

December 2019

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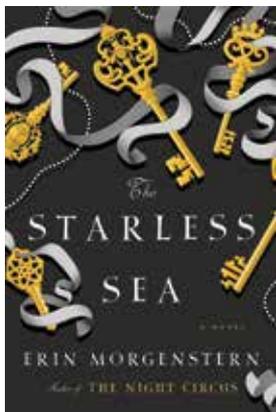
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**DECEMBER 7**

**2019 Independence Bowl Game**

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**DECEMBER 28**

**Fire Prevention and Fire Safety**

*Representatives from the Shreveport Fire Department*

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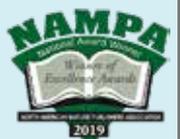
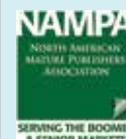
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# Stat!

## Medical News & Info

### High Fiber, Yogurt Diet Associated with Lower Lung Cancer Risk

A diet high in fiber and yogurt is associated with a reduced risk for lung cancer, according to a study by Vanderbilt University Medical Center researchers published in *JAMA Oncology*. Participants were divided into five groups, according to the amount of fiber and yogurt they consumed. Those

with the highest yogurt and fiber consumption had a 33% reduced lung cancer risk as compared to the group who did not consume yogurt and consumed the least amount of fiber.



### Short-term Probiotics Regimen May Help Treat Gout, Kidney Disease

New research suggests that an individualized probiotic therapy regimen may improve symptoms of gout, gout-related kidney disease and other signs of metabolic syndrome. Gout is a form of arthritis caused by a buildup of uric acid crystals around the joints. Probiotics are live bacteria and yeasts that replenish “good” bacteria in the digestive tract. Yogurt, fermented foods and certain dietary supplements contain probiotics. Past research suggests that probiotics decrease inflammation in the body and improve poor sugar and uric acid metabolism that contribute to the development of gout. After 10 days of probiotic therapy, the volunteers’ experienced lower blood pressure, weight loss, reduced abdominal fat and waist circumference, decreased lesion size and scar tissue on the kidneys, decreased tophi size, and normal uric acid and creatinine levels in the blood. People with gout may be able to achieve the same results by eating yogurt or taking an over-the-counter probiotic supplement.

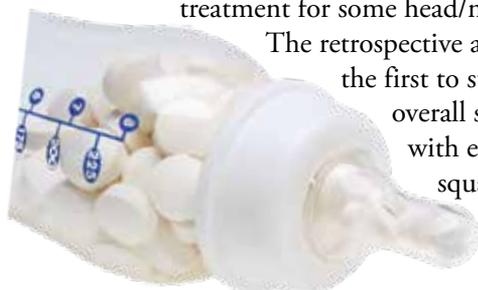


### Slow Walkers at Age 45 Have Older Brains and Bodies

The walking speed of 45-year-olds, particularly their fastest walking speed without running, can be used as a marker of their aging brains and bodies. Slower walkers were shown to have “accelerated aging” on a 19-measure scale devised by researchers, and their lungs, teeth and immune systems tended to be in worse shape than the people who walked faster. Prior studies show that slow walkers in their seventies and eighties tend to die sooner than fast walkers their same age.

### Baby Aspirin Improves Overall Survival for Patients With Head & Neck, Lung Cancer

Doctors from Roswell Park Comprehensive Cancer Center report new evidence that low-dose aspirin and other anti-inflammatories may improve survival in patients undergoing treatment for some head/neck and lung cancers.



The retrospective analyses are among the first to suggest a benefit in overall survival for patients with either head and neck squamous cell carcinoma (HNSCC) or early-stage non-small cell lung cancer

(NSCLC) who received non-steroidal anti-inflammatory drugs (NSAIDs) — most commonly, low-dose aspirin — alongside standard radiation therapy or chemoradiation therapy.



### Excess Body Fat Increases the Risk Of Depression

Carrying ten kilograms (22 pounds) of excess body fat increases the risk of depression by 17%. The more fat, the greater the probability of developing depression. This is the main conclusion of a new study carried out by researchers from Aarhus University Hospital, Denmark. The study also indicated that the location of the fat on the body makes no difference to the risk of depression. This suggests that it is the psychological consequences of being overweight or obese which leads to the increased risk of depression, and not the direct biological effect of the fat.

## Cataract Surgery Can Make You 48 Percent Safer on the Road

The ability of cataract surgery to restore sight is well known. People say they're stunned by the vibrancy of color after surgery and the improvement in night vision. Some can even reduce their reliance on glasses. But can you quantify



that improved quality of vision? To find out, researchers in Australia used a driving simulator to test patients' vision before and after cataract surgery. They found that near misses and crashes decreased by 48 percent after surgery.

## Poll Reveals Risky Use Of Antibiotics By Some Older Adults

Half of older Americans got help from the infection-fighting power of antibiotics in the past two years, a new poll by the National Poll on Healthy Aging finds, but a sizable minority didn't follow the instructions on their pill bottle. And one in five say that in the past, they've taken leftover antibiotics without checking with a medical professional. Meanwhile, two in five said they expect their doctors to prescribe them antibiotics for a cold that lasts long enough to send them to a doctor— even though the drugs don't work on colds and other illnesses caused by viruses. Despite these practices and expectations, 89% of adults aged 50 to 80 who responded to the poll understood that overuse of antibiotics could mean the drugs won't work against infections in the future.

## Dog Ownership Associated With Longer Life



Dog ownership may be associated with longer life and better cardiovascular outcomes, especially for heart attack and stroke survivors who live alone, according to a new study and a separate meta-analysis published by the American Heart Association. The findings build upon prior conclusions that

dog ownership alleviates social isolation, improves physical activity and even lowers blood pressure that contribute to cardiac risk and to cardiovascular events. While these studies cannot 'prove' that adopting or owning a dog directly leads to reduced mortality, the findings are certainly suggestive of this. From an animal welfare perspective, dogs should only be acquired by people who feel they have the capacity and knowledge to give the pet a good life.

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# Odds & Ends



## EMPTY NESTERS FINANCIALLY TIED TO THEIR CHILDREN

55 places surveyed 1,800 parents whose adult children have left the "nest," and found 40% are still financially supporting them in some capacity. In fact, the average empty nester spends \$254 each month on their child. Overall, the majority of empty nesters say they're able to put away more money since their children moved out, but 1 in 4 say retirement savings remains the #1 financial stress for them. Survey highlights include:

- 38% have had an adult child move back in after moving out
- 1 in 4 still pay for their children's cellphones
- 1 in 5 still pay for their kids' rent and groceries
- 66% experienced "empty nest syndrome"
- 63% say they've become closer to their spouse

## JONESBORO RESIDENT CELEBRATES 102<sup>ND</sup> BIRTHDAY

Mrs. Gertrude "Maw" Lawrence celebrated her 102<sup>nd</sup> birthday at Forest Haven Nursing & Rehabilitation Center in Jonesboro on Thursday, Oct. 24<sup>th</sup>. Maw's tips for a long, healthy life include "a daily teaspoon of honey, Olay firming night cream and don't spend time worrying about what you can't do anything about." She also jokingly states, "All my friends are going to think I died and went to hell because they haven't seen me in heaven yet."



A NATIONAL AGING IN PLACE COUNCIL HANDBOOK

## THE COSTS OF Aging



Housing



Health & Wellness



Personal Finance



Transportation



Social Engagement

The information and data presented in this handbook come from many different sources which are identified and so more difficult to trace.

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## THE COSTS OF AGING

The National Aging in Place Council has published a new handbook titled "The Costs of Aging" that is available to the public for FREE on the [ageinplace.org](http://ageinplace.org) website. This new tool to help older adults and their families make plans for later life, presents descriptions of the needs of aging and data showing estimated costs of housing and home modification, healthcare and caregiving, personal finance and planning, transportation and social engagement.



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# A Christmas Memory

by Judge Jeff Cox

Normally, I write about laws that affect people in our community. By the time this article is published, many people will be celebrating Christmas. As I was getting ready to write this article, I was thinking about Christmas and some of the memories from Christmases in the past.

I remember when I was young, my family would get together on Christmas Eve. Dad would have spent the day before smoking turkeys and hams. Mom and Dad would make duck and dressing, pecan pies, cakes, and vegetables from the garden that we had canned for the winter. There would always be a big fire glowing in the fireplace. Tables were set and everyone always gathered around to eat too much after Dad prayed.

After dinner and dessert, everyone gathered in front of the fireplace to open presents. It seemed liked that went on for quite a while as each person took a turn showing they received. Of course, there were always clothes to be gotten beside the toys.

After the gifts were opened, everyone visited for a little while before the kitchen had to be cleaned. When the dishes had been done, everyone usually went to bed because they would tell the kids that Santa was coming and he would not show up if they were still awake. We hung our stockings on the mantel and headed off to bed. Of course, it was hard to sleep waiting for the hours to pass by in the night.

The next morning, I would rush to the tree. Under the tree were things that Santa brought. My stocking was always filled with different kinds of nuts, fruits, and candy. Under the



tree, I got usually one of the gifts I asked from Santa. It was a joyous time. After seeing what Santa brought, we usually had biscuits and smoked ham for breakfast and got to play all day with everyone and the gifts Santa had brought.

Christmas is about family and the time we get to spend with them. Some in our community do not have family members here anymore. We need to remember them at Christmas. A card, call, a visit, taking them a meal and spending some time with them may make all the difference in the world. Christmas is a time of sharing and what a wonderful way to brighten someone's holiday.



