

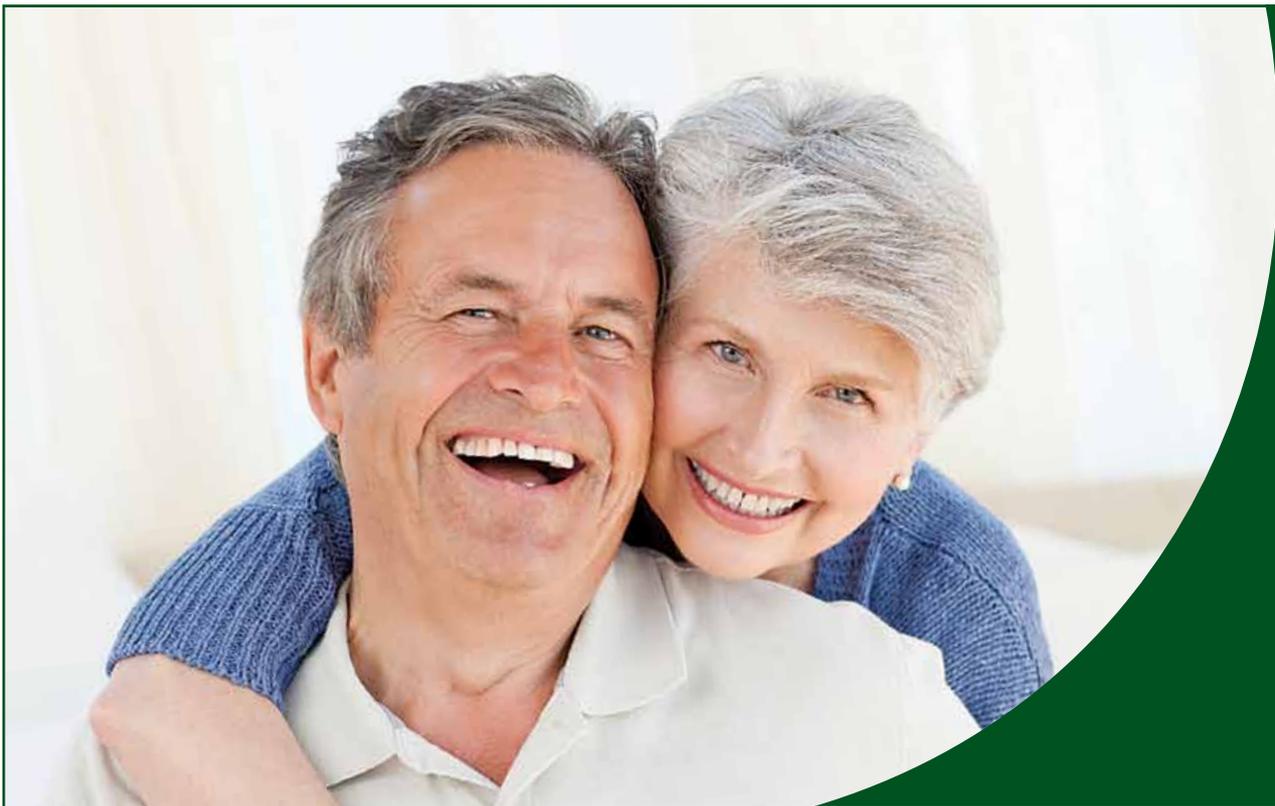
June 2016

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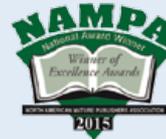
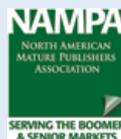
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The Best Of Times

Founded in 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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June 2016 • Vol. 25, No. 6

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Acupuncture Dramatically Reduces Hot Flashes in Breast Cancer Survivors

Acupuncture may be a viable treatment for women experiencing hot flashes as a result of estrogen-targeting therapies to treat breast cancer, according to a new study from researchers at the Perelman School of Medicine at the University of Pennsylvania. Hot flashes are particularly severe and frequent in breast cancer survivors, but current FDA-approved remedies for these unpleasant episodes, such as hormone replacement therapies are off-limits to breast cancer survivors because they include estrogen. The results of the study are published in the *Journal of Clinical Oncology*.

U.S. Adults Fail in Healthy Lifestyle Behavior

A recent large study conducted by researchers from Oregon State University and the University of Mississippi and published in the *Mayo Clinic Proceedings* examined how many adults succeed in four general barometers that could help define a “healthy lifestyle”: a good diet, moderate exercise, a recommended body fat percentage and being a non-smoker. Such characteristics are associated with a lower risk of cardiovascular disease as well as many other health problems, such as cancer and type 2 diabetes. Only 2.7% of all adults had all four healthy lifestyle characteristics, while 16% had three, 37% had two, 34% had one, and 11% had none. Having at least one or two healthy lifestyle characteristics, compared to none, was associated with better levels of some cardiovascular risk markers.



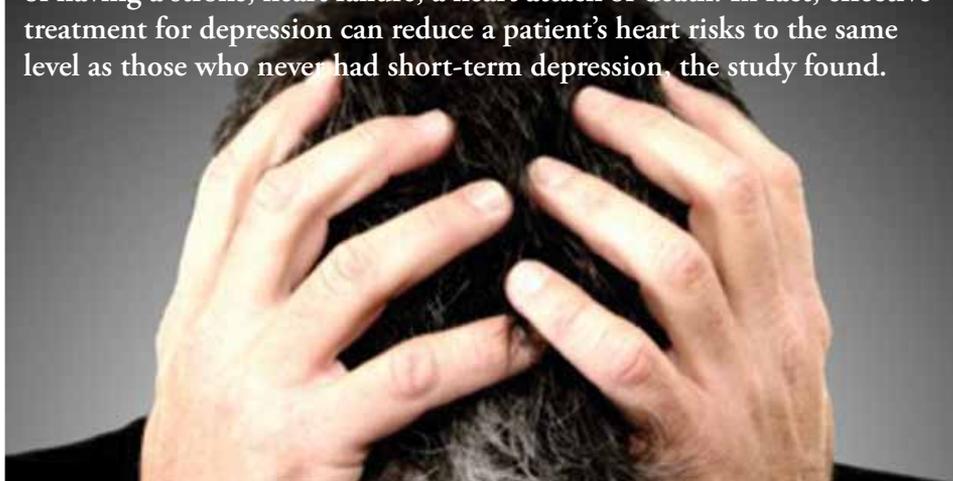
Working Longer May Lead to a Longer Life



Working past age 65 could lead to longer life, while retiring early may be a risk factor for dying earlier, a new study from Oregon State University indicates. The researchers found that healthy adults who retired one year past age 65 had an 11% lower risk of death from all causes, even when taking into account demographic, lifestyle and health issues. Adults who described themselves as unhealthy were also likely to live longer if they kept working, the findings showed.

Improving Symptoms of Depression Can Reduce Risk of Major Cardiovascular Problems

Depression is a known risk factor for cardiovascular disease, but as a person's depression improves — or grows worse — their risk for heart disease has remained largely unknown. But now, a new study by researchers at the Intermountain Medical Center Heart Institute in Salt Lake City found that effectively treating depression can reduce a patient's chance of having a stroke, heart failure, a heart attack or death. In fact, effective treatment for depression can reduce a patient's heart risks to the same level as those who never had short-term depression, the study found.



Foods High in Vitamin C Cut Cataract Progression

Researchers at King's College London have found a diet rich in vitamin C could cut risk of cataract progression by a third, suggests a study published in *Ophthalmology*. The research is also the first to show that diet and lifestyle may play a greater role than genetics in cataract development and severity. Diets rich in vitamin C were associated with a 20% risk reduction for cataract. After 10 years, researchers found that women who reported consuming more vitamin C-rich foods had a 33% risk reduction of cataract progression.

Short Sleepers More Likely to Catch a Cold

A new study led by a UC San Francisco sleep researcher and published in *Sleep* found that people who sleep six hours a night or less are four times more likely to catch a cold when exposed to the virus, compared to those who spend more than seven hours a night in slumber land. Researchers found that short sleep was more important than any other factor in predicting subjects' likelihood of catching cold. It didn't matter how old people were, their stress levels, race, education or income, or if they were a smoker.

Common Antacid Linked to Accelerated Vascular Aging

Chronic use of some drugs for heartburn and gastroesophageal reflux (GERD) speeds up the aging of blood vessels, according to a published paper in *Circulation Research*. This accelerated aging in humans could lead to increased cardiovascular disease, vascular dementia and renal failure. These findings support recent epidemiological and retrospective studies that observed associations between the long-term use of proton pump inhibitors (PPIs) and an increased risk of heart attack, renal failure and dementia.

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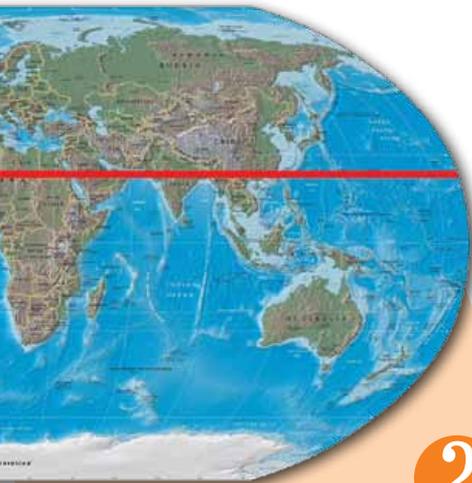
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Our Featured **5**



1

Summer Solstice is both the **LONGEST & SHORTEST DAY OF THE YEAR.**



2

June Solstice is exactly when the Sun is over the **TROPIC OF CANCER.**

5

June Solstice means **CONTINUOUS DAYLIGHT & CONTINUOUS DARKNESS.**



Facts About the June Solstice

1. It is Summer Solstice in the Northern Hemisphere where it is the longest day of the year in terms of daylight. In the Southern Hemisphere, it is the shortest day of the year and the Winter Solstice.

