

April 2021

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**ROBOCALLS ARE  
MORE THAN  
JUST ANNOYING —  
Here's How to Combat Them**



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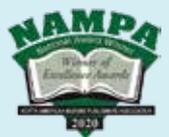
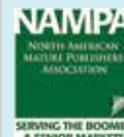
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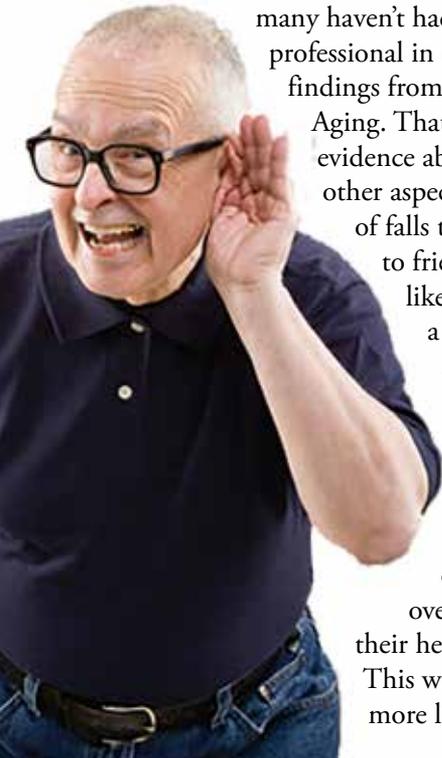
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# Stat!

## Medical News & Info

### Most Older Adults Haven't Gotten Checked for Hearing Loss

Eighty percent of Americans over 50 say their primary care doctor hasn't asked about their hearing in the past two years, and nearly as many haven't had their hearing checked by a professional in that same time, according to the findings from the National Poll on Healthy Aging. That's despite a growing body of evidence about the importance of hearing to other aspects of life, from dementia and risk of falls to the ability to stay connected to friends and family. Men were more likely than women to say they'd had a recent hearing screening or test, and so were people ages 65 to 80 compared with those in their pre-Medicare years. But even among men and those over 65, 72% hadn't been tested. Older adults who said they were in fair or poor physical or mental health overall were less likely to have had their hearing tested in the past two years. This was despite the fact that they were more likely to experience hearing issues.



### Diet High in Healthful Plant-Based Food May Reduce Risk of Stroke

Eating a healthy, plant-based diet that includes foods like vegetables, whole grains and beans, and decreasing intakes of less healthy foods like refined grains or added sugars may reduce your risk of having an ischemic stroke by up to 10%, according to a study published in an online issue of *Neurology*<sup>®</sup>. An ischemic stroke is associated with a blockage of blood flow to the brain and is the most common type of stroke. The study found no link between the diet and hemorrhagic stroke, which happens when an artery in the brain leaks blood or ruptures.



### Negative Behavior Changes Reported by Americans Coping with Pandemic Stress

One year after the World Health Organization declared COVID-19 a global pandemic, many adults report undesired changes to their weight, increased drinking and other negative behavior changes that may be related to an inability to cope with prolonged stress, according to the American Psychological Association's latest Stress in America<sup>TM</sup> poll. APA's survey of U.S. adults, conducted in late February 2021 by The Harris Poll, shows that a majority of adults (61%) experienced undesired weight changes – weight gain or loss -- since the pandemic started, with 42% reporting they gained more weight than they intended. Of those, they gained an average of 29 pounds (the median amount gained was 15 pounds) and 10% said they gained more than 50 pounds. For the 18% of Americans who said they lost more weight than they wanted to, the average amount of weight lost was 26 pounds (the median amount lost was 12 pounds). Adults also reported unwanted changes in sleep and increased alcohol consumption. Two in 3 (67%) said they have been sleeping more or less than desired since the pandemic started. Nearly 1 in 4 adults (23%) reported drinking more alcohol to cope with their stress. Such changes come with significant health risks, including higher vulnerability to serious illness from the coronavirus.

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***—Kent C., California***

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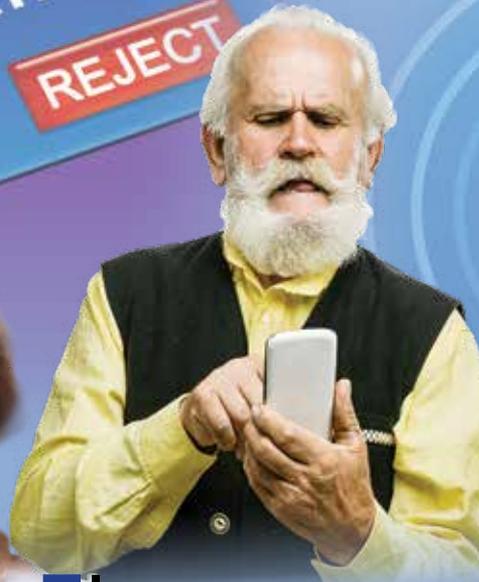


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# ROBOCALLS ARE MORE THAN JUST ANNOYING — Here's How to Combat Them

by Kimberly Blaker



**IF YOU REGULARLY SCREEN YOUR PHONE CALLS**, keep your ringer turned off to avoid frequent calls, decline unknown numbers, or wait to hear a voicemail before deciding whether to return a call, you're not alone.