Cox

To all of you, I want to wish a Very Merry Christmas and Happy New Year!  
*Judge Jeff Cox is judge of the Louisiana Circuit Court of Appeal for the Second Circuit.*

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## Don't Let That Family Gathering Overwhelm You

*from the American Counseling Association*

The holiday season is coming which for many can mean family get-togethers. It would be wonderful if every family gathering was a Norman Rockwell-type scene but, unfortunately, most families are a little less than Rockwell perfect.

If a big family event is approaching, there's a good chance that while you may be looking forward to it, it may also be producing stress and anxiety. There are a number of reasons for such feelings, but there are ways to lessen that stress.

One common problem is that you've changed. You're no longer the image of you that parents, siblings and other family members may still carry with them. Some might still see you as that little kid or immature teen and find it hard to recognize how you've grown and matured. When others can't recognize all the

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changes that have made you who you are today, it can be annoying. And it can be difficult in a short holiday visit to really communicate much since often the person still underestimating you is more interested in himself or herself than in learning how you're now a different person.

Family visits also bring with them family history. There may be old disagreements or awkward relationships that now come up again. Past family arguments or misunderstandings may resurface.

You can also feel stressed that you haven't met family expectations. Recent job problems, financial issues or relationship difficulties can leave you feeling insecure knowing you aren't presenting the image or results that the family had expected of you.

So how to deal with all this? Start by recognizing that the stress you're feeling, whatever the source, is a very normal reaction. Next, identify what about that family gathering is making you feel anxious, then plan ways to avoid those anxiety-producing issues. Are there certain situations or people that you want to avoid? Maybe you simply have to accept that you won't be having a wonderful time with everyone there.

Instead, try to seek out people and situations that will make your visit more enjoyable. Don't bring up old problems or current issues you'd prefer kept quiet. Your goal is to make the visit as pleasant and stress-free as possible.

And if such a goal seems impossible, consider making the visit shorter or avoiding it all together. Some issues simply may not be fixable. Don't let old problems ruin the holiday enjoyment for the current you.

*Counseling Corner" is provided by the American Counseling Association. Comments and questions to ACAcorner@counseling.org or visit the ACA website at www.counseling.org.*

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## Stay Healthy This Winter

by Abigail McAlister

The winter months are full of fun and excitement, but they also bring the perils of viruses, holiday stress, weight gain, arthritis pain, and sometimes even a case of the winter blues. While some seasonal health issues are simply unavoidable, it's still important to keep a solid wellness routine to stay healthy and give our bodies a fighting chance during these chilly months.

Keeping a physical activity routine is important for our health year-round - it helps maintain bone density and muscle mass, lowers our risk for heart disease, prevents cognitive decline, and reduces our risk for falls. Physical activity can even help alleviate arthritis pain by lubricating our joints. Regular exercise helps us feel less stressed, anxious, and it may even help ease some seasonal blues.

Dreary winter days can quickly become our excuse to avoid exercising, but there are still several ways we can exercise despite the changes in weather and daylight hours. If the weather is too harsh to walk around your neighborhood, try mall walking or finding a home workout video that suits your needs. Active housework like sweeping and mopping can also help get your daily steps in. Add strengthening exercises to your home routine using items that you already have as weights,



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like canned foods, water bottles, rice bags, or bottles of soap. You can even do these exercises while watching TV! If you're feeling "stir-crazy", look into joining a local gym - many offer classes for older adults and some may even have a senior discount. Finding your niche may mean trying a few different classes, like yoga, chair aerobics, line dancing, or water aerobics, until you find one that suits you.

Keeping a healthy diet during the winter is equally as important as physical activity. A nutritious eating plan may even help with our immunity during these harsh months. While there's no nutritional "fix" or regimen that has been proven to cure a cold or flu, there are foods that help keep our bodies healthy to give us the best chance of fighting off winter ailments. Aim to eat nutrient-dense fruits and vegetables daily to nourish your body with the vitamins and minerals it needs. Foods rich in beta-carotene and vitamin C, like cabbage, citrus fruits, broccoli, sweet potatoes, pumpkin, and spinach can help nourish our immune systems for the long, wintery road ahead. Foods rich in zinc, like fish, milk, eggs, oysters, poultry, grains, and cereal, may also help strengthen our immune systems. Vitamin D is another nutrient to keep in mind during colder months. Vitamin D is known as the "sunshine vitamin," as most of us get at least a portion of our vitamin D from the sun. Food sources of vitamin D become a little more important during the winter, since we typically spend more time indoors. Foods that contain vitamin D include milk, yogurt, orange juice, fish, fortified cereals, pork, mushrooms, and eggs. Try eating some of these foods during the winter if you find you are spending much of your time indoors.

Winter is an important time to stay mindful of our health. Eating nutrient-rich foods and maintaining a physical activity routine are some ways to help stay strong and healthy during this chilly season. Before starting a new diet plan or exercise regimen, be sure to talk to your doctor to make sure it is right for you. Stay warm, stay well, and have a very happy holiday season!



McAlister

*Abigail McAlister is a Registered Dietician and nutrition agent with LSU AgCenter for Caddo & Bossier Parishes. Her focus is adult nutrition education. Contact her at [amcalister@lsu.edu](mailto:amcalister@lsu.edu).*



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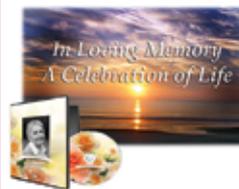


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## Lock Them Up!

by Lee Aronson

**D**o you have any bad habits? If drinking is one of them, don't tell anyone. That's because being a habitual drunk is a crime in Louisiana. And I'm not talking about driving while intoxicated or public drunkenness or disturbing the peace. I'm talking about drinking in your own home, quietly, not disturbing anyone. If that's your habit, there's a Louisiana law that says you could go to jail.

But that's not all this law says. It also says that if anyone ever asks you, "What are you doing here?" then you better have a good answer. Because it's illegal to be somewhere unless you can "account for [your] lawful presence." That's what happened to Nick Scott. He was sentenced to 30 days in jail for failing to "account for his lawful purpose" at the National Car rental counter in the New Orleans airport.

If you have the habit of gambling, you may not want to tell the police. That's because another part of this law makes it illegal to be a habitual gambler or a person "who for the most part maintains themselves by gambling."

If you don't have a job and aren't seeking employment or taking employment when it is available to you, you could end up in jail. And you better watch out if you are helping support your adult children. "Able-bodied persons of the age of majority who obtain their support gratis from persons receiving old age pension or from persons receiving welfare assistance from the state" are committing a crime.



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If a law is so **vague** that “men of common intelligence” can only guess at what the law means, then the law is **unconstitutional**.



At this point, you’re probably thinking, “Only in Louisiana!” But you would be wrong. According to one Judge who studied the issue, there are and have been similar laws around the country.

Does that seem right to you? I’m not asking if these laws are good or bad. I’m asking if they’re legal. The government has a lot of power and can pass all kinds of laws, but the government can’t pass laws that are unconstitutional. For example, the government couldn’t pass a law that says we have to keep our mouths shut and can’t say anything bad about the government. That would violate our right to free speech.

So, is a law that makes it a crime to be a habitual drunk unconstitutional? You bet it is. One of the many problems the Louisiana Supreme Court had with this part of the law was the fact that it was so vague. Does it apply only to those who are drunk all the time, or does it also apply to “those who down a couple of six packs watching weekend football on television from their favorite armchair?” If a law is so vague that “men of common intelligence” can only guess at what the law means, then the law is unconstitutional. As Americans, we can’t be locked up for behavior that we could not have intelligently known was forbidden. “Such vagueness is unconstitutional not only because it fails to warn a person that his behavior may be criminal, but also because it compels enforcement officers, as well, to guess at what violates the law, thus either setting the state for arbitrary police action or, if the police and prosecutors evolve their own rational standards of enforcement, constituting an inappropriate delegation of criminal lawmaking authority.”

And remember that “What are you doing here?” law? The one that says you have to “account for your lawful presence”? That’s also unconstitutionally vague. That part of the law “fails to give any indication of what is “lawful,” how much of an explanation is needed to add up to an “account,” and whose demand for an “account” may be enforced by criminal penalties. According to one court, “most glaringly, the law contains no useful standards for the policeman or the private citizen to know when an “account” may be demanded.”

So, our constitution protects drunks, gamblers, the unemployed, people who can’t explain why they are where they are, and you.

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



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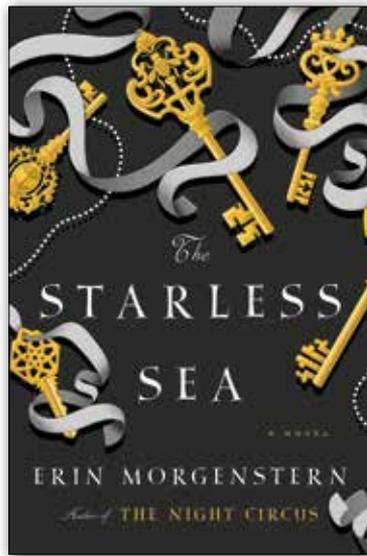
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## The Starless Sea

by Erin Morgenstern

**T**he *Starless Sea* by Erin Morgenstern is a dream for book and story lovers. It's an interweaving of stories within books, within more stories, paired with a secret society that exists somewhere below our own - one whose purpose it is to safeguard the world of stories. All evidence of that space is protected and maintained by a group of carefully chosen individuals who have made great sacrifices to be part of that world. But hints of its existence still escape into the real world in the form of painted doors, keys, and mysterious books.



Rinaudo

If that sounds strange, well it is. But it's strange in the way that *Alice in Wonderland* is. It's also beautiful, tragic and full of adventure.

