday Classics!' and 'The Strand' in a script font. At the bottom, it gives the date 'WEDNESDAY, DECEMBER 18' and the website/phone number.

the progression of Alzheimer's, protect cognitive function, cut arthritic pain by half, boost energy levels, and slash the risk of dying by 23%. Hip fractures, a possibility you have to live with as you age, were reduced 40% by walking just 30 minutes per day.

Walk a little later, around Brunch Time, the perfect time to listen - with your imagination - to the caterpillars, busy munching and brunching on gourmet leaves and grasses as you walk by. Listen - to birds of every feather gathered on every branch of every tree to sing for joy of things only birds know of. Listen - with your imagination - to the clouds giggle as they tumble into each other then harmlessly bounce away - a game only clouds can play.

Or just listen to your own hopes and dreams reminding you that nothing is impossible and it's never too late.

Researchers who spoke at the annual meeting of the American College of Sports Medicine found that walking improves circulation and lowers the risk of heart disease. One group of Korean researchers found that walking just 30 minutes a day can reduce blood pressure by an average of nearly 11 points. Yet another study done by The University of California found that women 65 and older who walked an average of 2.5 miles per day were able to lower their mental decline to 17%, as opposed to 25% for women who walked less than 0.5 miles per week.

Walk when you're feeling empty. When you miss most the warm and gentle breath that tickled the back of your neck as your forever love lay sleeping behind you; when you miss most the soft and playful fingers that tickled the hair on the back of your head and the sleepy voice that whispered, "Good morning" every morning for all those years. Walk. Loneliness is a plague. Walking is a cure. As you walk your body releases endorphins, your own natural opiate, with enough power to turn melancholy memories of what was taken from you into joyful memories of all that was given to you.

Various studies conducted throughout the world conclude that, along with everything written above, walking a little every day strengthens your muscles, improves your sleep, (as long as you don't go for a walk just before bedtime), helps keep your joints from getting out of joint, improves your balance and stability and even helps you live longer.

You have a choice ... get old, sit still and curl up at the edges like something left too long in the sun or get out and walk a little.

Every day.

Even if it's just you it's never just you. Rogers and Hammerstein put it this way:

Walk on, walk on, with hope in your heart. And you'll never walk alone!

"From "Old Friends (Endless Love) available exclusively at Amazon.com



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Peggy March's Monster 60s Hit Still Follows Her



With a catchy melody, simple lyrics, and an unforgettable repetitive chorus, Peggy March's "I Will Follow Him" possessed all the ingredients to create a classic 60s hit. And it did. Released in early 1963 and showcasing the singer's impressively mature 14-year-old vocals, Little Peggy

March's song soared up the Billboard Hot 100 chart in just 3 months to reach the Number 1 spot.

Since then, she's performed the song thousands of times and today remains especially popular in Europe.

"I was in school when I signed with RCA," recalled March in a Zoom interview from Marburg, Germany, where she spends several weeks each year when not in Florida. "They sent me all over the world to promote the record which became hugely popular in Germany. The country essentially adopted me and I've been part of the German recording industry ever since."

Just exactly when she first performed the song live in public remains a bit hazy. "Probably at one of the record hops I was doing," she said, "In the 60s, a lot of high schools had dances and I would do those occasionally as a way to promote the record." But she does recall the original studio recording and initially not being keen on the song.

"When I walked into my producers' office, they played it and said, 'Peggy this is your next hit,'" she recalled. "My sister remembers vividly that I didn't like the song because it was too repetitive. But I was clearly wrong! We all know now that is its great hook"

However, there was a time when she almost left the business. "I was very young when I started – 14 when I recorded the song and 15 by the time it went to Number 1," she said. "By my early 20s, I was tired of being on the road and really didn't think I wanted to do this anymore. But, I got over it!"

Although March followed her big hit with other singles and

continued to have modest chart appearances in the U.S. with songs such as "Hello Heartache, Goodbye Love," she could never recapture the commercial success of her first hit. Today, however, at 76, she still travels the world cranking out her popular tune to enthusiastic audiences.

In 2013, exactly 50 years after the release of her 1963 hit on January 22, she even recorded an anniversary video of "I Will Follow Him" in Holland, her voice just as strong and perhaps even richer than her youthful rendition.

