

September 2018

The Best Of Times

*“Celebrating Age
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5 Tips

to Maintain a

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MIND

Also Inside

Engage at Every Age

Savannah:
Stately Old &
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 Donald Johnston, RN, Coordinator of the All of Us research program

September 8
"NW Louisiana Walk of Stars"
 John Lieberman, President of NW Louisiana Walk of Stars

September 15
"2018 – 2019 Shreveport Symphony Concert Season"
 Michael Butterman, Music Director and Lois Robinson, Executive Director

September 22
"Super Ager – Celebrating the Second Half of Your Life"
 Elise Marie Collins, author, yoga teacher, and health coach

September 29
"Treating Difficult Wounds"
 Frank Aviles, PT, nationally known wound care specialist

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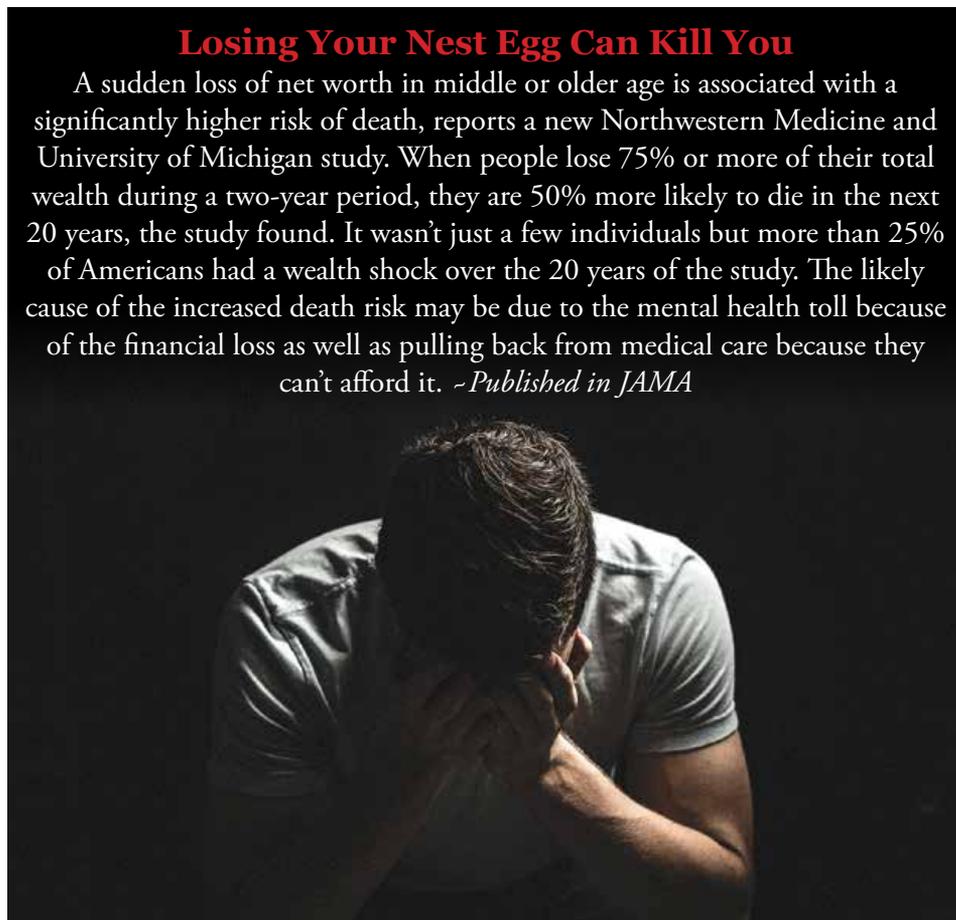
Ice cream and cold drinks can cause brain freeze and tooth sensitivity. The two somewhat similar reactions are completely unrelated, however. According to researchers at the University of Pennsylvania medical and dental schools, brain freeze occurs when cold temperatures touch a nerve responsible for facial sensation, leading to discomfort in the forehead or face. This can usually be avoided by enjoying the sweet treat slowly. Tooth sensitivity, on the other hand, may indicate more serious problems such as enamel breakdown or gum disease, and could warrant a visit to the dentist.



Skin cancer is the most commonly diagnosed cancer in the United States yet the latest YouGov's data shows that **49% of those over age 55 say that they 'never' or 'rarely' use sunscreen.**

Losing Your Nest Egg Can Kill You

A sudden loss of net worth in middle or older age is associated with a significantly higher risk of death, reports a new Northwestern Medicine and University of Michigan study. When people lose 75% or more of their total wealth during a two-year period, they are 50% more likely to die in the next 20 years, the study found. It wasn't just a few individuals but more than 25% of Americans had a wealth shock over the 20 years of the study. The likely cause of the increased death risk may be due to the mental health toll because of the financial loss as well as pulling back from medical care because they can't afford it. - *Published in JAMA*



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Advice

Laws of the Land
 by Lee Aronson

I'm Tired of Waiting



Dr. Huxtable (not his real name) and his wife wanted to buy a mansion but they couldn't find anything big enough. So they decided to hire a builder and found a guy who had a "reputation for building doctors' homes."

Plans were drawn up for a 7,500 square foot home. The Huxtables loved what they saw and agreed to pay \$1.1 million to have the builder construct the home. As part of the deal, the builder promised to have the whole thing done in 11 months.



Aronson

Construction quickly got started and Mrs. Huxtable, a full-time homemaker, decided to take some time out of her busy schedule to visit the construction site. On a daily basis! The more she visited, the more she changed her mind. Walls would go up and Mrs. Huxtable would want them moved a few inches. Then she wanted to change the floor plan. And the type of bricks that would go on the outside of the house. And the number of bathrooms. All in all, there were about 35 different change orders, which brought the price of the home up to \$1.3 million.

Then it started to rain. The winter and spring were "extremely wet."

Do you think the mansion was finished on time? Of course not. In the end, it didn't take 11 months to finish the home: it took 15 months. And the Huxtables were none to happy with the 4 month delay, so they sued.

Normally in Louisiana, a builder is responsible for damages caused by his own delay. But Dr. Huxtable's builder felt that he wasn't the one who caused the delay. It was all those change orders and the rain.

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The trial took 6 days. The jury decided that the builder hadn't caused the delay. Mrs. Huxtable's daily visits and many, many changes had "tended to impede progress," so the jury refused to award the Huxtables any delay damages.

Let's say that Mrs. Huxtable hadn't made all those change orders, but the builder was still 4 months late. And this time he's blaming the delay on the rain. Now is he liable?

Something like that happened in Concordia parish. In that case, the home builder had agreed, in writing, that if he didn't have the job finished in time then he would knock \$25,000 off his price.

The Concordia home buyers really wanted that discount. And 4 months late is 4 months late and a promise is a promise, especially when it's in writing. But the home builder refused to give the discount, arguing that it wasn't his fault it rained a lot. The home buyers, on the other hand, felt that it rains all the time

in Concordia parish: rain is no surprise and the builder should have considered the weather when he promised his deadline. So they refused to pay the full purchase price and the builder ended up suing them.

Here's what Louisiana law says:
builders need to anticipate normal rainfall when they are giving themselves deadlines, but delays are excusable when there's a lot more rain than expected.

Here's what Louisiana law says: builders need to anticipate normal rainfall when they are giving themselves deadlines, but delays are excusable when there's a lot more rain than expected. So the Concordia home builder got in touch with the Louisiana State University Experiment Station. They told the Judge that during the time the home was being built, the rainfall in the area was 21 inches above normal "with an abnormal frequency." The Judge said that's a lot of rain; no one could have foreseen that much rain. So the homebuilder was let off the hook and the buyers didn't get their discount.

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

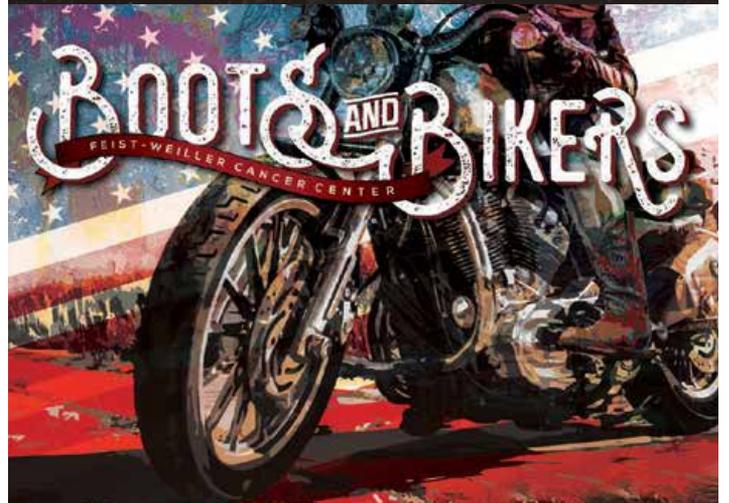
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What Happens if I Get Sued?



You are at home and you hear a knock on the door. You answer the door and see a deputy sheriff or marshal with some papers in their hand. You open the door and the officer tells you they are delivering papers because you have been sued in a civil action. What happens now?

The first thing that runs through your mind is usually panic. Unless you have been involved in an auto accident or some type of ongoing legal dispute, you have no idea why you are being served papers. Even if you know that a lawsuit may be served, you still feel panic because of the thought of having to go to court. You have to take a deep breath at this point and start to think what to do.

Next, you have to determine why you are being sued. There can be a variety of reasons for being sued. For example, a car accident, failure to pay a debt, failure to pay rent, or causing damage to another person's property. This is not an exclusive list of why a lawsuit can be filed against an individual.

Once you have determined what type of lawsuit has been served, you must determine how long you have to answer the lawsuit. Depending on how the lawsuit was served and what type of action is involved, you may have as little as fifteen (15) days to answer the lawsuit. If you fail to take any action in order to answer the lawsuit, a default judgment can be entered against you. This means that if you do not contest the lawsuit in the prescribed period of time, a judgment for the amount owed in the lawsuit can be entered against you without any evidence being put on by you. The judgment can then be collected by garnishment or any other legal method for collecting a judgment.