When Zachary discovers a book in his college library, he is intrigued by the stories it contains. And then he realizes that one of the stories the book contains is about himself, about something that happened in his own childhood. That discovery leads to his obsession about

the book's origins, and eventually to a masquerade party that launches him into the unknown library, the Starless Sea, below the surface of the world. He meets people there who may not really be people, and embarks on adventures to save a hidden world.

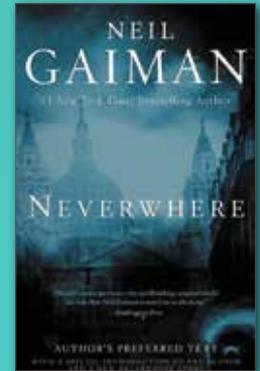
Along the way he reads fairy tales that may or may not have actually happened, discovers a tragic love story, is nearly tortured and killed, and finds clues that lead him down secret passageways and stepping through time itself. He also faces his own life's story, full of the things that the best stories have: love, adventure, danger, quests, and sacrifice.

*The Starless Sea* is a weird and beautiful novel. It's the stuff that timeless fairy tales are made of - a tumbling down the rabbit hole for adults in our contemporary world. It has unexpected characters with strange habits and descriptions of places that defy imagination. It's a dessert of a novel, full of decadent writing and lush scenery.

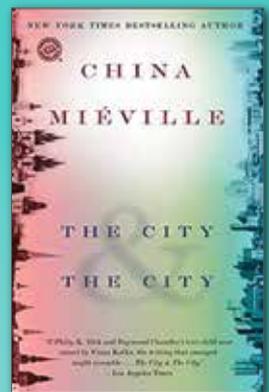
### Grade: A

*Jessica Rinaudo is an editor and writer who has fostered a love of reading since childhood. Originally from Shreveport, she now lives in Cincinnati with her husband and four children.*

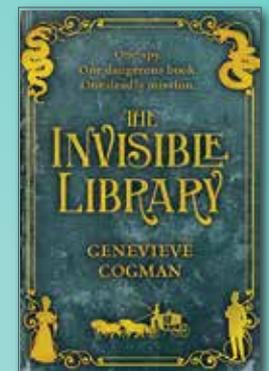
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## A Lassie Christmas with Jon Provost

By Nick Thomas

During the seven years Jon Provost starred as little Timmy Martin in the CBS TV series “Lassie” from 1957 to 1964, several end-of-year Christmas episodes aired. Most still stand out in Provost’s mind for one reason.

“The crazy thing is we would be filming a Christmas episode during summer in Southern California where it was 90 degrees,” said Provost from his home north of San Francisco. “We were all bundled up like it was 30 degrees and just dying from the heat. But of course, you kept acting and did what had to be done for the episode.”

In the 1961 episode “Yochim’s Christmas” where Timmy, Lassie, and a friend rescue a man trapped under an overturned sleigh, there was plenty of ‘snow’ used for the scene.

“It was fake, of course” explained Provost. “For snow on the ground, a machine almost like a fire truck was used to spray soap suds all over the hillside. We would have to shoot scenes before the suds turned back to liquid. Knowing that, if you go back and look at the episode again, you’ll notice it’s not really behaving like real snow.”

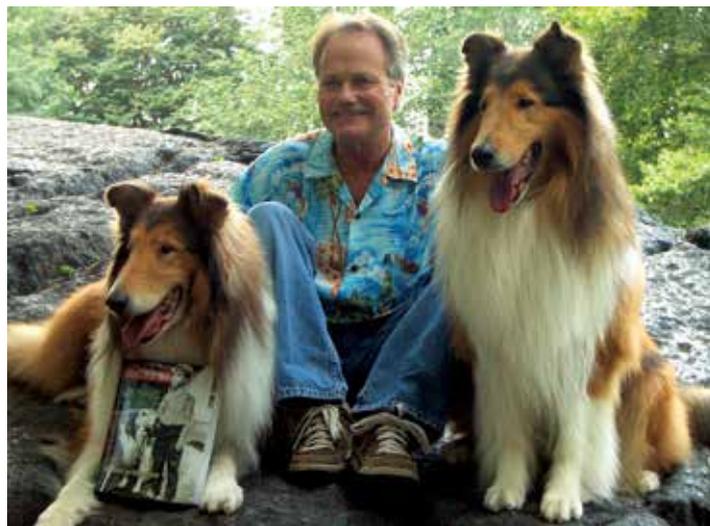
A different technique was employed for scenes depicting snowing. “They would use little shreds of white plastic dropped from above that would appear like snowflakes coming down or landing on our clothes. That was the magic of Hollywood before computer-generated images.”

A frequent guest at autograph shows and classic film/TV events, Provost says he still gets asked the same questions about “Lassie.”

“People have the perception that we had three or four dogs on the set at the same time to do different things, but that was not the case. Rudd

Weatherwax, Lassie’s owner and trainer, would only allow one real Lassie on the set at a time, although Lassie did have a double that was used for long shots like running, climbing, or swimming.”

Provost worked with three different Lassies during his time on the show and all were males rather than



the females portrayed in the series.

Then there’s the running joke of Timmy falling down a well and being rescued by Lassie. It remains one of those Hollywood legends that just doesn’t seem to die, even after Provost penned his 2009 memoir with its tongue-in-cheek title “Timmy’s in the Well: The Jon Provost Story” disproving the myth that his character ever disappeared down a well (see [www.jonprovost.com](http://www.jonprovost.com)).

“When I wrote my autobiography with my wife Laurie, I looked through the synopsis of all 249 half-hour episode scripts and there was no mention of Timmy ever falling into a well,” he said, adding its origin remains a mystery. “But that one will follow me forever!”

Although it’s been six decades since the series first aired in 1954, reruns of the adventures of Lassie and Timmy still air in dozens of countries, including the U.S. on cable. As for the Christmas episodes, stories typically tugged on viewers’ heartstrings such as “The Christmas Story” from 1960 where Timmy helped a homeless family.

“People tell me all the time about growing up with ‘Lassie’ and the warm feeling they still have about the show,” says Provost. “The stories had morals and values attached to all the episodes which are lacking in today’s television. I think that’s the reason it has retained its appeal.”

*Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 750 magazines and newspapers.*



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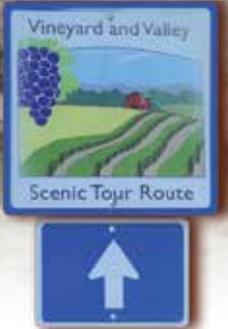
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# OREGON: Varied Landscapes, Unique History, Beautiful Art, And A Laissez-Faire Lifestyle

*By Victor Block*

**IT DOESN'T TAKE LONG FOR VISITORS TO OREGON TO ADMIRE ITS VARIED LANDSCAPES, INTRIGUING CHAPTERS OF HISTORY AND REPUTATION AS A CORNUCOPIA OF TASTY FRUITS, VEGETABLES AND OUTSTANDING WINE.**

**AT THE SAME TIME, OREGON IS AS MUCH A LIFESTYLE AS A DESTINATION. LAID-BACK AND LAISSEZ-FAIRE WERE AMONG WORDS THAT CROSSED MY MIND SHORTLY AFTER I ARRIVED.**



"We're very accepting of various lifestyles," a thirty-something woman told me. "A lot of eccentric characters live here," reported an over-50-year-old man whose gray hair was twisted into a pony tail.

The diversity that characterizes Oregon's populace translates to its landscapes. They range from rugged ocean coastline to dense forests, from glaciers to desert, from grassy prairies to volcanoes.

That variety provides a wide choice of things to see and do. Some people visit wineries that offer samples of their products, which are advancing in the world of fine wines.

Others delve into history. The Lewis and Clark Expedition which traveled through the Oregon Territory (1804-1806) was followed by a wave of farmers, hunters and other settlers.

As word spread about the area's inviting characteristics, a growing number of people took what became known as the Oregon Trail, accepting the daunting challenges it presented. The route, which ran over 2,000 miles from its start in Missouri, was the most heavily used trail in the westward expansion.

Visitors today may follow sections of that trail, and others, which provide an immersion in various aspects of the local lore. For example, the Hood River County Fruit Loop leads to farm stands, berry farms and wineries.



The Mt. Hood Territory Heritage Trail includes stops at the Museum of the Oregon Territory and the End of the Oregon Trail Interpretive Center. The Mount Hood and Columbia River Gorge tour combines dramatic views of the canyon with plummeting waterfalls and stunning mountainous terrain.

For those who prefer walking, a stroll through the town of Canby (population about 16,000) traces its history from serving as a stop along the Oregon Trail to a logging community.

*Farm stands, berry farms and wineries can be visited while on the Hood River County Fruit Loop*



In an area of mountainous terrain, the snow-capped peak of majestic Mt. Hood, which soars to over 11,200 feet, reigns supreme. That dormant volcano offers the longest ski season in North America, including runs on 12 glaciers and snow fields.

During the rest of the year dense wilderness, fields of wildflowers and Alpine lakes in the million-plus acre Mt. Hood National Forest attract hikers, campers, fishermen and sightseers, along with experienced mountain climbers. Humans share the woodlands with black bears, elk, mule deer and an occasional cougar.

A number of Oregon's cities and towns have collections of outdoor art that compete with Mother Nature. Among works along art trails in Tualatin (pronounced Twah-luh-ton) are a 20-foot tall metal statue which represents the town's history and another that depicts a flock of bronze geese.

The Gallery Without Walls in Lake Oswego includes both permanent and loan pieces. Hillsboro and Forest Grove are among communities that host monthly art walks when shops extend their open hours and local artists showcase their work.

Art also enhances outdoor spaces throughout Portland, Oregon's largest city. A collection of statues around town ranges from the Greek god Orpheus to Abraham Lincoln and Theodore Roosevelt.