As of 2019, more than half of all phone calls go unanswered, according to Alex Algard, CEO of Hiya, a phone spam solution company. The primary reason people don't answer calls is to avoid the constant barrage of robocalls. This leads to a lot of frustration when people miss important calls, such as a potential job interview or return call from the doctor.

To understand the scale of the growing problem, there were over 58.5 billion robocalls across the nation in 2019. This is almost two times the amount in 2016 (29.1 billion). In March 2020 alone, there were 4.1 billion robocalls – that's 132.5 million a day, 5.5 million per hour, 1,500 per second, and 12.5 per person.

## What are robocalls?

Robocalls are a type of phone call used by some companies, organizations, or individuals that play a recorded message when answered. Some merely play a message, while others provide options to transfer people to a live person. Many of these calls are made by scammers, while others are harmless yet annoying. As technology advances, the number of robocalls increases. Fortunately, so does the development of technology and tricks to avert them.

## Types of Robocalls

When you hear the word ‘robocalls,’ you may immediately think of scammers that want to trick you into giving out personal information or money. While many are, not all robocalls are illegal scams.

### *Legal robocalls include:*

- **Political parties** looking for support
- **Charities** asking for donations
- **Informational calls**, such as appointment reminders, automated school messages, flight updates from your airline, and information from your health provider, to name a few
- **Calls from debt collectors**
- **Companies to whom you’ve given written permission to contact you with a robocall**

Illegal robocalls are those that haven’t previously obtained your permission and are trying to sell you something or scammers trying to get your personal information or money.

### *Some common illegal robocalls include:*

- **Imposter scams** that pretend to be a government agency such as the IRS or even a loved one.
- **Credit card or debt scams** charging a fee in exchange for aid for credit card or other types of debt
- **Loan scams** asking you to pay an up-front fee in exchange for a loan
- **Prize scams** claiming you’ve won a lottery or prize that requires you to pay a fee or share personal information to get the prize
- **Free trial scams** that after the trial ends lock you into a subscription plan with additional costs
- **Travel scams** which often are deals that are too good to be true and end up having unexpected extra costs, other strings attached, or that don’t even exist
- **Charity scams** in which they pose as a charity to get donations
- **One-ring scams** from foreign phone numbers that call and hang up on you to get you to call back and rack up fees



## How Robocalls Work

Robocallers can get large volumes of phone numbers by buying lists of leads from third-party providers.

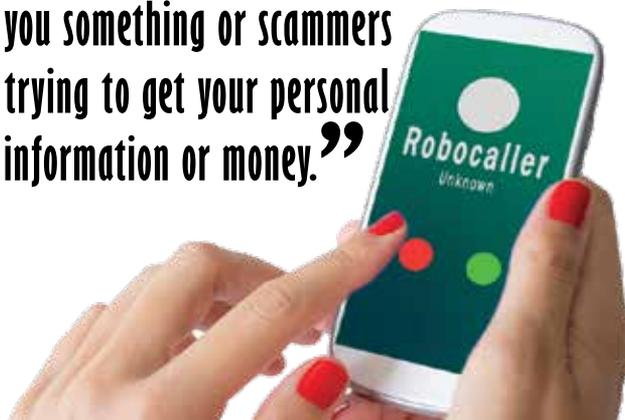
### *Your number ends up on those lists when you:*

- call 800, 888, or 900 numbers
- apply for credit
- contribute to charity
- register to vote
- give your phone number to a business during a purchase or for a contest
- call a company

Some robocalls also use machines that simply dial random numbers.

Robocall operations may use small, low-cost phone carriers or computer programs to send out a high volume of pre-recorded calls for little cost. The theory is that out of a large number of calls, only a few people will return the call or respond by pressing a number to speak to the robocaller. When a callee does respond, they’re patched through to a real person who either addresses the legal purpose of the call *or* completes the illegal sales pitch or scam. Scammers seeking money may ask you to send gift cards or wire money directly, so it’s harder for you to recover it.

“Illegal robocalls are those that haven’t previously obtained your permission and are trying to sell you something or scammers trying to get your personal information or money.”



## Fighting Back With Legislation

Since robocalls affect so many people so frequently, many groups are working to combat the calls through legislation. A few government agencies, including the Federal Trade Commission (FTC) and the Federal Communication Commission (FCC), not only work against robocalls, but they also have information and resources available to the public.

In November 2019, the House and Senate announced their agreement on the Pallone-Thune TRACED Act, merging two bills to stop robocalls. This act gives the FCC more involvement in combating robocalls. It also created a group with representatives from various agencies to work together on evaluating resources and policies to help combat the problem.

The TRACED Act sets guidelines for the FCC to go after and fine scammers more easily. It also allows the FCC to require phone carriers to use technology to verify and authenticate calls at no cost to their customers, evaluate how to prevent scammers from accessing numbers, and assess current approaches to stopping robocalls. The FCC is also required to give regular updates to Congress.



More lawsuits are also being pursued against companies or businesses using robocalls. In January 2020, a case was brought against three people and a call center that had helped the Grand Bahama Cruise Line, LLC, place millions of illegal robocalls. They settled the FTC complaint and are barred from making robocalls in the future. The FTC will take others involved to court who did not agree to settle.

## How to Guard Against Robocalls

There are so many robocalls going out always, it's impossible to prevent all of them forever. But there are steps you can take to reduce the robocalls and to protect yourself and loved ones from falling victim to a phone scam.



