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APRIL 1

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Stat!

Medical News & Info

Exercise for Migraine: Just Do It



Strength training is the most effective form of exercise for reducing migraine, with high-intensity aerobics coming in second, and both beating top-line migraine medications topiramate and amitriptyline, new research by Department of Neurology and

Neurological Sciences, Stanford University School of Medicine, California suggests. The new results should encourage clinicians to recommend patients with migraine engage in strength-training exercise whenever possible. The findings were published in *The Journal of Headache and Pain*.



Study Suggests Black, Hispanic women with Low Vitamin D More Likely to Develop Breast Cancer

Among women who identified as Black/African American or Hispanic/Latina, those with low blood levels of vitamin D were more likely to develop breast cancer than those with adequate levels. In the study published online in *CANCER*, the link between low vitamin D and breast cancer was particularly evident among Hispanic/Latina women. Over an average follow-up of 9.2 years, women with sufficient vitamin D levels had a 21% lower breast cancer rate than women with vitamin D deficiency (<20 ng/mL). The link was strongest among Hispanic/Latina women, who had a 48% lower rate if they had sufficient vitamin D levels. The link was weaker among Black/African American women, who had an 11% lower rate if they had sufficient vitamin D.



Hypnosis, Meditation are Viable Alternatives for Pain Relief

Adults who pursued pain relief through mindfulness-focused meditation and hypnosis had better long-term effects than those who received education in pain management, according to one of the largest studies of its kind on nonpharmaceutical pain control and relief. Participants had experienced chronic pain not related to cancer for at least three months. At the study's outset, the participants reported moderate or worse pain. Many also had depression, post-traumatic stress disorder and sleep disturbance. By six months post-treatment, clinically meaningful improvements in pain intensity were reported by:

- About 25% of people who had learned self-hypnosis.
- About 22% of those who received training in mindfulness meditation.
- About 9% of those who received pain education.

The findings of this joint UW Medicine/Veterans Affairs Puget Sound Health Care System study were published in the medical journal *Pain*.

More Older Adults Should Be Checking Blood Pressure at Home

Only 48% of people age 50 to 80 who take blood pressure medications or have a health condition that's affected by hypertension regularly check their blood pressure at home or other places, a new study finds. Only 62% say a health care provider encouraged them to perform such checks.



Poll respondents whose providers had recommended they check their blood pressure at home were 3.5 times more likely to do so than those who didn't recall getting such a recommendation. Past research has shown that regular home monitoring can help with blood pressure control, and that better control can mean reduced risk of death; of cardiovascular events including strokes and heart attacks; and of cognitive impairment and dementia. The findings are published in *JAMA Network Open* by a team from Michigan Medicine with data from the National Poll on Healthy Aging.

1 in 8 Americans Over 50 Show Signs of Food Addiction

Whether you call them comfort foods, highly processed foods, junk foods, empty calories or just some of Americans' favorite foods and drinks, a sizable percentage of older Americans have an unhealthy relationship with them. In fact, about 13% of people aged 50 to 80 showed signs of addiction to such foods and beverages in the past year, the new data

from the National Poll on Healthy Aging suggest. The percentage is much higher among women than men – especially women in their 50s and early 60s. It was also higher in older adults who say they are overweight, lonely, or in fair or poor physical or mental health. The most commonly reported symptom of an addiction to highly processed foods in older adults was intense cravings.



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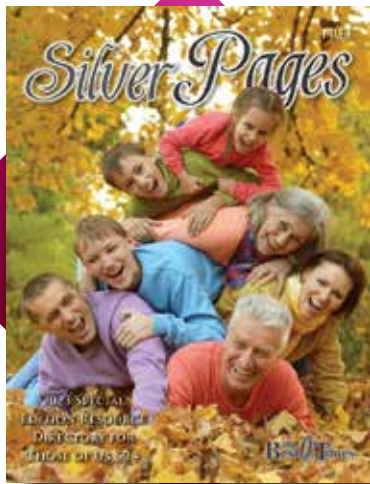
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Oddds & Ends



Silver Pages is Now Available

The 2023 edition of *Silver Pages* resource directory, by the publishers of the award-winning *The Best of Times* magazine, is now available for **FREE** pickup at over 270 distribution locations in northwest Louisiana. Seniors, retirees, veterans, their family members, referral sources and many others use this comprehensive directory throughout the year as an accurate and user-friendly source of valuable information. It is also available for **FREE** viewing and download from our website at www.TheBestOfTimesNews.com and for viewing on our *Silver Pages* APP on Apple and Android devices. This year's edition has been completely updated and includes a Hotlines section and over 30 other categories of information. You may also have a copy mailed to you by sending \$7.00 (for postage and handling), along with your name and address, to Silver Pages, P.O. Box 19510, Shreveport, LA 71149.

Want to Ease the Stress of Downsizing? Keep Photos, Mementos of Cherished Items

Parting with personal items can be a daunting task, often leading to frustration, unhappiness and even a sense of loss. One of the reasons for this is the “endowment effect” – individuals applying more meaning to things they own or view as sentimental. When individuals replace an item with a photo or memento, it satisfies the sense of ownership and makes downsizing easier. That's according to a study from researchers at Cornell University and Chapman University and published in *Journal of Behavioral Decision Making* involving hundreds of participants. The professors determined that mementos can serve as a silver lining to the loss of a sold or donated object, providing a feeling of keeping some element of the item. For people who are trying to declutter their lives, keeping mementos of the items can make decluttering less painful.



Ready to Volunteer...Now What?

Volunteering is a great way to help others but it's also good for you. Studies show that volunteering can help reduce depression, lessen chronic pain and give your brain a boost. And there's no better time than now to explore the volunteer opportunities available in your community. "Ready to Volunteer... Now What? A Guide for Older Adults on Giving Back" can help older adults learn about the benefits of volunteering, types of volunteer opportunities and how to find a local or virtual volunteer opportunity. This national public education campaign aims to ensure that older adults, families and caregivers are aware of some of the ways many much-needed services are now provided - and how the Eldercare Locator can help you find them. To view the brochure visit <https://eldercare.acl.gov/Public/Resources/BROCHURES/docs/HFTH22-Volunteerism-508.pdf>



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6 Ways to Build Lasting Healthy Habits

(Family Features)

Starting on a path toward healthy habits is often easier than maintaining them long term. This year, you can avoid a major pitfall of healthy resolutions and build healthy habits that stick by working small, positive steps into your daily life.

In fact, healthy habits are the first suggested treatment strategy for people whose blood pressure and cholesterol levels are creeping higher than normal, according to an American Heart Association scientific statement.

“The current guidelines for managing high blood pressure and cholesterol recognize that otherwise healthy individuals with mildly or moderately elevated levels of these cardiovascular risk factors should actively attempt to reduce these risks, and increasing physical activity is a great place to start,” said Bethany Barone Gibbs, Ph.D., chair of the statement writing group and chair of the department of epidemiology and biostatistics at West Virginia University School of Public Health.

These six ideas from the American Heart Association’s Healthy for Good Habit Coach can help.

Bust Common Habit-Building Myths

You may be surprised to learn the truth about creating and sticking to healthy habits. One myth is getting healthy means doing things you don’t like. Research shows positive emotions make habits stick, so set your intentions on something you enjoy. Another misconception is big results require big changes, which may lead to overly ambitious habits. However, the simpler the routine is, the more likely it is to become habit.

Work with Your “Brain Loops”

Your brain creates “loops” for habits made up of three things: a cue, a routine and a reward. Each time the loop is repeated, it becomes more routine and may become automatic. Knowing this, you can design cues for developing new, healthy habits, such as setting walking shoes by the bed to start a walking habit. The routine is putting on the



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shoes and walking around the block, and the reward is the pleasant sensations and brighter mood from a morning stroll.

Create Cues That Work for You

Most successful health habits begin with a cue. The cue can be external in your environment or internal in terms of your mindset. The more consistent the cue, the more likely it is to trigger the habit. Hacking your brain's reminder system can help you remember your cue. Some examples of visual cues are placing a sticky note where you'll see it often, keeping a water bottle on your desk or refrigerating fresh veggies at eye level.