"We updated the original to make it a little more interesting, but didn't want to change too much," she explained. "It was one of the shortest songs I've ever recorded, around two and a half minutes, so we made the new version a little longer. Instrumentally it's pretty much the same except there's a key change, but I really like it."

(Portions of the author's interview originally appeared in *Florida Currents* magazine in 2022).

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



Above: Peggy March, 1963

Right: Peggy March signing CDS for fans, 2020.



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FAMILY FEATURES

Dine together, shine together. Weekly sit-down meals with family can reduce stress, boost self-esteem and make everyone feel more connected – all while sharing delicious, healthy and easy-to-prepare food. These egg-inspired recipes and more are part of the American Heart Association's Together Tuesdays and Healthy for Good Eat Smart initiative, nationally supported by Eggland's Best. Both initiatives stress the importance of gathering at least once a week around the table with family or friends to satisfy cravings for connection, a delicious meal and overall healthy living. In addition to the social and emotional benefits of dining together, shared family meals can help promote healthier choices at the table. For more heart-healthy recipe ideas and conversation starters to make Together Tuesdays a tradition in your household, visit heart.org/together. Recipes courtesy of the American Heart Association.

Egg Ravioli with Sage and Almonds

Servings: 4

- 8 cups water
- ½ cup fat-free ricotta cheese
- 1 tablespoon grated Parmesan cheese
- 1½ teaspoons fresh, chopped thyme
- ½ teaspoon grated orange zest
- ¼ teaspoon black pepper
- 8 gyoza wrappers, shumai wrappers or wonton wrappers
- 4 large egg yolks, unbroken
- 1 large egg white, lightly beaten
- 2 teaspoons olive oil
- ¼ cup sliced almonds, chopped
- 1 tablespoon chopped, fresh sage
- 1 tablespoon finely chopped red bell pepper (optional)

Fill large pot with water. Bring water to gentle boil over medium-high heat.

In medium bowl, stir ricotta cheese, Parmesan cheese, thyme, orange zest and pepper.

Place four wrappers flour sides down on cutting board. Spoon 1½ tablespoons cheese mixture onto center of each wrapper. Using back of spoon, press down on cheese mixture to create well about 1½ inches across (width of large egg yolk), leaving at least ½ inch space around edges of wrapper. Without breaking it, carefully place one egg yolk in center of each well.

Using pastry brush, brush edges of wrappers with egg white. Place one top wrapper with flour side up on each bottom wrapper. Using thumbs and forefingers, firmly press edges together to tightly seal each ravioli. Set aside.

Using slotted spoon or spatula, carefully drop each ravioli into boiling water. Cook 2½ - 3 minutes, or until wrappers are al dente (cooked not too soft but not overdone). Using slotted spoon, gently remove raviolis from pot, draining well. Transfer to plates. Drizzle with oil. Sprinkle with almonds, sage and bell pepper, if desired.

Tips: Gyoza wrappers (or shumai wrappers) are preferred because they're thinner than wonton wraps. Look for gyoza wrappers in the dairy aisle, deli department or freezer section.

Use these guidelines to determine how you want eggs cooked: At 2½ minutes, eggs are yellow and slightly thickened but not set around edges, similar to sunny-side up. At 3 minutes, eggs are deeper orange and slightly set around edges, similar to over-easy.



Southwestern Quinoa and Egg Breakfast Bowls

Servings: 4

- 1/4 cup uncooked quinoa, rinsed and drained
- 2 medium tomatoes (about 2 cups), chopped
- 1 cup no-salt-added frozen corn, thawed
- 1/2 medium avocado, pitted and diced
- 1/4 cup chopped green onions
- 1/2 cup chopped fresh cilantro (optional)
- nonstick cooking spray
- 4 large eggs
- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- red hot pepper sauce, to taste (optional)

Cook quinoa according to package directions. Remove from heat.

Spoon quinoa into four bowls. Top each with even amounts of tomatoes, corn, avocado, green onions and cilantro, if desired.

Lightly spray large skillet with nonstick cooking spray and set over medium-high heat. Crack eggs into skillet. Sprinkle with salt and pepper. Cook, uncovered, 3 - 4 minutes, or until egg whites are set but yolks are still runny. Using spatula, carefully transfer one egg, sunny side up, into each bowl. Sprinkle with hot sauce, to taste, if desired.

