

Jan / Feb 2025

The Best Of Times

"Celebrating Age and Maturity"

Common Medical Mistakes

Medical Mistakes

- ☐ No primary-care doctor
- ☐ No regular or recent check-ups
- ☐ Ignoring troubling symptoms
- ☐ Discontinuing prescription without consulting medical professional
- ☐ Caring for suspected heart attack with aspirin and waiting for pain to subside
- ☐ Failure to report added supplements to doctor.
- ☐ Denial of potential health issue because of family medical history
- ☐ Assuming test results are normal if doctor does not confirm the results

&

How to Avoid Them



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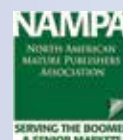
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January 4 - Trivia and Little Known Facts Part 2
Special Guests

January 11 - Urological Myth Busters
Dr. Alexander Gomelsky

January 18 - Ethics Playbook – Winning Ethically in Business
Aaron Beam, author, lecturer, and consultant

January 25 - The Opioid Settlement and Hope for the Future
Shawn McNeil, MD a clinical professor and researcher at Louisiana Addiction Research Center at Ochsner LSU Health in Shreveport

February 1 - Senior Medicare Patrol Protects Beneficiaries
Keith Havins, Media Outreach Specialist with Advisewell

February 8 - Legal Concerns Facing Older Adults
Kyle A. Moore, Elder Law Attorney and Vickie Rech, Client Care Coordinator with the law firm of Weems, Schimpf, Haines, & Moore

February 15 - You Can't Make It Up
Nell Cahn, author, storyteller, and World Champion Bridge player

February 22 - Bringing Back Shreveport's History
Mark and Mike Mangham with Twin Blends: NWLA History Hunters

March 1 - The Latest in Eye Treatments
Dr. Chris Shelby with WK Eye Institute

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Medical News & Info



Link Found Between Vitamin D & Psoriasis Severity

More than eight million people in the U.S. experience psoriasis, a condition in which skin cells build up and form itchy dry patches. A person's vitamin D levels could play an important role in psoriasis severity, according to one of the largest studies to date. The analysis showed a linear relationship

between increasing psoriasis severity and decreasing vitamin D levels measured through blood tests. Prescription topical synthetic vitamin D creams are emerging as new therapies for psoriasis. These results suggest that a vitamin D-rich diet or oral vitamin D supplementation may also provide some benefit to psoriasis patients.



What You Eat at Age 40 Could Influence Your Quality of Life at 70

We all want to age with grace, but a new Harvard study found that fewer than 1 in 10 people were able to live free of disease and maintain good physical, cognitive and mental health to age 70 and beyond. The study suggests that sticking to a healthy diet in midlife could increase your chance of achieving healthy aging. The research, based on data from over 100,000 people spanning 30 years, revealed that people who followed a healthy diet from their 40s onward were 43-84% more likely to be well-functioning physically and mentally at age 70 compared with those who did not. In terms of particular foods, the researchers found that higher

intakes of fruits, vegetables, whole grains, unsaturated fats, nuts, legumes and low-fat dairy were associated with greater odds of healthy aging, while higher intakes of trans fat, sodium, total meats, red and processed meats were associated with lower odds of healthy aging.



What Standing on One Leg Can Tell You

How long a person can stand on one leg is a more telltale measure of aging than changes in strength or gait, according to new Mayo Clinic research and published in the journal PLOS ONE. Good balance, muscle strength and an efficient gait contribute to people's independence and well-being as they age. In this study healthy, independent people over 50 underwent walking, balance, grip strength and knee strength tests. Half of the participants were under 65; the other half were 65 and older. Standing on one leg - specifically the nondominant leg - showed the highest rate of decline with age. Researchers noted that people can take steps to train their balance. For example, by standing on one leg, you can train yourself to maintain correct balance. If you can stand on one leg for 30 seconds, you are doing well.



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Have a Heart for Caregivers

8 expert tips for volunteers to care for themselves, too

Survivors of heart attacks or strokes may have additional health and personal care needs, often relying on a family member or close friend to help. While caregivers take on a valuable role, they also pay unique physical and emotional tolls.

In fact, a growing body of scientific research shows people who serve as unpaid caregivers may not get the care they need to live longer, healthier lives, according to the American Heart Association, which is celebrating 100 years of lifesaving service.