Cox

If you fail to take any action in order to answer the lawsuit, **a default judgement can be entered against you.**

.....

In order to avoid a default judgment being taken against you, you will need to consult an attorney to answer the lawsuit on your behalf or you can represent yourself and answer the lawsuit. The only problem with representing yourself is that you may not raise defenses that are available to you and these defenses may be waived by your not raising them at the appropriate time. Usually, if you are involved in an automobile accident, your insurance policy provides an attorney that will represent the insurance company and you if you are being sued.

After an answer has been filed, discovery usually takes place. This is where the attorneys involved try to discover information that helps them prove their case. Discovery can take the form of written questionnaires and oral depositions where the attorneys ask questions while the answers are recorded by a court reporter.

Once discovery is complete, the attorneys may file motions attempting to get the claim dismissed or recognized as being a valid claim. Depending on what the court decides, the case will be set for trial.

Finally, after what seems like several agonizing months or years to the parties involved in the lawsuit, the trial date arrives. Evidence is presented before the judge or a jury. The judge or jury weighs the evidence and a decision is rendered. Depending on how the parties feel about the decision reached, the decision of the judge or jury may be appealed which can take several more months before a final resolution of the case is decided.

Lawsuits can be an agonizing process to those involved. Lawsuits cost time, money and emotional strain on those persons named in the lawsuit. If you are sued, make sure to consider seeking legal advice in helping you resolve the case someone has brought against you.

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



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Small Steps: Making Our Healthy Choices Count

We've all been there—we find that we need a lifestyle overhaul, choose a diet that intrigues us, and attempt to go full force into this new lifestyle, only to find ourselves back to our normal routine days or weeks later. This leads to feeling discouraged about healthy eating, thinking that it's next to impossible unless you're an expert, highly motivated, or naturally enjoy healthy foods. Some people can manage a complete lifestyle change with ease, but it's simply not realistic for the rest of us. What if, instead of having the "all or nothing" diet mentality, we started



McAlister

small, and slowly worked healthy habits into our normal routine? What if we changed our definition of success to something that actually makes sense for each of us individually?

Creighton Abrams Jr., a United States Army general during the Vietnam War, once said, "How do you eat an elephant? One small bite at a time." Throughout our lives, we've all dealt with our own personal elephants, whether it be paying off a car or mortgage, accomplishing a large project at work, or learning a new skill, to name a few. Many times, if we bite off more than we can chew all at once, we may get choked up. Changing your lifestyle is much like conquering other personal elephants in your life—it is an investment that takes small

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Drink an Extra Glass of Water



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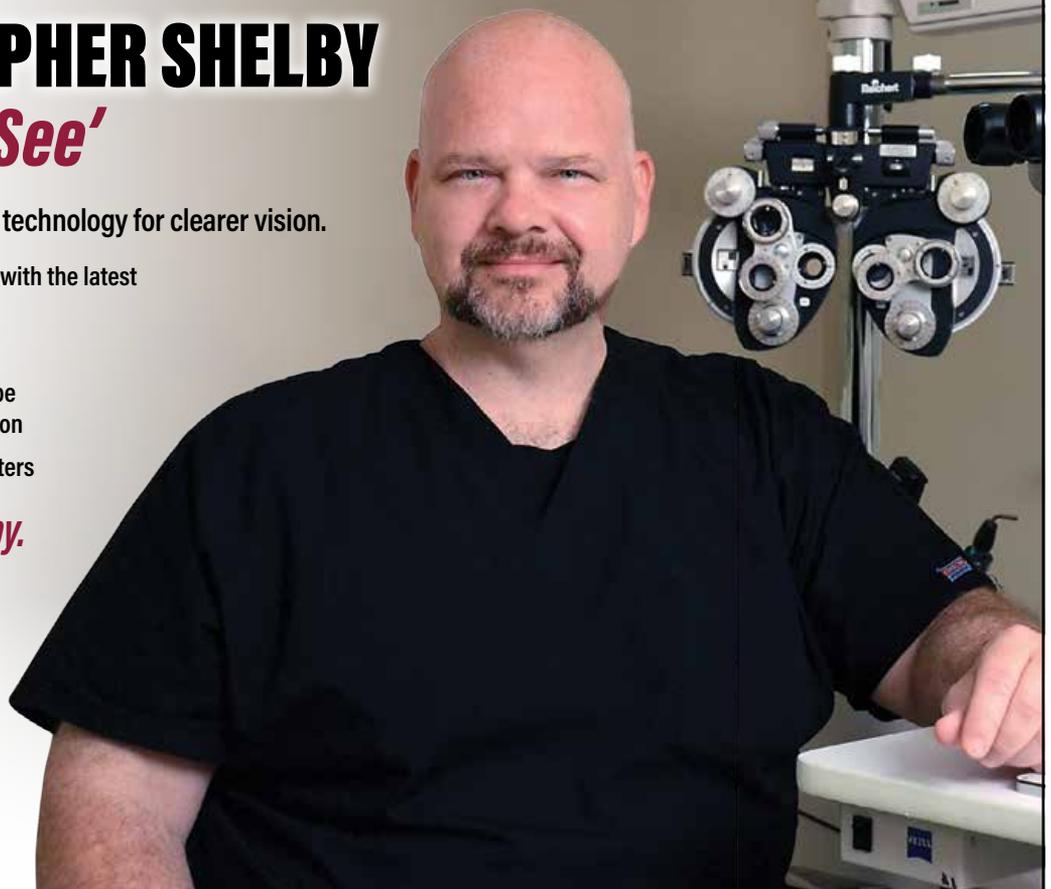
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steps and time. Small changes over time do make a difference in your long-term health, just like a car payment to a large note still contributes to the debt you owe.

When changing your lifestyle, it helps to make small changes one step at a time. To start, evaluate your current habits and find one you can change or add relatively easily. Maybe this means drinking an extra glass of water in the morning, walking 20 minutes for three evenings every week, or adding a serving of fruit to your breakfast. Choose a goal that is realistic to add to your typical routine, is measurable, and can be accomplished. Start with your first goal and maintain this new habit for a few weeks, then build on your successes. Once you've successfully made this new healthy habit part of your routine, celebrate your accomplishments and choose another goal to add into your lifestyle. You can even build on a goal you have accomplished, like adding a fourth day of walking after you've accomplished fitting in evening walks for three days out of the week.

So, what happens when you go on vacation, celebrate Thanksgiving, or life gets busy and you spend a week eating take-out? Setbacks are a normal part of life and are almost always inevitable when making healthy changes. The good news is that setbacks are usually always temporary. One unhealthy meal, or even one week of unhealthy meals, does not mean you are doomed to fail. It's important to keep a positive mindset even when life gets in the way. Also, it may help to predict potential roadblocks ahead of time and brainstorm strategies to overcome them or stay on course. For example, if your neighbor is throwing a big party in a few weeks with lots of tempting foods, it may help to plan how much you will eat ahead of time. You can plan to grab a small plate, limit yourself to one plate of treats, and plan to stand away from the food table. Making a game plan ahead of time makes it easier to stick with healthy choices in the midst of temptation.

Everyone faces their own personal elephants, and most people have their own struggles with keeping a healthy lifestyle. We are never alone in our health battles, and every small step contributes to our journeys ahead. Life does throw curveballs, but a positive mindset and diligence to stay on track make a world of difference.

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

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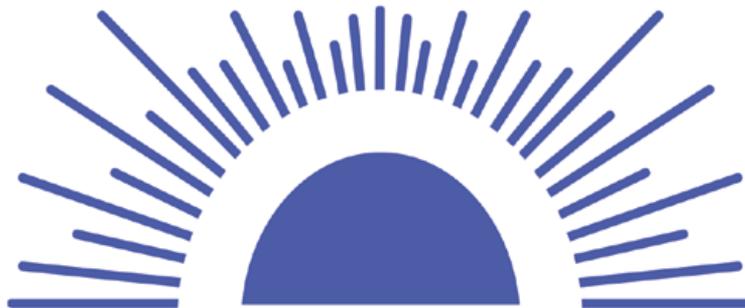
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Advice
Tech Talk
by Mark Rinaudo

Defend Yourself from Hackers



The internet, as we know, has evolved since its earliest days of being a simple way to send messages from one point to another. Everything and everyone is connected on the internet these days. Internet service has become almost a necessity in homes, along with electricity and water. The internet is still in it's infancy as we know it, and it will continue to evolve.

The internet is referred to as the World Wide Web. I often refer to it as the wild wild web.

The term "hacker" describes an individual who uses vulnerabilities in systems and software to hack and take control of others' computers and devices. As we connect to the internet with more and more devices, such as our phones, computers and even appliances, our chances of any one of these things having a vulnerability goes up.

Vulnerabilities are bugs in software that allow a hacker to circumvent the security that was originally designed into the software. The software manufacturer will usually discover these vulnerabilities and create a patch or update for the software to fix the vulnerability. This is why there are updates for your computer's and device's operating systems and applications. The one critical step you can take to help eliminate the possibility of you becoming a victim of hacking is to install updates as they are released. This will



Rinaudo



ensure that your system will be up-to-date and that any known vulnerabilities are taken care of.

Hackers are always looking for easy targets. Computers and devices that haven't been patched in months or years are very easy targets compared to a machine that is updated regularly.

If you are one of the 700 million iPhone users and you haven't updated your phone, then you're playing into the hackers hands. You can simply plug your iPhone with the charging cord into any computer that's running

iTunes and update your phone.

If you're an Android user, then you can go to your Settings screen, scroll down to System, and choose System Updates to check for any updates for the Android operating system.