2. The June Solstice is the exact instant of time when the sun is directly over the Tropic of Cancer. The date varies between June 20 and June 22. This year the June Solstice is on Monday, June 20 at 5:34 PM in Shreveport.

3. Hot weather follows the sun by several weeks because it takes time for the oceans and landmasses to warm up.

4. The Earth is closest to the sun when the Northern Hemisphere experiences winter and is farthest away during the summer solstice.

5. The June Solstice is the only day of the year when all locations inside the Arctic Circle experience a continuous period of daylight for 24 hours. The Antarctic Circle will have 24 hours of darkness.



4

Earth's distance to the sun is what makes **WINTER & SUMMER.**

3

HOT WEATHER follows the sun.



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Shreveport

Then & Now

These photographs, a blending of vintage and current photos of a particular location, are the result of twin brothers Mike and Mark Mangham's fascination with Shreveport history. If you have comments to share about these photos, please email Tina at editor.calligas@gmail.com. Photos blended and used with permission by Mike and Mark Mangham of Twin Blends Photography. For more photos visit www.twinblendsphotography.com or www.facebook.com/twinblendsphotography/.



This building was designed by N.S. Allen and constructed in 1899 on the east side of Hope street. Hope Street School housed elementary through high school students. Later it became Shreveport Central High School. It was razed in 1915 after it was heavily damaged by fire. The annex building survived and was Central High School, and later the Caddo Vocational-Technical School. The high school later moved to Line Avenue as New Shreveport High, but was renamed C.E. Byrd High the following year. Today the original location is the site of the Shreveport city jail. (*Vintage photo courtesy LSUS Archives and Special collections, Noel Memorial Library.*)

Photo below is the laying of the cornerstone. (Courtesy of Robert Hendrick.)



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Snapshot SLEUTH

Do you recognize any of the people in these photographs?

The Best of Times is partnering with the library at LSU Shreveport to identify individuals in photos from their collections. If you know any of the individuals in these photos or if you have any memory or comments about the images, email Tina at editor.calligas@gmail.com or Laura at laura.mcmore@lsus.edu. These photos are from the *Menasco Studio Collection* and are courtesy of *Northwest Louisiana Archives at LSU Shreveport*.



This is what we know:

Photos 1 - 4 were taken at a Fair Park vs. Captain Shreve basketball game on January 20, 1971. These photos come from *The Times* collection and were photographed by John A. Moore.

Photos 5 - 8 were taken at the Booker T. Washington vs. Captain Shreve basketball game on January 29, 1971. These photos come from *The Times* collection and were photographed by Ronald J. Aldin.

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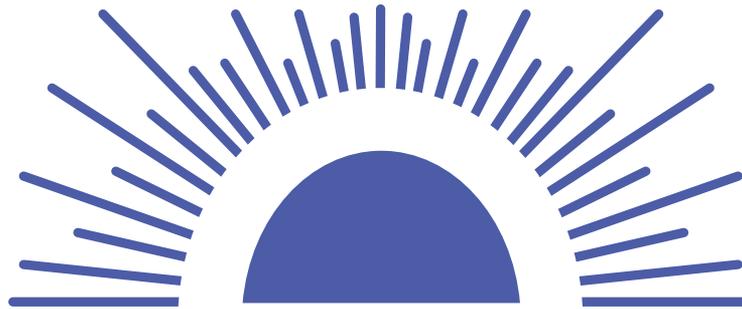
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“Until one has loved an animal, a part of one’s soul remains unawakened.” - Anatole France

ANIMAL THERAPY PROMOTES HOPE, HEALING & HAPPINESS

by Kathleen Ward

Walking in old age is akin to navigating a thorny path filled with obstacles. She leans against a walker in the wide hallway of The Glen, slowly making the painful struggle to do something that once came without thought or effort. She is becoming frustrated and tired; this can be seen in the set of her shoulders, the lines of her face.

Then she sees Molly Adele, the fuzzy white Maltese-Poodle mix that was rescued from a Kroger’s parking lot, coming down the hall in the arms of Maureen Kidd, the Glen’s Therapy Animal Coordinator.

She stops, stands straighter and reaches out to pet Molly Adele. She speaks warmly of her own dog that died of old age then continues down the hall, happy with the promise that Kidd and Molly Adele would visit later.

“Just the mere presence of a well-trained dog can start a conversation between a handler and a person who has declined all other contact. Sometimes just stroking their soft, silky coat can make a person smile,” said Kidd. “The animals clearly enjoy the encounters and look forward to getting brushed and leashed up for their visits.”

That scene is repeated



Lulu, the Dog Who Loves Books



Beverly Barton and Lulu with Chris Tran.

“Beginning readers relax knowing a dog won’t judge them as they struggle to sound out words and make mistakes along the way.”
- Beverly Barton

frequently as Kidd moves around the complex with one of her three therapy dogs, Molly Adele, Bentley and Buttons, who live at The Glen in Kidd’s office/kennel. She also visits nine other local organizations each month as a member of Paws With Purpose (an outreach program of The Glen), including Shriner’s Hospital, schools, nonprofit service organizations and residential facilities, giving hundreds an opportunity to interact with a friendly, well-trained therapy dog.

“The benefits for improving emotional and physical health of the people young and old we interact with are endless,” Kidd said. “Working with a trained therapy animal can assist an occupational, physical or speech therapist with encouraging a child or adult to improve their gross or fine motor skills.”

Kidd, a certified Pet Partner handler, instructor, evaluator and National Program Educator, has done just about everything there is to do with dogs including working for a veterinarian, teaching obedience training, operating her own kennel, and search and rescue with her bloodhound Darcy as a volunteer for the Shreveport Fire Department’s K-9 Unit.

Sometimes she is deeply moved by the work she does as she sees the withdrawn reach out, the sick soothed and the troubled calmed by that oldest of relationships, the bond between humans and dogs.

“In Shriners hospital a young child was having seizures after surgery, but when I brought the therapy dog into her room and placed him next to her as requested by the parents and the nursing staff, she cuddled him and stopped having seizures and the dog and I sat there with her for over an hour and gave her some rest and her poor parents a chance to relax knowing she was finally sleeping peacefully.”

Chris Tran is so excited by the trip to the library with his uncle and cousins that he can’t sit still. He walks from room to room until he makes his way into the children’s area and sees Lulu, the Cavalier King Charles Spaniel that works with owner Beverly Barton each Saturday at 1 p.m. at the Broadmoor Library.

Lulu is lying on the floor with Barton seated beside her as a continual loop of young children circle around them, some sitting for a minute just to pet Lulu and some staying for Lulu’s reading lesson. Chris flops down beside them and Lulu looks at him while he turns the pages of a book that is illustrated with various animals.

“Beginning readers relax knowing a dog won’t judge them as they struggle to sound out words and make mistakes along the way. It prepares them for reading out loud in the classroom in front of their peers, and it builds confidence,” said Barton, a volunteer certified by Therapy Dogs International.

The idea of using therapy dogs to improve reading and communication skills started about 1999 in Utah and has continued to expand to schools and libraries across the country. Barton has been a volunteer since 2012.

“Dogs promote a nice warm fuzzy feeling about reading and libraries,” she said. “Reading to a dog creates a safe, nonjudgmental experience for children to enhance their reading skills and their confidence. Quite often the children choose books about dogs to read to Lulu thinking she will like that the best.”

The chance to read to a dog may offset a disturbing pattern that occurs as children reach the age of about eight. The publisher Scholastic’s 2015 survey of more than 2,500 children found that 51% said they love or like

reading books, a drop of nine percent since 2010. Only 46% of the nine to 11-year-olds loved reading. A 2010 University of California study found 12% of children who read to dogs over the course of a 10-week program showed improved reading skills.

“We had a child with Tourette’s syndrome that was understandably afraid to read out loud. He came to watch his friends and siblings read to Lulu, but he was hesitant to participate. After several sessions, he decided to give it a try. He did very well, and his grandmother was very emotional as she watched. Afterwards, she told me that was the first time he had read out loud in a very long time.”

“The Way to Heaven is on Horseback”

Joshua Randazzo, 26, can’t speak or hear and he has some vision problems, but boy can he ride. He hums softly as his mother drives him to Great Results Equine Assisted Therapies (GREAT) in Greenwood where he began riding when he was nine.

“He makes the humming sound when we are going and when we are coming back,” said Cherie Randazzo. His favorite mount is Tupper, a rescued Thoroughbred donated to the program by someone who made money selling Tupperware.

“GREAT offers private therapeutic horseback riding lessons to children and adults with disabilities,” said Linda Hamm of GREAT, a program of The Arc® Caddo-Bossier, a private non-profit agency that provides services and supportive programs for people of all ages who have developmental disabilities and their families. The staff of five instructors certified by the Professional Association for Therapeutic Horsemanship (PATH) and 35 volunteers oversees 15 horses on GREAT’s 30 acres.

Shriner’s Hospital and the Caddo Parish School System refer patients and students to the therapeutic horseback riding program, but individuals can participate as well.

“The Caddo students are selected by their Adaptive Physical Education teachers. When Shriner’s participates, they bring children and teens who are post-surgery and are staying at the

hospital for therapy.”

“We have a 12-week fall session, a 12-week spring session, and a 4-week summer session.” In June GREAT offers two five-day riding programs, Camp Victory, open to all children ages four to 10, whether with or without special needs. The riders wear helmets and are assisted by volunteers who walk beside them until they gain skills and confidence. The program culminates in a ceremony with the kids riding in patterns within the arena, waving flags as their parents and friends cheer them on.