**“When a callee does respond, they’re patched through to a real person who either addresses the legal purpose of the call *or* completes the illegal sales pitch or scam.”**

Sign your mobile phone numbers up on the National Do Not Call Registry. This is a free service to stop unwanted sales calls from telemarketers and legitimate companies. Unfortunately, scammers don't abide by this list. So it doesn't prevent all the calls or the most precarious ones. Sign up or

report unwanted calls at [donotcall.gov](https://donotcall.gov), or by calling 1-888-382-1222.

The most basic way to avoid robocalls is to screen all your calls and answer only known numbers. This can be a pain, though, and may result in many voice mails, although most won't leave a message. To reduce aggravation, enter any important numbers into your phone contacts to minimize the chance of screening an important call. Also, be aware that with new 'spoofing' technology, scammers can choose which name or number they want to show up on your screen.

### ***Use technological advances in call-blocking when possible:***

Wireless and landline service providers have tools and services to prevent robocalls and spam calls. Visit your account online or contact your provider to see how they can help you prevent these calls.

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Phone manufacturers also sometimes include call-blocking or robocall warning technology on their devices. Check your phone's handbook or contact the manufacturer to find out what services are available. You can also block specific numbers on your phone after they've called you. However, some robocallers place calls from many numbers in an effort not to be blocked.



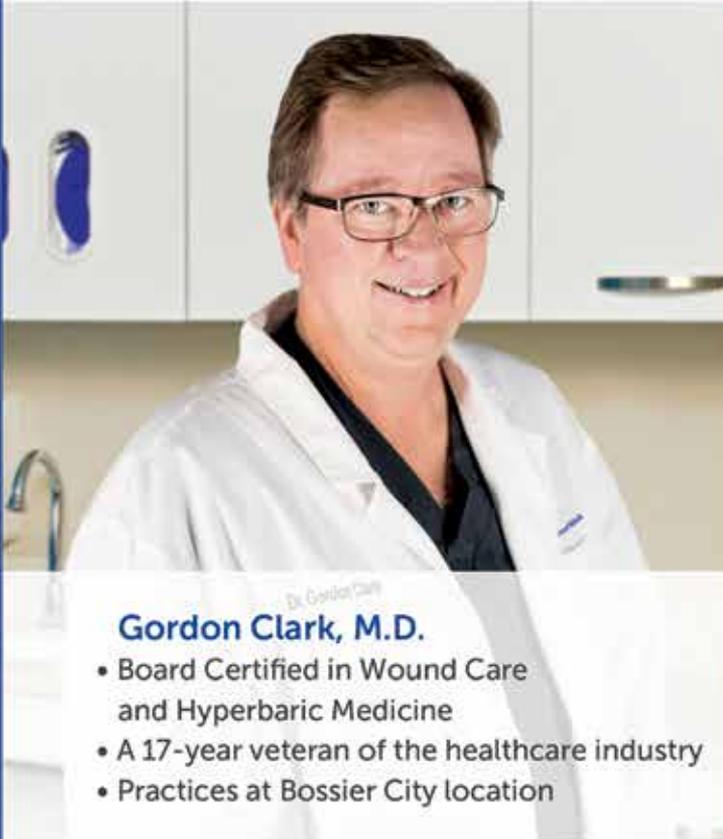
Many mobile phone apps are available to help with call-blocking, screening calls, blocking likely scam calls, and even to file a complaint through the appropriate channels. Search the app store on your phone to find one that suits your needs. Some are free, while others are paid. So read reviews before downloading.

If you answer a call that you believe is an illegal robocall, don't engage or press any buttons to be taken off a list or to talk to someone. Hang up and report the phone number to the Do Not Call Registry.

Robocalls can be particularly problematic for seniors, who may be more trusting on phone calls or not as familiar with the technology behind them. The AARP offers tips on how to recognize a robocall with key phrases to listen for in some of the common scams targeting seniors, such as health insurance, jury duty, Social Security, and pain center. These calls are generally looking for money or valuable information like your Social Security number or access to your Medicare account.

To learn more, visit <https://www.aarp.org/money/scams-fraud/info-2019/recognize-a-robocall.html>

*Kimberly Blaker is a freelance lifestyle writer. She's also founder and director of KB Creative Digital Services, an internet marketing agency, at [kbcreativedigital.com](http://kbcreativedigital.com)*



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## Drs. James Clinton Willis and Joseph Edward Knighton

In late summer 1873, a terrible disease came to Shreveport, taking took at least 700 lives, perhaps more than 1,000. Arriving in the bite of an infected mosquito; the victim suddenly became feverish, lost appetite and was nauseous or vomited, while complaining of muscle pain, especially backache. Many people were ill for three or four days. Some seemed to get better, then developed higher fevers; their skin and eyes turned yellow; their urine turned dark. Half the people who went into the second phase of the disease died in seven to ten days.

Antibiotics had not been discovered yet, nor had vaccination for the disease. Yellow fever or yellow jack was the ArkLaTex's first major health crisis. People continued to become infected and die until November 10 that year. The first hearty frost killed the disease-carrying mosquitoes, just as the first frost had brought an end to an earlier outbreak 20 years before.