Poached Eggs with Pesto Bulgur

Servings: 4

- 2/3 cup uncooked instant or fine-grain bulgur
- 1 1/3 cups, plus 2 tablespoons, fat-free, low-sodium vegetable broth, divided
- 1 cup tightly packed fresh basil
- 2 tablespoons chopped walnuts, dry roasted
- 1 small garlic clove, minced
- 1/8 teaspoon salt
- 1 dash cayenne
- 1/2 cup finely chopped yellow or red bell pepper
- 1/4 cup thinly sliced green onions
- 4 cups water
- 1 tablespoon white vinegar
- 4 large eggs
- 1 medium lemon, cut into 4 wedges

In medium saucepan, prepare bulgur according to package directions, omitting salt and substituting 1 1/3 cups broth for water. Fluff with fork.

In food processor or blender, process basil, walnuts, garlic, salt, cayenne and remaining broth until smooth. Stir basil mixture, bell pepper and green onions into bulgur.

In large skillet, bring water and vinegar to boil over high heat. Reduce heat and simmer. Break one egg into cup then carefully slip egg into simmering water. Repeat with remaining eggs, placing in water so they don't touch. Simmer 3 - 5 minutes, or until whites are completely set and yolks are beginning to set but aren't hard. Using slotted spoon, drain eggs well and place on bulgur mixture. Serve with lemon wedges.

Note: White vinegar helps firm egg whites quickly, preventing them from spreading too much.



40th SEASON



2024 shows

LeAnn Rimes

FRIDAY, SEPTEMBER 20, 2024 • 7:30 PM

Indigo Girls

SATURDAY, OCTOBER 12, 2024 • 7:30 PM

A Christmas Carol

SUNDAY, DECEMBER 8, 2024 • 2:00 PM

Ben Folds Paper Airplane Request Tour

SUNDAY, DECEMBER 15, 2024 • 7:00 PM

2025 shows

The Black Jacket Symphony Presents Led Zeppelin IV

SATURDAY, APRIL 5, 2025 • 7:30 PM

The Addams Family: A Musical Comedy

WEDNESDAY, JUNE 25, 2025 • 7:00 PM

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SAVE ^{the} *Date*

EVENTS

■ **Christmas in the Sky**
Saturday, December 14 at Louisiana Downs Casino and Racetrack, 8000 E Texas, Bossier City. 2024 celebrates the 20th biennial, black-tie, glitzy, glamorous, internationally award-winning, fundraiser for the Shreveport Regional Arts Council. This year's theme is "It's Vegas Baby! Tickets are \$350 per person and may be purchased at www.2024sky.com.

■ **GloFests at the Bakowski Bridge of Lights**
Join the Shreveport Regional Arts Council (SRAC) on the **first Friday of every month (except July when it is held on July 4), 7:30 p.m. to 9 p.m.** at Riverview Park, 601 Clyde Fant Parkway, Shreveport. Featuring light shows on the Bakowski Bridge of Lights, an arts market, food truck court, street performances, and more! Park in the Bally's Garage or across the street



Christmas with The Rat Pack • The Strand • Dec. 18

between Sci-Port and the J. Bennett Johnston Visitor Center. For more info, visit www.shrevearts.org. **FREE.**

■ NWLA Veterans' Cemetery events

The Northwest Louisiana Veterans' Cemetery Foundation invites all veterans, family members, and interested parties to participate to honor those who served. For more information regarding the Blue Star Memorial Marker, the Flag Placement for Veterans Day or the Wreath Placement Ceremony for the Holiday season, contact Foundation President Lee Jeter at 318.925.0612 or Foundation Volunteer Coordinator Rich Brontoli at 318.393.6207.

- Friday, November 1 @ 1 p.m. Volunteers are needed to place flags.
- Veteran's Day - November 11

- Tuesday, November 12 @ 1 p.m. Volunteers are needed to pick up flags.

- Friday, December 6 @ 1 p.m. – Christmas Wreath Placement Ceremony. After a brief observance and prayer, all attendees can distribute the wreaths throughout the cemetery.

- January 3 @ 1 p.m. Christmas Wreath Pick Up. Volunteers are needed.

