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The Best Of Times

January 2023 • Vol. 32, No. 1
Founded 1992 as *Senior Scene News*
ISSN Library of Congress
#1551-4366

A monthly publication from:

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

www.TheBestOfTimesNews.com

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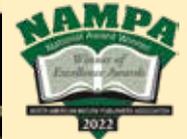
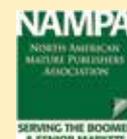
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Stat!

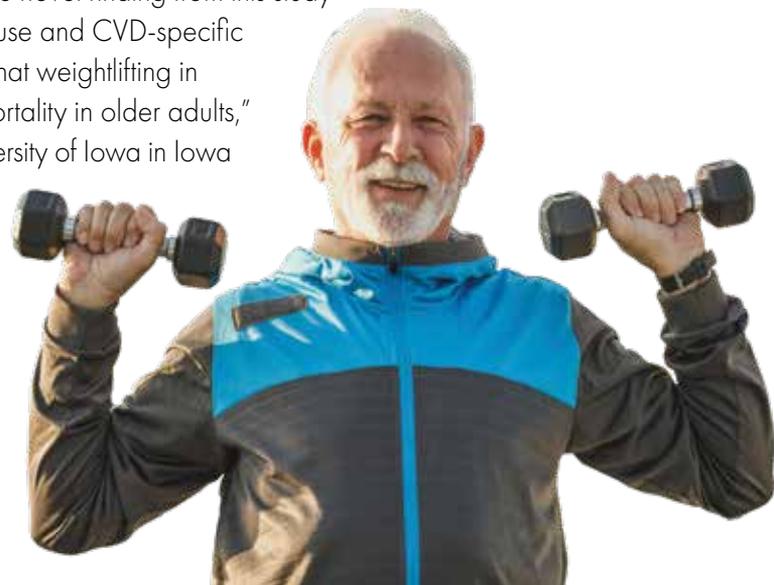
Medical News & Info

Some Types of **STRESS** Could Be Good for Brain Functioning

It may feel like an anvil hanging over your head, but that looming deadline stressing you out may actually be beneficial for your brain, according to research from the Youth Development Institute at the University of Georgia. Published in *Psychiatry Research*, the study found that low to moderate levels of stress can help individuals develop resilience and reduce the risk of developing mental health disorders, like depression and antisocial behaviors. Low to moderate stress can also help individuals cope with future stressful encounters. But the line between the right amount of stress and too much stress is a thin one. The analysis found that low to moderate levels of stress were psychologically beneficial, potentially acting as a kind of vaccine against developing mental health symptoms. Things like age, genetic predispositions and having a supportive community to fall back on in times of need all play a part in how well individuals handle challenges. While a little stress can be good for cognition, researchers warn that continued levels of high stress can be incredibly damaging, both physically and mentally.

Pumping Iron Improves Longevity in Older Adults

Older adults who take part in regular weightlifting — either with or without moderate to vigorous aerobic activity — show significant reductions in all-cause and cardiovascular disease (CVD) mortality, with the strongest effects observed when the two types of exercise are combined, new research shows. The novel finding from this study is that weightlifting is independently associated with lower all-cause and CVD-specific mortality, regardless of aerobic activity. What's less surprising is that weightlifting in combination with aerobic exercise provides the lowest risk for mortality in older adults," added researchers of Health and Human Physiology at the University of Iowa in Iowa City. Those who undertook weightlifting and aerobic exercise in combination had around a 40% lower risk of death than those who reported no moderate to vigorous aerobic activity or weightlifting. Physical activity guidelines generally recommend regular moderate to vigorous aerobic physical activity, in addition to at least 2 days per week of muscle-strengthening exercise for adults to improve health and boost longevity. (Published online in the *British Journal of Sports Medicine*)



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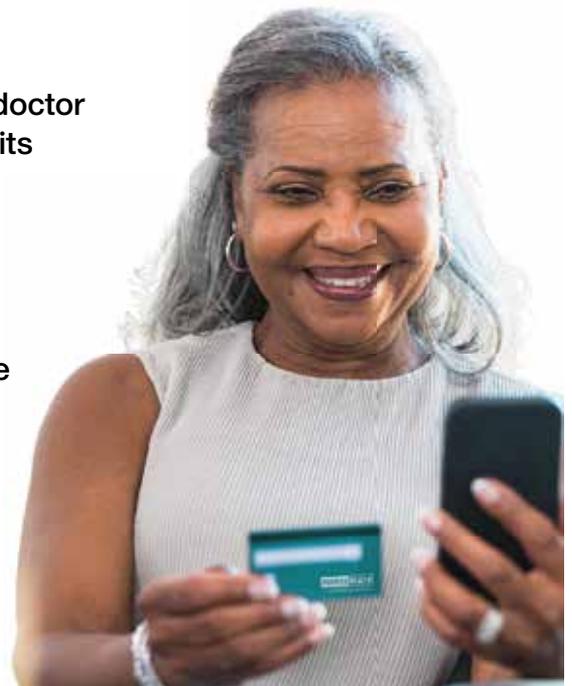
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Sleep is Good Medicine

11 tips for healthier sleep

(Family Features)

Sleep can sometimes feel like self-care that can wait or a reward you need to earn. However, the opposite is true. When it comes to your health, sleep is just as important as physical activity and nutrition.

While you sleep, your body is busy healing and repairing itself, learning and actively preventing chronic diseases. For most adults, getting healthy sleep means sleeping for at least 7 hours each night without waking up frequently, going to bed and waking up at roughly the same times each day and waking up feeling refreshed. Healthy sleep helps the body boost immunity, manage weight, reduce stress and lower the risk of chronic

diseases such as diabetes, cancer, heart disease and Alzheimer's disease.

"We know chronic insufficient sleep can have a detrimental impact on personal health and increase the risk of many diseases," said Jennifer L. Martin, a licensed clinical psychologist and professor of medicine at the David Geffen School of Medicine at UCLA. "Healthy sleep is also important for mood regulation and mental health, helping to reduce the risk of problems such as anxiety and depression."

However, according to the Centers for Disease Control and Prevention, about 1 in 3 adults in the United States report getting less than 7 hours of sleep per night. Your daily routine – what



you eat and drink, the medications you take, how you schedule your days and how you spend your evenings – can



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significantly impact the quality and duration of your sleep.

These tips from the American Academy of Sleep Medicine's "Sleep Is Good Medicine" campaign – which aims to emphasize sleep as a key pillar of health, equivalent with nutrition and exercise – can help you create a healthy sleep routine to improve your health today and in the long run.

- Keep a consistent sleep schedule. Get up at the same time every day, even on weekends and during vacations.
- Set a bedtime early enough to get at least 7 hours of sleep each night.
- Use your bed only for sleep and sex, or when you are sick. Watch TV and work outside the bedroom.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Reduce fluid intake before bedtime.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Avoid drinking caffeine in the afternoon or evening.
- If you don't fall asleep after 20 minutes, get out of bed. Do a quiet activity without a lot of light.
- Avoid alcohol before bedtime.
- Keep a sleep diary. Over a two-week period, track when you go to bed each day, wake during the night and wake in the morning. Also track when you exercise, nap, take

medication or have caffeine or alcohol.

Even if you don't think you have a sleep problem, talk to your doctor about your sleep and share your sleep diary. Together, you can figure out what healthy sleep looks like for you and how to get it. This can help prevent sleep difficulties before they become harder to treat.

Learn more about the role sleep plays in your health and find more tips to help improve your sleep habits at sleepisgoodmedicine.com.



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Odds & Ends



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Louisiana Department of Veterans Affairs (LDVA) recently announced a partnership with Combined Arms to offer comprehensive online access to veterans services. This partnership enables veterans quick and efficient online access to resources, services and benefits in the communities where they live by streamlining the connection between them and the social service agencies that can meet their needs. If you are a transitioning service member, veteran or family member in Louisiana, visit www.combinedarms.us to create a profile using your Louisiana zip code to find available resources for employment support, legal aid, veterans benefit assistance, financial aid, mental and brain health resources and more. For more information about Combined Arms or LDVA, visit vetaffairs.la.gov, email veteran@la.gov, or call 225.219.5000.