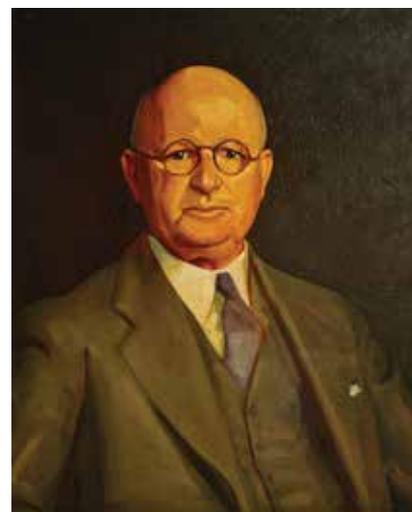
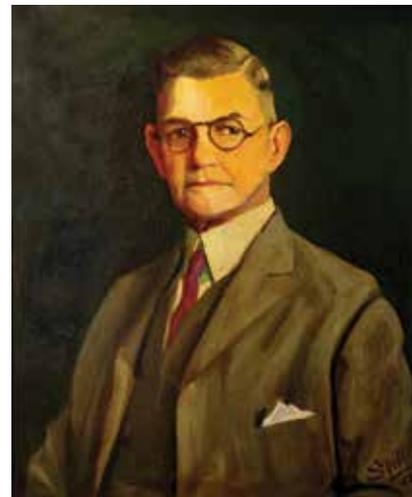
Two young men growing up in nearby Claiborne Parish may well have had their careers determined by the disease's appearance. James Clinton Willis was eight years old; Joseph Edward Knighton, only three. They both went to medical school in Nashville; Willis at Vanderbilt; Knighton, at University of Nashville Medical School. They initially set up offices in the Homer area before moving to Shreveport and joining their practices about 1910.

Shreveport was growing. Founded in 1836, it became a city in 1871. The Shreveport Waterworks Pumping Station, built in 1890, brought relatively clean water to the residents.

In 1928, Drs. Willis and Knighton built the Willis-Knighton Clinic on Margaret Place, next to the Tri-State Sanitarium. The following year, they and several other doctors bought the four-year-old 80-bed sanitarium from founding doctors T. E. Williams and L. H. Pirkle, changing its name to Tri-State Hospital. In 1950 it was renamed in honor of Doctors Willis and Knighton.

Neither man confined his interests to the Shreveport medical community. Specializing in general surgery, Willis studied at Johns Hopkins University in Baltimore and Mayo Clinic in Rochester, Minn. When American troops hunted for bandit Pancho Villa, Willis served as chief surgeon at the military hospital in Brownsville, Tex. His sphere of influence grew farther as president of the Shreveport and Louisiana medical societies; he became a fellow in the American College of Surgeons. Two of his five sons became medical professionals, and his second wife Em Gehlen would lead the Tri-State Hospital School of Nursing.

Active in Rotary, Masons, and Chamber of Commerce, Willis made sure he spent most Tuesday lunch times at the same table with fellow Rotarian Dr. Knighton. He joked that was the only time they had available to catch up with each other and talk shop. His other leisure activity was on the water, deep sea fishing or at local lakes fly fishing



for bass. Willis died in 1942 after surgery at the Mayo Clinic in Minnesota.

Living with his uncle doctor in Texas during his teen years, Joseph E. Knighton received an inspiring medical background before he even began college. Graduating from University of Nashville Medical School at age 29 in 1899, Knighton studied at Tulane, Johns Hopkins, and Chicago universities, along with work in some European hospitals. His 1909 post-grad work at Tulane was in internal medicine.

Like Willis, Knighton was active in Shreveport social life. He was a senior deacon at First Baptist Church, and a 32nd degree Mason, member of El Karubah Shrine,



Right top - Portrait of Dr. James Clinton Willis

Right bottom - Portrait of Dr. Joseph Edward Knighton

Left - Doctor's buggy in the Talbot Medical Museum

*All photos courtesy Willis-Knighton Health System/Talbot Medical Museum*

Rotary, and the Chamber of Commerce. A fellow of the American College of Physicians, he led both the Tri-State Medical Society and the Louisiana Medical Society, chairing the Southern Medical Association in 1930. Knighton worked every day until his death at age 79.

The medical world changed rapidly. Willis-Knighton expanded to buildings in both Bossier and Caddo parishes, with specialty treatment areas from urgent care to rehabilitative to skilled nursing and senior living. It employs more than 7,200 people and is the largest non-governmental employer in the region.

The WK Innovation Center, at 2105 Airline Dr., Bossier City, in the renovated Bossier Medical Center, showcases advances in healing while providing teaching facilities that include a 22-patient-room virtual hospital, one of the nation's largest. Nine nursing schools in Louisiana and east Texas use it for training as does LSU School of Medicine in Shreveport.

It also includes public meeting spaces, training sites, corporate offices, health information management archives, and Talbot Medical Museum. The museum displays such artifacts as a doctor's buggy, Dr. J. Dudley Talbot's original medical bag, and yellow fever epidemic accounts. It is open by appointment during the week.

*History du Jour tells stories drawn from northern Louisiana newspapers, some amusing, some dramatic, some tragically human, as a bend in the river, choked with logs and debris, transitioned to a city on its way to an innovative future.*



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## Are You Competent Enough to File for Divorce?

Jack (all names have been changed) and Dianne had been married for 48 years. But as Jack's health got worse, he had to move into a nursing home. Soon after the move, a sheriff showed up at Dianne's door with a lawsuit.

Jack was suing Dianne for divorce! Which Dianne found to be ridiculous because Jack had dementia and was totally incompetent.