Caregiving typically involves a range of duties from providing health care services, such as changing bandages and giving medications, to helping with personal needs like bathing, dressing and meal preparation. Administrative tasks like scheduling medical appointments,

filing insurance claims and paying household bills may also be necessary.

The Centers for Disease Control and Prevention reported 1 in 5 U.S. adults provides some form of regular care or

assistance to a family member or friend with a health problem or disability; 58% are women and nearly one-third provide care for at least 20 hours per week.

“The typical caregiver likely has an ever-growing and changing to-do list and most of them probably do not add ‘take care of myself’ to that list,” said American Heart Association volunteer Lisa Kitko, Ph.D., R.N., FAHA, dean of the University of Rochester School

of Nursing and vice president of the University of Rochester Medical Center. “While caregiving can be a very rewarding experience, it can also take a huge physical and mental toll on



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even the strongest person.”

Prioritizing your own physical, mental and emotional health allows you to better help your loved one, Kitko said. Consider her tips for caregivers to care for themselves:

- Knowledge is power. Learn everything you can about your loved one's condition.
- Set boundaries. Say “no” when it's appropriate, don't dwell on what you can't change and recognize you're trying your best.
- Maintain a healthy diet, limit caffeine and get adequate rest.
- Stay current with your own medical and dental appointments. Inform your health care provider if you're experiencing any signs of depression.
- Find a support system. Share your feelings with someone who wants to listen or understands what you're feeling, like the American Heart Association's online Support Network, which includes a section just for caregivers.
- Nurture your spiritual life and focus on things you're grateful for each day.
- Make time for yourself and friends. Participate in activities you enjoy, including regular physical activity.

- Be prepared for possible medical emergencies. If you're caring for someone at risk for heart attack or stroke, recognize the warning signs and call 9-1-1 if he or she experience any. Learn Hands-Only CPR; research shows most out-of-hospital cardiac arrests happen in the home. Be ready to save a life by calling 9-1-1 and pushing hard and fast in the center of the chest.

“‘Take care of yourself so you can take care of others,’ are definitely words to live by for caregivers – everyone tells you that and it certainly makes sense, but it's hard,” Kitko said. “There is a lot of stress associated with knowing someone is depending on you ... That is why taking care of yourself really should be the first item on your caregiver checklist.”

Learn more about caregiving and cardiovascular disease at heart.org.

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Who Can Carry Weapons in the State of Louisiana? (part 1)

In the Spring 2024 Legislative Session, new gun laws were passed that affected Louisiana citizens. One of the new laws became effective on July 4, 2024, and is known as "Constitutional Carry." I am often asked about this law and will discuss it in Part 2, which will appear in the March/April issue. The real question, especially for our law enforcement officers, is how many people are carrying weapons in the State of Louisiana. This month I will discuss the history of our weapons laws in the State of Louisiana to show you where we were and where we are now.

Louisiana has always been considered an "Open Carry" state. In Louisiana, a person who is not otherwise prohibited from possessing a firearm may carry it openly on the outside of their clothes and loaded, without any permit, in places where firearms are allowed. This law applies to both residents of Louisiana and non-residents. A law enforcement officer may observe the person carrying the firearm and try to initiate a voluntary conversation with someone who is openly carrying a firearm. A valid concealed weapon permit does not restrict the right to open carry a weapon. Private property owners can restrict the carrying of a firearm on their property.

Open carry of a firearm alone does not constitute



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Disturbing the Peace or Negligent Carrying of a Concealed Handgun/Brandishing under either of these laws. In order to be charged and convicted of these crimes, a person must be doing some other bad act in addition to carrying a firearm. An example of this may include unholstering a handgun and waving it around in a crowd of people.

Louisiana had passed, in past legislative sessions, the ability to carry a concealed handgun with a concealed weapon permit. At one time, in order to carry a concealed handgun on your person, you would have to obtain a concealed weapon permit. Louisiana would require you to fill out an application and take training offered by a certified instructor before they would issue you a final permit. Louisiana's concealed weapon permit is recognized in numerous states.

All permit holders who are armed must inform a law enforcement officer "who approaches the permittee in an official manner or with an identified purpose" of the fact they are carrying a concealed weapon. People who have been convicted of certain crimes of violence, sex offenses, felony controlled dangerous substance offenses, domestic abuse battery, and certain other crimes are prohibited under state law from possessing a firearm or carrying a concealed weapon until 10 years after the completion of the sentence. This prohibition also includes black powder weapons such as muzzleloaders.