POLL DOCUMENTS THE CRITICAL ROLE OF PEOPLE OVER 50 AS CAREGIVERS

More than half of people over 50 say they've helped at least one person over 65 take care of their health, personal hygiene, home or finances in the past two years, a new poll finds. And more than 70% of this group provided such help to someone they don't live with - whether it's a parent, another relative or a neighbor. This kind of caregiving - almost all of it unpaid - doesn't just affect the older adult receiving it. It also impacts the people over 50 who are doing the helping. Nearly all say they get something positive out of the experience. But many say it's more difficult than they expected - especially for those helping an older adult who has many needs, or someone with mild cognitive impairment, Alzheimer's disease or another type of dementia, the poll finds. The poll is based at the U-M Institute for Healthcare Policy and Innovation and supported by AARP and Michigan Medicine, U-M's academic medical center.



U.S. DELAYS ENFORCING TOUGHER ID RULES

The U.S. Homeland Security Department (DHS) announced it will delay enforcement of rules requiring Americans to get new identification cards in order to board airplanes or enter a federal building, by another two years to May 2025. The U.S. Congress in 2005 approved federal standards for issuing identification cards but enforcement has been repeatedly pushed back. The new delay is in part to address the lingering impacts of the COVID-19 pandemic on the ability to obtain a REAL ID driver's license or identification card. As of June, only around half of the eligible population had REAL IDs and the number of Americans obtaining them is increasing at a very slow rate. That figure is up from about 43% as of April 2021. The delay will help prevent undue travel disruptions and preserve the health of the aviation system as the nation continues to navigate the pandemic's impacts on global air travel.



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Sometimes They Get Away With It

Mr. Jefferson (all names have been changed) owned a condo in a high-rise building in New Orleans. He was quite a big-wig with his neighbors who elected him as a director of the condo association.

Now this real Louisiana case didn't make the facts particularly clear, but as far as I can tell, Mr. Jefferson's condo was damaged. It may have been damaged by fire. Or it may have been wind. The case wasn't clear, but the damage was limited to Mr. Jefferson's individual unit only. Mr. Jefferson, rather than filing a claim with his homeowner's insurance, decided to use his big-wig position as a director of the condo association and instead filed a claim with the condominium association's property damage insurer.

Was that illegal? Absolutely. The condo association, a not-

for-profit corporation, like all corporations, had "bylaws" or rules that the corporation must follow. The condo association rules for Mr. Jefferson's building said that one director, acting alone, could not make an insurance claim for property damages. The rules stated that at least 4 directors, acting together, were necessary to make an insurance claim and that such a claim could only be made for damage to common areas of the condo building, not individual units.

That hadn't stopped Mr. Jefferson. And for reasons the case does not make clear, nor did it stop the building's property insurance company from issuing a check to repair the damage to Mr. Jefferson's individual unit.

Somehow, years went by before anyone found out about what Mr. Jefferson had done.



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Eventually, another of the condo association's directors decided to look into why the associations insurance premiums had gone up so much. That's how Mr. Jefferson got found out. By that time, Mr. Jefferson had died, and his wife had sold the condo and moved to New York.

So while the condo association felt there was nothing more they could do, Mr. Bunker, who owned and lived in the condo next door to Mr. Jefferson, decided to take the matter into his own hands and sued the condo association, arguing that Mr. Jefferson, acting alone as "a director of the condominium association, made a claim with the association's insurer without capacity or authority to make such a claim" and therefore the claim should be "invalidated."

Do you think Mr. Bunker won his suit? He probably should have. But most lawsuits come with deadlines, also known as statutes of limitations. If you don't sue before the deadline, then you have forever lost the right to sue. The length of the deadline depends on what kind of lawsuit you have. Some lawsuits have a 1-year deadline, others have a 10-year deadline. Sometimes those deadlines don't start if you don't know about the wrongful act, but other deadlines start right away no matter what. And if you miss your deadline, no matter how valid your suit may be, your suit will be thrown out.

Here's what Louisiana law says about lawsuits to invalidate a corporate action: such a suit must be brought within 1 year of the date of the unlawful or unauthorized act "which time limit shall not be subject to suspension on any ground or interruption on any ground other than timely suit." Which means that because Mr. Bunker had waited more than 1 year to file his lawsuit, even though he knew nothing about Mr.

Jefferson's wrongful act, Mr. Bunker's case was thrown out.



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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It's Time to Begin Again

Well, here we are in January 2023!

January is named for the ancient Roman god Janus, the god of beginnings, gates, transitions, time, duality, doorways, passages, frames, and endings. Interestingly, he is usually depicted as having two faces, one looking back and one looking forward. As we pass through this “doorway” into a new year, how will we use the “frame” that is January? Will we spend too much energy dwelling on the past, worrying about the future, or will we “seize” the moment that is the present?

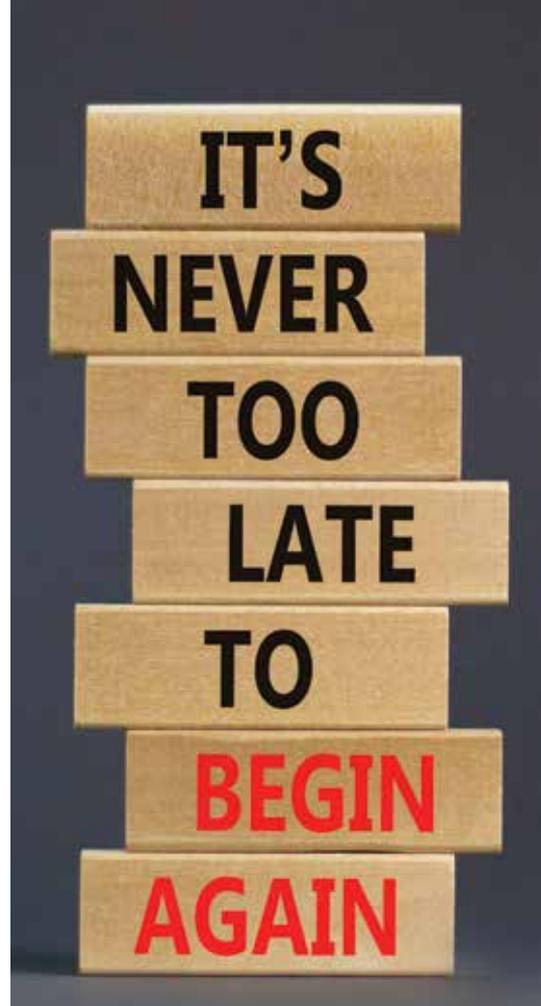
Perhaps we can look to some enlightened beings for guidance, inspiration, and wisdom:

“No matter how hard the past, you can always begin again.” Buddha

The new year affords us a wonderful “traditional” opportunity to begin anew. However, it is also important to know that we can “begin again” anytime that we choose and desire to do so. Our minds provide us this magnificent power if we acknowledge and use it. Too many of us are so focused on what happened in the past or might happen in the future that we are like old Janus, always looking behind or ahead, and we miss life NOW!

Philanthropist and Entrepreneur Nido Qubein says, *“Your present circumstances don't determine where you can go. They merely determine where you start.”*

Perhaps some questions can provide a guide to start our thought process. I call these “map” questions because they help us “draw a map.”



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I also refer to them as “magic questions” because we can use them over and over to revise our maps and keep them “current.”

- What do I want now?
- When do I want this to happen?
- What, if anything, do I have to change in my life to get what I want?
- How will my life be different when I get what I want?

Allow me to leave you with one more quotation from an unknown author:

“Every year you make a resolution to change yourself. This year make a resolution to be yourself.”

Happy New Year!