I wish I could tell you that I'm making this up, but I'm not. The Judge, in this real life California case, had to decide if Jack was competent enough to file for divorce.

All 3 of Jack's doctors told the Judge that Jack had dementia. One of the doctors said the dementia was "mild." Another said it was "severe." The third doctor said Jack not only had dementia; but he was

also an alcoholic "who is mentally compromised to be susceptible to the influence of others." Dianne was sure that filing for divorce wasn't Jack's idea. She was convinced that their son had put Jack up to this because Dianne didn't let Jack sell his dental practice to their son when Jack retired.

When the case came to trial, Jack was too sick to go to the courthouse, so the Judge held the hearing at Jack's nursing home. Although Jack was "wearing hearing aids and did not appear to be ambulatory," he had an awful lot to tell the Judge.

The first thing Jack wanted the Judge to know was that he didn't like it when his daughter came to visit him because of her comments that "under Catholicism you're married forever."

Then Jack told the Judge that his marriage



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with Dianne had been contentious (not the word Jack used, but this is a family magazine) for the last 30 years.

At which point the Judge started to ask Jack some questions, and Jack answered everything appropriately. When asked what a train and a bicycle have in common, Jack said, "wheel." The Judge then asked Jack to read something and Jack did so without a problem. And the Judge noticed that when Jack was answering the questions, "he expressed humor and sarcasm."

In the end, the Judge decided that Jack had dementia, but he also "had the capability of making reasoned decisions to end his marriage." Perhaps this was because when it comes to decisions about marriage in California, "there is a large body of case authority reflecting an extremely low level of mental capacity needed."

And how low would that be? Let me tell you about John. John suffered from a rare form of dementia that affects a person's memory and personality. Often the afflicted person will begin to act out of character, and that's what happened to John. The disease caused him to believe that his wife and young children needed to be shot because they were out to get him. With the "help" of his brother, John filed for divorce. By the time the case went to trial, John had lost the ability to speak or to read or write, but he could still make gestures such as making "shooting motions" at his family.

The Judge said that you don't need to be a rocket scientist to file for divorce, but you do need to have some mental capacity. And John? Well, he "lacked the necessary mental capacity to form or express his independent resolve, free of any undue influence, to legally dissolve his long-term marriage."

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



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## Eat Healthy With an Air Fryer

**A**ir fryers are a fun tool for quick, healthier cooking at home. They've risen in popularity over the last few years, and for good reason. Ever wondered how to utilize an air fryer or what the hype is all about? If you'd like to learn more, keep reading!

Air fryers are smaller kitchen appliances that cook foods by circulating hot air around a food, similar to convection cooking. The heating element in an air fryer is located above the food and a fan located inside the appliance works to move the hot air around the food. The result of this cooking method is food that is crunchy on the outside and tender inside. Air fryers can help you cut calories significantly if you frequently eat fried food. Air frying uses about 70-85% less oil compared to traditional frying methods. However, it's important to note that air fryers don't magically make all foods healthy though. An air-fried convenience food or dessert could still be high in calories, sodium, or added sugars and low in nutrients.

If you're wondering if you should make the investment in an air fryer, consider you and your family's needs and preferences. The first question to ask yourself is "How often will I use an air fryer?" If you frequently eat fried food or feel like you would use an air fryer often, this may be a useful addition to your kitchen. Also consider how many people you typically cook for, as this can help you determine what size air fryer you should purchase. If you have a larger household, keep in mind that air



fryer capacity is on the smaller side, so this appliance may not save you much time if you have to cook in batches to feed your family. Finally, consider how much you would want to spend and if there are any added features you'd like to have.

Recipes designed for cooking in the oven can be converted to air fryer cooking with some adjustments to temperature and time. Be sure to reduce the recipe's temperature by 25-30 degrees Fahrenheit and the cooking time by 20% for air frying. When you're ready to use your air fryer, preheat the appliance for 3-5 minutes before place the food in the fryer. Food placement in your air fryer is key to evenly cooked food. Be careful not to overfill your air fryer basket when cooking, as this could lead to uneven browning. Cooking in smaller batches is advised when using an air fryer to maintain consistency. Flipping your food or shaking the air fryer basket halfway



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through cooking can also help with even cooking. To make sure your final product is cooked through and is safe to eat, use a food thermometer. When you're finished using your air fryer, clean the appliance thoroughly according to manual instructions.

Air fryers may be a great way to spend more time with family while still being able to put a healthy meal on the table. They offer room to get creative in the kitchen and there are countless fun and unique recipes online. With recipes ranging from savory and spicy to decadent and sweet, the possibilities are endless. If an air fryer sounds like it would be a useful addition to your kitchen, give it a shot!

*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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## Property Ownership in Other States

When speaking to different civic organizations about successions and estates, I get asked questions about property in other states. It seems that because we live so close to the state lines of Texas and Arkansas, people in our region have accumulated property interests in those states. Their question is this: If I live in Louisiana, does this property fall under a Louisiana succession? The answer to this question, is it depends.

People who own the property in their individual name will have to do a succession, or probate, as it is called in other states to have the title of the property transferred to their name. If the person has a will in the State of Louisiana, the will goes through

probate in this state and a certified copy of the will is sent to the county in the state where the property is located. Usually an attorney in the state where the property is located is hired to handle the transfer of the property.