Concealed weapons are prohibited in certain places. These include law enforcement stations, courtrooms, polling places, state capitols, airports, and detention facilities. A permittee is not allowed to carry a concealed weapon into a church unless the church gives them permission to do so.

In the past, certain knives were prohibited from being carried or concealed on a person. Knives in the wrong hands can pose a danger to law enforcement and regular citizens. Under prior laws, switchblade knives and automatically unfolding knives that used a spring to extend the blade could not be carried by a person. About four years ago, the Louisiana Legislature amended this law and stated switchblades could be carried on the outside of the pants if the switchblade knife was visible. In the last two years, the Louisiana Legislature has amended the statute to allow persons to carry switchblade knives, automatically unfolding knives, and all types of knives on their person.

Most citizens carry weapons responsibly and should be allowed to carry as our United States Constitution intended under the Second Amendment. Citizens and law enforcement officers should understand the laws and who will possibly be carrying different types of weapons.

My next article will detail the rights of the military to carry concealed handguns and Constitutional Carry as recently passed by our state legislature.

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




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Sourdough Bread Offers Healthy Perks

Sourdough bread is gaining popularity due to its health benefits and unique flavor, but the practice of sourdough making is nothing new. In fact, sourdough bread dates back to 3700 B.C. or earlier! Some even call it the original bread.

Sourdough bread is made from a sourdough starter, which is a calculated mixture of water and flour. After a few days, this starter ferments and develops beneficial bacteria called probiotics. The fermentation process also helps develop a natural yeast, which is how sourdough bread dough rises when baked. In order to help maintain the sourdough starter and encourage its growth, it is strategically stored and fed more water and flour when needed. If it is not consistently and meticulously maintained, the probiotics in a sourdough starter will die off.

Sourdough starters are most traditionally known for making bread, but other foods like biscuits, pizza crust, pancakes, cakes, crackers, and waffles can be made from the starter and its discard.

Sourdough starters are rich in probiotics, but these gut-friendly bacteria are killed when the starter is baked into sourdough bread. Though sourdough bread doesn't have probiotics, it is rich in prebiotics, which help feed the probiotics. The bacteria in sourdough starters also help make certain nutrients more

bioavailable (which means more easily absorbed by the body) in the finished bread product.

Sourdough bread is also more digestible by the body, which means people who suffer from digestive problems like irritable bowel syndrome may find sourdough more tolerable than its traditional counterparts. Sourdough is also lower in gluten, which means people who have non-celiac gluten intolerance may find that they can tolerate this bread. However, it's important to note that sourdough bread is not gluten free,

so if you have a gluten allergy or celiac disease, this is still not a safe alternative.

The fermentation process that sourdough starters undergo also lowers the glycemic index of this carbohydrate source, which is good news for those who are watching blood sugar levels. Sourdough bread scores 54 on the glycemic index, which is lower than regular white bread, which scores 72. Foods that score 55 or less are considered to have a low glycemic index (meaning they don't raise blood sugar levels as drastically), while foods with a score over 70 are considered to have a high glycemic index.

While sourdough bread has numerous benefits, it's still important to remember that this is a carbohydrate containing food, and like anything else, portion size matters. One slice of sourdough bread is the advised serving size.

Another important tip with sourdough bread is to consider the source. Not all sourdough breads are created equally, and the nutritional benefits discussed above are not present in all



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versions offered at the grocery store. Homemade sourdough ranks supreme in terms of nutritional benefits, but if you are short on time and would like to purchase sourdough at the store, start by looking at the ingredients list. If the list of ingredients on the package has leavening agents (baking soda, baker's yeast), ingredients used to create a sour flavor (vinegar, cultured flour/wheat, yogurt, acetic acid), preservatives (cultured wheat, benzoic acid), or added ingredients that interfere with fermentation (sweeteners, honey, vegetable oil), then you may not be reaping the nutrition benefits that traditional sourdough bread offers.

While sourdough bread isn't a superfood or a "cure-all", it does provide some healthy perks and can be a fun hobby for anyone interested in cooking more at home. When making your own sourdough bread, be sure to follow food safety practices and use reliable recipes to ensure your final product is a success. If you're looking for a quicker way to reap the benefits of sourdough, be sure to choose the most nutritious option at the store by looking at the ingredients list.