Visiting Portland's neighborhoods is a good way to experience what the city has to offer. The Alberta Arts District is home to quirky galleries. Houses in the Old Town district, where the city was born in 1843, display ornate cast-iron scrollwork and filigree along with human and animal figures. The Pearl District has evolved from a setting for

warehouses, light industry and railroad yards to a collection of art galleries, specialty stores and upscale residences.

Strolling the streets also helps visitors understand the attitude and atmosphere that are unique to the city and its residents, and how it continues to cling to much of its small-town charm.



*There are many opportunities to experience art and nature throughout Oregon.*

Another inviting attraction is the city's collection of parks and gardens. Hikers find wilderness in Forest Park, which is crisscrossed by 30 miles of trails. Council Crest Park sits on a 1,073-foot high hill which offers dramatic views over the city. Mount Tabor Park occupies the only extinct volcano within city limits in the continental United States.

Against the multi-hued shades of green provided by parks, gardens add dramatic splashes of color. The sprawling International Rose Test Garden, which contains 400 varieties of roses, is a major reason why Portland is known as the City of Roses. The Lan Su Chinese Garden is an oasis of winding paths, reflecting ponds and a graceful tea house.

Lovely gardens, towering mountains and forested fields are among attractions that beckon people to visit Portland, and Oregon. Nearly two centuries ago hardy pioneers braved extreme hardships to seek a better life in what today is the state. The trip now is much less strenuous but the rewards can be just as satisfying.

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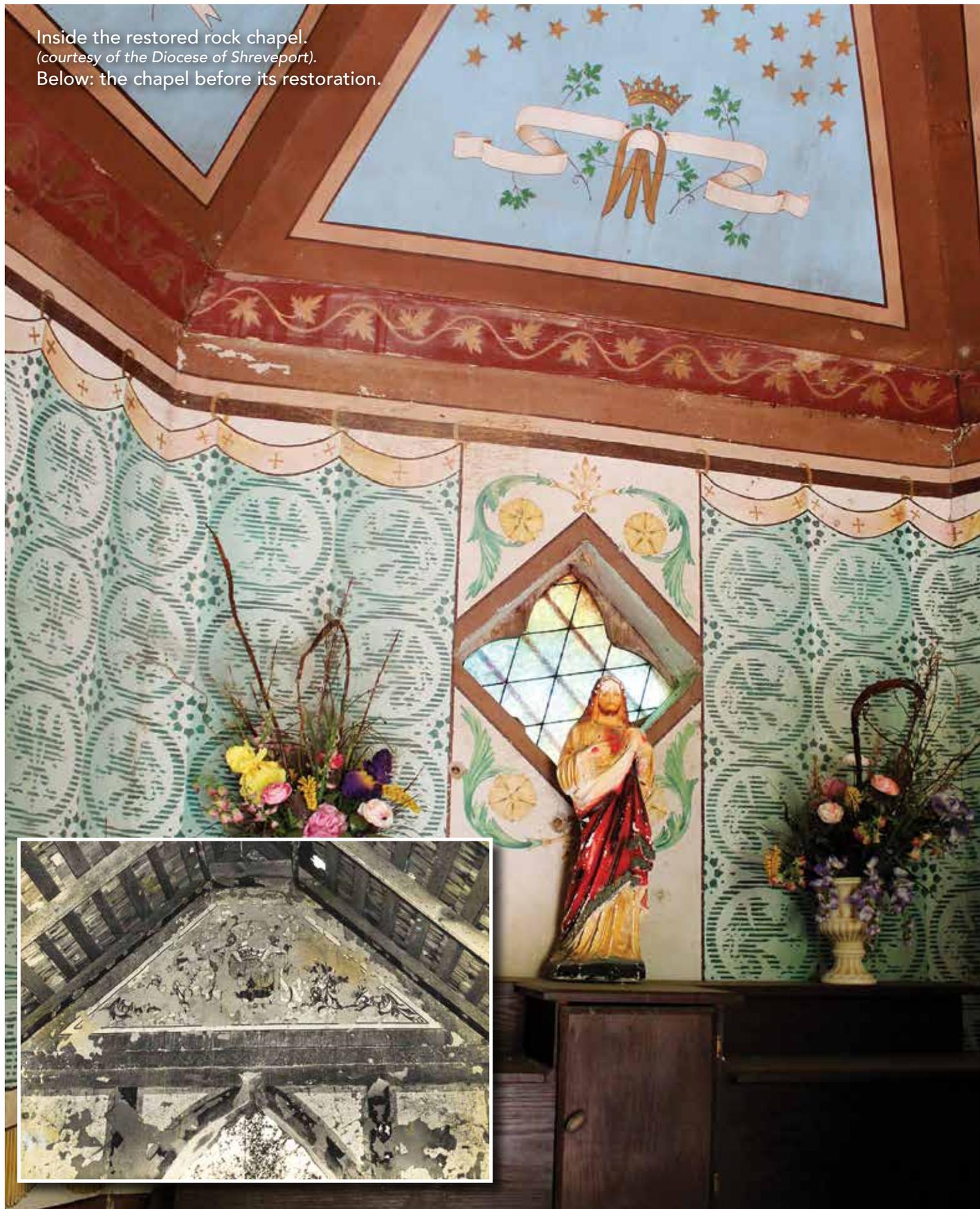
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Inside the restored rock chapel.  
(courtesy of the Diocese of Shreveport).  
Below: the chapel before its restoration.





# Heavenly Peace

## *Carmel Community Faithfully Tends a Sacred Refuge*

by Kathleen Ward

In 1886, a small group of European Catholic monks set out from Texas to Louisiana, united in their charge to build a monastery and school to help a rural community of landowners, farmers and former slaves still struggling two decades after the Civil War.

The young monks embraced the Carmelite philosophy of prayer, community and service. Led by German priest Anastasius Peters, they selected a fertile remote property near Bayou Pierre, east of Mansfield. The missionaries had little knowledge of the area and few resources, but the early years were productive and promising.

They built the monastery, renovated a home for nuns, opened a post office and school, and erected a secluded chapel they called “The Riches of Mary” for their private worship. Eventually, there were 31 priests and nuns with 60 students, and the citizens of Bayou Pierre renamed their community Carmel.

Within a few years, many of the Carmelites had died from yellow fever, malaria, and the harsh conditions of their hardscrabble life. A school for blacks led to confrontations with the white community and two monks were attacked by a white man with a pistol.

Depleted and discouraged, Father Peters returned to Texas. Later a fire destroyed the monastery. Dreams destroyed, the Carmelites abandoned their mission. Only one thing remained as a tribute to their utopian vision, the small chapel on a hill.

Built in 1891 in the Gothic style from local rocks and mud mortar, with a roof of wood shingles, it was one of three chapels built by the

Carmelites; the Rambin and Gloster chapels are gone. As the years passed, the abandoned chapel deteriorated from vandalism, time and neglect.

Vance Shaver, 85, frequently visited the old chapel with his future wife of 55 years, Lajuana, who died last year. The Shavers served 36 years as volunteer caretakers, a task he now shares with Mary Laffitte, 74, and Sandra Prudhomme, 67.

“Back when we were courting,” said Shaver, “my wife and I carved our names on that tree. It has now grown so high you can’t see it anymore. They had just found it when we were teenagers (in the

**Parts of the walls had 50 or more years of initials carved into them and other parts were worn away by weather.**

1950s). It was all grown over,” he said. “The old folks knew it was there,” said Laffitte.

The volunteer caretakers now attend St. Joseph Catholic Church in Mansfield, but are former members of Immaculate Conception Catholic Church, which sits beside the road leading to the Rock Chapel and is the site of one of the oldest local cemeteries. “All my family, our forefathers, are buried there,” said Prudhomme.

Another small graveyard lines the path that leads up to the chapel. Three markers on the right side are inscribed with the names Brother Gregory Kuaul, Father John Scherer and Frater Avertanus Schweitzer. All three died within two

years of completing the chapel. The three unmarked graves on the left side are believed to be those of Carmelite nuns.

Father William Kwaaitaal, a Dutch priest at St. Joseph's, discovered the chapel in 1959 and led the fundraising and restoration efforts. He selected local artist Eugenia Manning to restore the elaborate frescos inside the chapel, which were originally painted by French priests from New Orleans.

"Father Kwaaitaal at once saw it as the chapel it is today," said Manning, 96. "My first view of the painted interior was about 100 years after it had been finished. Some parts of the ceiling covered the floor in lumps of rotting cloth, the designs visible, but no longer vivid in color. Parts of the walls had 50 or more years of initials carved into them and other parts were worn away by weather."

In preparing for the repainting of the frescos, Manning researched the chapel's history and design. Someone from the community came forward with a painting of the cross and scroll behind the altar; another with parts of the ceiling that had fallen.

"Eventually it all came together," said Manning. "By the time I was ready to lay out the drawings on the wall, the whole interior had been painted white. I stood before my new blank slate and wondered what I had taken on for myself. I was left alone in the woods, with an occasional visit by a wandering cow or two who would poke their heads through the doorway to inspect my progress."

She recreated the frescos in the renovated interior using stencils she created, enamel house paint and oils. Shades of turquoise, gold, greens and browns make up the floral patterns, ribbons, grapes, crosses and crowns on the walls and ceilings.

Since the 1961 rededication, the chapel has undergone



Artist Eugenia Manning

many minor repairs. With Manning's help, the Diocese of Shreveport is planning another renovation in the near future, said Randy Tiller, Chancellor.