Build a Routine That Supports Your Goals

Positive and consistent habits are important to achieve your personal goals. Small habits done consistently can add up to big results. To create a new healthy habit, think through the steps that could lead to your desired outcome. Ask yourself whether you want to do it, if it's easy and if it's high impact. It's important to choose habits that make a difference and move you closer to your goals.

For example, if one of your goals is improving your heart health, a meaningful habit might be to move more. Increasing physical activity can help lower blood pressure and cholesterol along with many other health benefits, Gibbs said.

"Every little bit of activity is better than none," she said. "Even small initial increases of 5-10 minutes a day can yield health benefits."

Use Rewards to Make Habits Stick

Start by choosing a habit you enjoy that's rewarding by itself. If you're more of a dancer than runner, increase your physical activity with an upbeat dance class. You might also look for a more enjoyable version of a new habit, such as getting more fruits and veggies by sipping on a delicious smoothie.

Understand Resets are Part of the Process

New habits are experiments. If they don't stick, you haven't failed. Instead, you've learned what doesn't work, which is useful. Get curious and ask yourself which part of the habit didn't work for you. Maybe the cue was ineffective. Maybe the steps of the routine were too ambitious and you need to split them into smaller, easier steps. If you realize you don't enjoy the habit, stop doing it and try something else.

Find more inspiration and ideas to jumpstart healthy habits this year at heart.org/habits.

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4 Small Steps to Healthy Diabetes Management

Ever feel overwhelmed with trying to maintain healthy habits, especially when it comes to diabetes management? If you find yourself struggling with conquering everything at once, try breaking up your goals into smaller, more manageable ones. Tackle each goal one step at a time, and build on your successes as you achieve your goals by adding a new one to focus on. Wondering where to start? Try one of the healthy ideas below to kickstart a new routine.

EAT MORE VEGETABLES.

The Diabetes Plate Method recommends that half of your plate should be non-starchy vegetables. Vegetables are full of helpful vitamins and minerals, as well as fiber and cancer-preventing phytochemicals. They are also naturally low in calories and carbohydrates. Fresh, frozen, and canned vegetables are all great choices, given you are choosing options without added fat, sodium, and sugar. If you are not used to eating many vegetables in your weekly routine, start slow so you can get acclimated to this new habit. This may look like making one of your meals look like the Diabetes Plate method with half of your plate being vegetables, or



it may mean adding an extra serving of vegetables to one of your meals. Start small, be realistic, and build on your success!

BE MINDFUL OF PORTION SIZES.

Portion distortion is much too common these days, and it can be very harmful if you are trying to manage blood sugar levels. A good first step to minding portion sizes is to start eating your meals on a plate that is nine inches or smaller. This is the recommended plate size for diabetes meal planning, and this can be a helpful start if you're used to building your meals on a larger plate. Also, be mindful of general serving size recommendations, especially for your carbohydrate servings. Ask your healthcare provider

for a diabetes exchange list to learn more about recommended portions. The American Diabetes Association's website, www.diabetes.org, can also assist you with learning more about proper portion sizes.

EAT FISH TWICE A WEEK.

Cardiovascular disease is the top cause of death among people with diabetes. People with diabetes are twice as likely to suffer from a stroke or heart disease compared to those without diabetes.

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Luckily, diet and lifestyle can help reduce the risk. Eating more omega-3 fats, like those from certain types of fish, is one way to help protect your heart. Fish that are high in omega-3 fats include salmon, herring, trout, mackerel, sardines, and albacore tuna. It's also important to choose grilled, baked, or broiled fish instead of fried to avoid extra calories and fat.

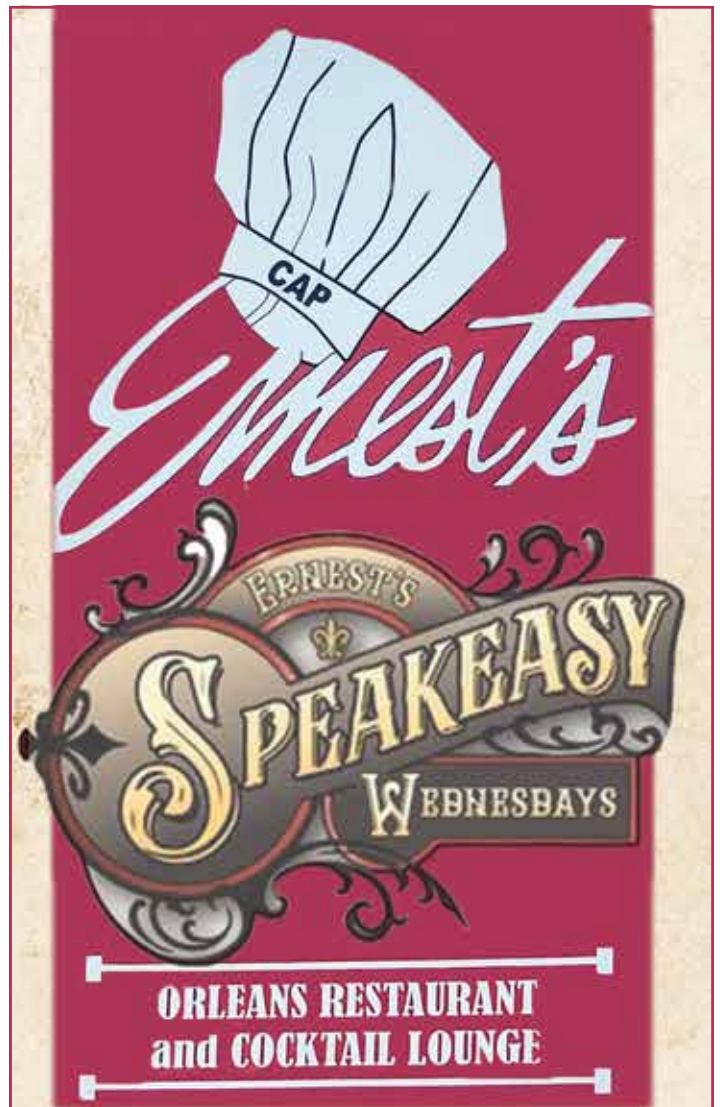
FOCUS ON FIBER.

Research shows that fiber can help with blood sugar management. It also helps keep you fuller for longer and can help lower cholesterol levels. It's recommended that healthy adults eat between 25-38 grams of fiber per day. Start checking nutrition labels and becoming more mindful of how much fiber you are consuming. If you want to start eating more fiber, start slow and increase your intake slowly to avoid stomach upset. Make sure you're drinking plenty of water, too!

Following a lifestyle that is beneficial for diabetes management can seem very overwhelming at first, but breaking up the basics into smaller, more achievable goals, it is more likely that these goals will become habits that stick.



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



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Mistaken for an 89-Year-Old

Early one morning, Joan (not her real name), a 64-year-old patient at a nursing home, collapsed to the floor and was totally unresponsive. An ambulance was called and the emergency medical technician was able to obtain a pulse. The ambulance rushed Joan to the hospital, but before leaving, the nursing home gave Joan's medical chart to the ambulance driver.

Or so they thought.

When Joan arrived at the hospital emergency room, she was still unconscious. The ER doctor took a look at her chart and noticed that the chart was for an 89 year old woman who lived at the same nursing home as Joan. In the confusion, Joan was admitted to the hospital under the name "Jane Doe" and the doctor ordered blood work and a chest X-ray.