One way to potentially avoid having to do probate in another state is to

form a company that owns the property in the other state. This can be a corporation, limited liability company, or partnership. Because the property is owned by the company, our laws state that movables, such as an interest in a business, are governed by Louisiana law. By forming a company and placing the property in the company's name, a person can avoid the costs of hiring an attorney and having to do probate in

another state. Depending on the number of family members and heirs, the company interests can be transferred to family members instead of undivided ownership interests in the property. Additionally, a manager can be appointed by family members to pay taxes and manage the property for the family members.

Some people may wonder if the costs of this is worthwhile. In states, other than



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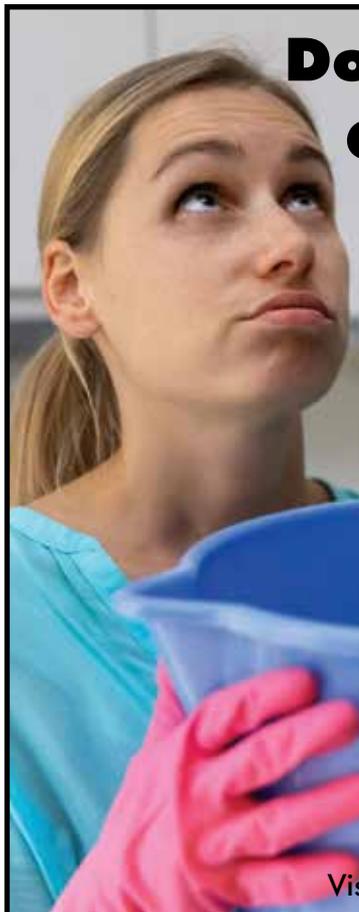
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Louisiana, the minerals do not revert back to the property owner after ten years if the property is sold. For example, in the State of Louisiana, if a person buys a piece of property and there is no production of minerals on that property for 10 years, the minerals on that property will come back to the current owner of the property. In other states, even though you own the land, minerals will never come back to the owner of the property. So, if you own property in another state and have the minerals to that property, it is a good idea to keep the minerals as those minerals may become valuable in the future. As such, the costs of doing probate or forming a company to own the land may be worth it depending on the value going forward of the property owned.

In all cases involving property and estate planning, it is wise to seek professional advice in handling these matters. Costs can be associated with forming a company, as well as tax considerations. In addition, because of forced heirship laws in the State of Louisiana, some people may not want the property governed by our state laws. A good starting place to seek advice on these matters is with your accountant, financial planner, or attorney. Hopefully, they will be able to help you make the right decision regarding the property you own in another state.

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



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## Paul 'Crocodile Dundee' Hogan is Back – Sort Of

It's been 35 years since Paul Hogan unleashed the iconic character of rugged reptile wrestling Mick Dundee onto the world in the 80s hit film "Crocodile Dundee" and two sequels. Hogan returned last December – via digital download in the U.S. – in "The Very Excellent Mr. Dundee" released on Blu-ray/DVD February 16.

The Aussie actor is quick to point out that "Mr. Dundee" is not another Dundee movie, but a self-parody where the quiet-living Hogan (starring as himself) falls afoul of a series of ill-fated self-inflicted blunders that snowball, sully his good reputation. The film also takes a gentle jab at celebrity culture and social media.

"But it's not a deep meaningful movie, just a bit of fun," said Hogan from his Los Angeles home. "While it pokes fun at Hollywood rules and how social media through the modern online community can give you a reputation that you don't deserve, it's mostly aimed at me."

The screenplay, written by longtime collaborator Dean Murphy, is mostly fantasy sprinkled with factual tidbits about



*Blu-ray cover for "The Very Excellent Mr. Dundee" starring Paul Hogan - Lionsgate*

the real Hogan. Many more facts about Hogan's life and career are recounted in his autobiography, "The Tap-Dancing Knife Thrower: My Life (without the boring bits)," published last year.

While the book has been highly praised, critics were not so generous when "The Very Excellent Mr. Dundee" was first released last year. No surprise that didn't bother the unflappable Hogan. "I ignored it, you just take it as it comes."

Critics were much kinder when "Crocodile Dundee" was released in 1986 to international acclaim. "Its impact was staggering and it turned out to be the most successful independent movie ever," said Hogan.

The original film yielded one scene destined for cinematic comedy history where Hogan defensively brandishes that giant hunting knife on the streets of New York City.

"I've still got the original knife, safe in a bank," said Hogan. "We also had rubber and wooden ones for various scenes, but I co-designed the original. It might be worth a bit of money to a collector now!"

Then there was the heart-stopping scene where Hogan's



*Paul Hogan as Crocodile Dundee with co-star Linda Kozlowski (Rimfire Films, distributed by Paramount)*



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love interest, played by Linda Kozlowski, encounters a huge crocodile.

"That was mechanical, but there were real crocs in the water during filming," he recalled. "We had guys up trees with rifles just in case one came along and ruined everything."

So did Hogan consider asking Kozlowski, his co-star and former wife, to take a role in the new film?

"No, she's given up acting," he said. "I see Linda a lot and we're still friends. She was living in Morocco for a while but now is back in LA."

Despite all the money and fame his Dundee character generated, Hogan has remained grounded, unpretentious, and largely distanced from the Hollywood scene.

"I never really fitted in," he admitted. "After the success of Dundee, I received all sorts of script offers, good and bad. But I wasn't interested in becoming an actor for hire. My joy was seeing something that I wrote come to life on the screen."