■ "Rogue Reality - An Artificial Journey Through Intelligence"

An exhibit of original artworks by local Shreveport artists Jeremy Johnson and Hillary George will be on display at the Louisiana State Exhibit Museum, 3015 Greenwood Road, Shreveport from November 7 - 27. The exhibit will open with an artists' reception in the West Wing Gallery on Thursday, November 7 from 4:30 to 7:00 p.m. The



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- Soils and mulches
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Friends of the LSEM will provide light refreshments. Admission is **FREE**, and tours are available by appointment. For more information about the Louisiana State Exhibit Museum, visit www.laexhibitmuseum.org or call 318-632-2020.

ENTERTAINMENT

■ Shreveport Little Theatre

812 Margaret Place, Shreveport. Tickets are \$30. Call 318.424.4439 or visit www.shreveportlittletheatre.com.

- "It's a Wonderful Life: The Musical" - **December 13, 14, 20, and 21 at 7:30 p.m.; December 15, 21, and 22 at 2:00 p.m.** This popular musical is an adaptation of the 1946 classic film, "It's a Wonderful Life".

■ Shreveport Symphony

Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. For tickets call 318-227-TUNE (8863) or visit www.shreveportsymphony.com. Tickets are \$20 - \$72.

- **November 16 at 7:30 p.m.** - Gershwin + Marcus Roberts Trio. An all-Gershwin program featuring his "lullaby" for strings, "An American in Paris", and jazz pianist Marcus Roberts' take on Concerto in F.

- **December 21 at 7:30 p.m.** - A Holiday Celebration, featuring Grammy-nominated artist and ambassador of the Great American Songbook, Michael Feinstein.

■ The Strand Theatre

619 Louisiana Avenue, Shreveport. For tickets visit www.thestrandtheatre.com or call 318-226-8555.

- **December 8 at 2 p.m.** - "A Christmas Carol". This powerful tale of redemption follows Ebenezer Scrooge on his epic journey from nasty curmudgeon to benevolent saint. Tickets are \$59, \$49, \$39, student \$30.

- **December 15 at 7 p.m.** - Ben Folds Paper Airplane Request Tour. Fans during each of the shows will be invited to launch their song requests to the stage via paper airplanes. Tickets are

\$75, \$65, \$55, student \$30.

- **December 18 at 7:30 p.m.** You're invited to a magical recreation of a 1960's Las Vegas Christmas at The Sands with The Rat Pack. Starring Brian Duprey as Frank Sinatra, Joe Scalissi as Dean Martin and Kenny Jones as Sammy Davis Jr. and a special appearance by Jami Duprey as Marilyn Monroe. Tickets are \$65, \$60, \$55, \$50, \$45

MEETINGS

■ Ark-La-Tex Genealogical Assn.

Meetings are held from **1 to 3 PM** at the Broadmoor Branch Library, 1212 Capt. Shreve Dr., Shreveport. For more information call 746-1851 or visit altgenealogy.com. **FREE** and open to the public.

- **Saturday, November 9 from 1 to 3 PM** at the Broadmoor Branch Library, 1212 Capt. Shreve Dr., Shreveport. Guest speaker is Judy Thomas, Rocky Mount Historian. Her topic is "Historic Rocky Mount (Bossier Parish) Community, Church and Cemetery".

MOVIES

■ Silver Screenings

Silver Screenings feature a matinee and luncheon for senior citizens showcasing a classic film on the **3rd Tuesday of each month** at Robinson Film Center, 617 Texas Street in downtown Shreveport. Movie begins at **10:30 a.m.** and is followed by a buffet lunch. Cost is \$20 for movie and lunch. Ask about discounted tickets for AARP members! For information or tickets, call (318) 459-4122 or visit www.robinsonfilmcenter.org.

- **November 19** - "The Wizard of Oz". Movie & lunch beginning at 10:30 a.m.; movie only at 7 p.m. This 1939 American musical fantasy film adaptation of L. Frank Baum's children's fantasy novel "The Wonderful Wizard of Oz" stars Judy Garland.

- **December 17** - "Remember the Night". This 1940 American Christmas romantic comedy film stars Barbara Stanwyck and Fred MacMurray.