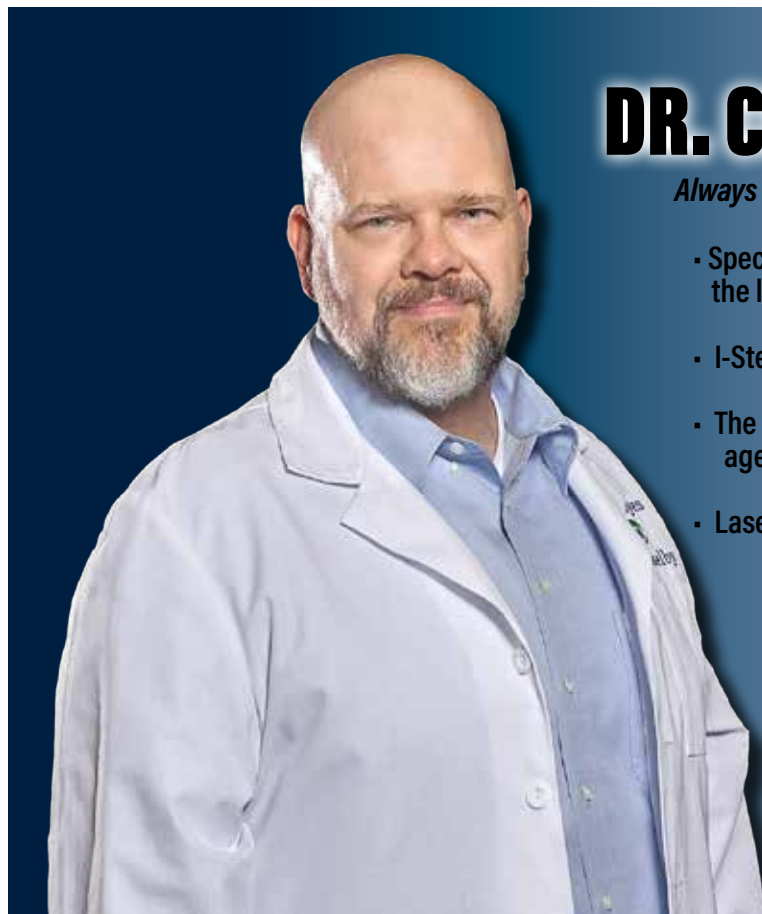
Meanwhile, the nursing home had called Joan's 8 kids when the ambulance had left and they all rushed to the hospital. When they got there, the kids didn't know anything about the wrong chart or the fact that their mother had been admitted as Jane Doe. When they asked for their Mom, the hospital told them that Joan wasn't a patient and that the hospital knew nothing about her. If the kids weren't panicked before, they sure were now. They rushed over to the nursing home and the nursing home assured them that their mother really was a



patient at the hospital. So back to the hospital they went. By the time they had returned, the hospital had gotten Joan's correct chart from the nursing home. The ER doctor reviewed it and immediately called in a cardiologist who sent Joan for emergency heart surgery.

Joan died the next day.

Her 8 kids blamed the nursing home. They thought that if the nursing home had sent the correct chart, then their mother would have been sent for heart surgery right away



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and therefore would have survived. So they sued the nursing home.

The nursing home admitted that it had made a mistake when it sent the wrong chart when Joan, unconscious, was put in the ambulance. But they told the Judge that they shouldn't have to pay for their mistake because, and I'm not making this up, Joan would have died anyway.

Two doctors testified in the case. The first doctor, who had been hired by Joan's family, said that because of the mix-up with the chart, there was a 3 hour delay in determining Joan's identity and condition. According to this first doctor, this delay caused a prolonged loss of blood flow to Joan's heart which decreased her chances of survival. Had she arrived with the correct chart, there would have been no 3 hour delay and the surgeons "would have had a better chance at saving [Joan's] life."

The second doctor, who had been hired by the nursing home, had a different story. He told the Judge that when Joan "arrived at the hospital, her pupils were not reactive, which means her brain was not working; she was completely unresponsive, which signals poor brain activity, and she was put on a ventilator," which the second doctor described as life support. According to this second doctor, Joan had "essentially died" before she ever got to the hospital.

In the end, the Jury realized that no one could guarantee that Joan would have lived had she arrived with the correct chart. But the Jury was convinced that had Joan arrived at the hospital with the correct chart, then she would have had a better chance of survival. Louisiana law says that if a medical mistake "lessened the chance of survival," then the health care professional who made the mistake has to pay for the mistake.

The Jury considered how close Joan was to her large family and also considered that Joan was at the nursing home for rehabilitation and everyone expected Joan to go back home once she completed her rehab.

The Jury awarded Joan's family \$150,000.

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



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The U.S. Constitution and the Fourth Amendment

This month I am continuing my discussion of the United States Constitution. In last month's article we discussed the first three amendments to the U.S. Constitution. Some of the most discussed amendments to the United States Constitution are the next three amendments that I will discuss over the next three articles. Numerous law cases and volumes of law books and journals have been written to discuss all the effects of these amendments on criminal cases and people in our society. Needless to say, these next three articles will give only a cursory view of the amendments and will provide some of the reasons our founders felt these amendments needed to be passed.

This month we will consider the Fourth Amendment to the United States Constitution, which is also known as the Search and Seizure Amendment. The Fourth Amendment provides:

The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no warrants shall issue, but upon probable cause, supported by oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized.

Prior to the Revolutionary War, British soldiers were able to enter the colonists' homes and search them at will. They

did not have to have any authority from the court or a judge to enter the home and search. Many times, when the soldiers searched, they would empty cabinets, closets, trunks, and often times would destroy or take property from the person's home they were searching. The Drafters of the Constitution did not want the government, or those acting on behalf of the government, to have unfettered authority to enter and search property or seize a person from their home.

The Fourth Amendment requires the government, or anyone acting on its behalf, to obtain a warrant before entering a person's home or property to search for evidence against that person. This includes papers and effects, such as computers and cellphones. The warrant has to specifically identify

what the government is looking for and the location that is to be searched with particularity. An affidavit has to be attached to the warrant stating what probable cause exists to believe that the items sought to be discovered are located in the place to be search. The affidavit and search warrant then have to be reviewed by a judge, and if the judge determines that the warrant and order support the search, the judge will grant the order to search the property. Only under special exceptions that have



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been granted by court cases over the years, private property cannot be searched by government officials without a warrant. Government officials under this statute include sheriffs, game wardens, state police, FBI Agents, or any other official acting on behalf of the government.

In addition, the Fourth Amendment protects persons against seizure without a warrant unless the officer witnesses the crime occurring in their presence or the person is present at the scene of a crime and the officer determines a crime occurred. If the officer needs to arrest a person after an investigation, the officer has to provide a judge with an arrest warrant supported by a probable cause affidavit that shows the person to be arrested has been determined to have committed a crime. The judge will review the arrest warrant and the affidavit, and if probable cause exists, the judge will sign the arrest warrant so that the person can be seized and arrested. Again, this was placed in our Constitution due to abuses by British soldiers arresting people without probable cause and placing them in jail.



As you can see, our Constitution was drafted by thoughtful men. We will continue our journey through the Constitution next month talking about the Fifth Amendment.

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

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Spring Cleaning: Decluttering Inside and Out

Spring is certainly in the air and many of us will naturally begin to think about sprucing up and cleaning around our homes and yards. As we clean closets and gutters from all that has accumulated over the winter, let's remember to "Spring Clean" our internal closets and gutters as well. Here are some suggestions to get us started.

- **An attitude of gratitude:** I find that gratitude is always a good place to begin. As we move through items that need to be disposed of, or sent on to recycle, it is helpful to detach from the item with a "thank you" for the service it provided. The process for internal cleaning is remarkably similar. What thoughts or beliefs am I ready to let go? Thank them and send them on with appreciation for how they have previously served you.
- **Challenge internal dialogue:** We all talk to ourselves. Whenever we hear negative internal dialogue, challenge them with the questions: "Is this true?" and "How would my life be different if I changed this thought?"
- **Listen to music/positive podcasts:** On the work commute in the morning, give yourself a "time-out" from news and negativity. Crank up your favorite tunes or listen to a POSITIVE podcast. (Maybe even *Strategies for Living!*)
- **Step up sleep hygiene:** Deep sleep clears toxins from the brain. Studies have proven that deep sleep is critical to the brain's waste removal system, so make sure you are getting adequate sleep nightly. No screen time an hour before bedtime; so, move computers, televisions, and devices from the bedroom. Challenge yourself to make the bedroom exclusively for sleep and sex.



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• *Feelings follow behavior:* Studies show that filth and clutter are associated with negative thoughts, depression, anxiety, and lack of sleep. Cleaning and decluttering can help diminish all of that.

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Social Media & Other Basics

for the Not-So-Computer-Savvy

by Kimberly Blaker

Now, more than ever, it's possible to feel like part of your family and friends' lives, even when apart. Social media and other platforms and apps make it easy to stay connected right from your personal computer, laptop, phone, and other handheld devices. Yet, because there are so many social platforms and apps, it might feel confusing to keep track of what you can do with each and how they work. The following basics should help you get started!