While fans may be disappointed that the new movie only features a luckless Hogan as himself, the spirit of Mick Dundee lingers throughout the film. Now 81, however, Hogan has no plans to resurrect the character.

"The original worked fine. I'd like to just leave it alone now."

*Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 newspapers and magazines and is the author of "Raised by the Stars: Interviews with 29 Children of Hollywood Actors."*

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# SHREVEPORT *Then & Now*

Photos blended and used with permission by **Mike and Mark Mangham** of **Twin Blends Photography**.  
For more blended photos showcasing Shreveport/Bossier City's historical photos, please visit  
[www.facebook.com/twinblendphotography](http://www.facebook.com/twinblendphotography).

## Looking Through the Present to See the Past!

When we look at the present, this is how we see it! We see the past as clear as day! Historic Fire Station No. 8 (SFD Station #8) is about to be retired and we wanted to give everyone a few *Then & Now* photos that we blended with ones we came across at the Northwest Louisiana Archives at LSUS.



We wanted to also honor the Shreveport Fire Department and all it has done through the years. Every one of these men and women are Heroes and should be honored every day!

*Vintage portion of photos courtesy of Northwest Louisiana Archives at LSUS (Jack Barham Collection).*





# Answers from the Experts



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

## *Does Macular Degeneration cause you to go completely blind?*

Even though macular degeneration is a non curable disease, it does not cause you to go completely blind. The macula is the central part of your vision, so if you get macular degeneration it causes you to lose central vision. The rest of our eye works normally so even in the worst cases of ARMD, patients will still retain peripheral vision. The good news is that macular degeneration is treatable. If you ever notice loss of near vision you need to be seen immediately because the sooner you are treated the better the outcome.



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## *My grandchild complains of shoulder, neck and back pain when in school. Could this be due to his heavy backpack?*

Yes. Backpacks are designed to distribute weight to larger muscle groups that can handle the load. Backpacks should have 2 padded wide shoulder straps, a padded back, and a waist strap (for heavier loads). Also backpacks should light and not add to the load. Rolling backpacks are an alternative, although stairs are a problem. Your grandchild should use both shoulder straps, tighten straps so the pack is 2 inches above the waist and closest to the body, not pack more than 20% of the child's body weight in the backpack, and pack only what he needs. Pack heavier items close to the back and unpack unnecessary items in the locker.



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# Snapshot SLEUTH



The Best of Times has partnered with NWLA Archives at LSUS to identify individuals and events in their collections. Please email Tina at [editor.calligas@gmail.com](mailto:editor.calligas@gmail.com) or Laura at [laura.mcmemore@lsus.edu](mailto:laura.mcmemore@lsus.edu) if you have any comments about these images.

All of these photos were taken by commercial photographer Lawrence Lea (1970s - 1990s). Photos 1 & 2 were located in a series at Red River Motor Company and labeled as "Red River Div Mgr" (February, 1972). All we know about image #3 is it's from March 1972 in Shreveport.



## PUZZLE answers (from pages 28 & 29)

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| P | D | Y | Z | L | J | Z | Z | M | S | E | R | V | A | N | T | X | Z |

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

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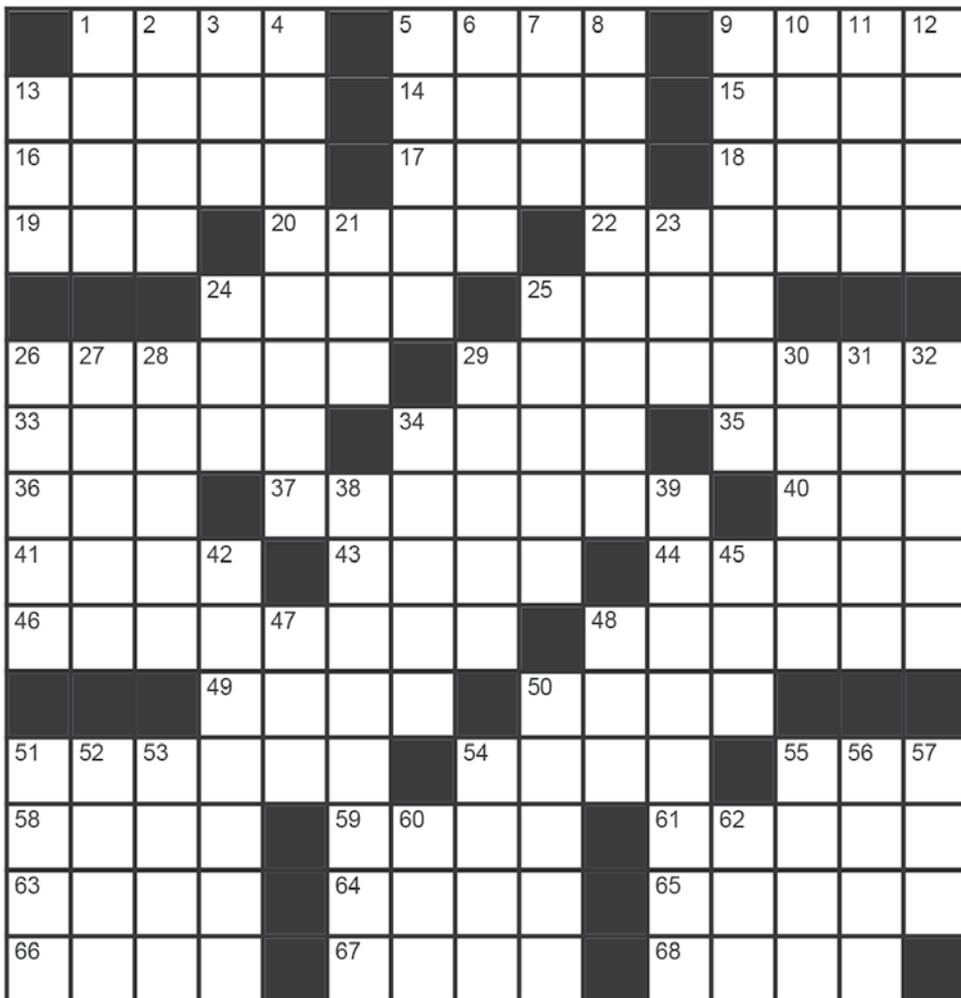
Turn to page 26 for all solutions.