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SHREVEPORT SYMPHONY

	SEPTEMBER 21, 2024 Beethoven + Tessa Lark
	OCTOBER 19, 2024 Tchaikovsky's <i>Pathétique</i>
	NOVEMBER 16, 2024 Gershwin + Marcus Roberts Trio
	DECEMBER 21, 2024 A Holiday Celebration with Michael Feinstein
	JANUARY 25, 2025 The Planets
	FEBRUARY 15, 2025 Cinematic Romance
	MARCH 15, 2025 Fauré Requiem
	MAY 3, 2025 Best of Broadway

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WORD SEARCH

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

DESERT DENIZENS

- | | |
|---------------|-------------|
| Armadillo | Hedgehog |
| Badger | Hyena |
| Bighorn Sheep | Ibex |
| Bobcat | Iguana |
| Burro | Jack Rabbit |
| Camel | Jackal |
| Caracal | Lizard |
| Chipmunk | Meerkat |
| Coati | Raccoon |
| Coyote | Rattlesnake |
| Elephant | Roadrunner |
| Ferret | Scorpion |
| Fox | Squirrel |
| Gecko | Tarantula |
| Gopher | Tortoise |

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





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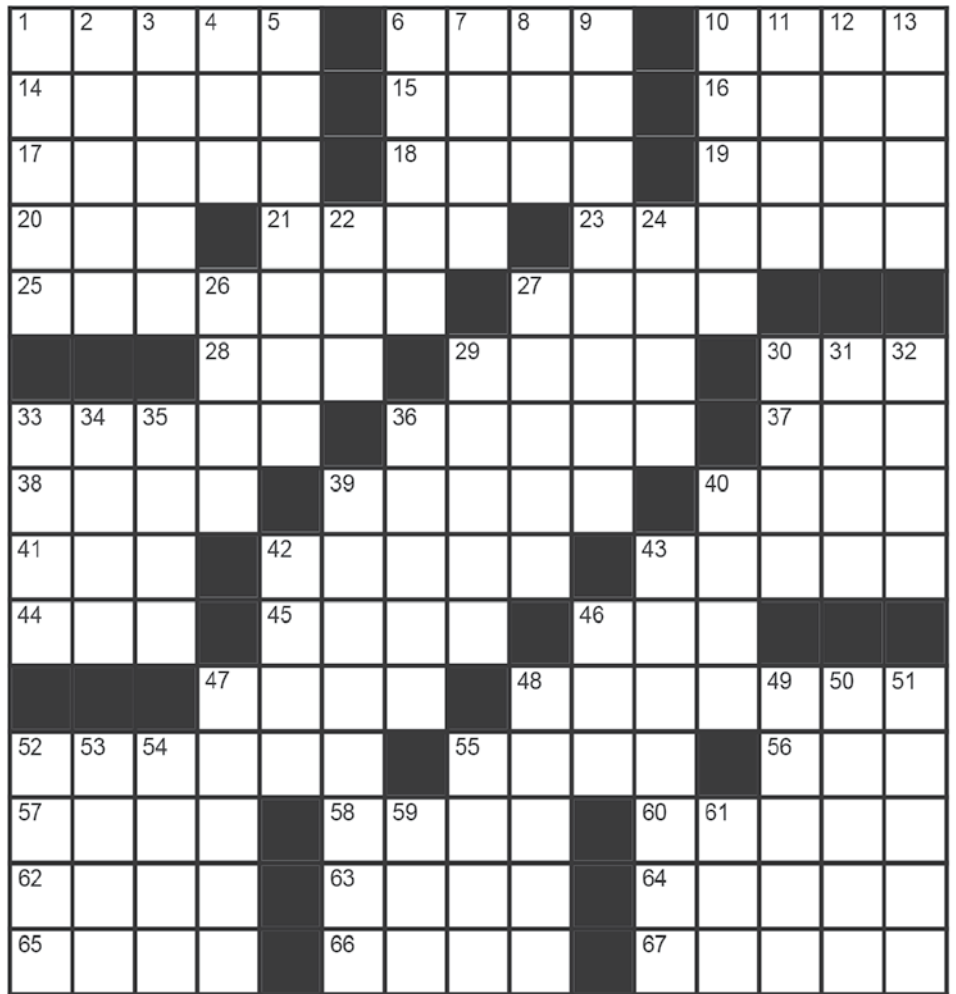