“It’s so much fun to have challenged kids and non-challenged kids in the same group,” she said. The five-day program is \$125 and runs from 9 a.m. to about 1 p.m. with snacks and lunch provided.

“We have children through people in their 70s” riding at GREAT, said Hamm. “A friend of mine asked me to come volunteer 15 years ago, I loved it and decided to become a certified instructor.”

“We know that horseback riding improves their balance, strengthens their core muscles and improves their overall sense of wellbeing. And it is a fun outdoor recreational opportunity,” Ms. Hamm said.

The Ripple Effect

Most people involved in animal-assisted therapy work with their own pets and the majority are volunteers. It is more a calling than a hobby or a job. The reward is seeing notable improvements in the mental and physical condition of people interacting with animals and sharing that experience with caretakers and family members. It can ease what is sometimes a burden and lift the spirits of everyone involved.

“You see them smiling, animated and engaging with the handler,” said Kidd.

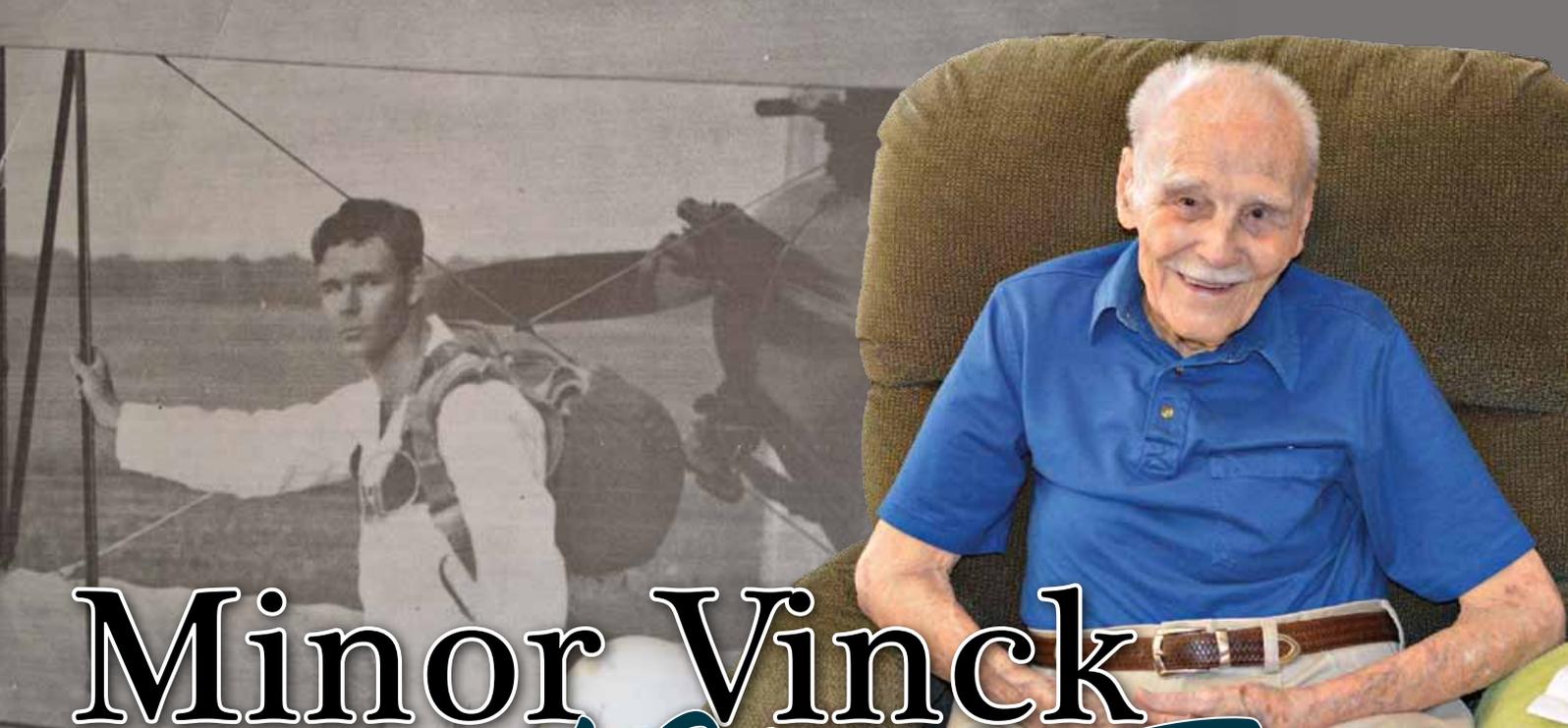
“It’s almost therapeutic for me also. When you are the mother of a child like Joshua you don’t have the social network most mothers have. These creatures are different,” said Cherie Randazzo. “Tupper holds a warm place in my heart.” •



“GREAT offers private therapeutic horseback riding lessons to children and adults with disabilities.”

- Linda Hamm

Gay Verges at Great Results Equine Assisted Therapies (GREAT) in Greenwood, LA.



Minor Vinck

A Major Talent

by Mary Flanders

Minor Vinck is truly a major artist and a jewel in the crown of the artistic community of the Ark-La-Tex. He has been called a renaissance man, which is the perfect description of his exciting and inspired life. Never one to be afraid of trying something new, his spirit, his creativity, his love for life has spanned a century.

Now a very vital one hundred years young, Mr. Vinck's remarkable life began early when a friend of his rebuilt a crashed airplane. It caught his interest, and as he says, "it looked like it would be fun." By the time he was seventeen he was known as "Mile High" Vinck. He specialized in thrilling the crowds by wing walking and jumping out of the airplane his friend was piloting when it reached five thousand feet high. He appeared at air shows in and around Arkansas, Oklahoma and north Louisiana right up until he met

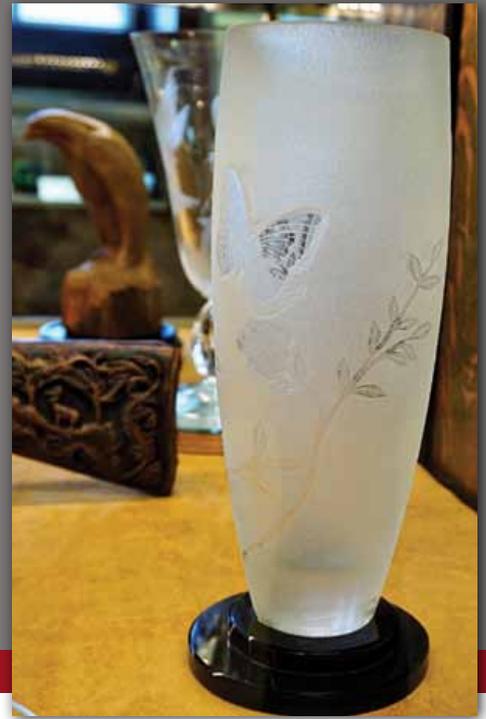
his wife. After a short but sensational aviation career, he began a lifetime vocation of glass cutting and avocation of glass art. A glass artist and sculptor of many years as well as a painter; he recently took up metal etching. Next he says he's going to learn to play the brand new piano that sits in his living room.

Before he met his wife, Ruth, he was a high altitude daredevil; flirting with death on a regular basis, but once she came into his life, she put a stop to it right away. "She has little feet, but she put them down hard," he said. After 79 years of marriage, "'Yes, Dear' are the magic words," he laughs, for a successful marriage.

He worked with glass from his early years beginning as a young man at a Texarkana Glass and Mirror works in Texarkana. Jumping at

"When I finish it, if it looks like I wanted it to, *it's my favorite.*"
– Minor Vinck





the chance to make \$17 a week, the newly married Mr. and Mrs. Vinck moved to Shreveport the day after their wedding and he began work at the Pittsburg Plate Glass warehouse.

Before long, his Uncle Charlie, who was a glass cutter at Libbey Owens Ford took him in as an apprentice. At that time the only way you could learn that highly skilled trade was to know someone who was willing to take you under their wing. Mr. Vinck worked there for thirty-five years until the plant closed in the early 70's. In spite of the heat and hazards of working in a glass factory, Mr. Vinck said working with glass was second nature to him. It was only natural that his creative inclinations found expression in glass.

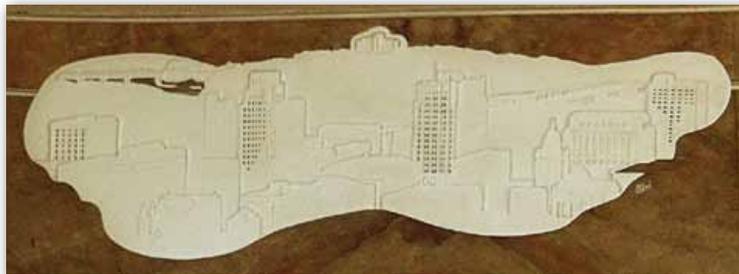
After the plant closed, Mr. Vinck opened his own glass studio, Vinck Studios, on Ellerbe Road where he etched crystal, created sand carved murals and portraits and produced hand beveled leaded glass windows and doors.

He uses numerous techniques to create his one of a kind glass creations, including sand carving which is done by pouring molten glass into a mold made of sand, using hand tools to take out bits of the glass to create a design hand carved, and the most difficult of all, copper wheel engraving. That technique involves a machine with an engraving wheel and the design is carved by touching the glass to the wheel to create the design.

He also studied sculpture with Arthur C. Morgan, who created the bronze statue of Henry Miller Shreve that stands

on the riverfront in downtown Shreveport.

He recently celebrated his 100th birthday by having an exhibition at the Louisiana State exhibit museum with various sculptures, engravings and glass. The focal point of the show was his beautiful glass mural, titled "Shreveport Skyline", displayed above the rotunda at the entrance to the museum. The panel depicts Shreveport's architectural outline in the 1950's and includes many of the city's recognizable buildings. He generously donated the piece which is now on permanent display.