## Across

- 1 Get ready
- 5 On \_\_\_\_ (without a contract)
- 9 Garbage barge
- 13 Norse goddess of love
- 14 Game you can't play left-handed
- 15 Itty-bitty bit
- 16 Hermit
- 17 Bagel
- 18 Dubai dignitary
- 19 Latin lover's word
- 20 Seed covering
- 22 Madness
- 24 Electrical device
- 25 Bring home the bacon
- 26 Volcanic rock
- 29 Actor's hope
- 33 Tomato blight
- 34 Epic poem
- 35 Kind of alert
- 36 Fabrication
- 37 Photocopies
- 40 Setting for many a joke
- 41 Small parrot
- 43 Pietà figure
- 44 Diving bird
- 46 Charles Lamb, e.g.
- 48 Meal
- 49 Stratagem
- 50 D.C. bigwigs
- 51 Captivates
- 54 Face-off
- 55 Bottle topper
- 58 Vagabond
- 59 Object of worship
- 61 Public relations concern
- 63 From the start
- 64 Ballpark figure
- 65 Red fluorescent dye
- 66 Joins
- 67 Narrow margin of victory
- 68 \_\_\_\_-Rooter

## Down

- 1 School dance
- 2 City near Lake Tahoe
- 3 Cataract site
- 4 Optical phenomenon
- 5 Bit of parsley
- 6 Kitty
- 7 Building annex
- 8 Break down
- 9 Earth colors
- 10 Robin Cook thriller
- 11 Ear-related
- 12 Cautious
- 13 Neighbor of Ala.
- 21 Furrow
- 23 Web browser entry
- 24 Popular cooking spray



- 25 Glue
- 26 "Twilight" girl
- 27 Parting word
- 28 Mediums
- 29 Nautical direction
- 30 Planetary shadow

- 31 Takes off
- 32 Everglades bird
- 34 Demagnetize, as a tape
- 38 Discharge
- 39 More fetid
- 42 Strong-scented mat-forming

- Eurasian herbs
- 45 Raises
- 47 "Tasty!"
- 48 Caviar
- 50 Throb
- 51 Tobacco wad
- 52 Perfect
- 53 Tucked in

- 54 Pencil-and-paper game
- 55 Play group
- 56 Exchange premium
- 57 Stock holder
- 60 Twosome
- 62 Bossy remark?

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

## Word Search

### Fantasy World

|            |          |
|------------|----------|
| Battle     | Magic    |
| Castle     | Minstrel |
| Centaur    | Moat     |
| Crossbow   | Ogre     |
| Crown      | Peasant  |
| Dagger     | Peddler  |
| Dragon     | Poison   |
| Drawbridge | Prince   |
| Dungeon    | Quest    |
| Elves      | Servant  |
| Forest     | Tower    |
| Giant      | Unicorn  |
| Gnomes     | Warlock  |
| Hero       | Weapons  |
| Lance      | Witch    |

## Sudoku

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

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

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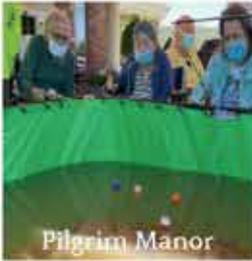
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Heritage Manor Haynesville



The Bradford



Pilgrim Manor



Colonial Oaks



Meadowview



Harmony House



Booker T. Washington



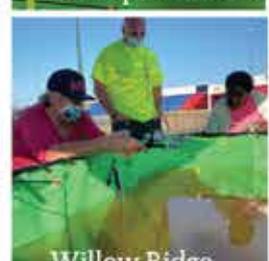
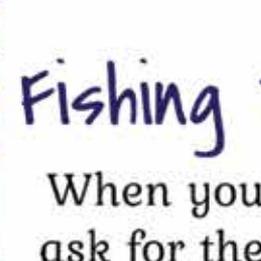
Magnolia Manor



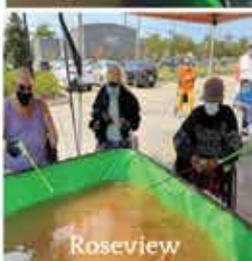
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Progressive Care



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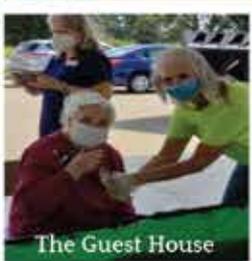
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