APPS (APPLICATIONS)

'Apps' is short for applications: programs that you can download to your devices instead of using an internet browser. They're found in an application store on your device (App Store on iOS/Apple devices, Google Play Store on Android and Google devices, or Windows Store on Windows devices). Just click on the app store for your device to download free or paid apps or to see what you've already installed.



Apps are available for almost anything you can think of: games (e.g., New York Times Crossword, Words With Friends), social media (e.g., Facebook, Instagram, Twitter, TikTok), reading (e.g., Kindle, Libby), video streaming (e.g., Netflix, Hulu), shopping (e.g., Amazon, Target), and more. Apps are organized in app stores by category. You can also search by most popular or by name or type of apps.



TikTok

TikTok is a short video-based social media app and website. You can create 15-second to one-minute videos and share them to your account for others

to see. You can also edit videos by putting together short clips, using filters to alter the video's appearance, and adding audio from other users or songs. Videos can be seen by your followers, found by others searching by hashtags (searchable phrases preceded by a # sign), or on the 'for you page' that all users can see.

When viewing others' videos, you can tap a heart on the right to indicate you like a video. You can tap a speech bubble to read or leave a comment. You can also tap the user's handle (@ followed by a unique name) to see more videos they've created. People use TikTok in various creative ways, and you can even participate in challenges, dances, or trends.



Instagram

Instagram is a social media app and site based on posting pictures and videos. Users can create a post that displays on their account page and the homepage timeline of their followers. You can

also comment on posts, 'like' them by tapping the heart underneath, or share them with friends or to your 'story.'

Instagram 'stories' are temporary posts members can share for up to 24 hours. These are found in the small circle profile pictures at the top of the home screen or user pages. Besides individuals, many companies and organizations use Instagram to reach users, sell products, or share information.

Facebook

Facebook is a popular social media app and website. You add 'friends' who can see your posts and whose posts you can see on a home screen. Users also have their own main page. There you can see the user's profile picture, information about them, and photos, links, videos, or other posts they've shared.

You can also follow 'pages' on an unlimited number of interests, including celebrities, TV shows, movies, towns, restaurants, companies, non-profits, social causes, politics, and more.

Many Facebook users also join various 'groups' that match their lives and interests, locally, nationally, and even internationally.

Facebook users interact by posting on each other's 'walls' or interacting with posts through reaction buttons, comments, or sharing. With Facebook Messenger, you can even send private, direct messages to those on your friends list. There's also Facebook Messenger Kids for children under 13 who can message guardian-approved people under a guardian's account.



Twitter

Twitter is another social media app and website. Users can post 'tweets,' which are short messages up to 280 characters. Tweets may include a link, video, picture, or retweet (sharing a tweet from another user). You can 'follow' people you know, strangers,



celebrities, companies, and organizations to see their posts on your homepage on Twitter. You can also see the 'timelines' of other users or post to your own timeline for your followers to see. Users often add specific hashtags (see above). With the explore feature, you can look up hashtags or particular words and what's trending (top hashtags or popular phrases at the time).



BLOGS

Blogs are basically web pages run by one or more individuals working to share information, usually in a specific niche, in an often informal way. Anyone can visit a blog. Blogs may be found in a web search or by recommendation.

Typically, blogs have a reverse timeline on their main page. The most recent post is usually first, with the rest shown in reverse chronological order. They typically include writing about the topic and may include pictures, videos, recipes, or links to other pages or products. Menu tabs or blocks are usually near the top of the page to click so you can explore the blog or an 'about' section to learn more about the author/s and the blog. Authors often encourage visitors to leave comments at the bottom of their posts, follow the blog site for updates, or sign up for email lists.

POSTING PHOTOS

On social media platforms, users can post photos or videos to share with friends or followers. The exact method varies depending on the platform. But many have either a plus sign or a button to click that says "post." If you're using an app to post photos, you may need to give permission for it to access your saved images. You can also usually take a picture or video while in the app. You should see a screen notification that your photographs or videos have been posted. But to check, you can look at your own profile or ask someone you know to look at your page from their account.



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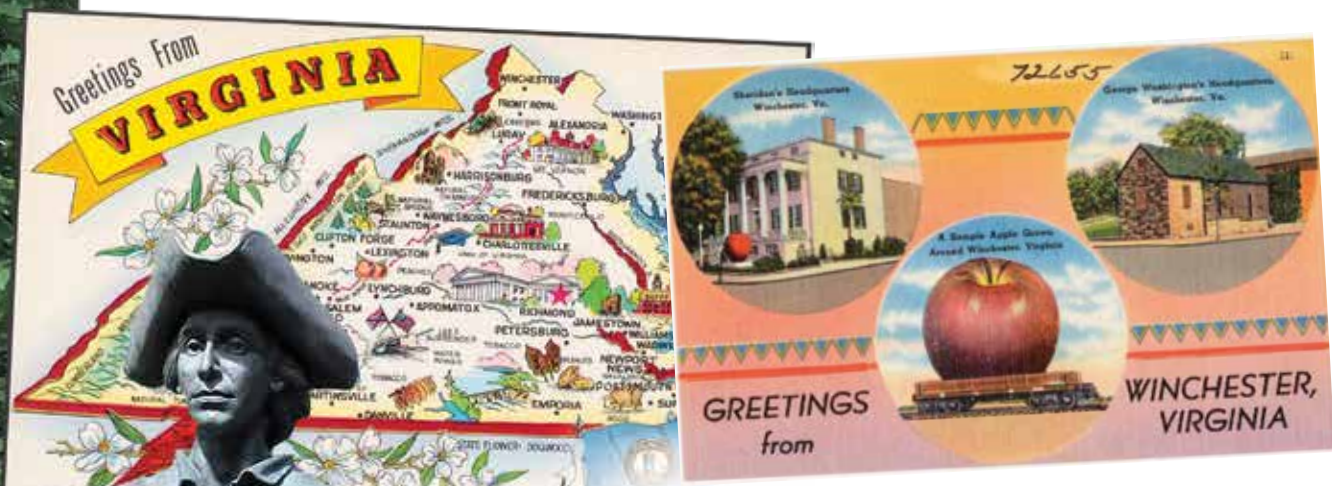
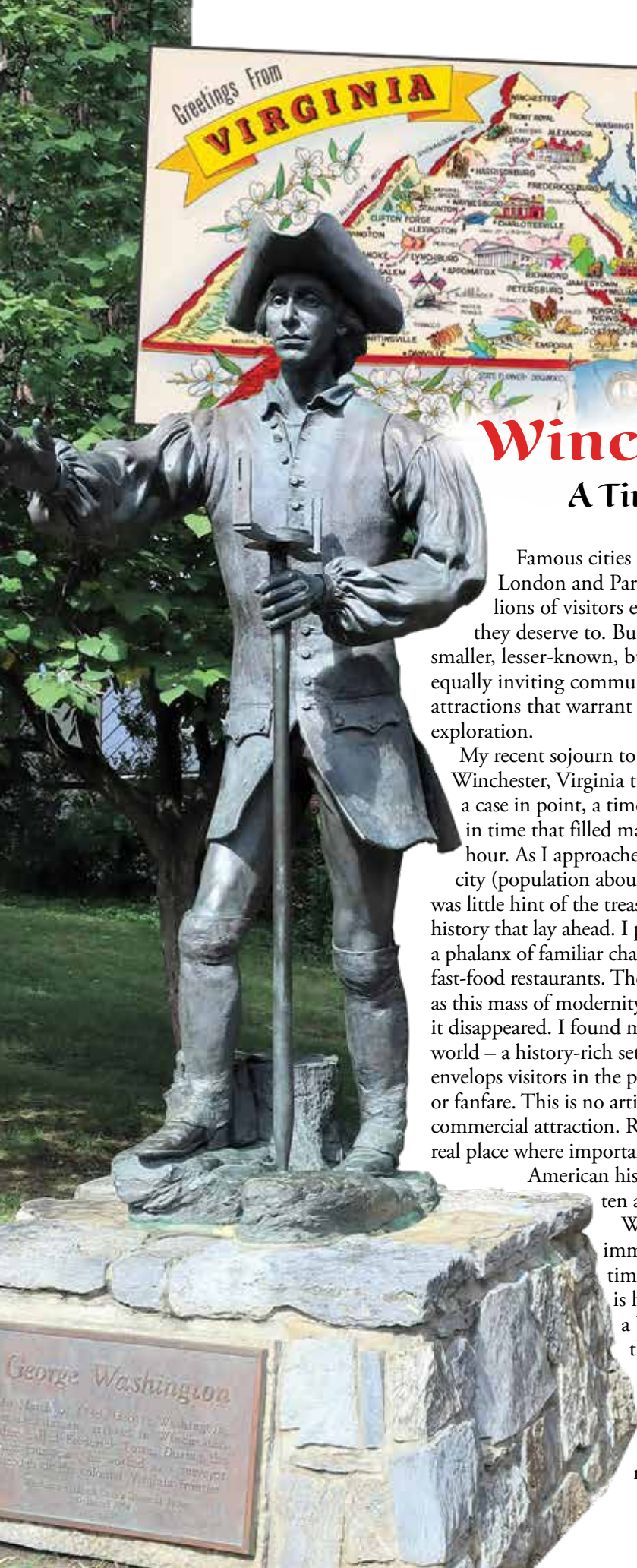
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Winchester, Virginia: A Time Travel Trip Back in Time