"We are interested in purchasing materials and allowing Ms. Manning to do the painting in the comforts of her home and then have someone install them in the chapel or an accomplished artisan to repaint directly on the walls from patterns established by Ms. Manning in the last renovation," said Tiller. "The diocese is

very much aware of the rich historical and religious legacy of the Carmel Chapel and is committed to maintaining the chapel."

Down the winding dirt road through hardwood forest, the Rock Chapel remains a sacred space for reflection, meditation and spiritual renewal. In 2018, the Rock Chapel was named one of the South's five most beautiful chapels in Southern Living. The September 2019 guestbook was signed by visitors from around the country and as far away as Nairobi, Germany and Slovakia.

"When you visit the Rock Chapel, you are seeing the labor of the early monks who carried the rocks to build the chapel; the talents of the French artists who painted the interior; and the long line of monks who traveled at midnight from the main buildings of the monastery, holding candles and chanting the Divine Office, making their way up the steep banks of Bayou Loup," said Manning.

"It's just a little piece of heaven," said Laffitte. "If you question the existence of God, just go and spend a little time on that hill."

---

*If the chapel is locked, call the phone number on a post by the main road. To make donations for the upkeep of the chapel, contact the Diocese of Shreveport at (318) 868-4441.*



Manning restored the elaborate frescos inside the chapel, which were originally painted by French priests from New Orleans.

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➤ Do you know why your Living Trust will likely make you ineligible for long-term care benefits, and what to do about it?

➤ Do you know what estate planning documents are needed and, most importantly, what they need to say to help protect your estate from courts and unintended consequences?

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

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

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

➤ Did you know that the nicest facilities in the area accept Medicaid patients and that you can choose your facility, not Medicaid?

➤ Have you implemented an estate plan that not only protects assets while you are alive but also passes them to your heirs in an efficient, low-cost, and tax-preferred manner?

➤ Do you have someone to guide you in the process of obtaining the benefits you deserve who can get results?

➤ If you or a family member is in a nursing home, do you want to have someone cut through bureaucracy and red tape to help you save thousands of dollars a month on their care?

➤ **Do you know about the changes in 2020?**



**EXPERIENCE MATTERS:** For over twenty years we've helped hundreds of clients save their estates from devastating nursing home costs. **Come hear the truth!**



A Season That  
**POPS!**  
 2019 2020



**2019**

**Richard Marx**

FRIDAY, SEPT. 6 • 8 PM

**Yakov Smirnoff**

FRIDAY, OCT. 4 • 8PM

**The Color Purple**

SATURDAY, NOV. 16 • 8PM

**A Christmas Carol**

THURSDAY, DEC. 5 • 7PM

**2020**

**Finding Neverland**

SATURDAY, FEB. 8 • 8PM

**An American in Paris**

FRIDAY, MARCH 6 • 8PM

**Beautiful-  
The Carole King Musical**

FRIDAY, MARCH 27 • 8PM

**You're A Good Man  
Charlie Brown**

SATURDAY, APRIL 4 • 7PM

**Mutts Gone Nuts**

SATURDAY, MAY 2 • 2:30PM

**One Night of Queen**

SATURDAY, JULY 25 • 8PM

THE STRAND THEATRE  
 (318) 226-8555 or thestrandtheatre.com

*Snapshot*  
**SLEUTH**

**Do you recognize any of the people or events in these photographs?**

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



(left) Two men tending bar at Don Theatre Christmas Party, December 1948.

(below) Christmas group at Earhart Novelty shop, December 1955.



(below) Flieman's Paint Store Christmas Party, Dec. 1953.

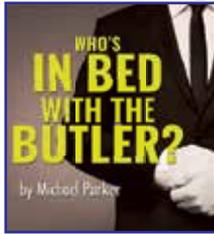
*All photos are from the J. Frank McAneny collection.*



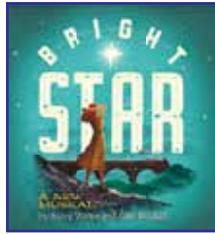
# THE SHREVEPORT LITTLE THEATRE

## 98th SEASON 2019-2020

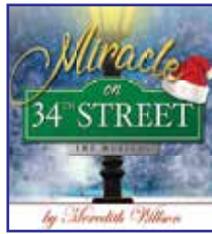
### Shreveport Little Theatre... American Theatre at its best!



September 5-15, 2019



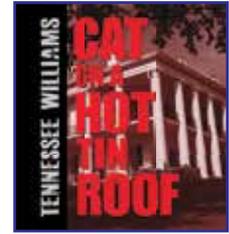
October 17 -27, 2019



December 12-22, 2019



Feb. 27 - March 8, 2020



April 16 - 26, 2020

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# SLT

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or online at [www.shreveportlittletheatre.com](http://www.shreveportlittletheatre.com)

Or visit our Box Office 812 Margaret Place

Noon - 4 p.m. Monday - Friday



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## Holiday Pops with Hugh Panaro & Sarah Jane McMahon

Saturday, December 21  
7:30 PM

RiverView Theater  
Michael Buttermann, conductor

Broadway star  
**Hugh Panaro** from  
Broadway's *Phantom of the  
Opera*, teams up with  
Louisiana favorite,  
**Sarah Jane McMahon**,  
for a lively evening of  
holiday magic.



shreveportsymphony.com  
318.227.TUNE (8863)



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FRANKS  
FOUNDATION



# SHREVEPORT *Then* & **Now**

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### Portals to the Past

(Above) Grand Avenue in the 1920's. This view is looking down Grand Ave (now Elvis Presley Blvd). Notice the streetcar tracks in the distance.

(Below) Texas Street in the 1920's. Here's a view looking east on Texas Street toward the Texas Street Bridge. You can see the M. Levy Department store (now the Petroleum Tower) on the left.

*(Vintage photos from the Grabill Collection)*



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# Wow! A Simple to Use Computer Designed Especially for Seniors!

*Easy to read. Easy to see. Easy to use. Just plug it in!*



*"I love this computer! It is easy to read and to use! I get photo updates from my children and grandchildren all the time."*

– Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world

at your fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games– you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time

**NEW**

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Software Updates

you took part? Call now, and you'll find out why tens of thousands of satisfied seniors are now enjoying their WOW computers, emailing their grandchildren, and experiencing everything the Internet has to offer. Call today!

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84105



# A *Holiday* Roast to Remember

FAMILY FEATURES

The holiday season is a perfect opportunity to gather with friends and family, and few things bring people together like an elegant, seasonal meal. Creating a crowd-pleasing holiday centerpiece starts with choosing a flavorful, tender cut of meat. Find more recipes and tips to create a memorable holiday dinner at [OmahaSteaks.com](http://OmahaSteaks.com).

## Whiskey Marinated Holiday Roast

*Yield: 4-6 servings*

### **Marinade:**

- 4 ounces water
- 2 ounces whiskey
- ¼ teaspoon baking soda

### **Roast:**

- 2 pound chateaubriand or 4 pound bone-in frenched prime rib roast, thawed completely
- 1 package Steak Rub

### **To make marinade:**

In large, re-sealable bag, mix water, whiskey and baking soda.

### **To make chateaubriand:**

Place roast in bag and marinate in refrigerator 30 minutes.

Remove roast from marinade. Discard marinade.

Season roast with rub 12-18 hours before cooking and leave uncovered in refrigerator overnight. When ready to cook, heat oven to 225° F. Place roast on elevated rack in roasting pan.

Roast 2 hours, or until roast reaches internal temperature between 120-125° F.

Let roast rest 30-45 minutes.

Broil on high 2 inches from broiler, 4 minutes on one side then flip and broil 2 minutes on other side, or until brown crust uniformly covers roast.

### **To make bone-in frenched prime rib roast:**

Place roast in bag and marinate in refrigerator 45 minutes.

Remove roast from marinade. Discard marinade.

Season roast with rub 12-18 hours before cooking and

leave uncovered in refrigerator overnight. When ready to cook, heat oven to 225° F. Place roast on elevated rack in roasting pan.

Roast 3 hours and 15 minutes, or until roast reaches internal temperature between 120-125° F.

Let roast rest 30-45 minutes.

Broil on high 2 inches from broiler, 4 minutes on one side then flip and broil 2 minutes on other side, or until brown crust uniformly covers roast.

## Red Pepper Cranberry Sauce

*Yield: 2 cups*

- 1 tablespoon olive oil
- 2 medium red bell peppers, finely diced
- 1 cup red wine
- ¼ cup red wine vinegar
- ⅓ cup white sugar
- 2 teaspoons yellow mustard seeds
- 6 tablespoons dried cranberries
- 6 tablespoons dried currants
- ¼ teaspoon salt

Heat medium skillet on medium-high heat.

Add olive oil and diced red pepper; saute 3-5 minutes.

Add red wine, red wine vinegar, sugar, mustard seeds, cranberries, currants and salt. Bring mixture to boil then turn temperature to low and simmer 20 minutes, or until liquid is mostly evaporated and thickened.

Bring to room temperature before serving alongside holiday roast.

**NOTE:** Red Pepper Cranberry Sauce can be made up to 3 days in advance.



### Questions About Your Medicare?

**Did you know you may be eligible for Additional Benefits?**

Represented by over 170 agents that have helped more than 70,000 Medicare beneficiaries, MMA has the experience necessary to help guide you or a loved one through anything

Medicare related.

- Medicare Advantage
- Medicare Supplements
- Health Insurance
- Life Insurance
- Hospital Indemnity
- Medicaid

#### Need Additional Benefits?

- Dental/Dentures
- Vision/Hearing
- Prescription assistance
- Transportation
- Medicaid



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for Seniors  
& Veterans



# PUZZLE pages

Turn to page 43 for all puzzle solutions.