When asked which of his works was his personal favorite, he smiled and said "When I finish it, if it looks like I wanted it to, it's my favorite."

Never one to stay still for very long, last summer he completed an amazing

work of metal engraving on a 303 British Enfield rifle with hand carved wooden stock and engraved silver barrel. You can see that beautiful work on display at the Louisiana State Exhibit Museum.

He says he gets a lot of inspiration from the shape of the raw material, like the gun barrel. E. C. Prudhomme, who also lived here in Shreveport, and a world renowned gun engraver, encouraged Mr. Vinck's engraving work with a gift of vintage five inch heavy ball vice engraver. Mr. Vinck says one of his regrets is that he never got to meet him in person.

Visit the Louisiana State Exhibit museum, as you walk in the front, look up across the rotunda and you'll see why Minor Vinck is a true artist in every sense of the word. •



Reading The Antidote to Loneliness

by William McDonald

They don't ask for much - just a good story now and then. Sometimes, a lot of the time, they may not be able to ask, but you can see it in their eyes. Tired eyes that are saying "I can't make out the words anymore." Proud eyes that hate to say, "I've had a stroke. I can't hold a book in my hands." Quiet eyes that are asking, "Could you take a minute and read me a story?"

Usually a love story that might take them back to a time when they were young and in love as only the young can love.

Helen closes her eyes when I read, perhaps to keep me from reading something in them that is for her eyes only. But she cannot hide the smile that dances across her face. She can not hide the way her hands, folded over her chest, sway back and forth to a melody of memories only she can hear.

Rebecca asks me to change the names in every story to Rebecca and Franklin. She does not close her eyes when I read. She stares, beyond the room, beyond the walls, beyond the building - beyond time itself, into a world where a man named Franklin and a woman named Rebecca lived and loved and promised a forever to each other.

John likes me to read to him. Most men don't but John does. I think it's because every woman in every story is, in John's mind, a woman whose heart he once won. He doesn't say it but ... and lost.

I used to wonder if the seniors I read to considered me a time thief, stealing a little of what little they might have left. But no. I have learned that reading to someone is the antidote to loneliness. It is like giving and getting a hug when we need it most.

A good story is a good escape.

A good safe place to hide.

From a step that isn't quite as strong as it once was, from eyes a little dimmer than just the other day, from a mind not quite as sharp.

A good story can turn today into yesterday, when loneliness was absent, love and respect ever present. A good story is, indeed, a good escape from, as Shakespeare wrote, "second childishness and mere oblivion, sans teeth, sans eyes, sans taste, sans everything."

My grandmother was considered forever lost to Alzheimer's. The last time I saw her, her eyes were closed. No, they were crushed shut. Her fists were clenched so tightly around her bible I could almost see the blood draining from her veins and she was tap, tap, tapping her feet, faster and faster until the tapping became an angry stomping. She was digging into her mind, trying to remember someone, something, anyone, anything, but the deeper she dug the further down she fell into the abyss that was once a well of golden memories. Every

memory that had been tucked away for safekeeping, every moment of love and hope, every dream, every victory, every loss, every moment worth saving – no longer accessible.

I removed the Bible from her grip then sat on the floor and started reading. Before long her hands relaxed, she stopped stomping her feet and the only sound in the room was the sound of my voice. I read to her for about an hour. Finally, sadly, I kissed her goodbye. My hand was on the doorknob when she called to me.

“Billy? Is that you?”

I turned. Saw the recognition in her eyes.

“We had some times, didn’t we, Billy?”

That was all. As quickly as it had come, the light went from her eyes and she was gone again.

Don’t be afraid to read to someone considered forever lost to Alzheimer’s. You might just find yourself in the middle of a miracle.

Gwenna is 93.

In our world.

In hers, she is somewhere between seven and eight and what somewhere between seven and eight-year-old doesn’t like a bedtime story? Gwenna prefers stories about angels. One night, long after the bedtime story had lulled her to sleep, Gwenna woke, saw me sitting at her bedside, book of stories still on my lap and asked, “Are you my guardian angel?”

“Yes, darlin’, I am.”

“And you have a book.”

“And I have a book.”

“I like that.”

Carry a book of stories with you. Read to someone who can no longer read for himself or herself.

A good story will lift your old friends from a life as empty as a weed-ridden patch of dirt into the Garden of Eden.

William McDonald is an Emmy Award winning writer and published author who, for more than 30 years, specialized in emotional communication in the broadcast industry. For several more years, he was a caregiver in assisted-living homes, memory-care homes and private homes, and it was there that he met many of the old friends who inspired his writings. He writes full time from his home in Colorado and is the author of "Old Friends (Endless Love)". www.olderfriendsendlesslove.com.



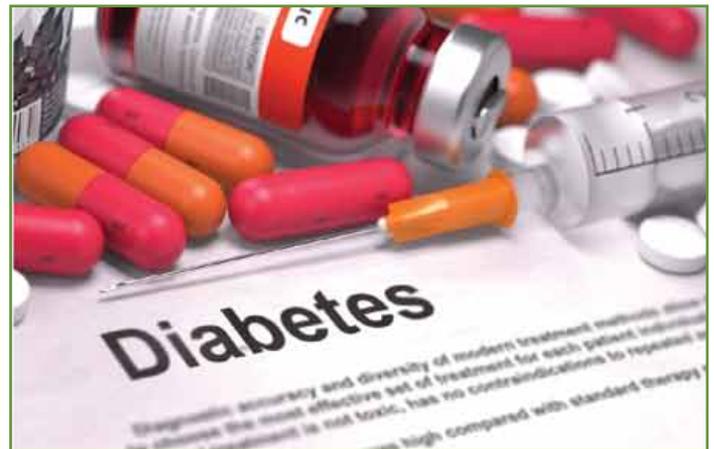
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I Thought There Would Be More in There

Peter Piper (not his real name) comes from a long line of pepper pickers. In fact, his family's ground black pepper, which comes in a distinctive metal tin, has been sold in grocery stores across the country for the past 60 years.

But all is not well in the pepper picking industry. Too much rain here; not enough rain there. It's caused some of Peter's competitors to go out of business. Peter was worried that the only way he would be able to keep his family's business going was to raise prices, but his sister, Peggy, had a different idea. Rather than raise prices, why not just put less pepper in each tin? The Pipers had always put 4 ounces of ground black pepper in each tin, but if they reduced the amount of pepper to 3 ounces, they could keep the price the same and make enough money to keep the company going.

Sound like a good idea to you? It did to Peter, so that's exactly what they did. The only



change they made to their packaging was in the small print. The size of the metal tin remained the same, but now, instead of saying 4 ounces, the package said 3 ounces.

I hate it when I buy a big package of cookies and come home to find that there are far fewer cookies than could fit in the box. It seems unfair; almost false advertising. If the box is big enough for 24 cookies but they only put 8 in there, I feel cheated. But is it legal?

There's actually a law that talks about this. Because the law is written in legalese, they have a ridiculously complex term for empty space: "non-functional slack-fill." Here's what the law says: if a food company uses clear packaging, then they can have as much empty space in their packaging as they want. That's because the law has a special exception for containers that allow the consumer "to fully view its contents." But if the container with empty space is not see-through, then it "shall be considered to be filled as to be

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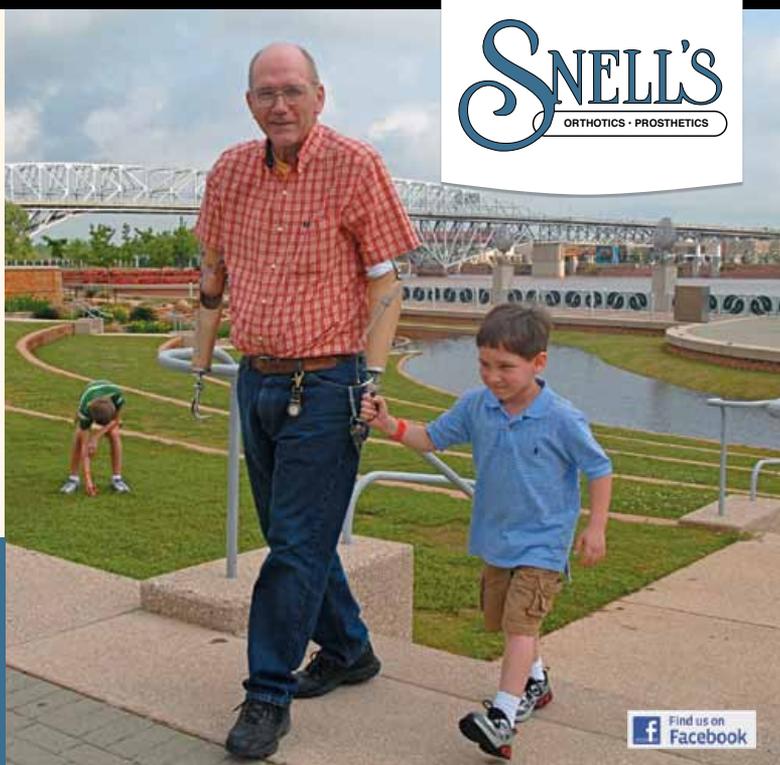
The hours James Nix spends with his grandchildren are perhaps his most cherished time. After all, he almost never got the chance to even see his grandchildren. While working for an electric company, James came in contact with high voltage wires that claimed both of his arms, but with strong determination he has been able to overcome new challenges every day.

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misleading” unless all that empty space serves a purpose.

All that air in a potato chip bag serves a purpose. It cushions the chips and protects them from getting crushed. Another purpose for empty space in some product packaging is “to accommodate tamper resistant devices.” But the only purpose for less pepper in Peter’s pepper tins was to save his company money. This is called “packaging to price” and some companies that have done it have run into trouble. Some lawyers have argued that “if the package previously held more product, reducing the product content without also reducing the package size is blatantly misleading.”