By Victor Block

Famous cities like New York, London and Paris attract millions of visitors each year, and they deserve to. But many much smaller, lesser-known, but in ways equally inviting communities, also boast attractions that warrant a stopover and exploration.

My recent sojourn to the town of Winchester, Virginia turned out to be a case in point, a time travel trip back in time that filled many a fascinating hour. As I approached the miniscule city (population about 28,000), there was little hint of the treasure trove of history that lay ahead. I passed through a phalanx of familiar chain stores and fast-food restaurants. Then, as suddenly as this mass of modernity had appeared, it disappeared. I found myself in another world – a history-rich setting which envelops visitors in the past without fuss or fanfare. This is no artificially created commercial attraction. Rather, it's a real place where important chapters of American history were written and remain.

What makes this immersion in earlier times so impressive is how it serves as a backdrop for the memories that were born there. One example: There are so many references to,

and touches of, the presence of George Washington that by the time you leave town, you have new insight into the man behind the fame.

Washington's life is closely intertwined with the story of Winchester. He arrived at the tender age of 16 in 1748, four years after the town was founded, to help survey land. During the next 10 years he went on to become commander of Virginia's Militia regiment; planned and oversaw construction of more than 80 forts to provide protection for settlers from attack, and was chosen to serve as a delegate in the House of Burgesses, representing Winchester and Frederick County.

Remnants of Fort Loudoun, which was Washington's headquarters from 1756 to 1758, are among numerous traces of his time in the area. So is the tiny log and stone George Washington's Office Museum, whose displays include his written orders to soldiers concerning "tippling" and "Rules of Civility and Decent Behavior," which he wrote at age 14.

Other notable men and women, historic structures and mesmerizing museums add to the appeal of Winchester and its surroundings. A number of significant sites sit in the Winchester Historic District. It encompasses 1,116 buildings dating from the 18th to mid-20th centuries. They range from log buildings and early stone houses to Federal-style town homes and elegant Victorian residences.

The heart of the district is marked by

the stately Greek Revival Frederick County Courthouse. It was completed in 1840, just in time to serve as a hospital and prison for both the Union and Confederate armies. Graffiti on some walls dates back to the military occupation of the building, which today houses a Civil War museum.

Reminders of that conflict are scattered about the area like shotgun shells. Six major battles raged there and control of Winchester changed hands more than 70 times.

Visitors may relive those skirmishes at three Civil War museums, battlefields, remains of forts and other sites. The home used by Stonewall Jackson as his headquarters during the winter of 1861-1862 contains a large collection of his personal objects and memorabilia.

After admiring Jackson's imposing office desk, and a smaller traveling version, I turned my attention to an unfamiliar Confederate flag. I learned that it's the battle banner from which the more recognizable Confederate pennant evolved.

Even more intriguing to me was Jackson's sword, which earned the nickname "Rusted Blade." It turns out that Stonewall was not the most fastidious of self-groomers and his lack of care extended to the ceremonial rapier. It rusted so badly that eventually he could not withdraw it from the scabbard.

After delving deeply into the Revolutionary and Civil War history of the Winchester area, I turned my attention to the variety of other attractions the destination offers. Food and beverages rank high on that list.

For many people, Frederick County, Virginia means apples. The Shenandoah Valley was the largest apple-growing region in the country in the early 1800s. While that claim is no longer valid, the fruit continue to hold an important place in the region's rich agricultural heritage.

Outstanding wine, along with other libations, adds to the taste bud treats available in the area. My sampling at the family-owned, award-winning Briede (pronounced BREE-day) Family Winery included its locally crafted wine-flavored ice cream. A very different experience awaited at Misty Mountain Meadworks, which concocts the world's oldest alcoholic beverage using Virginia honey. Where there are apples there is cider, and the English-style hard liquid is created from locally grown fruit.

Speaking of locally grown, that applies to Patsy Cline, the Winchester native who became a leading country and pop music singer whose professional career (1954-1963) was cut short when she died in a plane crash. Her modest house museum depicts the hard-scrabble life she led before she became a local hero.

Heroes of various kinds have been part of the story of Winchester, Virginia. Accounts of their lives are among a number of reasons to visit there – and, as I quickly learned, there are many more.



George Washington's Office Museum

For more information about Winchester, log onto visitwinchesterva.com.

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Big News from Rich Little

For those of us who lived through the 70s and 80s, the comedic impressionist Rich Little was everywhere on television. While he guest-starred in many classic TV shows, Little will always be remembered for his hilarious appearances on the Dean Martin Celebrity Roast TV series in the 1970s and early 80s.

“I look back on those Dean Martin Roasts – and I did 24 (about half) of them – with much affection,” said Little from Las Vegas where he has been a long-time resident. “Aside from Ruthuzzi, I’m the only regular from the show who is still alive. I’m blessed to still be working.”

Turning 85 later this year, Little has been delighting audiences with his visual and vocal celebrity impressions for the past 7 years during his residency at the Laugh Factory comedy club on the third-floor showroom of the Las Vegas Tropicana hotel. He recently extended his autobiographical one-man show into the new year and will continue performing “Rich Little Live” four evenings a week.

“Originally, I planned to be there only a couple of weeks, but it just took off,” he said. “I’m doing shows at 6:30 pm Sundays through Wednesdays now.”

Little also recently updated his 2016 semi-autobiographical book, “Little by

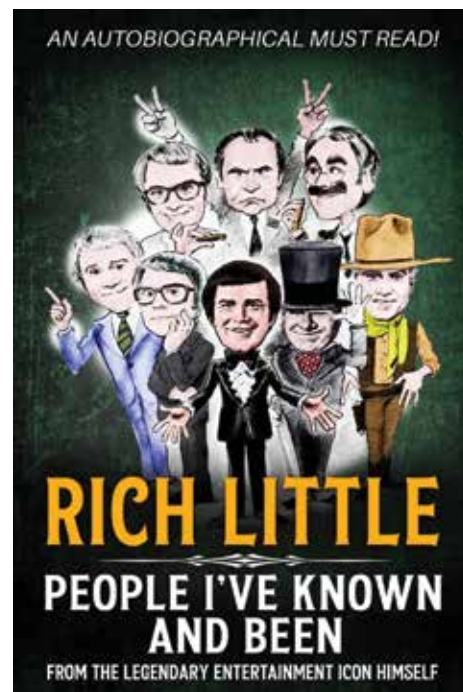
Little: People I’ve Known and Been” (see www.therichlittle.com).

“I added new chapters, including one on Don Rickles who passed away a few years ago, made some corrections, and gave it a new cover,” he explained. “I also mention a lot of other people I didn’t talk about the first time around. It’s not really a biography, but rather a collection of the funny things that have happened with me and the celebrities I’ve known through the years.”