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The Case of the Left Turn and the Blind Driver

Eric Dickerson (not his real name) was not a good driver. He didn't have a driver's license. He did not have insurance. And he had been warned many times not to drive because he had caused multiple accidents. Can you guess what he was doing on New Year's Eve a few years ago? That's right, he was driving. But not before getting high on illegal street drugs.

To no one's surprise, Eric got into an accident. This time he hit a pizza delivery guy. The delivery guy said that Eric was driving a motor bike without a headlight. And because it was late at night, the pizza delivery guy stated that he had looked around before making his left-hand turn, didn't see anything, and had no idea what happened until he felt the impact of Eric's motorbike hitting the side of his delivery van.

When the police showed up, they examined Eric, who hadn't been wearing a helmet,

and quickly called an ambulance. The police examined Eric's motorbike and found that the headlight was not working. But when the police interviewed Eric at the hospital, he claimed that his motor bike headlight was working just fine.

After Eric got out of the hospital, he sued the pizza delivery guy. The pizza guy hired an attorney who did a little digging into Eric's past. The attorney tried to get the case thrown out right away, arguing that the accident was 100% Eric's fault.

The delivery guy's attorney told the Judge that there was a reason why Eric did not have a driver's license: Eric was legally blind. Although he could see shapes, Eric had never been able to pass the driver's license vision test. The pizza guy also showed the judge Eric's driving record: multiple accidents and multiple tickets for driving without a license. Eric admitted to the Judge that his father, his grandfather, and the police had all told him not to drive, but he continued to do so because, "Why



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not? Why should I do everything someone tells me not to do.”

That’s when the Judge threw out Eric’s case.

Eric appealed.

And he won. Well, the appellate Judges didn’t say Eric should get any money. Maybe he should. Maybe he shouldn’t. But a jury should decide that. Here’s why: Louisiana law says that a left turn is one of the most dangerous maneuvers for a driver to execute. So, if you get into an accident while turning left, as the pizza delivery guy had, then you are presumed to have caused the accident and you will be legally at fault unless you can prove that the accident was not your fault.

The appellate judges said that Eric’s case should not have been thrown out without a trial. Instead, the appellate judges ordered that there be a full trial to determine if the pizza delivery guy could prove that he was not at fault. Because Eric said that his headlight was working, but the pizza guy said otherwise, it was important for a jury to watch both of them testify and try to figure out who was lying. The jury trial

should start sometime in 2025. If I’m on that jury, I know how I would vote. How about you?

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



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Common Medical Mistakes & How to Avoid Them

By Sandra Gordon

Every day we make dozens of decisions that affect our well-being. We do the best we can, but some choices do more harm than good. Top doctors from across the country list the mistakes they wish their patients would avoid.

Medical Mistakes

- ☐ No primary-care doctor
- ☐ No regular or recent check-ups
- ☐ Ignoring troubling symptoms
- ☐ Discontinuing prescriptions without consulting medical professional
- ☐ Caring for suspected heart attack with aspirin and waiting for pain to subside
- ☐ Failure to report added supplements to doctor.
- ☐ Denial of potential health issue because of family medical history
- ☐ Assuming test results are normal if doctor does not confirm the results

MEDICAL MISTAKE 1:

You don't have a primary-care doctor.

Women who have a gynecologist but not a primary care doctor need to go doctor shopping.

"Women should have both an ob-gyn and a primary-care provider (PCP)," says Michael Roizen, M.D., coauthor of *You: The Smart Patient*. Primary-care providers have broad-based medical knowledge and training in prevention. "There are so many nuances in drug therapy and drug interactions that PCPs are expert in," Roizen says. If your blood pressure is creeping up, for example, your gynecologist shouldn't be the one to write a prescription for blood pressure medication.

Both men and women need a primary-care doctor to ensure they undergo age-appropriate screening tests, such as a colonoscopy (starting at age 45, or before). If you should need a specialist, primary-care doctors are responsible for coordinating care.

To-Do Tactic:



Interview two or three doctors until you find one you're compatible with. Clues a doctor is right for you: The waiting room has patients similar to your age. The doctor seems knowledgeable about the health issues that

concern you. “If you have a family history of heart disease, you want a physician who focuses on heart disease prevention and knows the current medical literature,” Roizen says.

MEDICAL MISTAKE 2:

You haven’t had a check-up in years because, well, you feel fine.