Peter could try to point out that although the size of his pepper tins remained the same, the labeling specifically says that there are only 3 ounces of pepper in the tin. And there actually are 3 ounces in the tin, so the labeling isn’t false. But arguments like that have lost in the past. It’s true that there is a weights and measures law that says the packaging must accurately state the weight of the product, but even with an accurate weight, the law says that the packaging can still be misleading.

So here’s the question for you: is the empty space law a good law? Does the law help protect us or is it just more unnecessary government regulation? I know what Peter thinks.

Lee Aronson is a Shreveport attorney with Lineage Law, LLC, an estate and business planning law firm serving clients throughout Louisiana.

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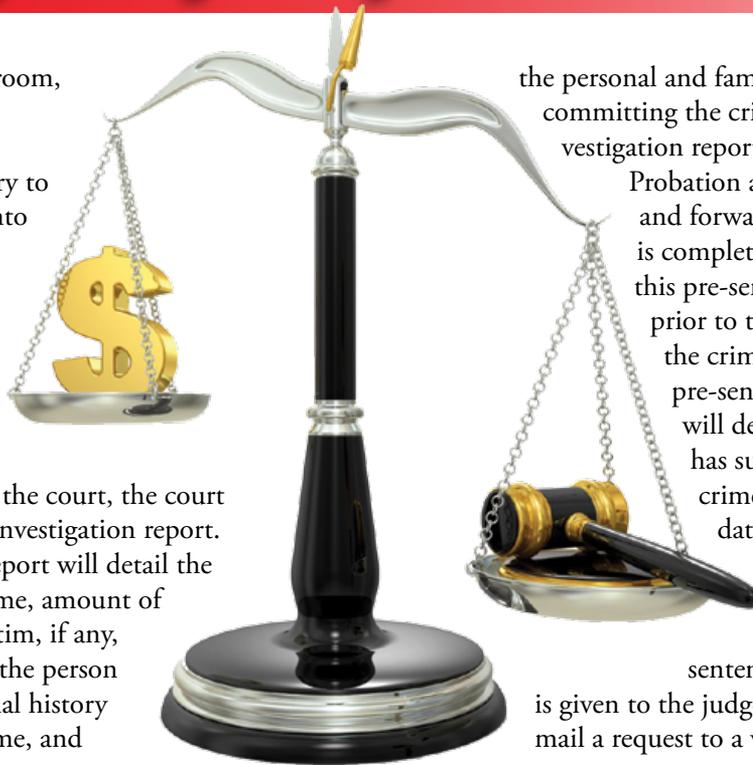
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Victim's Rights Regarding Restitution

Many times in the courtroom, we see victims that are impacted by a person's criminal actions. As a judge, we try to take the impact a victim suffers into consideration when determining a sentence to give a person who committed a crime. Victims do have rights in the courtroom when they have been the victim of a crime.

When a person has committed a crime and is to be sentenced by the court, the court will usually order a pre-sentence investigation report. This pre-sentence investigation report will detail the facts of the crime, the victim's name, amount of restitution that is owed to the victim, if any, a statement by the victim and by the person committing the crime, the criminal history of the person committing the crime, and



the personal and family history of the person committing the crime. The pre-sentence investigation report is conducted by the State Probation and Parole Department and forwarded to the court once it is completed. The court then studies this pre-sentence investigation report prior to the person who committed the crime being sentenced. This pre-sentence investigation report will detail what loss the victim has suffered as a result of the crime and make a recommendation as to what restitution should be paid by the person being sentenced.

In addition to the pre-sentence investigation report that is given to the judge, the judge's office will mail a request to a victim that asks them for a



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Victim Impact Statement. This statement is sent by the victim to the judge's office and allows the victim to state factors they believe the sentencing judge should take into consideration prior to sentencing a defendant. If the victim is owed restitution, the victim can list the amount of restitution they believe they are owed and the judge can take this into consideration when he or she considers a sentence.

Finally, the District Attorney's offices have a Victim Assistance Coordinator. This coordinator is charged with the responsibility to let the victim of a crime know when the defendant is to appear in the courtroom, when he or she is to plead guilty to a charge, or when the defendant is to go to trial. The coordinator can also assist the victim in helping to make sure that the District Attorney or his or her assistant does not forget that the victim is owed restitution on the record when the defendant either pleads guilty or is found guilty. The Victim Assistance Coordinator is there to help keep the victim informed about court dates and court proceedings. Additionally, a Victim Assistance Coordinator will also be able to provide information regarding programs that may assist the victim overcome the trauma of a crime.

In fashioning a sentence for a defendant, the court needs to obtain all the information it can about the victim and the impact the crime had on the victim. The court needs to know if the victim is owed any type of restitution and the amount of restitution that is owed. If the defendant feels that the restitution is overstated by the victim, then the defendant may request a restitution hearing where the amount of restitution will be determined by the court.

If you are the victim of a crime, hopefully this will give you some useful information and the rights available to you. Hopefully, this article will only give useful information and you or your family will never have to learn about your rights as a victim in the courtroom.

Judge Jeff Cox is the 26th Judicial Court Judge for Bossier/Webster Parishes, Division C.

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Not All Cooking Oils Are Good For You

Do you whip up delicious meals without measuring a single thing? The oil you use in your kitchen can make or break your dish! Did you know that some oils are harmful?

Did you know that fried chicken or French fries often use “hydrogenated” oils which increase your risk of diabetes, heart attack, obesity and cancer? Some “partially hydrogenated” oils are even derived from soybean oil, discussed below. What’s in your kitchen?

GOOD - HIGH IN MONOUNSATURATED FATS

- Olive oil - Excellent source of antioxidants, polyphenols and essential fatty acids. It supports cardiovascular health and blood pressure.
- Coconut oil - I’m referring to the unheated, unrefined, virgin coconut oil which is healthy raw, or baked; don’t use super high heat. Please avoid “hydrogenated coconut oil” which is man-made and contains trans fats.
- Almond - A source of natural vitamin E, it has even less saturated fat than olive oil. Almond contains

monounsaturated fat (like olive oil). Almond oil goes rancid easily, store it in a dark cabinet.

GOOD - HIGH IN OMEGA 3 FATTY ACIDS

- Hemp - Unrefined oil have a good amount of Gamma Linolenic acid (GLA) which is considered a healthy omega 6 that may relieve PMS and skin conditions such as eczema and psoriasis.
- Flax - A fragile oil that shouldn’t be heated. It’s good to make salad dressings with. Refrigerate the oil. Too much may



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be goitrogenic (suppress iodine absorption) so avoid consuming high dose supplements for extended periods of time. A little oil on your salad should be fine though.

- Tea seed- This is one of my favorite oils because you can use it at high temperatures, the flavor is mild and it contains antioxidants like vitamin E. It has both omega 3 and 6 fatty acids. Do not confuse tea seed oil with the essential oil of "tea tree" which cannot be ingested.

BAD - HIGH IN SATURATED FATS OR TRANS FATS

- Canola or Rapeseed - Some of you think this is a "healthy" oil because it's very low in saturated fat and like olive oil, it's high in monounsaturated fat. However, hexane is used as a chemical solvent to extract canola oil from the seeds, and pesticides are sometimes used. Bleaching too. It's used for baking or stir-fry.

- Margarine - This is a man-made chemical, do I need to say anything else?

BAD - HIGH IN OMEGA 6 WHICH CAN INCREASE INFLAMMATION

- Corn - It's hard to find a non GMO version of this, unless it specifically says "organic" and plus it maybe bleached. Corn oil increases "oxidized" or bad cholesterol. Cooks (not me) recommend it for high heat.

- Soybean - This is another oil that's heavily refined and often genetically modified (GMO). Soy plants are somewhat toxic to humans, you didn't know? Soybean oil, milk and tofu contains a lectin called PHG, short for phytohemagglutinin. PHG may interfere with digestion, affect memory and make your blood cells stick together (like clot). People use soybean oil for stir-fry because of the high smoke point. Read your supplement bottles, soybean oil is used in many dietary supplements.

This information is not intended to treat, cure, or diagnose your condition. Always consult your physician for all medical matters. Visit www.SuzyCohen.com. ©2016 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.



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Sea, Sand and Ships:

Twelve days on the North Carolina coast

Story by Andrea Gross; photos by Irv Green

A few days before my husband and I leave for a beach vacation on the North Carolina coast, I happen across a news article:

Researchers are calling an iron-hulled Civil War era steamer found near Caswell Beach one of the best-preserved blockade runners they've ever seen....

— Adam Wagner, *Star News*,
March 7, 2016

It's been decades since one of these ships was discovered, so this is a very big deal.

No, we won't be able to see the wreck—it's still buried under 18-20 feet of ocean—but as we read more, we realize how important the sea was to the growth of America. The United States was settled by seafaring people during the sixteenth century, blockaded and bombarded from the sea during the nineteenth and a major port during the twentieth.

We have a lot to explore between beach outings.

Below: During the Civil War, the Confederates dismantled the lights atop Cape Lookout Lighthouse in order to make navigation more difficult for Union forces.

We time-travel back more than 400 years by going to the Outer Banks near the North Carolina-Virginia state line. Here, not far from the Bodie Island Lighthouse, is Roanoke Island Festival Park, which features a full-size replica of a British merchant vessel. In 1585 seven of these vessels sailed to the New World in order to claim territory for England. The waters were so hazardous that the area is often called "The Graveyard of the Atlantic."

"A big part of navigating is going the direction the wind wants you to go," says a sailor, authentically outfitted in sixteenth-century garb.

A man standing next to me grins. "Seems that the history of America was written by the wind," he says. Point well taken.