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CROSSWORD

- Across
- 1 Indian prince
- 6 Medicine bottle
- 10 Render speechless
- 14 Mirror ____
- 15 Big oil company
- 16 Nozzle site
- 17 Parish priest
- 18 Waterfront walk
- 19 Extended periods
- 20 Back in the day
- 21 Mayberry sot
- 23 Snow White had seven
- 25 Solicited
- 27 "____ I care!"
- 28 Hotel amenity
- 29 European coal area
- 30 River to the North Sea
- 33 Rand McNally book
- 36 Physicist Curie
- 37 East Indian tree
- 38 Ticks off
- 39 Summarize briefly
- 40 Extremely
- 41 Hibernation site
- 42 Celebrates
- 43 Therefore
- 44 Established
- 45 Computer operator
- 46 Island chain?
- 47 Milldam
- 48 Drifting
- 52 Signs of life
- 55 Face-off
- 56 Assembled
- 57 Pervasive quality
- 58 Mountain pool
- 60 Where to hear an aria
- 62 Cried
- 63 Final notice
- 64 Welsh dog
- 65 Insolence
- 66 Sales force
- 67 Excited, with "up"
- Down
- 1 Competitor
- 2 Compadre
- 3 One of the brothers Grimm
- 4 ____ Khan
- 5 Brave acts
- 6 Flavorless
- 7 Rainbow goddess
- 8 Duffer's dream
- 9 British title
- 10 Bundle
- 11 Unit of pressure
- 12 Military grp.
- 13 Famed loch
- 22 Informal wear
- 24 Race's end
- 26 Civil rights concern
- 27 Atmospheres
- 29 Speed demon
- 30 Barbara of "I Dream of Jeannie"
- 31 Cleopatra's love ____ Antony
- 32 Kind of terrier
- 33 Helps
- 34 Orchard unit
- 35 Mardi Gras follower
- 36 Taxi feature
- 39 Electrical device
- 40 Wedding wear
- 42 Energy



SUDOKU

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

- producer
- 43 Poisonous drug
- 46 Golfer's concern
- 47 Skin blemishes
- 48 Some wedding guests
- 49 Kind of wheel
- 50 Twilled fabric
- 51 Strait-laced
- 52 Promises
- 53 Concept
- 54 Spinning toys
- 55 Plumbing problem
- 59 Honest one
- 61 "The Murders in the Rue Morgue" writer



Life-Changing

No more common sickness

By Doug Cornell, PhD

Most of us live our lives *expecting* to get sick now and then.

It doesn't have to be that way!

Medicine cabinets are full of remedies for *after* we get sick. Wouldn't it be better not to get sick in the first place?

Scientists have found a natural way to kill germs that cause many illnesses *before* we get sick.

That's life-changing!

Don't just reduce the symptoms with costly meds. Avoid the symptoms completely.

- Kill the viruses that cause colds, flu, Covid, cold sores, fever blisters.
- Kill the fungus that causes sinus trouble and mold allergies.
- Kill the microbes that steal your sleep with congestion and stuffiness.
- Kill the bacteria that cause pinkeye, styes, thrush, ringworm, and other infections.

Scientific studies prove pure copper kills germs instantly, just by touch.

That's why ancient Greeks, Aztecs, and Egyptians used copper to heal wounds and stop sore throats and skin infections. They didn't know about bacteria and viruses, but now we do.

Microscopes show germs like the Covid virus starting to die **instantly** when copper touches them.

The NIH, EPA, and other authorities all vouch for the power of copper to kill germs, including **antibiotic-resistant** ones.

Scientists say the high conductance

of copper disrupts the electrical balance in germ cells, destroying them in seconds.

The EPA urged hospitals to use copper for surfaces like faucets and doorknobs. Those that did cut the spread of germs and saved lives.

The strong proof gave inventor Doug Cornell an idea. He had been

getting 2-3 bad colds a year. So in 2012 he made a smooth copper probe to reach where bad germs collect in the



CopperZap®: pure copper kills germs in nose, mouth, skin.

bottom of the nostril.

Next time he felt a tickle in his nose warning him of a cold about to start, he touched the copper gently to the tickly spot for 60 seconds.