The Windows operating system has had true automatic updates since Windows XP, and it completely runs in the background. You can even allow Windows to install updates and restart automatically. Windows 10 users will find that automatic updates are already turned on by default.

If you're one of the growing number of Mac users, then you are automatically notified when there is an update available. To update your applications, you can open the app store and click "Updates" at the top of the tool bar. It will show a list of updates that are available for any apps that you have installed via the App store.

One of the most crucial apps to keep up to date on your system is the web browser. I usually recommend Google Chrome as the browser of choice since Chrome will automatically update itself independently from the operating system, which is a plus.

Good security is like an onion: the more layers of security you can establish around yourself, the better protected you will be.

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



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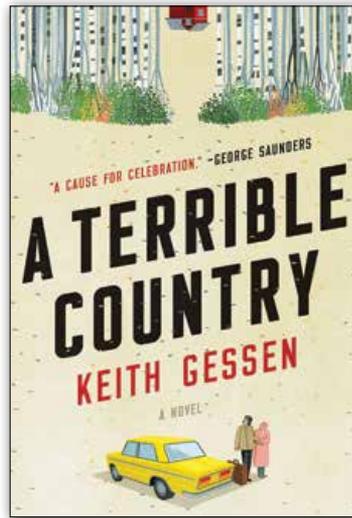
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A Terrible Country

by Keith Gessen

When you hear the word, “Russia,” especially in the context of a book called *A Terrible Country*, many things come to mind: the cold war, communism, Putin. But that’s not entirely what this book is about.

The novel by Keith Gessen, is instead, a look at Russia in 2008 as told through the eyes of Russian-born, American immigrant Andrei.



Rinaudo

Andrei’s mother immigrated to the United States when he was six-years-old. There, she had two boys who grew up as Russian-speaking Americans. Despite shying away from the country he was born in, Andrei still finds himself studying Russian literature and history, scraping by on teaching internet college courses, when his brother calls and asks him to come care for their grandmother in Moscow.

And although he hesitates initially, Andrei agrees, hoping his grandmother can share some insights from her life in Russia to help him formulate a publishable paper. What he doesn’t expect is to find his grandmother struggling with dementia. As Andrei begins to establish a life for himself in Russia, the country is revealed as one where those with money rule, brutes and violence still prevail, and it is exceedingly difficult to make friends or even get in on a hockey game.

Andrei’s morale slowly declines, as does his

grandmother’s mental state, as she constantly reiterates that “all my friends are dead” and she laments the loss of her summer “dacha,” home. But somehow the story still maintains its light.

Andrei’s grandmother, is a standout character, as she struggles with confusion and her past life. Andrei, too, becomes more likable as he sheds some of his selfish behaviors as he grows closer to her and attempts to do things to make her happy.

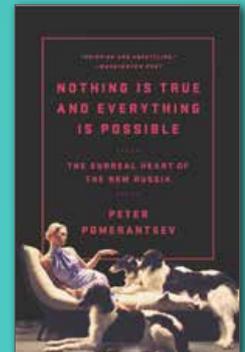
While most of the novel focuses on the day-to-day grind of living in Russia without many financial resources, it takes a turn for the more exciting when Andrei gets wrapped up in a political movement with those who think capitalism is the heart of the country’s problems and seek socialism as an alternative. Within this group he finally makes friends who peacefully protest Russia’s unjust treatment of her people. But, of course, in Russia, protesting is not allowed and the fallout of an incident tears down the lives of those around him.

A Terrible Country is well written, though some of the passages fall into monotony. If the whole book was written like the last quarter, it would be excellent. Still though, the glimpse into a more modern Russia - what has changed and what hasn’t - was intriguing.

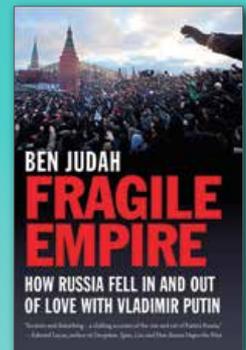
Grade: B-

Jessica Rinaudo is an editor and writer who has fostered a love of reading since childhood. She lives in Shreveport with her husband and four children.

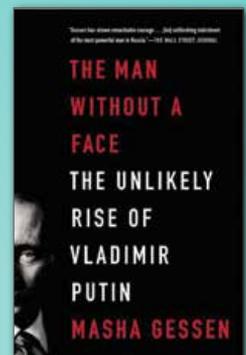
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The Multi-talented Richard Herd

A supporting actor for much of his film career, Richard Herd has worked with



Thomas

actors such as Jack Lemmon, Rod Steiger, Robert Redford, Sylvester Stallone, and Robert Duvall. He has also

been a frequent guest star on TV series since the early 1970s

and is probably best recognized as a cast member on several TV shows such as “T.J. Hooker,” “Seaquest DSV,” “Star Trek: Voyager,” and “Seinfeld” – for his reoccurring role of ‘Mr. Wilhelm.’

“Seinfeld’ was one of the best jobs I ever had,” said Herd from his home in Los Angeles. “It got me a tremendous amount of recognition and still does because it plays all the time. There were no ‘stars’ on that show, they were all genuinely nice people to work with.”

Herd’s film appearances include hits such as “All the President’s Men,” “Private Benjamin,” and “The China Syndrome.” He rates the latter as “one the best parts to this day that I ever had in a star-filled film” and still recalls rushing to an audition at the studio’s request.

“There sat the director Jim Bridges, Jack Lemmon, Jane Fonda, Michael Douglas and several producers,” said Herd, who was offered and accepted the part of McCormack, the devious chairman of the film’s California Gas & Electric Company.

The film – which dealt with a nuclear power plant accident – was produced during a time of heightened public concern over the environmental impact of nuclear power and fueled by real past nuclear incidents.

Incredibly, less than 2 weeks after the film’s release on March 16, 1979, the worst nuclear accident in U.S. history occurred following a partial meltdown at the Pennsylvania Three Mile Island Nuclear Generating Station.

“That made ‘The China Syndrome’ a film everyone wanted to see,” said Herd. “I received many offers to do other films because of its impact on the public and the titans of Hollywood.”

Herd estimates his total number of film, TV, and stage



credits at over 500. But it’s a career that almost never happened due to a childhood illness.

“I had osteomyelitis, a serious bone infection, and almost didn’t survive,” recalled Herd, who was sent to a special school in second grade for young people with various ailments. “I was in and out of Boston Children’s Hospital. Lying there, month after month, you become very stoic. It really stimulated my imagination and I

think actually helped me later as an actor.”

Fortunately, in the early 1940s, a new wonder drug became available to treat infection and young Richard was one of the earliest patients to receive the medication. “Penicillin knocked out the infection and saved my life.”

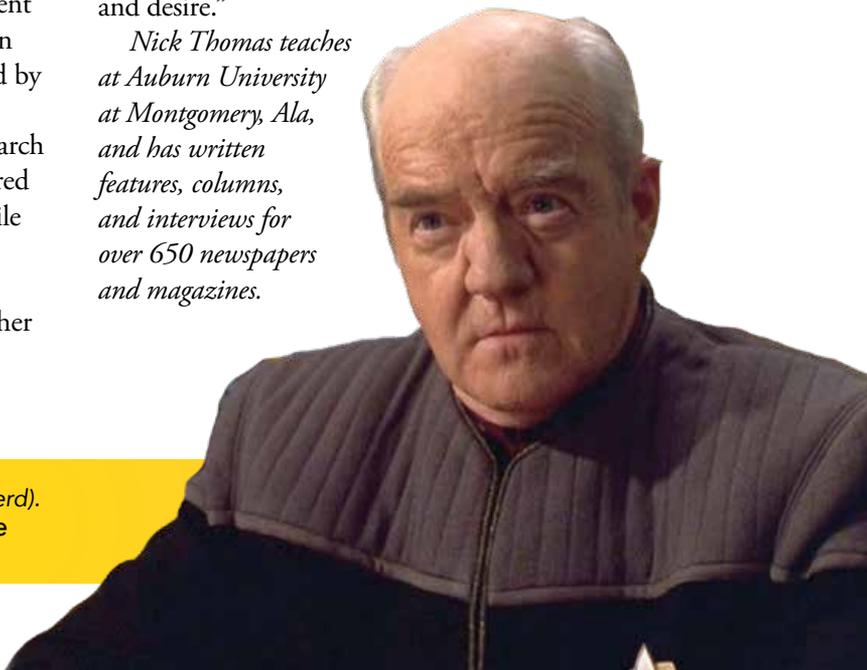
Given a youthful second chance, Herd was determined to succeed in his career goals. In addition to acting, he is a musician, singer, crafts jewelry, writes poetry and plays, and is an established artist with many exhibitions to his credit (see www.richardherd.com). “I’m a primitive abstract impressionist and work with oil and acrylic.”

Herd, who turns 86 in September, says he continues to look for interesting roles and has worked on several films in production this year including “The Silent Natural,” “The Oath,” and “The Mule” with Clint Eastwood. “I play Eastwood’s best friend,” he said.

“You have to seek your individuality and find what works for you, whatever your career goal,” he adds. “You won’t succeed unless you have heart and soul, and understanding and desire.”

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

Top: Richard Herd in home studio (provided by Richard Herd).
Right: Herd as Admiral Owen Paris on Star Trek Voyage (provided by CBS-Paramount).



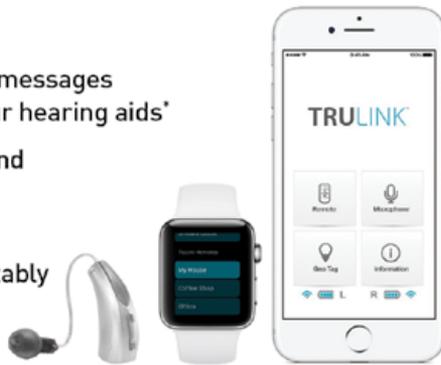
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Good Mental Health - No Different Than Good Physical Health

Seeing a physician isn't embarrassing if we have the flu, a high fever, or other serious health problems. No one will criticize us for seeking medical help for a physical health problem and, indeed, most people would fault us if we didn't seek medical help.