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The U.S. Constitution Has Withstood the Test of Time

In November, we had the mid-term elections. People across the nation heard about democracy and the United States Constitution. Many people on both sides stated that if the other party won, democracy would fall and our Constitution would not stand. Fortunately, as I am writing this article, our Country is still intact and we are still able to vote. Our Constitution has withstood the test of time. We have defended it in wars, in depressions, in national emergencies, and against enemies, whether foreign or domestic.

Unfortunately, many people in our country do not know what the Constitution says or how we got to the present-day Constitution. I thought over the next couple of articles, I would detail the Constitution and how this precious document came into being.

In order to start the journey to the United States Constitution, we have to start at the beginning. On July 4, 1776, we know that the then 13 States that formed the British Colonies in America declared their independence from Britain. Over the next five years, war raged and George Washington was able to secure victory by trapping General Cornwallis at

Yorktown, Virginia in 1781. The States were then faced with forming a government of the newly formed nation.

Based on the abuses they faced under the King of England at that time and the war they had just fought, the newly freed colonists did not trust a strong central government. They wanted a Representative government where each state was represented and had a voice but where there was no king or dictator that would be in charge. Based on this model, the states formed a weak central government under the Articles of Confederation. This meant that the states would work together on certain national issues but most of the power was with the state governments to enforce rules and regulations.

Between 1781 and until the Constitutional Convention in 1787, the States had more power than the Federal Government under the Articles of Confederation. This meant that each state had its own currency, its own taxes, and tariffs. Each time a citizen of one state crossed into another state, the person crossing state lines had to pay taxes to that state. The person also had to exchange their money for money that would be recognized in



Signing of the U.S. Constitution

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the state they were traveling to at the time. Because of these taxes and money exchange rates, commerce between the states was being affected and the representative government formed in 1781 had no power to stop these practices. States began to quarrel with each other and the representatives of the government knew that unless something happened, the newly formed country would probably not survive.

In 1787, the Constitutional Convention was called and delegates from each state attended. The delegates were tasked with drafting a Constitution that would stand the test of time and forming a new government that would have the power to control the problems the states were facing without taking away the freedom of the citizens who had fought to escape the tyranny they faced under the rule of England. It was a monumental task. Tempers flared. But somewhere in the midst of it all, our founders formed a Constitution that has stood over 230 years.

In the next article, I will detail some of the battles at the Constitutional Convention and some of the fights that nearly stopped the process. I hope these articles will be of interest to you, the reader, and hopefully we will all be grateful for the Constitution and freedoms it ensures.



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

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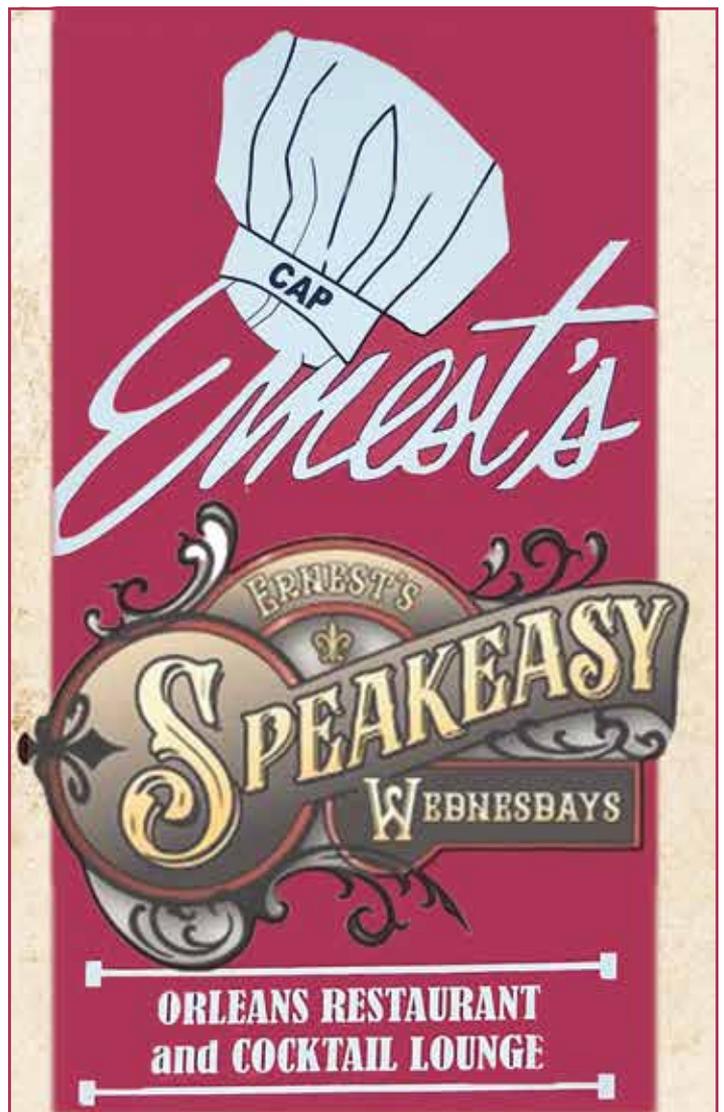
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Healthy, Time-Saving Kitchen Tips

We know there are numerous benefits to eating healthy meals prepared at home, but sometimes this process seems so time consuming and tedious! Time can often stand in the way of our success. The good news is that there are many ways we can save time in the kitchen to help make the healthy choice the easy choice.

The best way to save time with healthy meal preparation is to prepare certain foods ahead of time when you have a few more minutes to spare. If you tend to have more free time on a certain day of the week or evening, plan to pencil in fruit and vegetable preparation during that time. Most fruits and vegetables can be washed and cut ahead of time and refrigerated for

later use. This would help save time on busier nights when you're trying to make dinner in a pinch. You can also use spare time to prepare entire meals ahead of time. Make meals and freeze them to use later on when you're on a time crunch. Or, make a double batch of dinner when you are already cooking and freeze half of it.

Another great time-saving tip is to cook once and eat twice. This method works especially well for proteins. The idea behind this is to cook enough the first night for two meals, but to reinvent the food into a different dish for the second meal. For example, Monday night's pot roast can be reinvented into Philly sandwiches for Tuesday night, or Wednesday's chili can be used for Thursday's loaded baked potatoes.



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If you're making oven fried fish for dinner, make extras so you can make fish tacos the next night, or reinvent your roasted chicken for dinner to make chicken quesadillas the following day. For taco night, double the amount of meat you make and plan to make taco soup or stuffed peppers with that meat the following night. You don't have to limit this method to proteins, though. Cooked rice, vegetables, and pastas can all be reinvented in numerous creative ways.

Some kitchen tools can serve as dual purpose items to make food preparation quicker.

- If you have an egg slicer sitting in your cabinet, try using it for cutting soft fruits, like strawberries, bananas, kiwi, and pears. It can also be used to cut softer vegetables, like mushrooms, cooked carrots or potatoes, avocados, and zucchini.

- If you have a melon baller laying around, this also works well to seed tomatoes. Seeding tomatoes can go a

long way with making a thicker tomato sauce.

- Believe it or not, ice cream scoops can be used for healthy food prep too! Use your ice cream scoop to remove seeds from vegetables like pumpkin and squash. The edge of an ice cream scoop is perfect for cutting through the gooey fibers. Ice cream scoops also work great for portioning out muffin batter.

- If you're looking for a quicker way to chop herbs or you're not too savvy with kitchen knives, try using a pizza wheel to cut up fresh herbs in a pinch.

- Craving a panini or grilled sandwich but you don't have a press at home? Grab a waffle iron. It can accomplish the same job, as long as you don't mind the checkerboard markings.

- If you have a stand mixer that serves its purpose well of sitting pretty on the countertop and making the occasional batch of cookies, pull it out the next time you need to shred meat. Simply add your cooked chicken, pork, or other meat to the bowl, attach your

standard beater attachment, and crank up the mixer. This shreds meat in record time (and saves your hands from doing the work).