## Across

- 1 Damp
- 6 "Quit it!"
- 10 Exercise target
- 14 Capital of Pas-de-Calais
- 15 Eye drop
- 16 Superior
- 17 Boxer's stat
- 18 Bank posting
- 19 Common cat food flavor
- 20 Trinity component
- 21 Bit of gossip
- 23 Hindu religious retreat
- 25 Pitfall
- 26 Bird word
- 27 Costello's partner
- 30 Cruel
- 35 Goes bad
- 36 Prepare to be knighted
- 37 Is no longer
- 38 Kind of function
- 39 Fleece
- 40 Speaker's platform
- 41 George Gershwin's brother
- 42 One of the Fab Four
- 43 Cut up
- 44 Everlasting
- 46 Make unhappy
- 47 Hog
- 48 Gullible sorts
- 49 Capital on the Missouri
- 52 Mongrel
- 53 Place to relax
- 56 Movie pooch
- 57 Clairvoyant
- 59 Utopian
- 61 Schedule position
- 62 Nobleman
- 63 Postal scale unit
- 64 Sawbucks
- 65 Rare trick taker
- 66 Hatchlings' homes

## Down

- 1 Counterpart of Greek Ares
- 2 After-lunch sandwich
- 3 Neighbor of Pakistan
- 4 Egg holder
- 5 Vacation souvenirs
- 6 \_\_\_ throat
- 7 Mets, Jets or Nets
- 8 Cereal grain
- 9 Clergyman
- 10 Understand
- 11 Scowl
- 12 "The King and I" role
- 13 Skyscraper support
- 22 Make lace
- 24 Music genre
- 25 Chinese dynasty
- 27 Loft
- 28 Grand Canyon transport
- 29 Wilson of the Beach Boys
- 30 Like helium
- 31 Getting warm
- 32 Accolade
- 33 Unsophisticated
- 34 City near Düsseldorf
- 36 Asian ruler
- 39 Theater decoration
- 40 Root beer brand
- 42 Commotion
- 43 Cartoon verbiage
- 45 Brislings
- 46 Perched
- 48 Bad-tempered
- 49 Everyone's got one
- 50 \_\_\_ of Wight
- 51 Berkshire school
- 52 Nothing more than
- 53 D.C. group
- 54 Hostilities ender
- 55 Pub pints
- 58 Listening device
- 60 Invoice word

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	34
35						36						37		
38					39						40			
41				42							43			
44			45						46					
			47						48					
49	50	51					52					53	54	55
56						57	58				59	60		
61						62					63			
64						65					66			

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## New Plans Now Available in Caddo, Bossier, Webster, Red River, and Surrounding Parishes.

Is your Medicare supplement cost going up each year?

Did you know that if you have a "Plan F" or "Plan G" Medicare Supplement that you may be eligible to get approved for the same exact coverage for a much cheaper rate? (If you have not had any major health issues in the last couple of years)

People will often say, "Well, Company X is always good about paying, I never get any bills." And they would be RIGHT! (They are contracted with Medicare)

But all Medicare Supplement companies are good about paying medical bills because they are required by law to do so.

Just like with car insurance...two people could be the same age, gender, have the same driving record, and the same coverage, but one person pays drastically more than the other. One particular company may have the best rates now, but several years from now, that can and will change.

If you would like to see if you qualify, just give me a call for a quote.

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# Word Search

## GROUPS

- BEVY
- BLOC
- BRAINTRUST
- BUNCH
- CADRE
- CHOIR
- CLAN
- CLASS
- CLIQUE
- CLUSTER
- COLLECTION
- COLONY
- COVEN
- COVEY
- CREW
- FACTION
- FAMILY
- FLEET
- FLOCK
- GAGGLE
- GENUS
- HERD
- PACK
- PRIDE
- SWARM
- TEAM
- TRIBE
- TROUPE
- UNIT

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

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## Sudoku

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

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

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# SAVE the Date



Miracle on 34th Street • SLT

## CLASS

### ● Master Gardener Class

LSU AgCenter is accepting applications for the next NWLA Master Gardeners class, scheduled for January through March. Master Gardeners are the volunteer arm of the LSU AgCenter. They are trained in horticulture in exchange for 40 hours of volunteer service, sharing what they have learned with other gardeners. 9 a.m. to 2 p.m. every Thursday for 10 weeks, starting January 23. Attendance at all classes is required for certification. There is a \$175 registra-

tion fee, which covers the cost of training manuals, publications and supplies. Registration deadline is December 7. Call 318-698-0010, to request an application, or download one at <https://nwlamg.weebly.com/forms.html> (How do I apply to become a Master Gardener?)

## CONCERT

### ● Holiday Pops

Saturday, December 21 at 7:30 PM at Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. Presented by Shreveport Symphony Orchestra. Broadway star Hugh Panaro from Broadway's Phantom of the Opera, teams up with Louisiana favorite Sarah Jane McMahon, for a lively evening of holiday magic. Tickets are \$25 - \$69. Call 318-227-TUNE (8863) or [shreveportsymphony.com](http://shreveportsymphony.com).

## COUNCILS ON AGING

### ● Bossier Council on Aging 706

Bearkat Drive, Bossier City  
 • Weekly Dances - Every Thursday evening from 7 to 9:30. \$6/person. Call 318-741-8302 or visit [www.bossiercoa.org](http://www.bossiercoa.org).

org for more info or to learn which band is playing on a particular date.

• Coffee and Conversation – Every Friday at 10:30 a.m. Speaker and topics can be found at [www.bossiercoa.org](http://www.bossiercoa.org).

### ● Caddo Council on Aging

Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. 9:30 a.m. Coffee and cookies; 10 a.m. program. **FREE**. Call 676.7900 for more information.

• Fridays, December 6, 13, 20. 10 Senior Tech Talk. Introduction to Laptops, tablets and smart phones and other tech tips

• Thursday, December 5. 10 a.m. "History & Identification of Glass Bottles", Jameel Damlouji

• Thursday, December 12. 10 a.m. "Christmas Stories & Soup"

• Thursday, December 19. 10 a.m. "Brass Trio", Shreveport Symphony.

## EVENTS

### ● 36<sup>th</sup> Annual Christmas in Roseland

A fundraiser for the American Rose



Red River Express • Dec 1 - Dec. 22

## Ring in the New Year

# DECEMBER 31

- ◆ FREE Cash & JackPlay Drawings
- ◆ FREE Live Entertainment by Dusty Rose Band
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- ◆ FREE Champagne Toast at Midnight

Must be 21 or older. | I-20, Exit 20A | 1-318-678-7777 | 1-866-552-9629 | [www.diamondjacks.com](http://www.diamondjacks.com)

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G A M B L I N G   P R O B L E M ?   C A L L   1 - 8 7 7 - 7 7 0 - 7 8 6 7

Center. Friday, Saturday, and Sunday: November 29 - December 15 from 5:30 to 10 p.m. Last car admitted at 9:30 p.m. Encore Nights will be December 16, 17, 18, 19, 20, 21, 22, 23 from 5:30 to 10 p.m. The American Rose Center is located just off I-20, Exit 5, 8877 Jefferson Paige Road, Shreveport. \$5 per person or \$20 per carload. Ages 2 and younger are free. Purchase tickets at the gate with cash. Credit cards are accepted in the giftshop. For more info please see: [www.christmasinroseland.org](http://www.christmasinroseland.org) or contact Jon Corkern at [ExecutiveDirector@rose.org](mailto:ExecutiveDirector@rose.org) or by phone at 318-938-5402.

● **Red River Express Cruise**

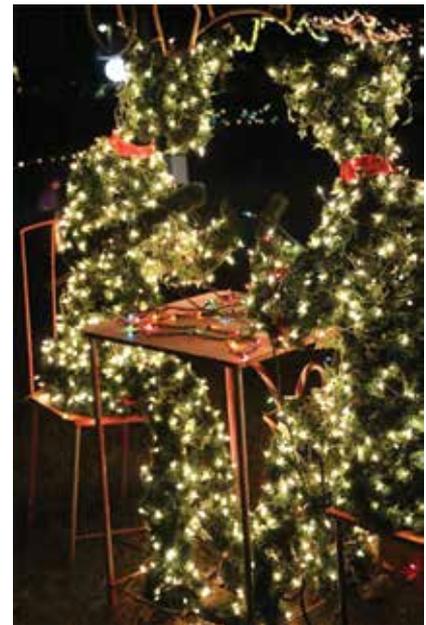
'Tis the season to book your tickets for the Red River Express Cruise to the North Pole, part of Shreveport Aquarium's Christmas experience. The cruise will depart Tuesday - Sunday through December 22. Departure is from the Red River boat launch next to the aquarium in downtown Shreveport at 5, 6 and 7 p.m. Once aboard, enjoy tasty treats, sing Christmas carols and listen to stories while making the short boat journey around the bend to the "North Pole". Once docked, Santa will board and give each child a special first gift of Christmas - a silver sleigh "Believe" bell. \$25 Tues - Thurs; \$30 Fri - Sun. For more information and to purchase tickets visit [www.shreveportaquarium.com](http://www.shreveportaquarium.com).

● **Sno-Port: The Science and Wonders of Snowflakes**  
Sci-Port Discovery Center, located

at 820 Clyde Fant Parkway in downtown Shreveport, will debut a new, winter-themed exhibit. Sno-Port will transform the entire first floor of Sci-Port Discovery Center, and will include interactive exhibitions and activities including a blizzard tunnel, "Make-a-Flake," ice fishing, a chair lift ride, "Snowball Castle," igloo-building, "Snow Globe Discovery," and a virtual reality-enhanced experience called the "Red River Rocket Sled." Open on Nov. 30 and running through Jan. 30. \$5 for Sci-Port members and children ages 12 and younger, \$12 for adults, and free for children ages 1 and younger. Wednesdays, 9 a.m.-5 p.m., Thursdays through Saturdays, 9 a.m.-8 p.m., Sundays, 12-5 p.m., and closed Mondays and Tuesdays. Visit [www.sci-port.org](http://www.sci-port.org) or call 318-424-3466.