Yet we often find that mental health issues bring a very different reaction. People sometimes see mental illness not as a health issue, but as a serious defect, something that marks a person as weak, unstable, perhaps even violent or dangerous.

Such reactions have serious consequences for millions of Americans who could be healthier and happier if they were receiving the mental health help readily available. But many don't seek such help out of fear of being "labeled" with a mental illness, feeling family and friends won't understand, or that it could lead to discrimination at work or school.

Too many people who could use help instead see their condition as a sign of personal weakness. They may mistakenly believe that they should be able to control

It's vital for people to **recognize that mental health issues are not a reason for shame**, but rather a condition that requires treatment by a professional.



whatever is wrong without outside help.

The American Counseling Association works to educate the public, correct this misinformation and encourage people to seek needed treatment. For example, researchers estimate that one in eight U.S. adolescents is suffering from depression. Each day an estimated 3,000 young people in grades 9 to 12 attempt suicide, yet only 30% of young people facing mental health issues ever receive any type of

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treatment or intervention. This lack of treatment helps lead to more than 4,600 suicides by young people each year. The statistics are even scarier among senior citizens and our military veterans.

It's vital for people to recognize that mental health issues are not a reason for shame, but rather a condition that requires treatment by a professional. Anxiety, depression, panic attacks, eating disorders, social phobias and similar problems are not a sign of personal weakness. They are simply conditions that, when treated successfully, can result in a happier, healthier and more productive life.



If you or someone you know is suffering from a mental health issue, don't give in to the stigma, but rather take action for better health. Talk to a friend or family members about what's bothering you and look into assistance from a mental health professional.

Seeking mental health help is not a weakness; it's as logical and right as seeing a doctor for that flu.

"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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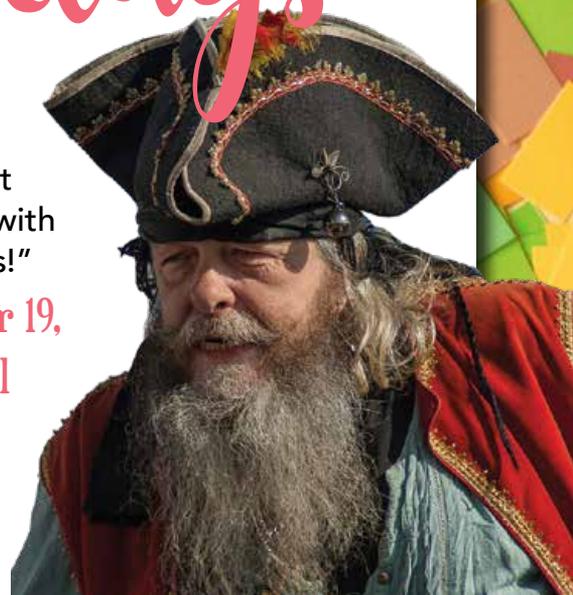
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Our Favorite **5** SEPTEMBER Holidays

1 On **September 9**, celebrate your childhood friend on **National Teddy Bear Day**.



2 Don't forget to greet your friends with "Ahoy mates!" on **September 19**, **International "Talk Like a Pirate Day."**



3 **Grandparent's Day** is observed in the United States on the first Sunday after Labor Day. This year it falls on **September 9**.



4 If you're young at heart, celebrate your creative side on **September 16** on **National Play-Doh Day**.

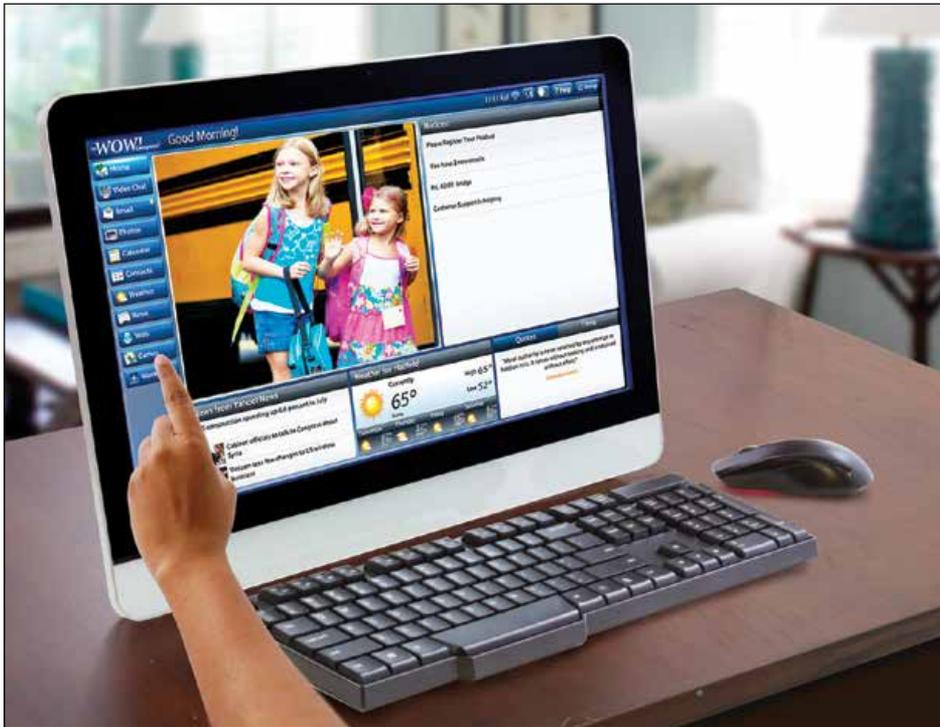
5 Hold the toppings, please! **September 5** is **National Cheese Pizza Day!**



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5 Tips to Maintain a *Healthy Beautiful* MIND

by Marla R. Miller



Personal choices go a long way toward staying sharp as you age. Here's how to lead a brain-healthy lifestyle that can prevent and delay cognitive decline.

*A*ging is inevitable, but scientists now know that memory loss doesn't have to accompany it. In fact, the brain can regrow brain cells and reshape their connections throughout life.

Staying mentally sharp as you age has a lot to do with diet, exercise and lifestyle habits, doctors say, and the earlier you adopt healthier behaviors, the better.

"The first is a heart-healthy diet and exercise plan," says Dr. Milap Nowrangi, assistant professor of psychiatry and behavioral sciences at Johns Hopkins University and medical director of Johns Hopkins Memory and Care Program at Grand Oaks Sibley Memorial Hospital. "All the same recommendations a cardiologist might recommend are the same things we would recommend for brain health."

Those things focus on daily choices within your control: regular exercise, eating heart-healthy foods and fats that reduce inflammation and encourage energy production, stimulating and challenging the brain, getting adequate sleep, finding ways to manage and reduce stress and staying socially connected.

"The short statement to my patients is to live as healthy

of a lifestyle as they can," says Dr. Edward Zamrini, a neurologist with expertise in cognitive neurology and geriatric neurology and medical director of the Cleo Roberts Memory Clinic at Banner Sun Health Research Institute in Arizona. "It's important to remember living a healthy lifestyle is a process over years. The earlier we start the better. The more of these that you do, the more it adds up."

In 2016 an estimated total of \$236 billion will go toward treating Alzheimer's and other forms of dementia, when including the payments from the government, private insurance and out-of-pocket costs, according to a report from the Alzheimer's Association. The disease affects 11 percent of people 65 and older and currently there is no cure.

Alzheimer's disease, which is linked to the buildup of proteins in the brain, is just one form of dementia. There are many lifestyle factors that can kill brain cells or contribute to memory loss, including excessive alcohol and drug abuse, heavy cigarette smoking, head injuries, stroke, sleep deprivation, severe stress, vitamin B12 and D deficiency and illnesses such as depression, thyroid problems and vascular dementia, a type of mental decline that's thought to be caused by reduced blood flow to the brain.



Studies have shown that people who participate in lifelong exercise on average **live two years longer than those who do not exercise.**

Doctors and researchers that specialize in brain health and dementia-related diseases say brain health is linked to heart health, among other things. Conditions associated with heart disease – high blood pressure, high cholesterol and diabetes – have been linked to memory problems.

Their prescription for staving off Alzheimer's and other forms of dementia is rather straightforward and backed by research.

1. Exercise Daily

"We have to start with the basics. That's always so boring – diet, exercise and stress reduction," says Dr. Christiaan Leeuwenburgh, chief of the Division of Biology of Aging in the University of Florida College of Medicine's Department of Aging and Geriatric Research, Gainesville. "If you can't reduce your stress, control your diet and increase movement, don't try to substitute this with specific supplements or game activities."

Leeuwenburgh's research interests are aging and mitochondrial biology. Studies have shown that people who participate in lifelong exercise on average live two years longer than those who do not exercise. Plus, there is substantially less disease among regular exercisers.

New clinical evidence shows the importance of being active and incorporating movement throughout the day, whether that's walking, dancing or gardening, he says. For those who sit for most of the day, Leeuwenburgh suggests bringing a treadmill to the office, taking short walks or using a stand-up desk or ball chair.

"Park the car farther away, take the stairs," he says. "We need to have movement. It doesn't have to be structured exercise in the gym."

2. Eat a Healthy Diet

What you put in your body matters. Leeuwenburgh points to the Okinawa Centenarian Study and population of centenarians living on the Japanese Okinawa islands. Their diet was basically plant-based, including mangos, papayas, greens, some root vegetables including sweet potatoes and fish, and many of them stayed active throughout the day. "They ate very little and ate basically from nature," he says.