Near the ship is a small Algonquian town, replete with longhouse and dugout canoe, that shows what the mariners found when they followed the wind across the ocean. A few steps further and we see a representative English village, where a blacksmith and woodworker explain how the first settlers lived.

Life on coastal Carolina had improved considerably by the eighteenth century, as is evidenced in Beaufort, 175 miles south. Today costumed docents give tours of nine historic buildings and discuss daily life during the Colonial period.

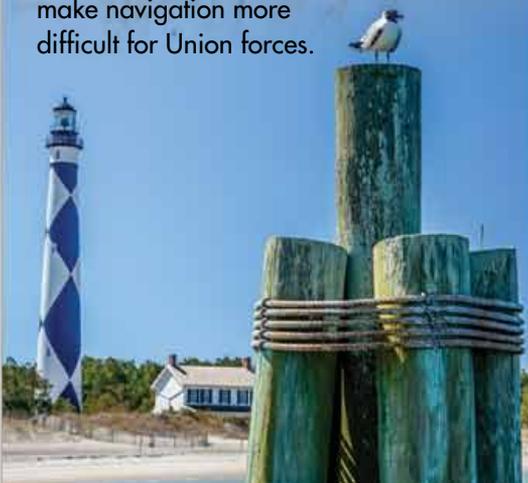
Of course, living on water's edge is both a blessing and a curse. Beautiful? Absolutely. Dangerous? Definitely.

Having learned during the War of 1812 that their young country was vulnerable to attacks by sea, the United States government rushed to build forts along the Eastern seaboard. But for North Carolina, the enemy came not from across the Atlantic but from across the Potomac. When the Civil War broke out, the Confederates quickly occupied Fort Macon, which is surrounded on three sides by water. They held the fort for nearly a year, until April 1862 when they were forced to surrender.

We fast-forward through a century and a-half during the two-hour drive to Wilmington, the largest city along the coast. While Wilmington has a 230-block historic district filled with buildings that are both imposing and funky, it also has a vibrant downtown filled with thoroughly modern attractions. There's top-notch theater (much of it produced in a 150-year-old building), cutting-edge restaurants and an eclectic assortment of shops that among other things offer bookshelves laden with two miles of books and cupcakes infused with cherry compote.

After ensconcing ourselves in the historic French House B&B, we take a Walk & Talk Tour that covers topics ranging from the town's early days and the importance of the city's waterfront location to the role of North Carolina during World War II.

Now parked in the river near downtown Wilmington, The USS North Carolina was one of the fastest and most highly decorated battleships in the American fleet. It takes us nearly a half day to see the exhibits, explore the



decks, and listen to the recorded stories of the men who lived in the cramped quarters, worked in the engine room and fired the giant guns.

We're still in a sober frame of mind as we head toward Southport, a charming community not too far from the North Carolina-South Carolina state line. During the 1500s when the British were settling Carolina's northern shore, the Spanish were exploring the future state's southern coast. Today the area is equally well known as the filming location for the Nicholas Sparks' movie Safe Haven. How times have changed!

Finally we get to Caswell Beach. Off to the left is Old Baldy, the oldest existing lighthouse in North Carolina. Right behind us is the Oak Island lighthouse, the newest and most southern lighthouse in the state. And in front of us, in the Atlantic Ocean, is the spot where the historic blockade runner was discovered.

We've traveled nearly 400 miles, learned about more than 400 years, and slathered ourselves with more than four tubes of sunscreen. It's been a varied, stimulating and yet relaxing vacation. By our standards, that means it's been a perfect vacation.

For an expanded version of this article, as well as information on how film lovers can "follow the stars" along the NC Coast, go to www.traveltizers.com



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Singer Toni Tennille's Brush with Hollywood

She put the "Tennille" in the popular 70s music duo of "The Captain and Tennille" and enjoyed two huge number one Billboard hits – "Love Will Keep Us Together" and "Do That to Me One More Time." But Toni Tennille also brushed shoulders with Hollywood's biggest stars.

Born and raised in Montgomery, Ala., Toni recently left five decades of West Coast life behind her, as well as nearly 40 years of marriage to musical partner Daryl "The Captain" Dragon, and returned to the South.

"I'm now living just northeast of Orlando near my sister," said Toni who released her April autobiography "Toni Tennille: A Memoir" written with niece, Caroline Tennille St. Clair (see www.tonitennille.net).

"It took 2 years to write and looks back at my childhood growing up in the segregated South," she said.

After arriving in California in 1961, Toni worked in Repertory Theater, wrote music, and eventually met and married musician Daryl Dragon. When The Captain and Tennille exploded onto the pop music scene in 1975, they were given their own primetime weekly TV variety show on ABC also called "The Captain and Tennille."

Toni says working with the weekly guests was a highlight. "I was so excited about meeting all those fabulous stars like George Burns and Bob Hope."

A reoccurring skit throughout the

series was "Masterjoke Theater" where a guest would perform a short monologue and close by tossing a pie in his own face. "Big stars like Vincent Price, Raymond Burr, Bob Hope, and Tony Randall were all game to be silly."

The show, however, only lasted one season. But with her cheerful and engaging personality, Toni was back on television again in 1980 starring in her own program, "The Toni Tennille Show," a nationally syndicated series featuring musical numbers and her interviews with special guests. She also drew on advice her mother had offered years before.

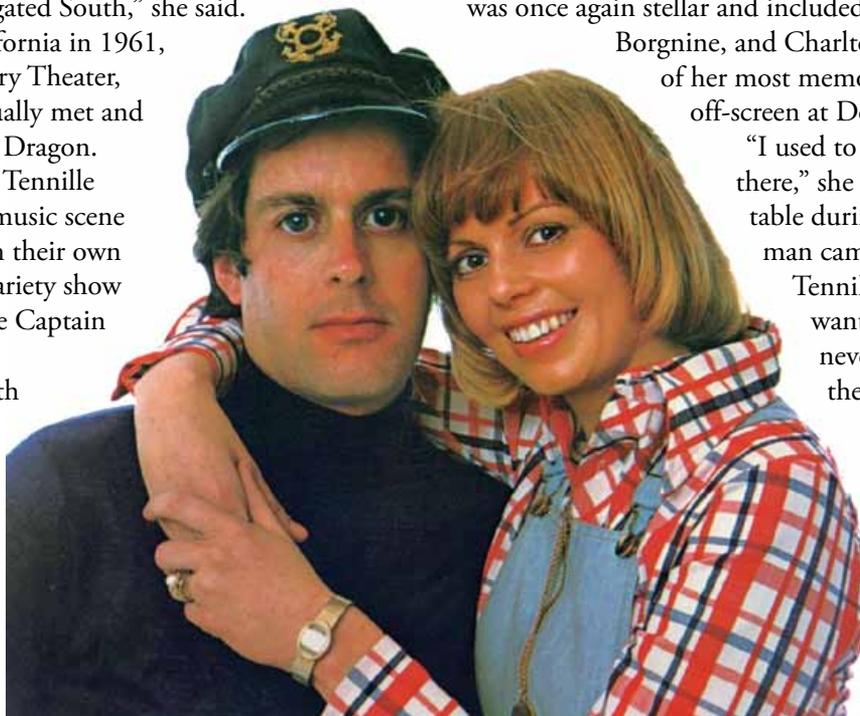
"She once told me: 'Toni, always be really nice to your lighting guys, because they can make you look like an old hag if they want!' So that's what I did."

The show only lasted a year, too, but the parade of stars was once again stellar and included Ginger Rogers, Ernest

Borgnine, and Charlton Heston. However, one of her most memorable encounters occurred off-screen at Dodger Stadium in 1978.

"I used to sing the National Anthem there," she recalled. "I was sitting at a table during one of the events and a man came up to me and said 'Miss Tennille, I'm Cary Grant. I just wanted to tell you that I have never heard the National Anthem sung more beautifully.' Wow, such high praise from Cary Grant. And I found it so endearing that he felt the need to introduce himself to me!"

Her glitzy entertainment career now in the dis-



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tant past, Tennille, 75, says she found the perfect house last summer after moving to Florida, and easily slipped back into Southern living.

But her decision to divorce Daryl in 2014 took many fans by surprise, as the duo was publicly perceived as a devoted couple performing their string of love songs for years. However, says Toni, throughout the marriage there were problems that became overwhelming, so it was time to move on.

“We were not the lovebirds that the public saw,” she said. “We still talk regularly and care for each other. But my message for people who are in a bad relationship is to get all the help you can to remove yourself from the situation. We all deserve happiness.”

[Photos: (page 30) The Captain and Tennille in the early days. (right) Toni Tennille with niece and book co-author Caroline Tennille St. Clair.]

Nick Thomas teaches at Auburn University at Montgomery, and has written features, columns, and interviews for over 600 magazines and newspapers.



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Review of *Sleeping Giants*

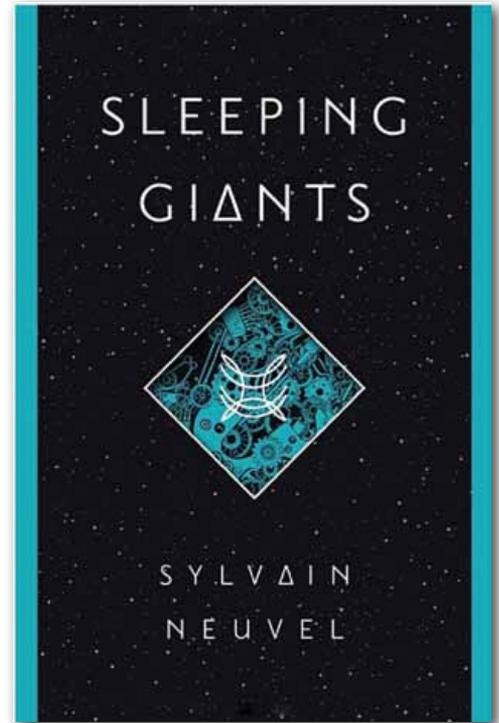
I sometimes find myself reluctant to start new books because of the time it takes to get invested in the story and characters. That is fortunately not the case with *Sleeping Giants* by Sylvain Neuval. From the very first, when a young girl riding a bicycle falls through a sinkhole in the earth and inexplicably finds herself resting in the palm of a large, metal hand, the story is engrossing. What follows are the first person accounts from a team assigned to figure out the mystery of the hand – its history, the strange symbols on panels that surrounded the hand, and its function.