Meal preparation and planning can seem like quite a daunting task. It is a skill that often takes lots of practice and persistence, but it's definitely worth it for your long-term health. If you're new to preparing healthy foods, start slow and try a few of the tips discussed until they start to feel more manageable. Over time, add on more healthy habits as you grow and improve in your meal prep skills. Before you know it, you will be a master at eating healthy at home!

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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RESEARCHING YOUR FAMILY TREE?

**ArkLaTex Genealogy Association
is Here to Help**

By Sarah (Sally) Hamer

Just how many people are trying to find their ancestors?

According to the website, www.genealogyintime.com, over 2.1 million people in the major English-speaking countries are probably visiting a genealogy website at least once a week every year. But why? What is it that drives us to look for our ancestors? And what do we find?

We all have ancestors. I know, that's just a little bit obvious. But many of us have information about our families no farther back than our grandparents. Some don't even have that much. But a lot of information is out there, especially now that we have over a hundred genealogy websites that are very willing to help us find our ancestors. Some are free and some are several hundred dollars a year. But they all access the same information from the same data bases, which is where records have been kept for hundreds of years.

We have to keep in mind that, for the most part, we humans are record keepers. There are birth, marriage, and death records available for generations back, depending on what area of the world our ancestors are from. We have military records, including draft cards from World War I. My grandfather's draft card had his signature, one I've seen many



Workshop at Broadmoor Library: ArkLaTex Genealogy Association, meets every 2nd Saturday in Shreveport, usually at Broadmoor Library.

times over my life. It became a little shaky as he aged but I was easily able to identify it. We have stories and pictures and newspaper articles, if they're available. For instance, another of my grandfathers had a "lovely tenor voice" according to an article in the town newspaper. He sang in the town square band stand every Sunday afternoon.

But just digging in archives for the details of someone's life isn't enough. Sometimes, we need help to understand what we've found. That's why I'm a member of the ArkLaTex Genealogy Association, which meets every 2nd Saturday in Shreveport, usually at Broadmoor Library.

This is a group of people, from dedicated researchers to the most inexperienced newbies, who are willing and delighted to share their genealogical experiences, their knowledge, and

their family stories with anyone who would like to learn. Their website states that “We’re in the family business,” and they do a great job of conducting educational programs, promoting interest in genealogy and family research, collecting and preserving genealogical items, and publishing a quarterly newsletter (The Genie) full of great information. Their programs are diverse, all the way from the nuts and bolts of how genealogy is done, to interesting historical information. And, one of the members, Paula Roper, says that “The Genie is an exceptional newsletter. It is great to learn about new websites to try to break down brick walls.”

“Each person in our group is a library of information there for the picking. You just have to check it out,” says Leonard Gresens, the president of the group. In fact, he continues, “having a sounding board of others experiences can help you bring focus into your search.”

“I had no idea how much family history could be learned from viewing such documents as census reports, court house documents or simply strolling through a cemetery,” says Jim Johnson, program director. “Technological advances in the last few years that have been a tremendous help in researching and documenting family history. Some of these advancements include the use digital scanners, phone apps, computer programs and software just to mention a few. Many of the records that were once only available on paper or microfilm and only in libraries have now been digitized and are now readily available online. Attending the Association’s meetings, workshops and seminars has helped me learn and keep pace



with these technological developments.”

But, ultimately, the reason for this type of an association and the committed people involved in it is not only community of like minds but also the deep craving for information about where we come from. Sally Knox tells the story of her husband’s thirty-year search for his mother. “Sometime after age 2, his parents divorced, and his father obtained sole custody of him.” Even though he had no memories of her, he had a great desire to know something, anything, about her. But his father had died and none of the family Sally knew could tell her anything. “When I discovered the ArkLaTex Genealogy Association, I joined. I was lucky in that long-time members who collectively had vast knowledge in researching were willing to share wonderful tips and give me direction.” Sadly, Sally found her husband’s mother after his death, but it gives her great joy to share what she’s found with their children. “A wealth of knowledge and research experience exists in the organization, and I feel so blessed to have found them.”

Do you have large holes or brick walls in your own family tree? Come join the members of the ArkLaTex Genealogy Association. You’ll find a place to bounce ideas off experienced researchers and to learn from their own journey into their family history.

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

Web Genealogy Resources

- ✦ **Ancestry.com** is the most well-known and largest for-profit genealogy database in the world. They have proprietary DNA testing available. It allows users to create virtual family trees to trace their lineage, and get “hints” about who else could be their ancestors.- It also contains historical records that can be connected to family members and used as genealogical evidence. A-paid subscription is required to access some of the features of Ancestry.-
- ✦ **Find My Past** allows you to trace your ancestry and build a family tree by researching birth records, census data, obituaries and more. They have extensive information about the British Isles and Ireland.-
- ✦ **Genes Reunited**, originally known as Genes Connected, is a genealogy website that was launched in the UK in 2003 as a sister-site to Friends Reunited. It has over 13 million members and over 780 million names listed. It has “pay as you go” subscriptions.
- ✦ **Legacy Tree** provides full-service genealogical research with highly rated researchers.-They are based near the world’s largest family history library in downtown Salt Lake City, Utah.-
- ✦ **Myheritage.com**-is an online genealogy platform. Users can obtain their family tree, upload and browse through photos and search historical records. It also has DNA availability.
- ✦ **One Great Family** is the new kid on the block with new technology.
- ✦ **23andme.com** is more about DNA testing than genealogy but has some family tree availability.--

“Why waste your money looking up your family tree? Just go into politics and your opponents will do it for you.”

-Mark Twain



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Ithaca, NY:

A land of gorges, greenery, gardens and goats

By Fyllis Hockman

Ithaca is a “gorges” city, and with 150 waterfalls within a 10-mile radius, it comes by its moniker honestly. Within the city limits itself, a one-third mile hike uphill – the Cascadilla Gorge Trail -- was not only exhilarating because of the trek itself, but for the vastness and variety of six different freely flowing floes of cascading waterfalls.

The entire town is enmeshed in tree-laden canopies and small fairy-tale-like cottages. The fact that there’s a top-rated college or two hidden among all the greenery is a surprising bonus. Ithaca is so compact that you can experience an unexpectedly large number of diverse activities within minutes of each other from huge waterfalls to beautiful gardens to history museums and goat farms. And Cayuga Lake is almost always at your side.

I don’t usually seek out bees. Actually, I do my best to avoid them so I wasn’t sure what to expect at the **Honeybee Embassy**. Fortunately, the emphasis is on the luscious products they produce rather than personal interaction with the bees themselves.

Much of Ithaca, it seems, is encouraging pollinators like bees to further the reproduction of flowers and plants. And the flowers are produced to attract said pollinators. A win-win for the earth.

Honeybee Embassy produces truly raw varietal honey, meaning there are no additives, no heat and no pressure used in the processing as is true for most American honeys. Owner Teresa smiled disparagingly: “That’s like taking whole foods and turning them into white bread.” The samplings bring a variety of tastes, textures and colors to the table. The goal, says Teresa, is “to educate people about the wild world of honey,” which her Czech grand-mother first started doing during Nazi occupation.

Who knew that honey nectar smells range from sweaty socks to cat’s pea to fruity and floral varieties – but fortunately none of that is evident at the tastings. The honey names resonate differently: Basswood, Goldenrod and Japanese Knotwood, for example.

Oh, and just as a diversion since we haven’t been to a waterfall in a while, there’s the nearby **Taughannock Falls Overlook** which just happens to be the largest single-drop waterfall east of the Rocky Mountains. That makes it taller than Niagara Falls. At 215 feet, three stories taller. Take that, Niagara Falls!

Unlike the Honeybee Embassy, a visit to the **Cabin View Alpaca Farm** had more to do with the actual residents than the products they produce. Christine started the farm in 2009 with 3 alpacas and now there are 50, with whom visitors can interact in various ways from taking them for a walk to feeding them. We chose just to amble among the 9 females and 8 babies in the nearby pasture. All shades of brown, white, grey, fawn and black. My favorite was Patience who at 5 years of age sported a beautiful sandy brown tuft of hair, perfectly coifed – she was her own version of Ithaca gorgeous....