Nowrangi and Zamrini echo those sentiments, encouraging people to get some type of cardiovascular exercise for 30 minutes most days and limit or

avoid starchy, fried and processed foods, and don't eat too much red meat. Nowrangi recommends the Mediterranean diet, which emphasizes foods that are rich in omega-3 fatty acids and low in saturated fats. Several epidemiological studies show that following a Mediterranean diet dramatically reduces the risk of cognitive impairment and Alzheimer's disease. It's a diet focused on vegetables, fruits, beans, nuts, whole grains, fish, olive oil and limited dairy and meat.

Omega-3 fatty acids are essential for the growth, development and healthy maintenance of the brain and may reduce the risk of heart disease. You have to get them through food and the best source is fish, such as salmon, tuna and halibut, as well as other seafoods, some plants and nut oils. A quality omega-3 or fish oil supplement is another way to get the recommended dose.

Folic acid, vitamin B12, vitamin D and magnesium also are believed to preserve brain health. Studies of vitamin E, coenzyme Q10, ginkgo biloba, turmeric and coconut oil are less conclusive, but may help in the prevention of Alzheimer's and dementia symptoms. Melatonin can help to reestablish healthy sleep patterns for people who suffer from insomnia.

3. Go to Bed

Speaking of sleep, many working adults and even retirees struggle with sleep, but it's important to figure out your natural sleep cycle and your body's sleep requirements and try to stay on a regular sleep schedule.

"If you need eight hours and have to get up at 6 a.m., then don't go to bed at midnight. It's going to catch up to you," Zamrini says. "When you're sleep deprived, you can't absorb information as well. One of

the important things about sleep is it helps consolidate memories. It gives your brain a chance to review its day and put things in their right place. If you don't sleep enough, the brain doesn't have enough time to do that."

There also are several medications that can interfere with memory and may increase the risk of Alzheimer's disease in elderly patients, so people should research side effects or talk to their doctor about alternatives. The list includes benzodiazepines used to treat anxiety, statins to lower cholesterol, anti-seizure and antidepressant drugs, narcotic painkillers, beta-blockers for hypertension, sleeping aids, antihistamines and anticholinergic drugs used to treat incontinence.

4. Stimulate the Mind

Beyond diet and exercise, the doctors say social and mental stimulation play an important role in delaying cognitive decline. Whether it's joining a sewing or gardening club, church group or taking up golf or dancing, maintaining social interaction and learning new things helps fortify brain connections.

"When people are isolated and keep to themselves, they do a lot more poorly than people who are networking," Nowrangi says. "The answer is doing something, but not necessarily things that require you to spend a lot of money."

That could include reading, attending a free lecture or concert or participating in programs at the public library or local senior center. Brain games like Sudoku and crossword puzzles have become popular, but taking a painting or photography class or even an educational course has both mental and social benefits.

"If you're doing the same thing over and over, you don't stimulate the brain cells as well," Leeuwenburgh says. "Look at different challenges and undertake different activities, not only physically but mentally. Come up with a list of things that are new to you so you can challenge the brain."

Limit time on the couch and in front of the television. "Too much TV does not equate keeping your brain active. That's not a brain activity, that's a passive activity," Zamrini says.



Look at different challenges and undertake different activities, not only physically, but mentally.

Do things to protect your brain, like wearing a helmet while bicycling or skiing. And make sure to have regular hearing tests, as several studies have found hearing loss can contribute to cognitive decline in older adults and increase the risk of Alzheimer's disease.

It's never too late to start healthier brain habits, but Nowrangi says the 50-plus crowd should spread the message to their children and grandchildren.

"When you strengthen the organ that you depend on in your younger years, you develop cognitive reserve," he says. "Continuing education at the local community college is an excellent way to stay active intellectually and socially. Put that together with some physical activity and you've got it made; you're staying active in all three different areas."

5. Manage Stress

Paying attention to emotional health and psychosocial stress, along with how one manages stress, is another component of an Alzheimer's prevention plan. Chronic stress elevates cortisol and other hormones, which has a negative effect throughout the body. Zamrini suggests activities like tai chi, yoga and meditation to help clear the mind and relieve stress.

Leeuwenburgh says nature is the solution to a lot of stress reduction, as well as a natural mood and brain booster. Take advantage of state and national parks, visit the beach, or go for a walk in the woods with a friend.

"There are a few papers out there to scientifically prove it, but it's just common sense to walk in open space and see life at its fullest and enjoy the trees and the birds," he says. "It's all there, you just have to get your base and then it doesn't hurt to take a bit of vitamin D, omega 3s and just go on with my list. We all want to get old without disease. If people would just focus on that, they don't have to be at the doctor for the last 10 to 15 years of their life." •

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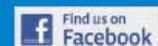
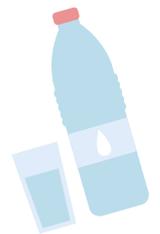


Image by Neil Johnson Photography

Engage at Every Age



by Family Features

You are never too old (or young) to take part in activities that enrich your physical, mental and emotional well-being. No matter your age, there is no better time than now to start.

To help do just that, consider these tips from the Administration for Community Living:

BE WELL

- If you don't usually exercise, choose a low-impact activity that you can do a little at a time. Walk for 10 minutes in the morning, sign up for a tai chi class or learn gentle stretches, for example. Remember, it is wise to consult a health care provider before beginning an exercise routine.
- Exercising is less of a chore when you do it with people you enjoy. Gather a group of friends or join a class. Some senior and community centers even offer free or low-cost options.
- Good nutrition is vital. Keep an honest record of what you eat. If you have a condition like diabetes, consult your doctor before changing your diet. Nutritionists can be excellent resources, whether you have special dietary needs or not.
- Eating healthy foods and staying active may reduce physical health risks, and you also can exercise your mind by reading, playing games, taking a class or simply being social.

REINVENT YOURSELF

- Second or even third careers can be personally and financially rewarding. Determine whether you have the skills needed for something new. If not, seek out classes or training, and remember to ask whether financial assistance is available.

- Express yourself through the arts. Learn to paint or draw, dust off those dancing shoes, take an acting class or finally write that novel. As a bonus, studies show the arts can improve brain health.

- Keep expanding your knowledge and growing by learning a new language or taking a computer class. Or, if you're more an adventurous type, maybe you've always wanted to travel and discover other cultures.

GIVE BACK

- Consider using your experience to serve others. Volunteers meet a range of community needs, from mentoring at-risk youth and providing job training to helping families recover from disasters. Find opportunities by visiting local organizations or charities.
 - Pick and schedule service activities that match your skills and interests. If you are handy, assisting with a nonprofit housing organization may be most rewarding. If you enjoy working with kids, contact a local school to talk about ways you can help.
 - If you want to help others more informally, consider helpful tasks like driving neighbors to appointments, babysitting for working parents or tutoring kids in your neighborhood. If you are a member of a spiritual community or club, ask if there are outreach programs that need assistance.

Increasing your well-being – physically, mentally and emotionally – can be made simpler by finding activities that fit your personality and interests. Visit oam.acl.gov to find more information and resources to engage at every age.

SHREVEPORT *Then & Now*

Photos blended and used with permission by Mike and Mark Mangham of Twin Blends Photography. Vintage photos courtesy of LSU Library, Archives and Special Collections. For more photos visit www.facebook.com/twinblendsphotography.
Vintage portion of both photos were taken by Jack Barham.



The Saenger Theater, Haverty's Furniture, Nanking and Palais Royal as they were in 1957. The buildings were all located on the 600 block of Milam. The Saenger Theater opened on March 26, 1911 and was renamed Capri Theater on March 24, 1967. It later became a nightclub, then an event venue. Nanking, a landmark downtown restaurant opened in 1937, and closed its doors in 2009. The Saenger and Haverty's buildings still stand, but Nanking and Palais Royal are distant memories.



First Federal Savings and Loan / Municipal Courthouse are located at 529 Crockett Street.
Both buildings still stand, although neither is being used at this time.

(Tear out and post this friendly reminder)

Register for the 2018 S.A.F.E. Planning community workshop and Learn about Protecting Assets from Nursing Home Costs and Medicaid even if someone is already receiving care.

August 16th (Thursday) at 10 am-Noon

Sept. 13th (Thursday) at 10 am-Noon

At the Broadmoor Branch Library – 1212 Capt. Shreve Drive – Shreveport

Estate Rescue 2018

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- *How could changing Medicaid rules and Expanded Medicaid affect you?*
- **Do you know how a spouse can receive up to \$3,090 per month of the income of their spouse in a nursing home and have their care paid for even while owning substantial assets?**
- *Do you understand Gifting Rules, Look-Back Periods, how Medicaid treats common “tax loopholes” and ignores pre-nuptial agreements? Find out!*
- **Could an Irrevocable Trust become your worst enemy? Learn the pitfalls and traps!**
- *Do you know why it may be a bad idea to put kids names on your accounts?*
- *Do you know how preserving assets can better assure a patient's quality of care and quality of life?*
- **Is a loved one already in a nursing home or receiving care? Find out why it may not be too late to save their estate!**



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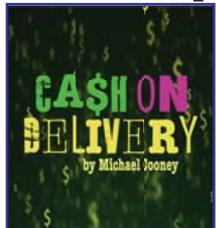
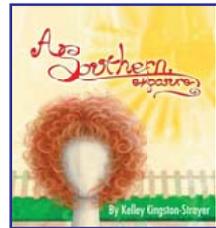
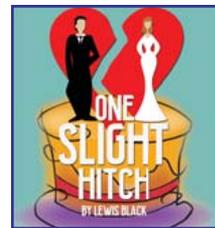
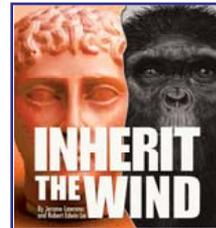
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Savannah Stately Old & Proudly New

by Andrea Gross • photos by Irv Green

Historic buildings are a given in Savannah. After all, it's the oldest city in Georgia. It was the colonial capital when the area was ruled by Britain, and it was the first capital when the colony became a state. Therefore, when we visit Savannah, we fully expect to see a lot of stately shuttered homes. We are not disappointed.