If you don’t have your blood pressure, cholesterol, and blood glucose tested regularly—preferably every five years if you’re in your 20s and 30s and otherwise healthy, and yearly after that—you don’t know if you’re at risk for a heart attack or stroke. “Denial can be deadly,” says Nieca Goldberg, M.D., a cardiologist and author of *The Women’s Healthy Heart Program*.

To-Do Tactic:

Schedule a check-up and get the facts on your blood pressure, total cholesterol, LDL or “bad” cholesterol, HDL or “good” cholesterol, triglycerides, glucose, body mass index, and waist circumference.

MEDICAL MISTAKE 3:

You ignore troubling symptoms.

A common heart-related ailment ignored by many women is atrial fibrillation, says Lori Mosca, M.D., M.P.H., Ph.D., executive director of the American Heart Association Go Red for Women Research Network. This is an irregular rhythm that causes one of the heart’s chambers to beat improperly, and postmenopausal women are at an increased risk.



Symptoms include the sensation of feeling your heart-beat or a fluttering pulse. “Atrial fibrillation is one of the most common causes of stroke in women,” Mosca says. A clot can develop because of the abnormal blood flow.

To-Do Tactic:

If you notice that your heart develops the tendency to beat rapidly, then slow down, see your doctor. You might also experience light-headedness or difficulty breathing. A stroke from atrial fibrillation is preventable, Mosca soys. Blood-thinning drugs, such as aspirin or warfarin (sold as Coumadin), can help.

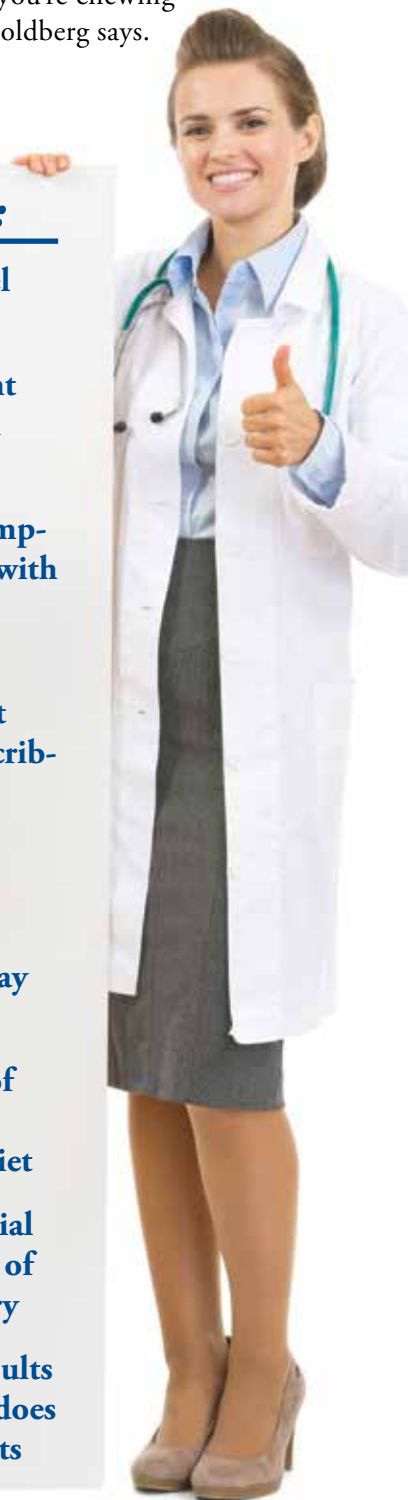
MEDICAL MISTAKE 4:

You think you might be having a heart attack, so you take an aspirin and wait for the pain to subside.

Chewing an uncoated aspirin (not Advil, Aleve, Tylenol, generic acetaminophen, or Tums) isn’t a bad idea if you think you’re having a heart attack (symptoms: chest pain; discomfort in the back, neck, jaw, or stomach; shortness of breath; cold sweats; nausea; or light-headedness). Aspirin, an anticoagulant, has been shown to help keep arteries open. “But while you’re chewing aspirin, you should call 911,” Goldberg says.