Told in interviews and self-recorded journals primarily from a scientist, two helicopter pilots and a linguist, most conducted by a threatening and demanding enigmatic “special ops” type questioner, the story feels very real.

The story builds quickly as more clues are revealed in exciting and sometimes devastating ways. There is the constant question of, “What is acceptable to do in the name of progress, in the name of science?” And as the characters invest themselves more deeply into their work and this discovery, they begin to question their own ethics.

Suspense builds at a breakneck pace as all involved realize that someone, or perhaps some beings, placed the hand and other items, in the earth at a time when technology was non-existent. Tensions build as retrieving related items begin to cause global conflicts, putting North Korea, Russia, the Middle East and the U.S. at odds with one another.

Throughout it all, twists and turns are made as the interviewer slowly re-

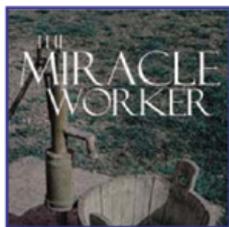


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veals layers of intelligent planning and design to bring this great discovery to fruition.

Part of the reason the story feels so very real is the inclusion of exhaustive scientific details revealed by the team as they conduct their research and tests. There are explanations of complicated math, genetics, linguistics and nuclear technology, to name a few. But Neuvel seems to realize this, and while he doesn't shy away from filling the book up with intricacies and technicalities, his characters easily admit when concepts fly over their heads and attempts are made to break them down in more basic ways.

Throughout reading this book, I was reminded strongly of the movies Contact and Sphere, and even a bit of the hit TV show Lost. I love when a book grabs me so much that I can't put it down, and this book easily falls into that category.

The audiobook of Sleeping Giants is particularly good. Performed by a full cast, each interview is brought to life and it's easy to slip into the feeling of an alternate reality, or at the very least like watching a good movie.

Perhaps my one complaint with this book is that it ends abruptly on a cliffhanger... it is the beginning of a series after all.

Grade: B+

Jessica Rinaudo is an editor and graphic designer who has fostered a love of reading from a very young age. She lives with her husband and their four children in Shreveport.



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Find more refreshing recipes for summer entertaining at GrapesfromCalifornia.com.

Grilled Flank Steak with Grapes and Stilton

Servings: 6

- 1 flank steak (2 pounds)
- kosher salt
- freshly ground black pepper
- 1½ tablespoons red wine vinegar
- 1 tablespoon chopped shallot
- ¼ teaspoon Dijon mustard
- ¼ cup extra-virgin olive oil
- 2 bunches (8 cups) watercress, trimmed
- ½ cup crumbled Stilton or other blue cheese
- 2 cups red California grapes, halved

Heat grill to high and oil grates.

Sprinkle steak with salt and pepper.

In small blender or food processor, combine vinegar, shallot, mustard and olive oil to make dressing. Season with salt and pepper, and puree until smooth.

Grill steak until it reaches 130° F for medium-rare, about 6 - 7 minutes per side. Transfer to cutting board and let rest 5 minutes.

In large bowl, combine watercress, salt, pepper and enough dressing to coat. Thinly slice steak across the grain and transfer to platter. Top with watercress, Stilton and grapes, and serve with additional dressing.



Grape and Spinach Salad with Raspberry Balsamic Dressing

Servings: 8

8 cups fresh baby spinach, washed	1/3 cup thinly sliced red onion
4 1/2 cups California grapes	3/4 cup bottled light balsamic vinegar and oil dressing
1 1/4 cups mandarin orange segments (drained, if using canned)	1/4 cup orange juice
	3 tablespoons raspberry jam
	3/4 cup crunchy chow mein noodles

Place spinach in large salad bowl. Top with grapes, oranges and onion.

Whisk together dressing, orange juice and jam. Pour over salad and toss until greens are coated with dressing. Top with crunchy noodles.

Serving suggestion: Add noodles just before serving to maintain crunchy texture.

Savory Black Grape Sorbet

Servings: 4

1 1/2 pounds (4 cups) black California seedless grapes, washed and stemmed	2 tablespoons vodka
1/4 cup sugar	2 tablespoons lemon juice
	8 large basil leaves
	pinch of salt



In food processor or blender, puree grapes and sugar until smooth. Pour into small saucepan and bring to boil over high heat. Reduce heat to a simmer and cook until mixture has reduced by about one-third, about 15 minutes. Stir in vodka, lemon juice, basil and salt then let cool to room temperature.

Pour mixture into shallow pan and freeze until hard, 3-4 hours. Transfer to food processor or blender and process until smooth and creamy, and lightened in color. Serve immediately.

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CONCERTS

Shreveport Summer Music Festival - All performances are **FREE** and open to the public.

- Sunday June 5 - 3:00 PM. World premiere Guitar Concerto by Kermit Poling and featuring Shreveport Festival Orchestra and internationally known classical guitarist Giovanni De Chiaro. Church of the Holy Cross, 875 Cotton St. Shreveport.

- Saturday June 25- 2:00 PM. Shreveport Festival String Quartet at The Oaks of Louisiana, 600 E. Flournoy Lucas Rd, Shreveport. Followed by annual Ice Cream Sandwich Social.

- Friday July 1 - 2:00 PM. Shreveport Festival String Quartet at Azalea Estates, 516 E. Flournoy Lucas Road, Shreveport.

CADDO COUNCIL ON AGING

Senior Center Fun - Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Caddo Council on Aging. Every Thursday and Friday. Coffee and cookies at 9:30 AM. Programs begin at 10:00 AM. **FREE**. For information call 676.7900.

- Thursday June 2: 10:00 "Keeping Seniors Thriving" Melissa Viga

- Thursday June 9: 10:00 "Three Ways to Live-With A Skinny LA Twist" by Shelly Redmond

- Thursday June 16: 10:00 "Understanding Advance Directives" by Diane Crouch

- Thursday June 23: 10:00 "Let's Talk Retirement" by Lt. Richard Corbett

- Thursday June 30: 10:00 "Medicare 101: Turning 65..Critical Decisions" by Mary Alice Rountree

- Friday June 3, 10, 17, 24 - 10 AM. Senior Tech Talk. Introduction to Laptops, tablets and smart phones.

EVENTS

Shreveport Farmers' Market - Opening on Saturday, June 4. Festival Plaza in downtown Shreveport, 101 Crockett Street from Market Street to Commerce Street. Saturday markets from 7 a.m. to noon from June 4 through August 27, with the exception of June 18; Tuesday markets will be held at the east end of Festival Plaza, from 3 p.m. to 6 p.m. Tuesday markets run from June 7 to July 19. For info, visit www.shreveportfarmersmarket.com.

SPAR Active Living Every Day (ALED) - 12 week program teaches participants to make healthy lifelong changes through their individual plans, successes and commitments. Classes are Tuesdays through August 9 from 5:30 PM to 7:30 PM or Wednesdays from

9 AM to 11 AM. Classes will meet at SPAR Wildwood (7401 Jewella). Open to seniors age 50 and up. **FREE** but registration is required. To register, contact Camille Webb, SPAR Senior Coordinator, at 318-673-7845 or Camille.webb@shreveportla.gov.

MEETINGS

Caregivers' Memory Loss Support Group - Support group for those caring for loved ones suffering from memory loss related illnesses. 5:30 p.m. - 6:30 p.m., Thursday, June 2 (the first Thursday of every month) at Harrell Library at The Glen (Access via Main Entrance on Flournoy Lucas Road). Licensed clinical social worker Leigh Peregoy will discuss "grief and the loss of your loved one with dementia." **FREE**. For info, 798-3500 or info@theglensystem.org.

The GENCOM DNA Interest Group Meeting - Tuesday, 14 June from 12:30 PM until 3:00 PM in the large meeting room of the Broadmoor Library. **FREE** and open to the public. For information contact Jim Jones at (318) 773-7406 or email jgjones09@gmail.com.

The GENCOM Genealogical Computer Society Meeting - Sunday, 26 June at 2:00 PM in the large meeting room at the Broadmoor Library, 1212 Captain Shreve Drive, Shreveport. **FREE** and open to the public. For information contact Jim Jones at (318) 773-7406 or email jgjones09@gmail.com.

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Council on Aging. Beginning June 6 at the Fort Smith pool, corner of Bearkat Drive and Coleman. Beginner classes from 10 to 10:45 AM; intermediate classes from 11 to 11:45 AM, weather permitting. **FREE** for ages 60 and above (with a current assessment on file), \$5 per class for anyone under 60. Contact Marilyn for more info at 318-741-8302, or email mcreswell@bossiercoa.org.

SEMINAR

Ark-La-Tex Genealogical Association Seminar - Saturday, June 11 from 8:45 am - 3:30 pm at the Miciotto Center, St Jude Catholic Church, 4700 Palmetto Rd, Benton, LA. Speaker is Lisa Louise Cooke, nationally known author, speaker and producer of GenealogyGems.com. Seating limited. Advance registration recommended. Registration fee is \$10 for members; \$20 for non-members. For info and registration contact Jim Johnson at 746-1851 or jjohnson747@suddenlink.net.