In-town Waterfall

Honey Sampling at Honey Bee Embassy



We were close enough to watch the kids gamboling about while the moms gathered to gossip among themselves. We spent a lot of time oohing and aahing at their adorableness.



Alpacas

Hard to resist souvenirs at Alpaca Farm

And yes, alpacas do produce products although fortunately not edible ones. Alpaca yarn apparently is warmer, softer and more hyper-allergenic than sheep's wool and not surprisingly a wide variety of scarves, socks, hats, mittens and adorable stuffed animals are available in the gift shop.



And although I don't find goats as intrinsically appealing as alpacas, a visit to Lively Run Dairy has its own advantages – among them, a lot of cheese. Unbeknownst to me, goats apparently were one of the first animals to be tamed by humans some 9000 years ago though apparently, they haven't learned all that much. If you have something in your hand – anything at all – they think it's for them and will come running after you. So much for well-trained.

In addition to cheese-sampling, there's petting and feeding, goat shearing and spinning demonstrations. But that's not really what got my goat! It's the yoga classes they offer during the summer that 5-7 baby goats attend with you. So yes, you may be doing a downward dog with a goat on your back. On the other hand, dangly earrings may provide an unwelcome diversion from your warrior pose.

So, of course, it's now time for some liquid refreshment – and although there are any number of wineries and breweries beckoning, Ithaca is better known for its cideries. **South Hill Cidery** has its de rigueur tastings several times a week, plus a smorgasbord of delectables to accompany the flights but it's those three nights a week when South Hill more resembles a hoedown that make it unique.

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months a year. The rest of the time you just have to drink cider!

For more information, visit brightravenfarm.com, cabinviewalpacas.com, livelyrun.com, southhillcider.com and, of course, visitithaca.com.

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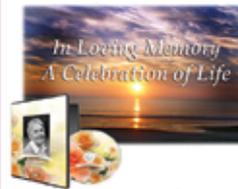


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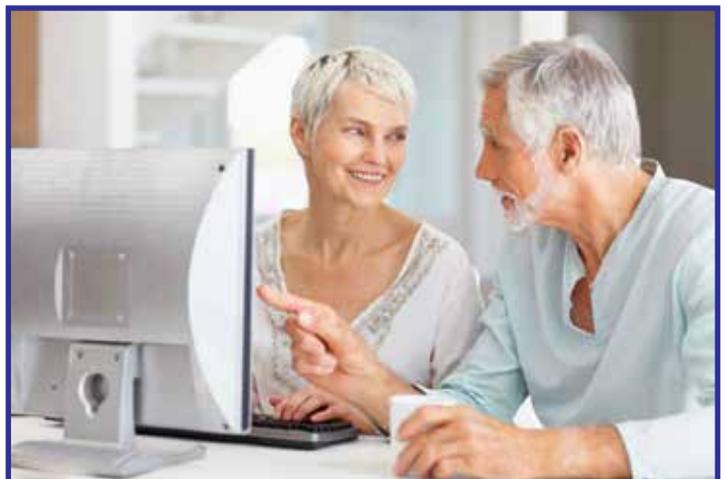
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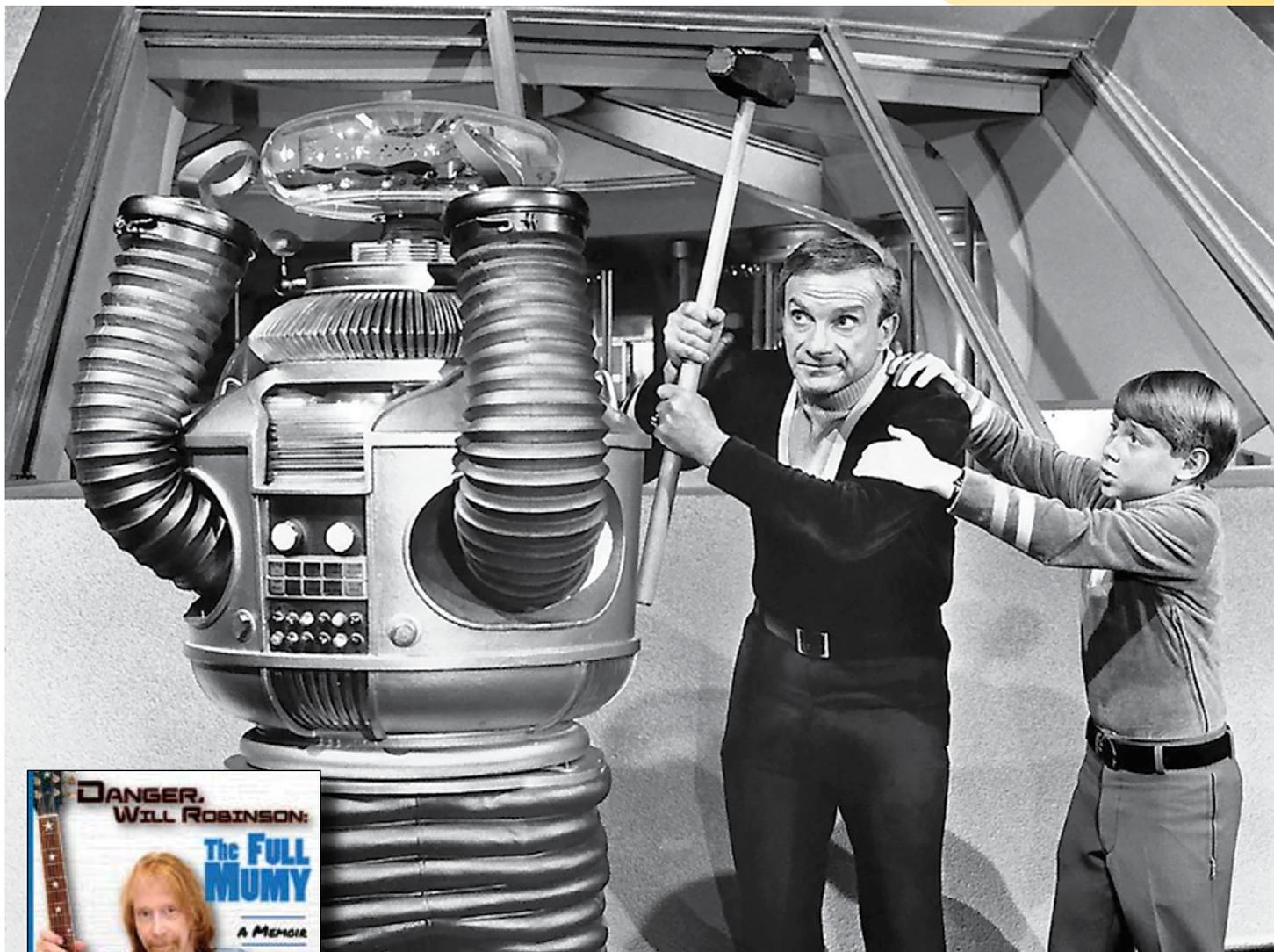


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Bill Mummy: More Than 'Lost in Space'



With a new 400+ page autobiography recently published, Bill Mummy's "Danger Will Robinson: The Full Mummy – A Memoir" is crammed with fascinating

facts and stories recalling his long acting and musical career (see www.NCPBooks.com).

"'Lost in Space' is definitely covered and certainly Will Robinson is the character most people identify with me," said Mummy from Los Angeles. But despite the book's title, the author examines much more than just the galaxy-wandering Robinson family.

Riveted to his own family's black and white television screen of the late 50s, 4-year-old Billy longed to emulate his favorite TV adventurers such as Superman, the Lone Ranger, and Zorro, even breaking a leg after leaping fearlessly off his

bed in full crusader mode and landing hard unlike his more nimble black-capped hero. But he carried that enthusiasm into his youthful acting career that would soon flourish.