But we're also interested in learning what the city is like today, 285 years after its founding. It doesn't take us long to realize that throughout the famed historic district, this town of 150,000 people is filled with classy galleries, good music and eclectic restaurants.

Culinary Identity

In order to bridge the centuries, we begin by looking at the city's cuisine. In Savannah, as in most places, favored foods reflect the traditions of the people who settled the area, but unlike parts of the United States that were primarily colonized by people from one area (think New England, which was mostly established by Europeans), Savannah's early residents came from many parts of the world.

The first group of Colonists arrived from England in the early 1700s. They brought indentured servants from Ireland and Scotland as well as slaves from the Caribbean and West Africa. Native Americans introduced the European settlers to corn, and other Northerners decided that rather than eating their tomatoes green, they'd bring them South so they could ripen during the longer growing season. But the Southerners didn't care about letting the tomatoes ripen in the field; they preferred to fry them and eat them green. Thus, a Northern problem became a Southern staple.

During the next several days my husband and I munch our way through Savannah's past. We feast on shrimp, grits and fried green tomatoes, snack on British pies, drink Scottish ale, and for good measure have a pork belly slider on a glazed donut with onion-bacon jam because the chef tells us that pork, especially bacon, is used extensively in the South.

< A Savannah riverboat cruise gives visitors a good look at the city's waterfront.



It seems that pigs, which often ran wild in northern climes, came south on their own to find warm weather and watery environs. Unfortunately for the porkers, Southerners turned them into barbeque and bacon.

We decide that Savannah's culinary, and therefore cultural, identity, can best be summed up in two words: "Savannah Fusion."

Art Smart Endeavors

Meanwhile we visit galleries, lots of galleries. Some belong to people who have made Savannah their home for years; others showcase the work of folks who came to the city to attend the Savannah School of Art and Design [SCAD], one of the top design schools in the Southeast. Many of these people fell in love with the city's mix of Southern charm and creative opportunity and stayed on post-graduation, thus bringing new energy to a city that was in danger of becoming stodgy.

We walk to City Market, where warehouses that once were filled with fish and produce have been repurposed into studios and galleries. We see brightly colored canvases that portray the Gullah people who live in the nearby coastal areas, paintings that celebrate the artist's Caribbean homeland, baskets crafted by a woman whose work has been displayed at the Smithsonian.... The list goes on.

Savannah also has two top-tier museums dedicated to contemporary art. The SCAD Museum features works by international stars such as Salvador Dali, Robert Mapplethorpe and Andy Warhol as well as one of the United States' most significant collections of African-American art.

The Jepson Museum showcases work by equally



^ Aspiring, as well as established, artists participate in Savannah's frequent art fairs.

well-known artists, including abstract expressionist Jasper Johns, pop artist Roy Lichtenstein and portrait photographer Richard Avedon.

Musical Rhythms

Even on a regular night Savannah is alive with bars and nightclubs, helped no doubt by the city's open-container laws. But during the 29-year-old Savannah Music Festival, which is Georgia's largest musical arts event, music is everywhere.

The 17-day extravaganza celebrates a multitude of cultures, represents a variety of musical styles and features performances by established artists as well as by talented beginners. We don't have time to attend a well-reviewed presentation by a chamber orchestra, but that evening we go to a bluegrass concert and the following day we catch a show by two wonderful guitarists.

Then, alas, we have to go home. But first, we stop at Leopold's, Savannah's legendary ice cream shop. My husband opts for Tutti Fruitti (rum ice cream with fruit and nuts) because it's been a best-seller since the store opened nearly a century ago.

I, on the other hand, chose the Savannah Socialite (a blend of vanilla and chocolate ice cream laden with Georgia pecans, swirled with bourbon and infused with caramel). The ice cream server tells me that "it's like today's Savannah — rich, boozy, nutty and the life of the party."

How perfect is that?

For more on Georgia, go to www.traveltizers.com and see the Featured Special titled "Georgia's Civil Rights Trail."

< Molly MacPherson's Scottish Pub has the largest section of Single Malt Whiskies on the East Coast.



REGISTER to OTE at YOUR LIBRARY

The Caddo Parish Registrar of Voters office will hold a voter registration drive at Caddo Parish Shreve Memorial Library branches from **Monday, September 17 through Friday, September 28.**

Check our website www.caddovoter.org, or call 318-226-6891 for the full schedule.

Please bring your ID and proof of residency in Caddo Parish.

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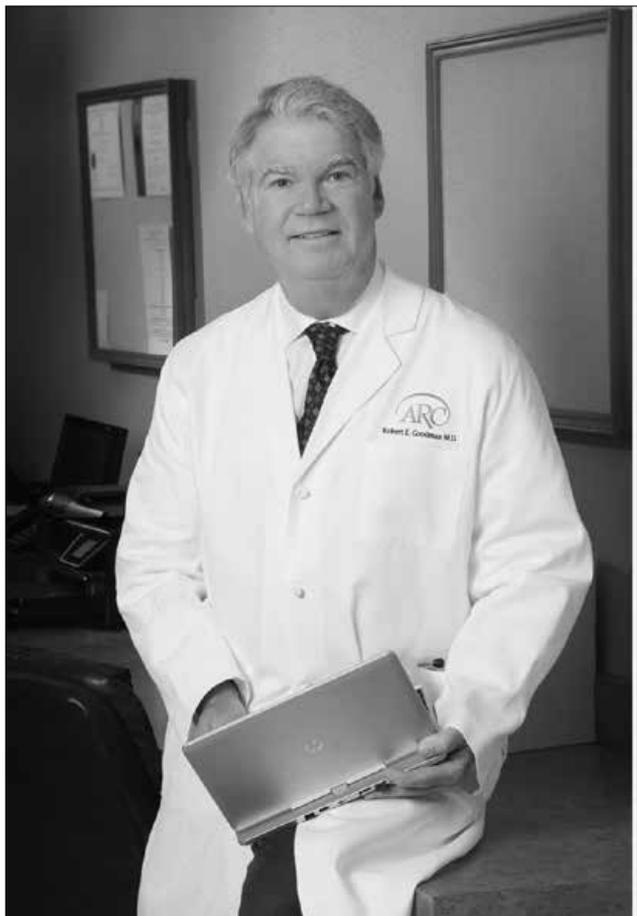
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Elevate Your

Fall Grilling

Smokehouse Maple-Brined Pork Chops

Servings: 4

- $\frac{1}{3}$ cup sea salt
- $\frac{1}{4}$ cup, plus 2 tablespoons and pinch, Smokehouse Maple Seasoning
- $\frac{1}{2}$ cup packed light brown sugar, divided
- 8 cups water, divided
- 4 bone-in center-cut pork chops ($\frac{3}{4}$ -inch thick, about 2 $\frac{1}{2}$ - 2 $\frac{3}{4}$ pounds total)
- vegetable oil
- 1 lemon, cut in half
- 3 tablespoons unsalted butter
- 2 Granny Smith apples, each peeled, cored and cut into six wedges
- 1 tablespoon finely chopped fresh chives (optional)

In medium saucepan, whisk salt, $\frac{1}{4}$ cup seasoning, $\frac{1}{4}$ cup sugar and 4 cups water. Bring to simmer, whisking constantly, until salt and sugar dissolve. Pour in remaining water and mix thoroughly. Transfer brine to large container with lid and cool to room temperature. Add pork chops to brine. Cover and refrigerate 8-10 hours.

Heat grill to medium-high heat.

Remove pork chops from brine and pat dry with paper towels. Brush lightly with oil. Season both sides of pork with 2 tablespoons seasoning.

Grill until bottom side of pork chops are well marked and charred, 7-9 minutes. Flip and grill 4-6 minutes, or until cooked through and internal temperature registers 145 F. Let rest under tented foil.

FAMILY FEATURES

Step outside your comfort zone and create some “wow-worthy” dishes with big flavors with these recipes from chef Roger Mooking from Cooking Channel’s “Man, Fire, Food.”

Get started with these ideas:

- Once ribs are grilled until tender, use a sharp knife to carefully slit skin on the back of each rib for easier bone removal.
- Brine pork chops in the refrigerator for 8-10 hours before grilling to infuse with flavor and help make tender and juicy. Top with caramelized apples cooked in a cast-iron skillet.

Find more great recipes and tips at GrillYourBest.com.



Place large cast-iron skillet on grill. Juice one lemon half into small bowl. Add 1 teaspoon lemon juice and remaining sugar to skillet and stir with heatproof spatula until mixture resembles wet sand. Cook with grill open, stirring frequently, until sugar melts and deepens to amber, about 8 minutes. Add butter and stir until melted. Once foam subsides, add apples. Close grill and cook, stirring gently to coat apples in caramel, until apples are tender-crisp, about 8 minutes. Remove skillet from heat and add remaining lemon juice and pinch of seasoning; stir gently.

Arrange pork chops on platter and top with apples. Zest remaining lemon half over dish. Sprinkle with chives, if desired.

Best-Ever Buffalo Rack O' Ribs Sandwich

Servings: 4

Slaw:

- ¼ cup mayonnaise
- 1 tablespoon lemon juice
- ½ teaspoon seasoned salt, plus additional, to taste
- 1/8 teaspoon coarsely ground black pepper, plus additional, to taste
- 2 cups shredded green cabbage
- ½ cup shredded carrot
- ¼ cup diced celery, chopped
- 2 tablespoons fresh celery leaves
- 2 tablespoons fresh flat-leaf parsley, chopped

Ribs:

- 1 rack (about 2 pounds) baby back ribs
- 3 tablespoons firmly packed brown sugar
- 1 tablespoon Seasoned Salt
- 4 tablespoons hot sauce, divided, plus additional for spreading and serving (optional)

Sandwich:

- 1 soft French loaf (12-14 inches), split
- olive oil

- Seasoned Salt
- coarsely ground black pepper
- ¼ small red onion, thinly sliced
- ¼ cup crumbled blue cheese

To make slaw: In medium bowl, whisk mayonnaise, lemon juice, seasoned salt and pepper. Add cabbage, carrot, celery, celery leaves and parsley; toss to combine. Sprinkle with additional seasoned salt and pepper, to taste.