"It worked! The cold never started," he exclaimed. "Now I use it at any warning sign of cold or flu." Since then he's gone over **12 YEARS**

Customers use pure copper against:

Colds, Flu, Covid

Sinus trouble from germs

Cold sores or **Fever blisters**

Canker sores that get infected

Sleep loss from congestion

Stuffy nose, drippy nose

Mold allergies

Pink Eye and **Styes**

Skin infections, warts, ringworm

Cuts and Wounds

Thrush and Tongue Infections

Getting sick after air travel

without a single cold.

He asked relatives and friends to try it. All said it worked, so he patented it, and called it a CopperZap®.

Soon hundreds had tried it. Over 99% said copper worked if they used it right away at the first sign of bad germs, like a tickle in the nose or a scratchy throat.

Thousands of folks use pure copper now to kill germs that cause sickness.

Longtime users say they haven't been sick in years. With over 100,000 sold, nearly all reviews are **5-star**.

Users say: **"It changed my life!"**

"I was skeptical, but it works!"

"I can't believe how good my nose feels." "I'm thrilled and amazed."

"Is it supposed to work that fast?"

"One of the best presents ever."

"Sixteen flights and not a sniffle!"

"Cold sores gone!" "I love it!"

"It saved me last holidays. The kids all got sick, but not me."

"I am shocked! My sinus cleared, no more headache or congestion."

"Best sleep I've had in years!"

EPA tests show tarnish does not reduce copper's germ-killing power.

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Users say, **"Best money I ever spent."** And, **"Worth every penny."** Also, **"I would pay ten times as much for this."**

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EXPERTS: If you would like to help your community by answering a question here, call 636-5510

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

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

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



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WK Eye Institute
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I have a rotator cuff tear. Do I need surgery?

It depends. Rotator cuff tears are a common source of shoulder pain, which increases in incidence with advancing age. A person can have a rotator cuff tear without experiencing pain. (The incidence varies from a reported 5% to 40%.) 40% of tears will enlarge, and of these, 80% will be symptomatic. 20% of patients remain symptom free for a 5 year period. There is no evidence that delaying surgery to attempt a non-operative treatment protocol adversely affects results. If you have significant weakness and/or a large tear, surgery may be advisable sooner. MRI's are valuable tests to determine tear anatomy and degree.



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

PUZZLE answers (from pages 32 - 33)

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

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

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

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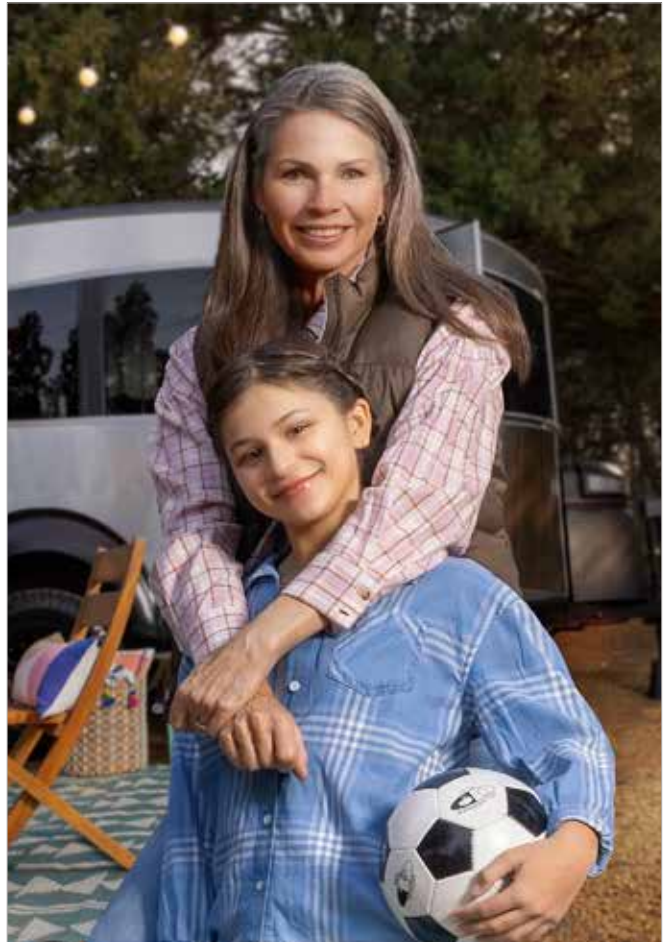
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