Ironically, Mummy ended up working alongside his Zorro idol – Guy Williams – who would play space dad to the adventurous boy astronaut who 'saved the day' on many occasions beginning with the first season of "Lost in Space" in 1965.

Riding high on the success of earlier roles in popular 60s series such as "The Twilight Zone" and "Alfred Hitchcock Presents," 1965 proved a particularly good year for little Billy, not yet a teenager, that included guest-starring roles in beloved TV classics such as "I Dream of Jeannie," "Bewitched," and "The Munsters."

That year, the young actor also portrayed a key character in the Twentieth Century Fox film "Dear Brigitte" starring Jimmy Stewart.

"(He) was the best overall artist I ever worked with," recalled Mummy. "He truly was a wonderful man and showed

me how you strive to be a good actor and to treat your coworkers well. The vast majority of actors and directors I worked with as a child were very happy with me because I always knew my lines and got things done quickly.”

While he experienced few professional ‘horror stories’ during his career, an exception was Alfred Hitchcock who terrified 7-year-old Billy on the set of “Alfred Hitchcock Presents.” Mummy says the director apparently whispered in his ear during a scene to stop shuffling about or he would nail his feet to the floor!

Beyond acting, Mummy has worn many hats including those of musician, singer, songwriter, author, and voice actor (see www.billmummy.com), but still recognizes the nostalgic value “Lost in Space” has for fans who grew up in the 60s. It’s hardly surprising, therefore, that Mummy included the name of his plucky young space adventurer in the new book’s title.

“Every child has a gift and mine from an early age was being able to easily memorize a script and deliver the dialogue believably,” he says. “I loved being little superhero

Will Robinson. As a child actor, he was everything I ever wanted to be.”

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.



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Old Puns For the New Year

In the past, I've been rather unsuccessful adhering to New Year's resolutions. But this time will be different because I've composed a feasible list of goals for 2023 and, as everyone knows, Liszt was a great composer. So, if you'll pardon the tired old puns, here's my list of New Year's resolutions:

- To lose the weight I put on in 2022. But in my defense, I had a lot on my plate last year.
- To buy a cheap hairpiece for my bald spot. It will be a small price toupee.
- To visit the Grand Canyon. I've heard it is just gorges.
- To get a new set of golf clubs for my wife, which will be a fair trade.
- To clean all the mirrors in the house. Honestly, I could really see myself doing that.
- To relearn how to throw a

boomerang. Hopefully, it will come back to me.

- To stop procrastinating. Eventually.
- To stop spreading nasty office gossip in the elevator. That's wrong on so many levels.
- To search the house for the expensive watch I lost while cleaning last year. I just hope I can find the time.
- To learn how to pick locks. It should open doors for me in 2023.
- To sell my parakeet that lost its voice last year. Serious inquiries only – it's not going cheap.
- To install in my living room a giant picture window which I know will be a big pane.
- To start a condescending Facebook



- group. I hope some of you will patronize it.
- To sell my vacuum cleaner. It's just collecting dust.
- To immediately stop eating deli meats, but it will be hard to quit cold turkey.
- To reward myself with a new golf shirt because over the holidays I got a hole in one.
- To order a chicken and an egg online to see which comes first.
- To keep all my pencils sharpened, otherwise they're pointless.
- To get over my fear of hurdles, but it may take a leap of faith.
- To make a long overdue call to my wife's OBGYN who delivered our kids and thank him for helping them out.
- To visit a nude beach, as soon as I overcome being clothes-minded.
- To give away my old broken garden gate. No, there's no catch.
- To dress up as a clown and entertain the neighborhood children. They will appreciate the jester.
- To learn sign language. It will be handy.
- To replace all my shoelaces with Velcro straps. Well, why knot?

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



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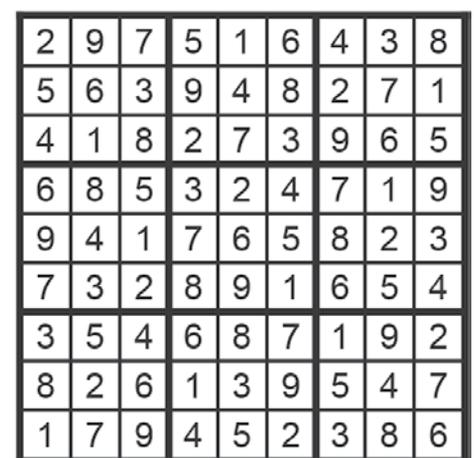
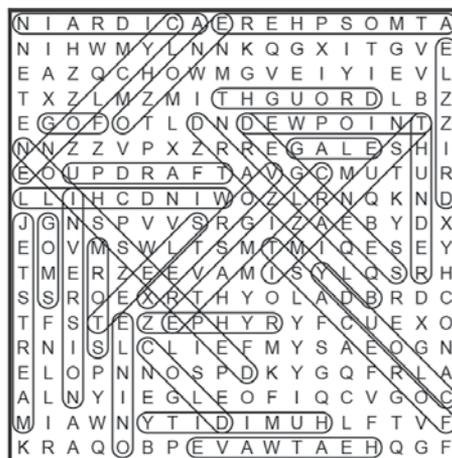
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PUZZLE answers (from pages 32-33)



Bring the Family Together with Breakfast for Dinner



FAMILY FEATURES

Despite full schedules, finding time for regular meals with loved ones encourages connections and conversations that can benefit mental and physical well-being. If you're looking for a little delicious inspiration, the American Heart Association recommends scheduling one night per week to enjoy favorites such as breakfast for dinner. In addition to the mental and emotional benefits of meals with loved ones, dining as a group can provide inspiration to try heart-healthy recipes that include the wide variety of vegetables, fruit, whole grains and healthy protein sources recommended by the American Heart Association to help prevent heart disease and stroke. To find recipe ideas and more tips for mealtime, visit heart.org/together.

Huevos Rancheros (Servings: 4)

Salsa:

- 1 teaspoon canola oil
- ½ cup diced yellow onion
- ½ cup diced poblano pepper, seeds and ribs discarded
- 1 small fresh jalapeno pepper, seeds and ribs discarded, minced
- 1½ teaspoons minced garlic
- 1 can (14½ ounces) no-salt-added crushed tomatoes
- 2 tablespoons water
- ¼ teaspoon salt

To make salsa: In medium saucepan over medium heat, heat oil, swirling to coat bottom. Cook onion 2 minutes, or until almost soft, stirring frequently. Cook poblano and jalapeno peppers 2 minutes, stirring frequently. Stir in garlic. Cook 1 minute. Stir in tomatoes, water and salt. Bring to boil. Reduce heat to low. Simmer 5 minutes. Remove from heat. Cover to keep warm.

To make huevos rancheros: In medium nonstick skillet over medium heat, heat oil, swirling to coat bottom. Cook eggs 3-4 minutes, or until whites are set and edges are fully cooked.

Place one tortilla on each plate. Top each tortilla with beans and one egg. Gently top each egg with warm salsa, cheese and avocado slices.

Sprinkle each serving with cilantro and serve with lime wedge, if desired.

Huevos Rancheros:

- 1 teaspoon canola oil
- 4 large eggs
- 4 corn tortillas (6 inches), warm
- 1 can (15½ ounces) no-salt-added black beans, rinsed and drained
- ¼ cup shredded low-fat Mexican cheese blend
- 1 small avocado, quartered and sliced
- 2 tablespoons chopped fresh cilantro (optional)
- 1 medium lime, cut into four wedges (optional)

Southwestern Quinoa and Egg Breakfast Bowls

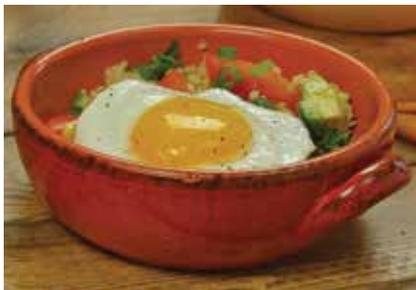
Servings: 4

¼ cup uncooked quinoa, rinsed and drained	½ cup chopped fresh cilantro (optional)
2 medium tomatoes, chopped (about 2 cups)	nonstick cooking spray
½ medium avocado, pitted and diced	4 large eggs
¼ cup chopped green onions	⅛ teaspoon salt
	¼ teaspoon pepper
	red hot-pepper sauce, to taste (optional)

Cook quinoa according to package directions. Remove from heat.