Originally from Canada, Little credits Mel Tormé for helping him crack the U.S. entertainment scene when the singer secured him a spot on “The Judy Garland Show” in early 1964. Garland’s spontaneous joy at Little’s impressions of Jimmy Stewart, James Mason, and others was contagious and the rookie comedian was soon crowned the premier Hollywood impressionist. This year, he will also receive a special honor from his native home.

“I will be receiving the Order of Canada that recognizes Canadians who have made significant contributions to our nation throughout their lives,” said Little proudly. “I guess they found out I was still living and decided to give it to me! I have dual citizenship with Canada and America and became a U.S. citizen about 10 years ago.”

In addition to his entertainment

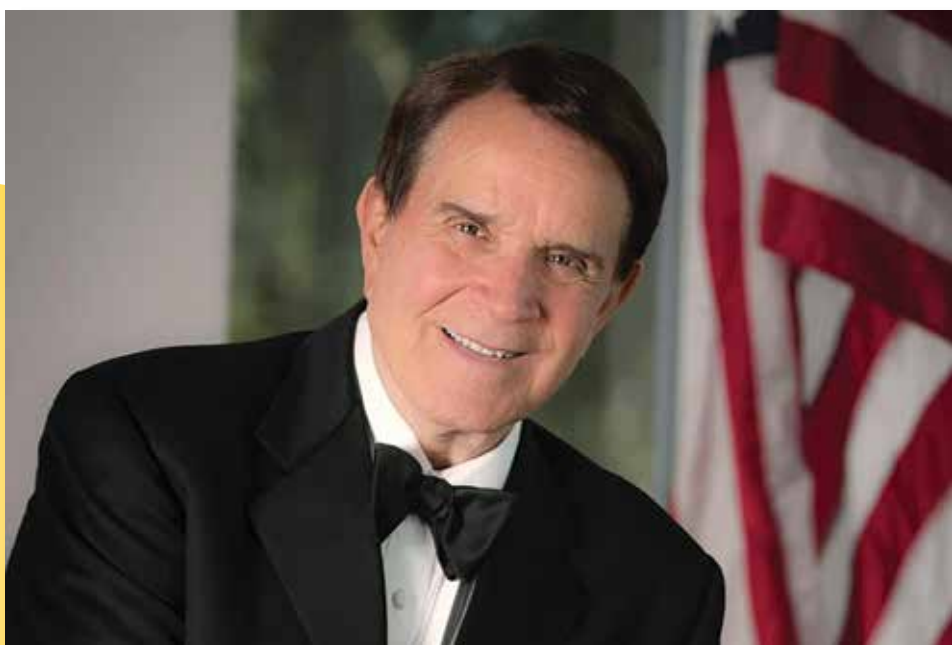


impressions, Little is known for poking fun at presidents, particularly Reagan and Nixon. He added Biden to his current routine, but doesn’t do Trump or Obama. While his impressions have never been mean-spirited, he’s aware that contemporary political humor can be divisive.

“People are more sensitive now and everything has to be politically correct, so it’s a little tougher to imitate politicians these days compared to 30 or 40 years ago,” he says.

Nevertheless, as he heads into a new year with his updated book, recognition from his home country, and headlining at a major Las Vegas hotel, the demand for his live shows confirms that Rich Little continues to impress.

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



*Above: Cover of Little's book
Left: Comedian Rich Little
(photos courtesy of Little's publicist)*



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Easter Mysteries

This year during the season of Lent, Easter Sunday falls on April 9. But as a child this reoccurring religious observance puzzled me. I couldn't understand why Easter never fell on the same day each year like Christmas or Halloween (or the more recent annual event, Squirrel Appreciation Day which is January 21st in case you're planning to store some nuts for next year).

My parents attempted to explain the calendar-jumping by declaring Easter was "the first Sunday after the Paschal full moon following the northern hemisphere's vernal equinox." This was as clear as a lump of Christmas coal to a 7-year-old.

The term "Lent" was a mystery, too. I still recall one year when a young school chum convinced me this was a time when we were morally obliged to lend money to friends who asked for it. So when my buddy demanded a few dollars, I dutifully lent.

Recognizing me as a rather gullible child, the same crafty kid later informed me that if you neglected to demand your money back before Easter Sunday, you lost it. I lost it. My parents scolded me for being so easily swindled.

Another Easter puzzler for me was its association with rabbits since there are no such critters in Christian history: my Sunday School classes made no reference to rabbits used for burnt offerings, John the Baptist never exclaimed "Behold the Hare of God," and none of the ten plagues depicted in Exodus described hordes of bouncing bunnies terrorizing Egypt.

And where about eggs? Where did they fit into the Easter scheme of things? Rabbits don't lay eggs, no matter how much you encourage them. Reptiles do, but my suggestion in a letter to the editor of a local newspaper proposing the introduction of an enchanting Easter gecko mascot never caught on – although I've always suspected a national insurance company might have got wind of it. As for the Easter eggs, they are not just ordinary eggs, of course. Oh no. In the U.S., they have to be dyed and decorated.

Fluctuating dates, Lent, rabbits, eggs – I gave up long ago



trying to figure it all out. But it does bring to mind an old Martha Stewart TV segment where the lifestyle guru wryly claimed that feeding chickens with colored fruits or vegetables could produce colored eggs.

"Interesting," I remember thinking at the time, as I raced out the door to buy a can of beet juice to test the theory on our own hens.

"Still gullible, huh?" mocked a family member, pointing out on my return that Stewart's show was originally broadcast on April 1.

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



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C	O	N	E	D	W	H	A	L	E	O	N	E
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L	A	V	A	E	R	I	E	A	L	L	O	T
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M	J	O	Y	S	F	I	S	S	A	M	N	J	F	C	A	R	A
B	O	A	C	F	E	A	G	T	F	E	C	O	T	O	C	F	L
J	E	B	E	Q	N	L	H	J	O	V	E	Y	T	E	R	U	
R	T	L	N	Z	A	E	I	D	P	A	X	A	B	N	R	E	S
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T	J	I	Z	N	B	G	L	R	Z	T	O	A	A	L	A	K	E
E	F	S	O	B	E	T	E	J	S	T	K	S	W	N	C	Y	
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3	5	8	6	7	4	2	9	1									
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9	1	7	3	2	5	4	8	6									
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8	6	1	5	4	3	9	7	2									
7	3	5	8	9	2	1	6	4									
2	4	9	1	6	7	3	5	8									



A Mission for Nutrition

FAMILY FEATURES

Setting out on a mission to eat healthier starts with creating goals and working to achieve them with those you love. To help make nutritious eating more manageable, call together your family and work with one another to create a menu everyone can enjoy while staying on track. Connecting an array of recipes that all can agree on starts with versatile ingredients like dairy. Gathering at the table with your loved ones while enjoying delicious, nutritious recipes featuring yogurt, cheese and milk can nourish both body and soul. To find more nutritious meal ideas to fuel your family's health goals, visit MilkMeansMore.org.

Feta Roasted Salmon and Tomatoes

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More; Prep time: 15 minutes; Cook time: 15 minutes; Servings: 4

Nonstick cooking spray	¼ teaspoon salt
3 cups halved cherry tomatoes	½ teaspoon coarsely ground black pepper, divided
2 teaspoons olive oil	1½ pounds salmon or halibut fillets, cut into four serving-size pieces
1 teaspoon minced garlic	1 cup (4 ounces) crumbled feta cheese
½ teaspoon dried oregano or dried dill weed	

Preheat oven to 425° F. Line 18-by-13-by-1-inch baking pan with foil. Lightly spray foil with nonstick cooking spray. Set aside.

In medium bowl, toss tomatoes, olive oil, garlic, oregano or dill weed, salt and ¼ teaspoon pepper.

Place fish pieces, skin side down, on one side of prepared pan. Sprinkle with remaining pepper. Lightly press feta cheese on top of fish. Pour tomato mixture on other side of prepared pan. Bake, uncovered, 12-15 minutes, or until fish flakes easily with fork.

Place salmon on serving plates. Spoon tomato mixture over top.