To make ribs: Prepare grill for indirect medium heat at about 350 F.

Insert butter knife between membrane and bone on backside of ribs. Grab membrane with paper towel then pull to remove membrane; discard. Rub ribs on both sides with brown sugar and seasoned salt. Wrap ribs tightly in aluminum foil and place on indirect-heat side of grill. Grill ribs, turning once until meat is tender and pulling away from bone but not totally falling apart, about 1 hour, 15 minutes - 1 hour, 30 minutes. Remove ribs from grill.



Unwrap ribs and let cool until cool enough to handle. Using sharp knife, carefully slit skin on back of ribs and remove bones, keeping slab in one piece.

Place boneless rib slab on direct-heat side of grill, rounded-side up, and brush top with 2 tablespoons hot sauce. Grill until underside begins to crisp, about 2 minutes. Carefully flip ribs and brush top with the remaining hot sauce. Continue to grill ribs until glossy and caramelized, about 2-3 minutes.

To assemble sandwich: Scoop out most of soft insides of top of French bread to make room for toppings. Brush cut sides with oil and sprinkle with seasoned salt and pepper. Grill on direct-heat side of grill until bread is toasted and grill marks appear, about 3 minutes.

Place ribs on bottom of loaf. Brush with additional hot sauce, if desired, and top with slaw, onions and blue cheese. Cover with top of loaf. Cut into four pieces.

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SAVE the *Date*

Pictures on Exhibition • Sept. 22

CONCERTS

• Lee Greenwood in Concert

Saturday, **September 22** at 8 pm at the Strand Theatre, 619 Louisiana Ave., Shreveport. Lee Greenwood is an icon in country music with 30 albums, seven #1 songs and 25 charted singles to his credit. Tickets are \$55, \$45, \$35, & Students \$25. Call 318-226-8555 or visit thestrandtheatre.com.

• Pictures at an Exhibition

Presented by Shreveport Symphony Orchestra. Saturday, **September 22** at 7:30 pm. First Baptist, 543 Ockley Dr, Shreveport. Experience the pomp and pageantry of Pictures at an Exhibition, along with world renowned violinist Karen Karen Gomyo playing the fiery Shostakovich

concerto. For tickets visit shreveportsymphony.com or call 318-227-8863.

EVENTS

• Balance Matters Classes

Offered by Caddo Council on Aging and presented by Dr. Paula Fenter- Click. Tuesday **September 18 and 25**, 9:30 – 11:30 am. St. Mark's Cathedral, 908 Rutherford Street, Shreveport. Participants will learn techniques to improve their

balance, coordination and strength. Classes are **FREE**, but you must register by calling 318.676.7900.

• Fall Health Fair

Presented by the Bossier Council on Aging. Wednesday, **September 26** at 706 Bearkat Drive, Bossier City from 9 am – 12 pm. Medical professionals, law enforcement, Medicare and other agencies will share valuable information. Vaccinations for Flu, Tetanus, and Pneumonia, available with your Medicare card. Those

wishing to receive vaccinations are requested to call the council prior to the event to ensure an adequate supply. Diabetes screening available. Mobile mammograms available with prior appointments for women aged 40 and up by contacting Jennifer at JGreen2@lsuhsc.edu. **FREE** and open to the senior public. For additional info, contact Marilyn at 318-741-8302.

• Humana Open House

September 25 at 11 am



Lee Greenwood • Sept. 22



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at 1655 E Bert Kouns, Suite 200, Shreveport. Meet the staff, learn about available services, sign up for programs, light refreshments. 318.383.5969.

• **Life Savers Gala Ball**

The Feist-Weiller Cancer Center of LSU Health Shreveport will host its "Life Savers" Gala Ball supporting cancer research and treatment on Saturday, **September 15** at 7 pm in the Riverfront Ballroom of Sam's Town Casino and Resort in Shreveport. This year's theme is "Boots and Bikers". Dinner, open bar, and a silent auction. Music and dancing with "The Wonderfols". Attire is casual western or biker. For more info and tickets, call Darlene Whitaker at 318-813-1485.

• **Shreveport / Bossier City Vintage Guitar and Musical Gear Show**

Presented by J&W Music. **September 8 & 9**, 10 am – 6 pm. Clarion Hotel and Convention Center, 4000 Industrial Drive, Bossier City. Buy, sell or trade. \$8 in advance; \$10 at the door. Active Duty/Veteran \$8 anytime. Purchase advance tickets at J&W Music

Company, 5450 Barksdale Blvd #200, Bossier City. For more info call John at 318-507-5096 or Gary at 318-658-3973 or email jandwmusiccompany@gmail.com

MEETING

• **Ark-La-Tex Genealogical Association Meeting**

Saturday, **September 8** from 1 to 3 PM at the Randle T. Moore Center, 3101 Fairfield Ave, Shreveport. Guest speaker will be Marty Loschen, Historian and Museum Curator, presenting "Keeping Shreveport's History Alive plus an Overview of the Spring Street Historical Museum". **FREE** and open to the public. For more info please call 746-1851 or visit www.altgenealogy.com.

SEMINAR

• **Estate Rescue 2018**
Thursday, **September 13**, 10 a.m. to noon at the Broadmoor Branch Library, 1212 Captain Shreve Drive, Shreveport. Presented by SAFE Planning. Learn about protecting assets from nursing home costs and Medicaid, even if someone is already receiving care. Reserve your

seat at safeplanningseminars.net/event1 or call 318-869-3133. **FREE.**

SENIOR CENTER FUN

• **Caddo Council on Aging**

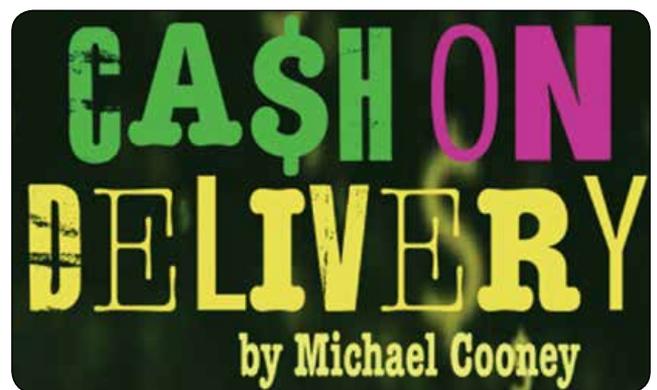
9:30 Coffee and Cookies; 10 am program. CCOA/Valencia Community Center, 1800 Viking Drive, Shreveport. **FREE.** For more information call 676.7900.

- Thursday, **September 6**. 10:00 am "International Cooking With Sneh Manocha"
- Thursday, **September 13**. 10:00 am. "The Adventurous Life of David J. Greer"
- Thursday, **September 20**. 10:00 am. "Chair Aerobics with Nora", Nora Wilbert
- Thursday, **September 27**. 10:00 am. "Consequences of Untreated Hearing Loss" by Sara Smith

• Fridays, **September 7, 14, 21, 28**. 10:00 am Senior Tech Talk. Introduction to Laptops, tablets and smart phones and other tech tips

THEATRE

• **Cash on Delivery**
September 13, 14, 15, 21, & 22 at 7:30 pm; **September 16 & 23** at 2 pm. Shreveport Little Theatre, 812 Margaret Place. This fast-paced British farce concerns a con artist who has duped the welfare authorities for years by claiming every type of benefit for the innumerable people he claims live at his address. He's sent scrambling when investigators show up and he is forced to prove all of his boarders are in fact real. A hilarious comedy about a con that spirals out of control. For tickets 318-424-4439 or visit shreveportlittletheatre.com.



Cash on Delivery • Sept. 13

Turn to page 46 for solutions.

Crossword

Across

- 1 Shipping hazard
- 5 Secret supply
- 10 Loyal
- 14 Dubai dignitary
- 15 Susan Lucci's Emmy role
- 16 First-class
- 17 Inner ____
- 18 Kind of hose
- 19 Sign of secrecy
- 20 Stocks and such
- 22 Proposes
- 24 High time?
- 26 Ski lift
- 27 Bodily properties
- 31 Shade provider
- 35 Kind of press
- 36 Wallop
- 38 Born
- 39 Dwarf buffalo
- 40 Cheerless
- 41 Mideast port
- 42 Agent (Abbr.)
- 43 Kind of cake
- 44 Musical composition
- 45 Lingo
- 47 Trial run
- 49 Bridle part
- 51 Au naturel
- 52 Gritty
- 56 Like some yogurt
- 60 Letter before kappa
- 61 That is, in Latin
- 63 Sandwich shop
- 64 Kind of check
- 65 Red Sea peninsula
- 66 Card catalog abbr.
- 67 Blood pigment
- 68 Unit of money in Norway
- 69 Magi's origin

Down

- 1 ____ carotene
- 2 Outback birds
- 3 Barbecue entree
- 4 Chinese restaurant offering
- 5 Security system part
- 6 Give it a whirl
- 7 Feels punk
- 8 Pathfinder
- 9 Drop behind
- 10 Alehouse
- 11 Some deer
- 12 Squad
- 13 Seals' meals
- 21 It may be grand
- 23 Stare (at)
- 25 Very recently
- 27 Line of cliffs
- 28 Skin problem
- 29 Take as one's own
- 30 Like some lingerie
- 32 ____ time
- 33 Must-haves
- 34 "The Maids" playwright
- 37 Moses' brother
- 40 Classical mythology serpent
- 41 Partygoer
- 43 In ____ of
- 44 Starchy tuberous root
- 46 Showy
- 48 Mame, for one
- 50 Low-water mark
- 52 Actress Lillian of silent films
- 53 Climbing gear
- 54 Energy source
- 55 Nevada city
- 57 Greek salad cheese
- 58 Word of woe
- 59 Knight fight
- 62 Japanese honorific

Crossword

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21			22			23				
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45			46				47		48					
			49			50		51						
52	53	54					55		56			57	58	59
60							61			62		63		
64							65					66		
67							68					69		

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Sudoku

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

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

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

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Word Search

New Orleans

BASIN ST	JAMBALYA
BAYOU	JAZZ
BIG EASY	KATRINA
BLUES	LEVEES
BOURBON ST	MAGNOLIA
CAJUN	MARDI GRAS
CRAB	MUSIC
CRAWFISH	PORT CITY
CREOLE	RITA
DIXIELAND	ROYAL ST
FRENCH QUARTER	SHRIMP
GARDENS	SUPERDOME
GUMBO	THE SAINTS
	VOODOO

— MEET —

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Answers from the Experts



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

My mother has been recently diagnosed with Alzheimer's disease, does she qualify for hospice care under her Medicare benefits?