Parenting Your Parents II: Dealing With Memory Loss - Presented by attorney Kyle Moore and Client Care Coordinator Vickie Rech. Tuesday June 21, 5:30 - 7:30 PM at First Baptist Church, 543 Ockley, Shreveport. The seminar will deal with a wide variety of topics related to caring for aging parents with memory loss. There will also be resource tables representing organizations and services that deal with memory loss patients. **FREE** but reservations are required. Call 318-222-2100, ask for Linda or email Linda@weems-law.com



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ACROSS

- 1 Creche trio
- 5 Impress greatly
- 8 Rhett's last word
- 12 Terrible guy?
- 13 "Holy cow!"
- 14 Toast topper
- 15 Collapse
- 17 Existed
- 18 Squid's protector
- 19 Cover
- 20 Prepare to propose
- 21 Enthusiast
- 22 Icemen's org.
- 23 Dawdle
- 26 Rocket launcher
- 30 Lotion additive
- 31 Moonshine container
- 32 Desertlike
- 33 Adorned with gems
- 35 "Golden Boy"

- playwright
- 36 Parcel of land
- 37 "Help!"
- 38 Pitch
- 41 Occupation, for short
- 42 Hot tub
- 45 Georgetown athlete
- 46 Parachutist's thrill
- 48 Mimicked
- 49 Gun the engine
- 50 Astringent
- 51 Mrs. Dick Tracy
- 52 Have bills
- 53 Pleads

DOWN

- 1 Calf-length
- 2 Shakespeare's river

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
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38	39	40				41				42	43	44
45					46				47			
48					49				50			
51					52				53			

Puzzle answers on page 40. ©2016 King Features Synd., Inc.

- | | | |
|-------------------------|------------------------------|-------------------------|
| 3 Stare stupidly | 28 Set of equipment | 40 Deli loaves |
| 4 Hostel | 29 Commercials | 41 Make 24-Down |
| 5 Once more | 31 Lustrous black | 42 Bargain |
| 6 Join with a blowtorch | 34 Depressed | 43 Advertise |
| 7 Slithery swimmer | 35 Seep slowly | 44 Charitable donations |
| 8 Transfers on a PC | 37 Colander | 46 To and -- |
| 9 Sheltered | 38 Just one of those things? | 47 "Terrif!" |
| 10 Unembellished | 39 Crosby's longtime pal | |

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- | | | | |
|------------|------------|-------------|----------|
| Atlanta | Hilo | Kodiak | Olympia |
| Eugene | Huntsville | Little Rock | San Juan |
| Fort Myers | Jackson | Miami | Tupelo |
| Guam | Juneau | Mobile | |

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Sudoku

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

Difficulty: ♦♦

- ♦ Moderate ♦♦ Challenging
 ♦♦♦ HOO BOY!

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See our ad on page 48.

My father has glaucoma and is blind in one eye. When should I be checked, even though I see fine?

A family history of glaucoma is a very strong risk factor for the disease. Other risk factors include advancing age, African-American race, and nearsightedness. If you have a first or second degree relative with glaucoma, you should be evaluated as soon as possible. Glaucoma is a painless progressive disease which, left untreated, causes irreversible blindness. If you have a family member with glaucoma or have other risk factors, schedule a screening at 212-3937.



Chris Shelby, MD
Pierremont Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
www.ShelbyEye.com
See our ad on page 31.

Is Osteoarthritis (OA) hereditary?

OA does have a genetic predisposition. Common forms of OA of the hands has a familial component. Obesity is a modifiable risk factor for bilateral (both) knee OA and weight loss will reduce the risk of OA in the knee. Obesity, surprisingly, does not show an increased risk of hip OA, but does show increased risk of hand OA. Whether adipose tissue releases OA-causing growth factors or hormones is not known at present, but what is known is that weight loss does have an identifiable improvement in OA of the knee.



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

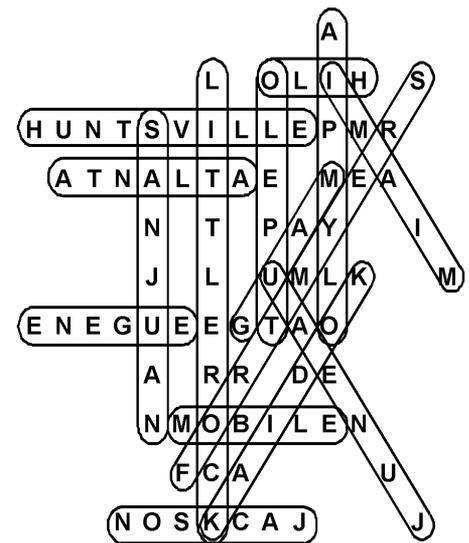
(Puzzles on pages 38 - 39)

— King Crossword — Answers

Solution time: 21 mins.

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

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

June Share your photos with us. Email to editor.calligas@gmail.com

PARTING SHOTS

The 2nd Annual Shreveport Derby Day, celebrating the 142nd running of the Kentucky Derby, was held on the beautiful lawn of R.W. Norton Art Gallery on May 7th.



Mary Alice and Doug Rountree with Karol Fontaine (right)



Susan and Patrick Kirton



Betty and Dr. Bruce Henderson



Sissy Graff and Mary Jo Kayser



Debbie and Mike Schofield

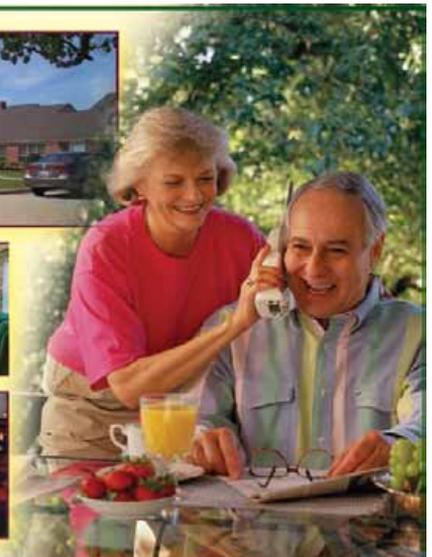


John Lorick and Glynis Johnston

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PARTING SHOTS (CONTINUED)

Ruth Isler was feted with a party celebrating her **100th birthday** at the Shreveport Bridge House on April 20.



Frances Bailey, Ruth Isler, and Pam Kenyon



(l to r) Earlene Boddie, Donna Cooper, Dot Cook, and Louise King

The Strand Theatre announced their 2016 – 2017 season performances at a gala party on the Strand's stage on May 5.



Hilda Holder and Diane Aldin



Leona and TJ Mandano with Jodie Glorioso (right)

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Cathy and Lane Callaway with John Manno (right)



Executive Director of the Strand, Jenifer Hill, announced the coming performances.



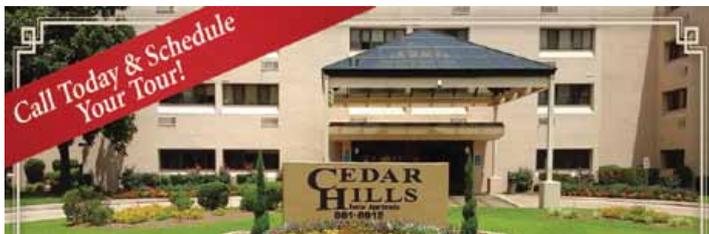
WK Pierremont Health Center held the grand opening of their new Stroke Center on May 5 with a ribbon cutting and reception.

John Henry, Dr. Alan Little, and Mica Leonard



The stroke team includes Medical Director Dr. Alan Little, and RNs (l to r) Kim Willis, Paige Cancilleri, Beth Springer and Stacey Overstreet.

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Dr. Mona Douglas, Optometrist
Shreveport . Monroe . Lafayette
www.IALVS.com

PARTING SHOTS (CONTINUED)

The Shreveport Bridge Association hosted the ACBL's sectional tournament April 29 - May 1 at the Hilton Garden Inn in Shreveport.



Fran Hewitt and Kay Paine



BJ Reasor, Pat Berry, Nell Cahn, Jean Cheatham



(l to r) Cecil Davidson, Anne Marston, Mona Martin, and Michael Perry



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Divinely Aging Divas held their Red Hat Tea at Savannah Grand Assisted Living on April 15.

Divinely Aging Divas Queen Ginny Bates with Melissa Morrison, Resident Programs Coordinator at Savannah Grand

Red Hat Society Chapter "Divinely Aging Divas" members (l to r - standing) Shelly Britt, Betty Prince, Ginny Boyd, Micky Deville, Juanita Pinion, Syble Baird, Judy Doty; (seated) VQ Claudia Beene, Queen Ginny Bates, Bonnie Duck



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PARTING SHOTS (CONTINUED)

June

The Shreveport chapter of the University of Louisiana at Lafayette alumni association held their annual Ragin' Cajuns crawfish boil and fish fry on April 30 at East Ridge Country Club.

Circle image: (front and counter clockwise) Melissa Marcotte, incoming Club President Tommy Meaux, Garrett Vinning, Jason Pugh, Social Chairman TuTu Baker, and Incoming Vice President Richard Bino.



Above: (l to r) Jennifer leMeunier, UL Lafayette Executive Director for the Alumni Association, Claudia & Ted Lyles, Ark-La-Tex, Ragin' Cajun Club Vice President & President, and Celeste Rushing, UL Alumni Director of Finance



Tammy Theriot, Ted Lyles, Neil Granger, Gay Hopkins

Carmen & Bill Cocke

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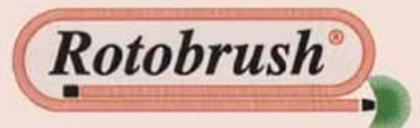
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Percentage of annual earnings tithed by WK to support local not-for-profit organizations, activities and projects

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Seated (L to R): Somanya Jackson, Kacee Ferrier
Back Row (L to R): Angie Hayes, Charlotte McCune, Donnie Flint



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