Grilled Chicken Gyros

Recipe courtesy of Kirsten Kubert of "Comfortably Domestic" on behalf of Milk Means More; Prep time: 30 minutes, plus 30 minutes chill time; Cook time: 20 minutes; Servings: 8

Chicken:

- 3 tablespoons unsalted butter, melted
- 2 tablespoons chopped fresh dill
- 1 tablespoon chopped fresh oregano
- 2 cloves garlic, peeled and minced
- 3 tablespoons freshly squeezed lemon juice
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 2 pounds boneless, skinless chicken breasts

Yogurt Sauce:

- 1½ cups plain, whole-milk yogurt
- 1½ tablespoons freshly squeezed lemon juice
- ½ cup diced cucumber
- 2 tablespoons chopped fresh dill
- 1 clove garlic, peeled and minced
- ¼ teaspoon kosher salt
- ⅛ teaspoon black pepper
- 3 - 4 small loaves whole-wheat pita bread, halved lengthwise
- 1 cup thinly sliced tomatoes
- ½ cup thinly sliced red onion

To make chicken: Place melted butter, dill, oregano, garlic, lemon juice, salt and pepper in gallon-size zip-top freezer bag. Seal bag and shake contents to combine. Add chicken. Seal bag, pressing air out of bag. Shake chicken to coat with marinade. Refrigerate chicken in marinade 30 minutes.

To make yogurt sauce: Stir yogurt, lemon juice, diced cucumber, dill, garlic, salt and pepper. Cover sauce and refrigerate.

Heat grill to medium heat. Grill chicken over direct heat, about 10 minutes per side, until cooked through. Transfer chicken to cutting board and rest 10 minutes. Thinly slice chicken across grain.

Serve chicken on pita bread with tomatoes, red onion and yogurt sauce.



15-Minute Weeknight Pasta

Recipe courtesy of Kirsten Kubert of "Comfortably Domestic" on behalf of Milk Means More; Prep time: 5 minutes; Cook time: 10 minutes; Servings: 6

- | | |
|---------------------------------------|---|
| 6 quarts water | ¼ teaspoon black pepper |
| 16 ounces linguine or penne pasta | 2 cloves garlic, peeled and minced |
| 2 tablespoons unsalted butter | 1 cup reserved pasta water |
| ½ cup thinly sliced onion | 1 teaspoon finely grated lemon zest |
| 1 cup thinly sliced carrots | ½ cup smoked provolone cheese, shredded |
| 1 cup thinly sliced sweet bell pepper | ¼ cup chopped fresh parsley (optional) |
| ½ cup grape tomatoes, halved | Parmesan cheese (optional) |
| 1 teaspoon kosher salt | |

Bring water to rolling boil and prepare pasta according to package directions for al dente texture, reserving 1 cup pasta water.

In large skillet over medium heat, melt butter. Stir in onions, carrots and sweet bell peppers. Saute vegetables about 5 minutes, or until they brighten in color and begin to soften. Add tomatoes, salt, pepper and garlic. Cook and stir 1 minute to allow tomatoes to release juices.

Pour reserved pasta water into skillet, stirring well. Bring sauce to boil. Reduce heat to medium-low and simmer 3 minutes. Taste sauce and adjust seasonings, as desired.

Transfer drained pasta to skillet along with lemon zest and smoked provolone cheese, tossing well to coat. Serve immediately with fresh parsley and Parmesan cheese, if desired.



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Food Bank of Northwest Louisiana

WORD SEARCH

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

What on Earth?

- | | |
|------------|-----------|
| Aquifer | Island |
| Basin | Isthmus |
| Bay | Jungle |
| Canyon | Lake |
| Cape | Massif |
| Coast | Mesa |
| Delta | Mountain |
| Desert | Ocean |
| Earthquake | Peninsula |
| Elevation | Plateau |
| Erosion | Ravine |
| Fen | River |
| Fjord | Soil |
| Forest | Strait |
| Geyser | Valley |
| Glacier | Volcano |
| Hill | Water |
| Iceberg | Wetlands |

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

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 Please submit only one survey per person.

Senior Perspectives newspaper is a member of the North American Mature Publishers Association. NAMPA is a nonprofit, nationwide network of publishers whose mission is to bring excellence in information and marketing to the 50+ demographic.

The survey answers will help our publications understand where we can improve and serve our audiences and customers better.

*A \$500 cash prize will be awarded to one survey participant chosen at random from completed surveys received by July, 7, 2023. Multiple entries from the same person will be eliminated from the drawing. To be eligible for the cash prize, you must provide your name and a valid email address. Please note: We will not sell your personal information to any third parties or use it to market products to you.

CROSSWORD

Across

- 1 Runway walker
- 6 Commotions
- 10 LaBeouf of film
- 14 Pueblo brick
- 15 Donate
- 16 Keep an eye on
- 17 Small band
- 18 Fruit drink
- 20 "... ___ he drove out of sight"
- 21 Confined, with "up"
- 23 Radioactive gaseous element
- 24 Numerous
- 25 Appear
- 27 Olympic athletes
- 30 Switchblade
- 31 Tit for ___
- 34 Funnel-shaped
- 35 Humpback, e.g.
- 36 Indivisible
- 37 Colonel or captain
- 38 Symbol of freshness
- 39 Public relations effort
- 40 Bar order
- 41 Hindu worker
- 42 Bowie's last stand
- 43 Good thing to break
- 44 Onion's kin
- 45 Sports coat
- 46 Strikes
- 47 Mute
- 48 It's debatable
- 51 Kind of bean
- 52 Headlight setting
- 55 Good luck items
- 58 Family girl
- 60 It goes with the flow

- 61 Keystone State port
- 62 Dole out
- 63 Biblical plot
- 64 Freshwater fish
- 65 "Crazy" singer Patsy

Down

- 1 Defensive spray
- 2 Polecat's defense
- 3 Capitol feature
- 4 Fall back
- 5 Large feline
- 6 Torment
- 7 Soil
- 8 Egg cells
- 9 Rep.'s counterpart
- 10 The turf in "surf and turf"
- 11 Top dog
- 12 Prefix with China
- 13 Yemeni city
- 19 Small growth of trees
- 22 "Star Trek" rank (Abbr.)
- 24 Not bold
- 25 ___ apso (dog)
- 26 Not to be trusted
- 27 Fragment
- 28 Australian "bear"
- 29 Kind of tube
- 30 Avoid dealing with
- 31 Shade of yellow
- 32 Japanese cartoon art
- 33 Pavarotti, notably
- 35 Walk through water
- 38 The Everly Brothers, e.g.
- 39 Thick slice
- 41 More cunning
- 42 Farmer's

1	2	3	4	5		6	7	8	9		10	11	12	13	
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55						56	57					58	59		
60						61						62			
63						64						65			

- calendar
- 45 Acquire
- 46 ___ being
- 47 Medicated
- 48 ___ of Wight
- 49 Cousin of a herring
- 50 Prepare for a rainy day
- 51 It may leave its mark
- 52 Supermarket section
- 53 It's clicked on a computer
- 54 Allocate, with "out"
- 56 "Star-Spangled Banner" preposition
- 57 French vineyard
- 59 Down with the flu

SUDOKU

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

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

SAVE the Date

SINGIN' IN THE RAIN
APRIL 18, 10:30AM & 8PM



CADDO COUNCIL ON AGING

■ Presentations

CCOA will be offering the following programs in April. *All programs are Caddo Council on Aging/ Valencia Community Center, 1800 Viking Drive, Shreveport. at 10:00 a.m. (unless otherwise noted).* For additional information call 318.676-7900. **FREE.**

- **Thursday, April 6.** Featuring: "Pour Art", Ann Shidler
- **Thursday, April 13.** Featuring: "Touched by History", Bonita Bandaries
- **Thursday April 13.** Southern Hills Community Center, 1002 Bert Kouns, Shreveport. Featuring: "Medicare Wuzzles Bingo"

- **Tuesday, April 18.** David Raines Community Center, 2920 Round Grove, Shreveport. Featuring: "Medicare Wuzzles Bingo"
- **Thursday, April 20.** Featuring: "Nursing Home Ombudsman", Casandra Cesare
- **Thursday, April 27.** Featuring: "Opioid Safety", Yolanda Duckworth
- **Friday, April 21.** Virtual: Medicare 101. Time: 10:00 am – 11:00 am. Call Caddo Council on Aging @ 318.676-7900 to register & for zoom link.