Medicare will pay 100% for hospice services for Alzheimer's disease and any diagnosis where patients are determined to have a life expectancy of less than six months. Our hospice would need to obtain a physician's order to evaluate your mother to see if she meets the hospice Medicare guidelines of a 6 month prognosis to qualify for hospice care services.



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

How can people partner with healthcare centers to make them a better place to live?

Visit, visit, and visit. Choose a healthcare center and indicate your interest to the Administrator, Activities or Social Services Director. Indicate if you have any special talent or gift, or if you just want to befriend someone. They can likely find a need you can fill that will give some residents a smile and a sense of gratification for you.



Vicki Ott
Highland Place
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 24.

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 12.

What are the symptoms and treatment of torn cartilage?

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



John J. Ferrell, M.D.
Mid South Orthopaedics
7925 Youree Drive;
Suite 210
Shreveport, LA 71105
(318) 424-3400



Have you made prearrangements for your family, or do you still have that to do?

Leaving these decisions to your children on the worst day of their lives is a terrible emotional burden.

Call Today To Receive a **FREE** Family Planning Portfolio

<p>Centuries Memorial 8801 Mansfield Shreveport, LA 71108 (318) 686-4334</p>	<p>Hill Crest Memorial 601 Hwy. 80 East Houghton, LA 71037 (318) 949-9415</p>
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parting ●● ●●●shots

BINGO ON THE BAYOU

The annual fundraiser with clergy bingo callers benefits Catholic Charities of North Louisiana. The event was held on August 11 at East Ridge Country Club.



Bishop Michael G. Duca and Meg Goorley



Cathy Dossier, Mary Ellen Clemons and Alice Dossier



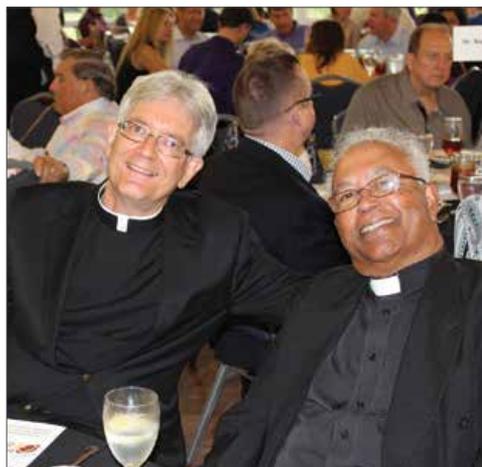
Cathey Cascio and Carol Ferrara



Dorothy and Richard Gust



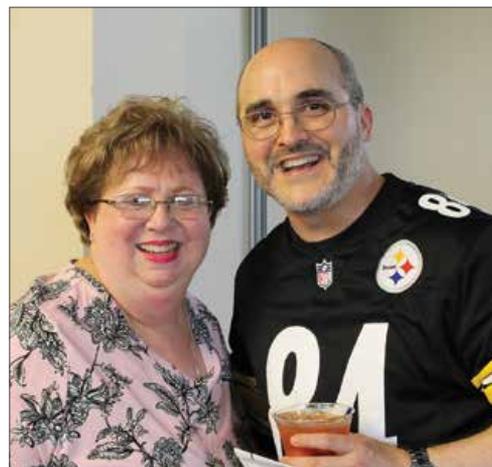
Courtney Batts and Dr. Michael Acurio



Father Mark Watson and Father Joseph Ampatt



Mary Anne Green and Kay Nadar



Donna Barnard and Father Karl Daigle

DISABILITY EXPO

The Disability and Rehab Expo, sponsored by Snell's Orthotics and Prosthetics, was held on Wednesday July 25th at the Louisiana State Exhibit Museum in Shreveport.



Sara Margaret Locke, Courtney Ricketts, and Gwen Hampton



Beverly Thompson, Katie Nance, Cathie Pruitt, and Clint Snell



Top winners of the TBT Poker Rally were Ginny Bates and Elizabeth Beene



TBT Poker Rally judges were Kathleen Ward, John Storey, and Robert Grand



Latonya Foster and Ginny Bates



**Willis-Knighton
HEALTH SYSTEM**

Brian
Heart & Vascular Institute Nurse

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Gary Calligas (left) congratulates the winners of The Best of Times Poker Rally which benefitted the Food Bank of NWLA. (l to r) Elizabeth Beene, Ginny Bates, Danielle Potter, Alexa Montgomery, Bonnie Bumgardner, Courtney Ricketts, Janice Clark, Cathy Clark, Lorrie Nunley, and Dominique Gladney.

BOOK SIGNING

TBoT Radio Hour host Gary Calligas welcomed Greg Asimakis, author of "Does a Frog Remember Its Tail?", for a live remote broadcast and book signing at Barnes & Noble.



Want to Submit Photos to Parting Shots?

Email your photos, including event title, date, location and names of people in the photos to:
editor.calligas@gmail.com



WILLIS-KNIGHTON MASTERWORKS SERIES

Opening Night: Pictures at an Exhibition

Sat., Sept. 22, 7:30 PM

First Baptist Shreveport

Michael Buttermann, conductor

DUN *Passacaglia: Secret of Wind and Birds*

SHOSTAKOVICH Violin Concerto No. 1

Karen Gomyo, violin

MUSSORGSKY *Pictures at an Exhibition*

Experience the pomp and pageantry of *Pictures at an Exhibition*, along with world-renowned violinist **Karen Gomyo** playing the fiery Shostakovich concerto.



www.shreveportsymphony.com
 318.227.TUNE (8863)



SYMPOSIUM

The 7th annual Alzheimer's and Caregivers' Symposium was held on August 11th at Eddie Jones Special Program Center in Shreveport.



Troy Broussard, Stephanie Monroe, Marilyn Vernell



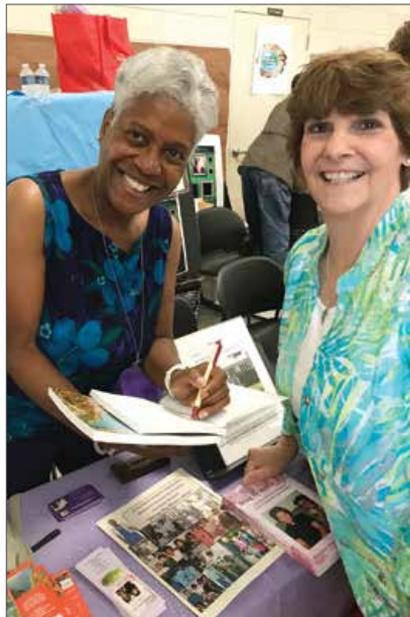
Mena James, Shay Pearson, Mario Moore, Lillian Daniel, Michelle Honeycutt



Roslyn Goodall and Carla Myers



Denise and Randy Stevens



Loretta Veney, speaker and author, autographs her book, "Being My Moms Mom", for Ann Shocklee.

Puzzle ANSWERS

Crossword

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

Sudoku

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

Word Search

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

ELDER LAW ATTORNEY – KYLE A. MOORE

CALL TODAY TO SCHEDULE AN APPOINTMENT AT 318-222-2100

DO YOU FEEL LIKE YOU ARE PARENTING YOUR PARENTS?

- DECIDING IF THEY CAN STAY AT HOME OR IF THEY NEED TO MOVE TO AN ASSISTED LIVING/NURSING HOME?
- ASKING THEM TO STOP DRIVING?
- WONDERING HOW TO PAY FOR THE CARE THEY DESERVE?

WE KNOW THIS IS A STRESSFUL TIME AND WE KNOW THAT HAVING A PLAN CAN HELP!



KYLE A. MOORE



VICKIE T. RECH
CLIENT CARE COORDINATOR
CERTIFIED MEDICAID PLANNER

We are committed to helping seniors, individuals with disabilities, and their families to make informed choices with their long term care. We offer our clients sound legal advice and work with each family to develop an individualized plan to protect their assets from potentially devastating nursing home costs.

Whether you are planning

for the future or already in the nursing home, we can help your family. Do not make these difficult decisions alone. **Schedule an appointment with us today.**

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• ESTATE PLANNING • SUCCESSIONS

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When a higher level of care is needed at "Home" we can help you find the **missing piece!**

Did you know

Regional Hospice provides?

- Medications provided and delivered to your door at no cost*
- Full time Physician available 24/7
- 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 at no cost*
- RN available 24 /7 including holidays and weekends
- Nurse/team visits scheduled as often as needed
- Respiratory Therapist on staff full time
- Physical, Occupational, and Speech Therapist available

Shreveport
318.524.1046

Minden
318.382.9396

Homer
318.927.9217

Coushatta
318.932.9465

"Home"-your home, nursing home, assisted living

*when covered by the plan of care



WE HONOR VETERANS