To-Do Tactic:

- ☑ Find a doctor you feel compatible with
- ☑ Make an appointment for a complete health check-up
- ☑ Discuss troubling symptoms you are having with your doctor.
- ☑ Don't discontinue prescriptions without consulting your prescribing doctor.
- ☑ If you suspect you are having a heart attack, chew on an aspirin and don't delay calling 911
- ☑ Inform your doctor of any supplements you have added to your diet
- ☑ Don't dismiss potential health issues because of family medical history
- ☑ Don't assume test results are normal if doctor does not confirm the results





The faster you can get treatment during a heart attack, the better your chances of survival and a full recovery. Unfortunately, half of all people with heart attack symptoms die before reaching the hospital.

To-Do Tactic:

Know the signs and symptoms of a heart attack and keep aspirin handy at home and in the car. Call 911 immediately if symptoms occur. (If you try to drive yourself or have someone else do it, you could collapse en route or get stuck in traffic.)

MEDICAL MISTAKE 5:

You take over-the-counter supplements to lower cholesterol or blood pressure without telling your doctor.

Most patients don't like taking prescription medicine, but they're all too willing to ingest supplements to treat high cholesterol without alerting their doctors, says Leslie Cho, M.D., director of the Women's Cardiovascular Center at the Cleveland Clinic.

Over-the-counter supplements aren't clinically tested, so you don't know if they work or not. And because the U.S. Food and Drug Administration doesn't regulate supplements, you can't be sure of what you're taking. You won't be monitored like you would be if you were on a prescription, and supplements can negatively affect some medications. "Ginkgo and echinacea, for example, can interfere with blood-thinning medication," says cardiologist, Dawn Calderon, D.O., FACC.

To-Do Tactic:

Talk to your doctor or pharmacist before taking a supplement. If you don't want to take medication, change your diet and try to lose weight. Some people can get to their goals with diet and exercise alone, Cho says. Just tell your doctor.



MEDICAL MISTAKE 6:

You stop taking your prescription medication because you are scared of possible side effects.

TV commercials for prescription drugs are required by law to present a balanced view of the risks and benefits of the medication, and that includes mentioning possible side effects. But that doesn't mean they're common. You'll hear, for example, that statins (to control high cholesterol) can adversely affect the liver. "That's rare unless you drink a lot of alcohol or take another medication that interacts with a statin," Cho says.

Likewise, patients have been known to take themselves off statins or anti-hypertension medication because they don't feel any different. Many heart disease risk factors, such as high blood pressure or high cholesterol, don't hurt. Stopping medication on your own can result in devastating consequences, such as a heart attack or stroke.

To-Do Tactic:

Team up with a physician you trust and don't play doctor. Before going off any chronic pharmaceutical, such as a statin, talk with your physician about your concerns. At every visit after that, it's fair to ask whether you still need to be on whatever you're taking. Taking a medication doesn't mean you're unhealthy or a failure. "We're lucky to live in an era in which there are medications that can help prevent heart attacks and stroke," Cho says.

MEDICAL MISTAKE 7:

You tell yourself: "Heart disease doesn't run in my family, so I don't need to worry about it."

While genetics play a role in the risk for heart disease, that doesn't mean you're off the hook if no one in your family



has had heart disease. “You could be the first person,” says Dr. Laxmi Mehta, a cardiologist and chair of the American Heart Association’s first scientific statement on acute myocardial infarction in women.

That’s because you could have other risk factors for heart disease that can be just as powerful as your DNA, such as having diabetes, being a smoker, having high blood pressure and/or high cholesterol, and not exercising or eating a heart-healthy plant-based diet. All told, heart disease is the leading cause of death in the U.S. for both men and women. “Heart disease should be on everyone’s radar, even if you have a clean family history of it,” Mehta says.

To-Do Tactic:

Manage your risks to prevent heart disease. “Number one for anybody is to quit smoking,” Mehta says, which includes vaping. Keeping tabs on your ticker is another reason to get a yearly check-up. “Know your numbers and get them into the optimal range to lower your risk,” Mehta says. Normal blood pressure is less than 120/80; the ideal body mass index is 18.5 to 24.9; a normal fasting blood glucose (a blood test) is lower than 100, and optimal LDL (“the bad”) cholesterol is less than 100. Improving your numbers may mean exercising more, changing your diet and taking prescription cholesterol or blood pressure lowering medication, if your doctor recommends it.

MEDICAL MISTAKE 8:

You don’t hear back about your test results so you just assume they’re normal.

No news isn’t necessarily good news. Doctors are especially pressed for time these days, so things can fall through the cracks. “From a physician standpoint, it’s always a concern,” Calderon says.