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

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



Egg, Avocado and Black Bean Breakfast Burritos *(Servings: 4)*

Nonstick cooking spray	inches, lowest sodium available)
1½ cups liquid egg whites	
1 can (15½ ounces) no-salt-added black beans, rinsed and drained	2 medium avocados, sliced
4 whole-wheat tortillas (6	¼ cup hot sauce or salsa (lowest sodium available, optional)

Lightly spray large skillet with nonstick cooking spray. Heat over medium heat.

In skillet, stir egg whites constantly with rubber spatula to scramble. Cook until eggs are almost set. Add beans, stirring until combined and heated through.

Microwave tortillas on high 45 seconds. Transfer to work surface.

Spread egg mixture in center of each tortilla. Top with the avocado and hot sauce, if desired.

For each burrito, fold two sides of tortilla toward center.

Starting from closest unfolded side, roll burrito toward remaining unfolded side to enclose filling. Transfer with seam side down to plates.



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WORD SEARCH

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

Weather Words

- | | |
|------------|------------|
| Acid Rain | Gale |
| Atmosphere | Heat Wave |
| Blizzard | Humidity |
| Climate | Inversion |
| Cloudy | Jet Stream |
| Cold | Ozone |
| Cyclone | Sleet |
| Degrees | Smog |
| Depression | Storm |
| Dew Point | Thunder |
| Drizzle | Tsunami |
| Drought | Updraft |
| El Nino | Vortex |
| Fog | Wind Chill |
| Forecast | Zephyr |

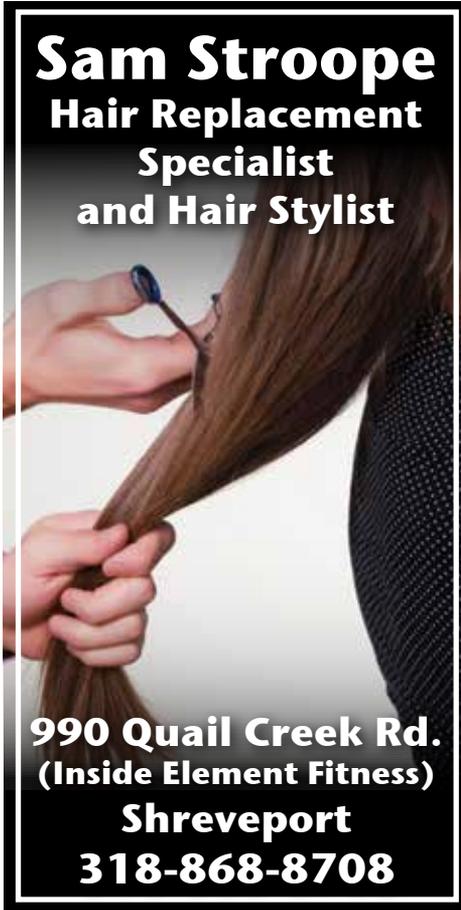
N I A R D I C A E R E H P S O M T A
 N I H W M Y L N N K Q G X I T G V E
 E A Z Q C H O W M G V E I Y I E V L
 T X Z L M Z M I T H G U O R D L B Z
 E G O F O T L D N D E W P O I N T Z
 N N Z Z V P X Z R R E G A L E S H I
 E O U P D R A F T A V G C M U T U R
 L L I H C D N I W O Z L R N Q K N D
 J G N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

SUDOKU

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

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

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CROSSWORD

Across

- 1 Religious offshoot
- 5 One way to be taken
- 10 Masticate
- 14 Bryce Canyon locale
- 15 The press
- 16 Impulsive
- 17 Punjabi princess
- 18 Steal
- 19 Yorkshire river
- 20 Escapism?
- 22 25th President of the United States
- 24 More timid
- 26 Disney dog
- 27 Comedians Conway or Allen
- 29 Investigate
- 31 Hungarian composer Franz
- 35 Blackbird
- 36 Starchy tuberous root
- 37 Marine mollusk
- 38 Remote control button
- 40 Eagle's nest
- 42 Stallion's mate
- 43 For the time being
- 45 "Finnegans Wake" wife
- 47 India's smallest state
- 48 Spread around

49 Praise

- 50 Guinness Book suffix
- 51 Tidings
- 53 Kind of nerve
- 55 Stylish excellence
- 59 Awards
- 62 LP player
- 63 Trunks
- 65 Veil
- 66 Kind of agreement
- 67 Courtroom event
- 68 Teen spots?
- 69 Links numbers
- 70 Mine excavation
- 71 Take off

Down

- 1 Ocean breakers
- 2 Abbr. at the end of a list
- 3 "Little Dog" constellation
- 4 Limb part
- 5 Capital of The Netherlands
- 6 London's Big —
- 7 First family member
- 8 Travel around something
- 9 "Amerika" author
- 10 Favoritism
- 11 Drag
- 12 To be, to Brutus

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21			22			23				
		24				25		26						
27	28			29			30			31		32	33	34
35				36					37					
38			39		40			41			42			
43				44			45			46		47		
48						49						50		
			51		52			53			54			
55	56	57					58		59				60	61
62					63			64			65			
66					67						68			
69					70						71			

- 13 Watery part of milk
- 21 Blatant or sensational promotion
- 23 One way to stand by
- 25 Traveled in a vehicle

- 27 Packs down
- 28 Like helium
- 30 Cleansing agent
- 32 Frontier vehicle
- 33 Little nothings
- 34 Pick up the tab
- 37 Wine lover
- 39 Dining implements

- 41 Division word
- 44 Lady bighorns
- 46 Voice below soprano
- 49 Accompany to a party
- 52 Light bulb units
- 54 Peruvian people
- 55 Karate blow

- 56 Maltese cash
- 57 Many miles away
- 58 Crosby, Stills and Nash, e.g.
- 60 Graphic symbol
- 61 Coaster
- 64 Deplete

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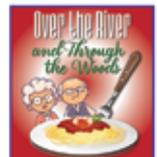
September 1-11, 2022



October 13-23, 2022



December 8-18, 2022



Feb. 23 - March 5, 2023



April 20 - 30, 2023

SAVE the *Date*



The Texas Tenors • Feb 4 • The Strand

CADDO COUNCIL ON AGING

■ Presentations

CCOA will be offering the following presentations in January. All programs are presented at Caddo Council on Aging/Valencia Community Center, 1800 Viking Drive, Shreveport. For additional information call 318.676-7900. **FREE.**

- *What You Didn't Know You Needed to Know About Home Health* Presented by Ethan Horne, LPN on Thursday January 12 at 10 a.m.

- *What is the Difference Between an Acute Inpatient Rehab Hospital and a Nursing Home*

Presented by Katie Rhodes on Thursday January 19 at 10 a.m.

- *Annual Wellness, Talking with Your Doctor*

Presented by Laphelia Johnson on Thursday January 26 at 10 a.m.

CONCERTS

■ Liverpool Legends

Presented at the Strand Theatre, 619 Louisiana, Shreveport on January 27 at 7:30 p.m. Liverpool Legends are four incredibly talented musicians and actors

hand-picked by Louise Harrison – sister of the late George Harrison of The Beatles. Tickets: \$57, \$49, \$39, \$30 (student) Call 318-226-8555 or visit www.thestrandtheatre.com.