● **Walk-On's Independence Bowl**

December 26, with kickoff scheduled for 3:00 p.m. at Independence Stadium. Tickets are \$50, \$45,



Christmas in Roseland • Through Dec. 23

\$30. For tickets call 318-221-0712, 888-414-BOWL, or visit [walkonsindependencebowl.com](http://walkonsindependencebowl.com).

**MEETING**

● **North Louisiana Woodcarvers Inc**  
Monthly Meeting, 630 Barksdale Blvd.

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Shreveport, LA 71105

\$16.99

Christmas Day Buffet

\* DECEMBER 25 \*

10:30AM-3PM & 4:30PM-9PM

Featuring all-you-can-eat holiday favorites!

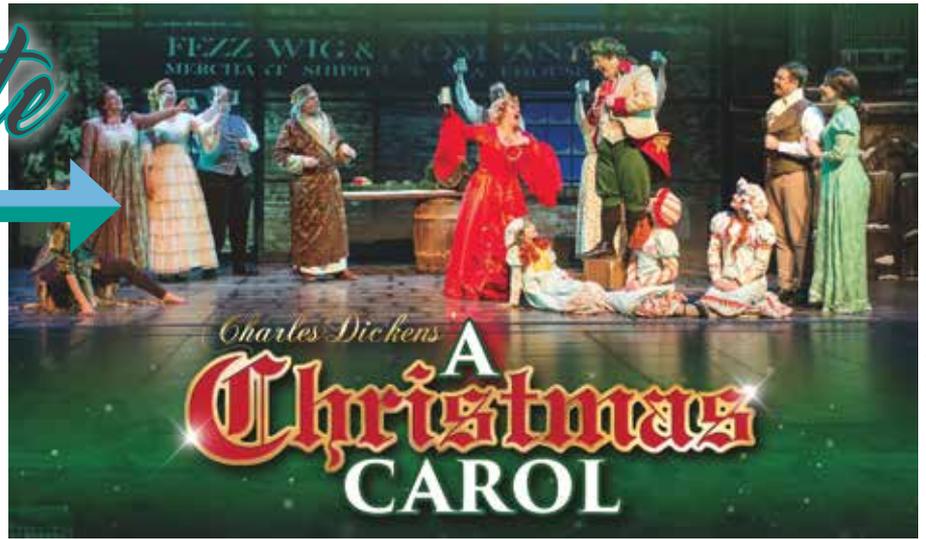
Price with Rewards Club Card. See Rewards Club for details. | I-20, Exit 20A | 1-318-678-7777 | 1-866-552-9629 | [www.diamondjacks.com](http://www.diamondjacks.com)

# SAVE the *Date*

Bossier City in the Annex. January 16 at 5:30pm. Open carving. Public is invited. For more information call 3180746-8483.

## ● Jane Austen Society of North America: Ark-La-Tex Chapter

Do you love the works of Jane Austen? If so attend an exploratory meeting to establish the Jane Austen Society of North America: Ark-La-Tex chapter on Thursday, December 12 at 5:30 p.m. in the Hamilton/South Caddo branch of the Shreve Memorial Library conference room at 2111 Bert Kouns Industrial Loop, Shreveport. Email [Austen.in.the.ArkLaTex@gmail.com](mailto:Austen.in.the.ArkLaTex@gmail.com) with questions and to RSVP. For general information about the Society,



A Christmas Carol • November 6

visit <http://jasna.org/>.

## THEATRE

### ● A Christmas Carol

Thursday, December 5 at 7 PM. Strand Theatre, 619 Louisiana, Shreveport. Celebrate the true Spirit of Christmas with this perfect holiday event. This new production of Charles Dickens' classic pairs haunting special effects

and beloved music of the season with a timeless message. *A Christmas Carol* features stunning sets, puppetry, song, dance, and humor. \$55, \$45, \$35, \$25. For tickets call 318-226-8555 or visit [thestrandtheatre.com](http://thestrandtheatre.com).

### ● Miracle on 34th Street

December 12, 13, 14, 19, 20, 21 at 7:30 p.m.; December 15 and 22 at 2:00. Shreveport Theatre, 812 Margaret Place, Shreveport. Single mother, Doris Walker, doesn't want her six-year-old Susan's head filled with romantic notions. Their neighbor, Fred, tries to woo Doris by taking Susan to see Santa Claus at Macy's, where Doris works. Doris is not impressed, but when it turns out that Macy's Santa may, in fact, be the real Kris Kringle, a wave of love spreads across NYC that melts even the most cynical hearts. Tickets are \$25. Call (318) 424-4439 or email [boxoffice@shreveportlittletheatre.com](mailto:boxoffice@shreveportlittletheatre.com)

## WORKSHOP

### ● Estate Rescue

Thursday, January 16, 2 – 4 p.m. Broadmoor Branch Library, 1212 Captain Shreve Dr, Main meeting room, Shreveport. Presented by SAFE Planning, Inc. Learn ways to protect your estate from nursing home costs without buying insurance. **FREE** and open to the public. Reserve your seat by calling 318-869-3133 or visit [safeplanningseminars.net/event](http://safeplanningseminars.net/event).

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**Nexus Holidays**  
presents  
**RUSSIA VOLGA  
RIVER CRUISE**

**13 days/11 nights**  
**June 25 to July 7, 2020\***



**12 day cruise** on the  
Volga River on the  
recently refurbished  
4.5 Star "Kronshtadt".



**Cruise ports:** Moscow, Uglich, Yaroslavl, Goritsy, Kizhi, Mandrougui, and St. Petersburg. Many guided excursions are included.

**Price includes:** roundtrip economy airfare from Shreveport (SHV)\*, airport and port taxes, transfers and luggage handling, and all meals on the cruise ship.

Russia Entrance Visa Fee not included. A copy of US Passport is needed by March 1, 2020 to apply for Russia Visa which has a cost of \$390 per person.

Total Cost for the June 25, 2020 tour from Shreveport is \$3,399 per person, based upon double occupancy for an outside cabin. (Single traveler add \$899)

To make your reservations: Call Nexus Holidays at **(240) 328-8483** or email [Wendy.L@nexusholidays.com](mailto:Wendy.L@nexusholidays.com) on or before February 25, 2020.

Mention tour code **NHFRR13-BOT** for June 25, 2020 departure.

A 50% deposit of the tour cost is required at reservation with the balance due by March 25, 2020.

There is a 4% surcharge for credit card payment.

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*Attracted by the Price • Amazed by the Quality*

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\*Other departure dates and cities available, but mention tour code NHFRR13-BOT for a discount.

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**Fax: 301-917-2240**

**www.nexusholidays.com**



# Answers from the Experts

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

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

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



**Toni Camp**  
Regional Hospice Care  
Group  
8660 Fern Avenue, St. 145  
Shreveport, LA 71105  
(318) 524-1046  
See our ad on page 13, 48.

*I have heard about a couple of supplements that have been advertised on the radio that may help with eye problems. Can they help me?*

This is a very common question. Certain forms of Macular Degeneration can be helped by using high doses of antioxidant vitamins. A daily multivitamin and a healthy diet is usually enough to satisfy the daily requirements. If you have been diagnosed with Macular Degeneration, you can purchase OcuVite or other eye vitamins at a health food store or drug store. Regardless of your ocular status, it's always a good idea to take a daily multivitamin.



**Chris Shelby, MD**  
WK Eye Institute  
7607 Youree Dr.  
Shreveport, LA 71105  
(318) 212-3937  
See our ad on page 31.

*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  
7925 Youree Drive;  
Suite 210  
Shreveport, LA 71105  
(318) 424-3400

*What can I expect after having my ducts cleaned?*

You will notice an immediate difference and constantly dusting will be a thing of the past. Lingering odors will be forever gone. Your families, employees and customers can breathe cleaner, healthier air because the dust, dander and asthma causing endotoxins that result in year-round sinus problems will be removed.



**Mike Thomas**  
AC Duct Cleaners  
9803 Hastings Court  
Shreveport, LA 71118  
(318) 218-0770  
See our ad on page 35.

*Is engineered hardwood "real hardwood"?*

Absolutely. Engineered hardwood is constructed with thin layers of high-quality plywood with a top layer of hardwood. Engineered hardwoods are much more stable and have a far less chance of expansion or contraction as there are changes in humidity or temperature. It can be glued down, nailed, or floating depending on subfloor conditions and preferences. When properly installed engineered hardwood and solid hardwood are essentially indistinguishable from one another.



**Trey McGee**  
Henson Carpet One  
1609 Jimmie Davis  
Highway  
Bossier City, LA 71112  
(318)746-3886

*What can I do about the price of my Medicare supplement going up so much each year?*

Over time all Medicare supplements get more expensive as you get older. However, if you are relatively healthy, or have been over the past couple of years, there is a good chance you would be eligible to enroll in the exact same coverage perhaps with another company, at sometimes half the cost. Remember, a Plan F or Plan G has the same exact coverage under another company as the coverage you have now...the only difference is the premium you pay.



**Dewey Burchett**  
Providus Financial Serv.  
318-572-4662 (call  
or text)  
Dburchett.providus-  
group@gmail.com  
See our ad on page 36.