CONCERTS

■ **Beethoven's Fifth Symphony**
 Presented by the Shreveport Symphony. **Saturday, May 6 at 7:30 p.m.** at Shreveport Riverview Theatre, 600 Clyde Fant Parkway in downtown Shreveport. Pre-concert talk begins at 6:40 PM. The season comes to a dramatic and rousing close with Beethoven's Symphony No. 5 and Prokofiev's Piano Concerto No. 2 with Wideman Gold Medalist Crystal Jiang. Tickets are \$20 - \$63. Call 318-227-TUNE (8863) or visit www.shreveportsymphony.com.

■ **Paul Brock Irish Band**
 On **Wednesday, April 12th from 6 pm to 7:45 pm**, the popular Paul Brock Irish Band will perform a **FREE** concert at Shreveport Common located 800 block of Texas Avenue in Downtown Shreveport. The concert will feature a light, tenacious blend of instruments emphasizing mostly Irish music with a touch of American Old Timey, Bluegrass, French Canadian, and other Celtic traditions. For more information, www.shrevearts.org/ccpark.

EVENTS


■ **Shred Event**
 Hosted by AARP Louisiana Fraud Watch Network and the Caddo Parish Sheriff's Office on **Saturday, April 15 from 9 a.m. to 12 p.m.** at Sheriff's Safety Town located at 8910 Jewella Avenue in Shreveport. Attendees can bring unwanted documents containing sensitive information and have them destroyed on-site by a professional shredding company.



■ **Music City Hit-Maker**
Sunday, April 23rd, 2023 at 8:00 PM at Strand Theatre, 619 Louisiana, Shreveport. Music City Hit-Makers are the Nashville songwriters behind the

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Each car is limited to three bags/boxes. Suggested items include old tax documents, canceled or unused checks, credit cards, medical bills, investment account statements, and other items containing sensitive information.

FREE and open to the public; however, pre-registration is required. To register visit aarp.cventevents.com/ShreveportFreeShredding or call toll free 877-926-8300.

■ Shreveport Green Household Hazardous Waste Collection Event

You can safely drop off old batteries, electronics, old paint, chemicals, etc. **Saturday, May 6.** By appointment only. Location and directions will be confirmed when reservations are made. Call (318) 219-1888, ext. 12 or 14 to make an appointment. For more info visit www.shreveportgreen.org.

MOVIES

■ "Singin' in the Rain"

April 18 at 10:30 a.m. Robinson Film Center, 617 Texas Street in downtown Shreveport presents a Silver Screening of "Singin' in the Rain". Silver Screenings feature a matinee and luncheon for senior citizens showcasing a classic film on the third Tuesday of each month. The movie begins at **10:30 a.m.** and is followed by a buffet lunch. Cost is \$16 for movie and lunch. For persons 60 and older, there is a senior discount of \$5, compliments of AARP Louisiana. "Singin' in the Rain" is a 1952 American musical romantic comedy film starring Gene Kelly, Donald O'Connor, and Debbie Reynolds. It offers a lighthearted depiction of Hollywood in the late 1920s, with the three stars portraying performers caught up in the transition from silent films to "talkies". For information or tickets, visit www.robinsonfilmcenter.org or call (318) 459-4122.

WORKSHOPS

■ Ark-La-Tex Genealogical Association Workshop

Saturday, May 6 from 1 to 3:30 PM at

the Broadmoor Branch Library, 1212 Capt Shreve Dr., Shreveport. Guest speaker is Tarah Thomas, MLIS, M.A. Her presentation will be "Nuts and Bolts of DNA". **FREE** and open to the public. For information call 746-1851 or visit www.altgenealogy.com.

■ First Wednesday Alzheimer's/ Dementia Caregiver Workshops

Monthly educational mini workshops for caregivers of those with Alzheimer's and dementia. Presented by The Bridge Alzheimer's & Dementia Resource Center at 851 Olive St., Shreveport on **1st Wednesdays at 11 a.m.** Supervised activities for your loved one with dementia are available during these workshops. For more information visit www.alzbridge.org or call 318-656-4800. **FREE.**

• **Wed. April 5** - Jeff Overdyke, MD, Retired from Geriatric Psychiatry, "House Calls with Dr. Jeff Overdyke: What Can Your Doctor Help You with In Your Alzheimer's Journey"



THEATRE

■ "Driving Miss Daisy"

April 21, 22, 28, and 29 at 7:30 p.m. and April 23 and 30 at 2 p.m. at the Shreveport Little Theatre, 812 Margaret Place, Shreveport. "Driving Miss Daisy" is a play by American playwright Alfred Uhry, about the relationship of an elderly Southern Jewish woman, Daisy Werthan, and her African-American chauffeur, Hoke Coleburn, from 1948 to 1973. Tickets are \$25; seniors, students and active military \$23. For tickets or information call 318-424-4439 or please visit www.shreveportlittletheatre.com.



WILLIS-KNIGHTON MASTERWORKS SERIES

**Season Finale:
Beethoven's Fifth
Symphony**
Saturday, May 6—7:30 PM
RiverView Theater
Michael Buttermann, conductor
Crystal Jiang, piano

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PROKOFIEV Piano Concerto
No. 2
BEETHOVEN Symphony No. 5

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Tickets start at \$20



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GRAND STRAND Season 38

2022
2023



2022

Melissa Errico - Sondheim
Sublime: The Music of
Stephen Sondheim

FRIDAY, SEPT. 30, 2022 — 8:00 P.M.

Anastasia the Musical

FRIDAY, NOV. 18, 2022 — 7:00 P.M.

A Christmas Carol

THURSDAY, DEC. 1, 2022 — 7:00 P.M.

My Fair Lady

THURSDAY, DEC. 8, 2022 — 8:00 P.M.

2023

The Texas Tenors Celebrate
Broadway and America

SATURDAY, FEB. 4, 2023 — 8:00 P.M.

Chicago the Musical

SUNDAY, MARCH 19, 2023 — 8:00 P.M.

Music City Hit-Makers

SUNDAY, APRIL 23, 2023 — 8:00 P.M.

The Black Jacket Symphony
Presents The Dark Side of the Moon

SATURDAY, MAY 13, 2023 — 8:00 P.M.

THE STRAND THEATRE

(318) 226-8555 or thestrandtheatre.com

Snapshot SLEUTH

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

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



These photos are from the Lawrence Lea collection. The date is August 1970, but the label on the sleeve is illegible.



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Follow us @CenterWellPrimaryCare to learn about activities and events



Parting Shots

The Shreveport Symphony Orchestra performed Bruch's achingly beautiful *Scottish Fantasy*, followed by Dvořák's Symphony No. 8. on March 4th at RiverView Theatre in Shreveport.

Alan and Laura Seabaugh

Bob Neff and Harriet Daggett



Jim and Margaret Elrod



Jarriel Jones, Scott Taylor, Patsy Dayries, Jane Law, and Ellie Sockrider



Candice Ratliff, Elizabeth Arceneaux, Shreveport Mayor Tom Arceneaux, and Deb Cockrell.

ELDER LAW ATTORNEY – KYLE A. MOORE CALL TODAY TO SCHEDULE AN APPOINTMENT AT 318-222-2100

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- ASKING THEM TO STOP DRIVING? ● WONDERING HOW TO PAY FOR THE CARE THEY DESERVE?



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CLIENT CARE COORDINATOR
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African American History Celebration Black Tie Gala was held on February 17 at Louisiana Downs in Bossier City.



(Above)
Bobby Washington,
Ronald Johnson
and Jerry Welch



(Left)
Gwendolyn Washington
and Candy Welch

Shreveport Bossier Convention and Tourist Bureau held their Hospitality Breakfast at Orlandeaux's on Cross Lake on March 1.



Karen Barnes, Dennis Beckman, Candy Welch and John Green jr.

(Below) Damien Chapman and Robert Trudeau



Southern Belles Chapter of Red Hat Society celebrated Valentine's Day on February 14 at Antonio's Restaurant in Shreveport.



(l to r) Harriet Park, Gloria Blackburn, Lisa Morgan, Lynn Crews, Rosemary Short, Francis Rowe, Marlene Simonton, Linda Avila, Carol Bazo, Juanita Tucker, Donna Gunter.



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