■ "Mozart's Haffner Symphony"

Presented by the Shreveport Symphony. Saturday, January 28 at 7:30 p.m. at Shreveport Riverview Theatre, 600 Clyde Fant Parkway in downtown Shreveport. Experience the buoyant energy and virtuosity of Mozart's Symphony No. 35 ("Haffner") along with two young virtuosos soloists. Violinist Eunice Kim and double bass phenomenon Xavier Foley will amaze you in the Bottesini Gran Duo, as well as an original composition by Foley. Tickets are \$20 - \$63. Call 318-227-TUNE (8863)

or visit www.shreveportsymphony.com.

■ "The Music of Led Zeppelin"

Presented by the Shreveport Symphony. Saturday, January 14 at 7:30 p.m. at Shreveport Riverview Theatre, 600 Clyde Fant Parkway in downtown Shreveport. Rock the Riverview with Windborne's Music of Led Zeppelin and the SSO, amplified by a full band and screaming vocals. Tickets are \$25 - \$75. Call 318-227-TUNE (8863) or visit www.shreveportsymphony.com.

■ The Texas Tenors

Presented at the Strand Theatre, 619 Louisiana, Shreveport on February 4 at 8 p.m. The Texas Tenors are the most successful music group and third highest selling artist in the history of America's Got Talent! Recently, they were honored to be included among the top 50 acts in the world. Tickets: \$57, \$49, \$39, \$30 (student) Call 318-226-8555 or visit



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EVENTS

■ "Voices and Votes"

January 7 - 24. Shreve Memorial Library is excited to host "Voices and Votes: Democracy in America," an exhibit presented by The Smithsonian's Museum on Main Street, in cooperation with Louisiana Endowment for the Humanities. All events and programs will take place at the Shreve Memorial Library North Caddo Branch, located at 615 North Pine Street in Vivian.

- Saturday, January 7 at 1 p.m. - Grand opening and ribbon-cutting reception -
- Tuesday, January 10 at 11:00 a.m. - William "Bill" Pederson, Ph.D. will present "The Surprising Route to Voting Rights."
- Tuesday, January 17 at 11:00 a.m. - Markiese Boykin, Intern for the Diversity, Equity and Inclusion Office at Centenary College, will present "The Pursuit of Political Equality"
- Thursday, January 19 at 9:30 a.m. - former President Abraham Lincoln, as performed by impersonator Kevin Wood, will visit the North Caddo Branch to discuss campaigns and elections.
- Tuesday, January 24 at 5:30 p.m. - exhibit will wrap up with a book discussion dissecting the book "Vanguard: How Black Women Broke Barriers, Won the Vote, and Insisted on Equality for All," written by Martha S. Jones.



FILM

■ "The African Queen"

January 17 at 10:30 a.m. Robinson Film

Center, 617 Texas Street in downtown Shreveport presents a Silver Screening of "The African Queen". In this adaptation of the C.S. Forester novel, Humphrey Bogart (who would win the best-actor Oscar®) and Katharine Hepburn costar as an unlikely pair thrown together in German East Africa during the First World War. Silver Screenings feature a matinee and luncheon for senior citizens showcasing a classic film. RFC presents the series 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. For info or tickets, call (318) 459-4122 or visit www.robinson-filmcenter.org

MEDICARE

■ Medicare Seminars

CCOA will be offering the following seminars. For additional information 318.676-7900. All programs are **FREE**.

- *Turning 65 Soon? What you need to know about Medicare.* Welcome to Medicare virtual seminar on January 20, 10 - 11 a.m. Call CCOA @ 318.676-7900 to register & for zoom link.
- *Turning 65 Soon? What you need to know about Medicare.* Welcome to Medicare seminar on January 24, 5:30 - 6:30 p.m. at Shreve Memorial Library, West Shreveport Branch, 4380 Pines Road, Shreveport.

THEATRE

■ "The Victory Belles"

January 6 & 7 at 7:30 p.m.; January 8 at 2:00 pm at the Shreveport Little Theatre, 812 Margaret Place, Shreveport. A Lagniappe Production. The Victory Belles are a delightful vocal trio performing the music of the 1940s, serenading audiences at The National WWII Museum in New Orleans and across the globe. All tickets are \$15. For tickets please call 318-424-4439 or visit www.shreveportlittletheatre.com.

GRAND STRAND
Season 38

2022
2023

The Strand

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.

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Humana Gold Plus H1951-049 (HMO) earned 5 out of 5 stars for 2022—the highest quality rating—from CMS*



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Y0040_GHHLFLREN_22_Ad_M

parting shots

SLT Birthday Dinner – Shreveport Little Theatre celebrated their 100th birthday with dinner, champagne and entertainment on December 5 at Antonio’s Italian Restaurant in Shreveport.



SLT Managing and Artistic Director Dr. Bobby Darrow, Board President Marianne Archibald and Gala sponsor Andy Shehee

Andy Shehee and Elena Duke



Anna Marie Patton and Ginger Folmer



Tina Caporossi and Mattie Mosley



Ed and Marlyn Monette

IMAX – Sci-Port Discovery Center held a ribbon-cutting ceremony on December 7 for the million-dollar makeover of its IMAX[®] Theater. The theater was renamed as the Goodman IMAX[®] Dome Theater in honor of Shreveport philanthropist Sylvia Goodman.



Sylvia Goodman cuts the ribbon on the Goodman IMAX Dome



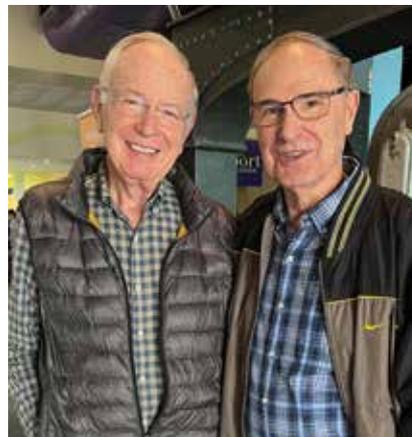
Carl and Sylvia Goodman with Diana Clark



Jenifer Hill and Bill Reyenga



Dottie Bell and Foster Campbell



Dayne Hassell and Randy Kirschner



CHRISTMAS IN THE SKY – The Shreveport Regional Arts Council (SRAC) held their glamorous biennial fundraiser Christmas in the Sky on December 10 at Louisiana Downs in Bossier City. This year’s theme was “Kiss a Frog”, an enchanted evening of Fairy Tales, Tall Tales and Cocktales!

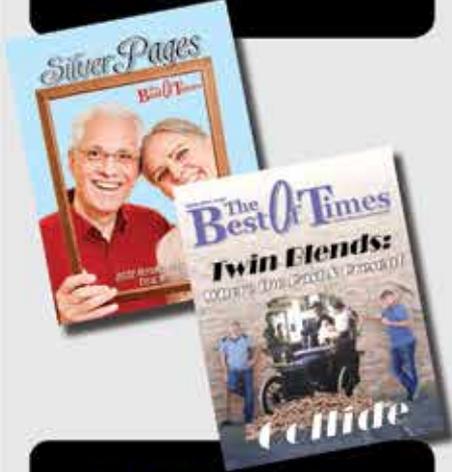
SRAC Executive Director Pam Atchison with husband Bob



Dennis Beckman and Deb Cockrell

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Floy and Mark Hebert



Ray and Melva Griggs with SRAC Board Chairman Sandi Kallenberg and husband Jeffrey



Bob and Bess Elder



Marsha and Russell Friedrich with costumed characters

OPEN HOUSE - Shreveport - Bossier Convention and Tourist Bureau held their Christmas open house on December 1st at the Shreveport Aquarium event center.



David Bradley and John Lee



Beth Smiley and Stacy Brown



Gard Wayt and Matt Hammock

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The Music of Led Zeppelin

Sat., January 14—7:30 PM
RiverView Theater, Shreveport

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Mozart's Haffner Symphony

Sat., January 28—7:30 PM
RiverView Theater, Shreveport

Experience the energy of Mozart's Symphony No. 35, along with the Bottesini *Gran Duo*, featuring two virtuoso soloists, violinist **Eunice Kim** and double bassist **Xavier Foley**.



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