## Southern Hills Business Association Expo

Southern Hills Business Association hosted an Expo and Taste on October 29 at Summer Grove Baptist Church in Shreveport with many exhibitors providing information about their products and services.



Jennifer Kimball and Pam Hendrix



Gary Calligas congratulates Ernest Wilson, winner of THE BEST OF TIMES contest



Beverly Sater and Chuck Stripling

## American Legion Celebration

The 100th anniversary celebration of the American Legion honoring veterans and in memorial was held on Saturday, Nov. 2 on Cross Lake.



(Standing) Commander John R Cunningham, Army Reserve retired; Grand Commander of the Grand Encampment of Louisiana, Samuel Owens, Air Force retired; Eminent Commander Joseph A. Giroir III; (Sitting) past South Central Department Commander of the Grand Encampment of Knights Templar United States American Howard Entwistle, retired Air Force



Captain General David Maxey, Eminent Commander John R Cunningham United States Army Reserve retired, and Generalissimo Nicholas Goeder

## PUZZLE answers

(from page 36 & 37)

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

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

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

Help stop  
healthcare fraud  
in its tracks!



## VOLUNTEER

### Opportunities with Louisiana Senior Medicare Patrol:

#### Community Events & Health Fairs

Attend community events and help educate the public about Medicare fraud, waste and abuse. Distribute SMP information and answer questions.

#### Presentations

Deliver prepared presentations (15-20 minutes) about Medicare fraud. Host Medicare Fraud BINGO games.

To learn more, call 877-272-8720 or visit  
[www.stopmedicarefraud.org](http://www.stopmedicarefraud.org).

This project was supported, in part by a grant (Nos. 90MPPG0049, 90MPPG0024 & 90MP-PG0023), from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

## Life Savers Dinner

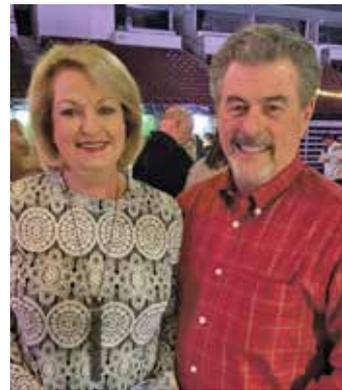
Feist-Weiller Cancer Center hosted its 22<sup>nd</sup> annual Life Savers Dinner and Fundraising Event on November 2 at the CenturyLink Center in Bossier City. This casual event was held in remembrance of Anne Higdon and themed “Louisiana Saturday Night”.



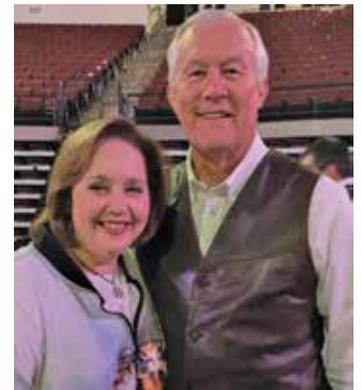
Dr. Glenn Mills checks his bidding on the auction items at the event



Dr. Raghu and Dr. Cherie-Ann Nathan, Dr. Paige Bundrick, and Dr. James Cotelingam



Leesa and Mike Rosenzweig



Nancy and Steven Walker



Sue Wyche and Vickie Franks



George and Minou Fritze



THURSDAY, DECEMBER 26 | 3 PM

#### INDIVIDUAL TICKETS

Endzone Bench	\$30
Sideline Bench	\$45
Sideline Chairback	\$50
<small>(Available to Sponsors or Qualifying Foundation Members)</small>	

#### GROUP TICKETS

**50% OFF!**  
Purchase 20-or-more Endzone Bench seats and receive the special rate of \$15 per seat!  
(Must be purchased prior to gameday)  
**Minimum Purchase: \$300 (20 tickets)**

#### MILITARY DISCOUNT & DONATION

**\$5 OFF ORIGINAL PRICE!** Discount valid only with Military ID. Available for Endzone Bench or Sideline Bench seating only. Help a veteran come to the 2019 Walk-On's Independence Bowl by donating a ticket to Vet Tix! For info on how to donate a ticket, visit [VetTix.org](http://VetTix.org)!

[WalkOnsIndependenceBowl.com](http://WalkOnsIndependenceBowl.com) | 318.221.0712 | 888.414.BOWL

FOLLOW US!



## ●●● Senior Day Expo

The 10<sup>th</sup> annual Senior Day Expo hosted by THE BEST OF TIMES and State Fair of Louisiana was held at the Hirsch Coliseum on October 24 with thousands in attendance.



(Above) Jennie Daniel, Valarie Johnson, Carlo Smith, and Linda Tillman



(Above) Joan Robbins, Odessa Schaefer, Joan Mitchell, and John Schaefer



(Above) Delman Gardner, Jeanette Kohnhofer, and Billy Tollison were the winners of the TBT Survey Contest

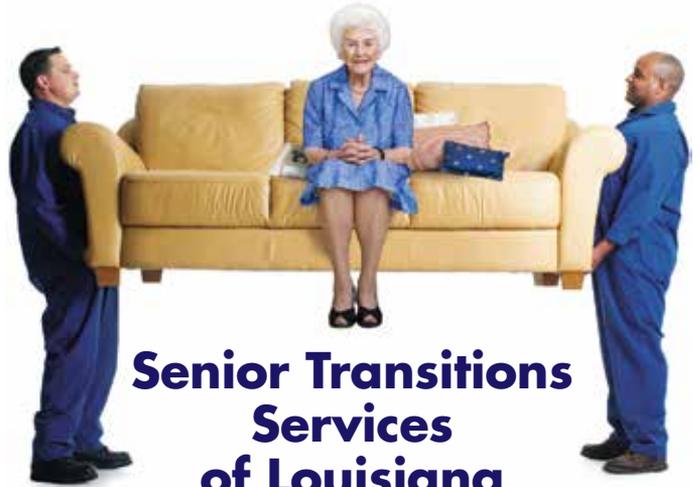
(Right) B. Thirdgill, TBoT publisher Gary Calligas, A. Youngblood, D. Evans, and J. Hopkins



Angela Goodson with TriCity Fun Tours presents the Grand Door Prize of a trip to Branson to the winners, Deborah Scates and Mildred Little



Worried about the upcoming move of an elderly family member?



## Senior Transitions Services of Louisiana can ease the move...

We offer three personal service packages:

### Package #1 - What We Love to Do

This is our all-inclusive package which includes packing, moving furniture, unpacking, uploading furniture, hanging pictures, arranging nick-nacks, setting up the kitchen, setting up the bathroom, hanging clothes, and making the bed.

### Package #2 - What You Would Love For Us To Do

This is our bundle package which you select one or more of the following tasks for us to do for you: Packing and unpacking, load and unload furniture and place them, set up kitchen and bathroom, make the bed, hang clothes in the closets.

### Package #3 - Keep it Simple

This is our basic package which includes only loading and unloading of furniture and boxed items that have been packed by you and your family.

**Call us today!**  
**(318) 272-7115**

**Senior Transitions Services of Louisiana, LLC**  
513 Dresden Court, Shreveport, LA 71115  
www.srtransitionsoflouisiana.com

**"We provide both out-of-town moves and in-town moves!"**

*Call us today for an appointment to visit with you regarding our personal service packages to make your transition much easier and more comfortable for you and your family members. Since 2007, we have been assisting seniors and their family members transition through their golden years. We welcome the opportunity to help you.*

## ●●● Saints vs Arizona Cardinals Tailgating Party

AARP Louisiana hosted a Tailgating Party to watch the Saints vs Arizona Cardinals at Orlandeaux's Café on October 27.



Bobby Savoie, Charlotte Whittaker, Gary Whittaker, Troy Broussard, and Urina Holt (standing in front)



Verna Murray, Daimen Chapman, Dottie Bell, and Charlotte Whittaker

## ●●● Byrd's Hall of Fame Luncheon

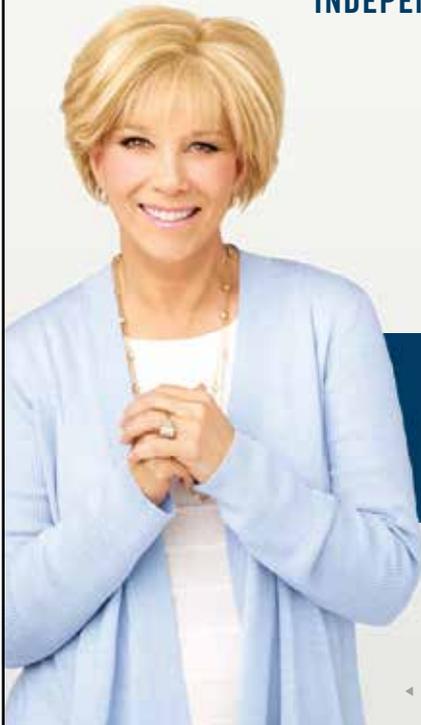
Byrd High School's Hall of Fame luncheon was held on October 17 at East Ridge Country Club.

The 2019 honorees pictured with the Byrd Mascot: Dr. Ryan C. Holmes, Dr. Thomas (Mac) Bosley, Mary Joris, Jack the Jacket, Robert A. Crosby, Ann Caulkins, Rebecca Ruffin Leffler representing her father, Thomas Fuller Ruffin



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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

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*Regional Hospice* provides?

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- RN available 24 /7 including holidays and weekends
- Full time Physician available 24/7
- Full time Respiratory Therapist on staff
- Aide services for bathing, personal care, and feeding
- Social Worker to assist with resources
- Chaplain to provide spiritual support
- Medical equipment delivered to your home
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*home: patient's home, nursing home, or assisted living*



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