To-Do Tactic:

Don’t let your doctor drop the ball. If you don’t hear from your doctor’s office when you thought you would after you’ve taken medical tests, it’s your responsibility to call the doctor

or the doctor’s nurse to follow up. “Just like in school, you’ve taken the test, so you deserve to get the grade to see how well you’ve done,” Calderon says.



Sandra Gordon is an award-winning journalist specializing in health, medicine, nutrition and lifestyle topics. Her work has appeared in numerous major magazines and websites. Gordon is also the author of 10 books. For more about Gordon, visit SandraGordon.com.


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Front Row Seat

Dorman is 70-something. He likes to walk. He likes to talk with anyone he meets along the way, especially anyone willing to listen to an old man's stories.

Lenny is 30-something. He lives four houses down from Dorman. When Lenny sees Dorman heading his way, he breaks into a cold sweat, runs into his house and hides behind the sofa holding his hands to his chest to relieve the pain.

Arnie is pushing 80. He lives in a retirement residence and, even though he loves it when his son comes to visit, he can't understand why his daughter-in-law never visits. His son doesn't have the heart to tell him she is outside in the car, in tears, nauseous, her heart racing, gripping the seat with white knuckles.

Gerontophobia.

Literally translated, it means fear of old man but it's more than that. Gerontophobia is an intense, panic driven dread, either of the elderly or of becoming one of them.

Or both.

Gerontophobia can create such an all-consuming fear that, along with shaking, sweating, racing heart, shortness of breath, nausea, dizziness, tears, fear of loss of control simply by being exposed to an elderly person, it can actually lead to depression.

What causes it? In a nutshell – fear of death – coming face-to-face with your own mortality.

You'd think gerontophobia might kick in around the time we look in the mirror and see a middle-aged man or woman looking back but no - there are people in their 30's filled with the fear of aging.

"As a nation, we have never embraced aging," says Denise Lewis, a gerontologist at the University of Georgia.

The market for anti-aging products and services has grown into a global industry that will have an estimated value of more than \$120 billion by the year 2030. That figure includes money spent on anti-aging cosmetics, plastic surgery and dermatology and something called anti-aging disease management.

Don't buy it.

Literally, don't buy it.



Old age, believe me, is a good and pleasant thing. It is true you are gently shouldered off the stage, but then you are given such a comfortable front stall as spectator. (Confucius)

Let's give a front row seat to those who do embrace aging but refuse to be a spectator.

To the old boys playing checkers, chess and dominoes in the park and to the old girls who haven't forgotten how to dance.

To the oldsters out there still chasing dreams and with a dream catcher dangling from their rear view mirror to prove it.

To the senior not afraid to buy a one-way ticket, speak your mind, face your fears, embrace change, take ballet lessons, color your hair, go out without make-up, drive five miles per hour below the speed limit and insist on digging through your purse till you find the exact change.

Let's give a front row seat to the mothers, fathers, grandmothers, grandfathers, widows and widowers who look in the mirror every morning and are proud of the person looking back; thankful for all the life lessons learned and even more thankful they're still here to pass them on to anyone with enough good sense to listen and learn.

I remember watching an old cowgirl line-dancing her way through Brooks & Dunn's *Boot Scootin' Boogie*. She caught me staring and called out, "Don't knock it till you've been in the saddle, sonny."

Amen, sister!

"From 'Old Friends (Endless Love)' available exclusively at Amazon.com



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Book Outlines Career of 97-year-old Character Actor H.M. Wynant

As one of the last prolific character actors who launched their film and television careers in the 1950s – and subsequently spanning eight decades with hundreds of roles – it's no surprise that H.M. Wynant didn't have instant recall when interviewed by author Steven Peros for his new book, "H.M. Wynant – You Must Believe!"

"I was kind of amazed – he wanted to do a book about me?" said Wynant from his home in Los Angeles. "But Steven did his research and dropped clues about my previous roles and all of a sudden a lot of the past came back which was kind of wonderful. I would film a television episode over a few days, then literally forget about it – just erase it – and move on to the next project. So there are some shows I just don't have any memory about."

Nevertheless, the book is full of entertaining anecdotes shared with the author.

"It's basically an authorized biography with HM contributing quotes as well as photos from his personal collection,"

explained Peros from Los Angeles, who's also a playwright, screenwriter, and director (see www.stevenperos.com). "I've known HM for 30 years since I cast him in a play. He appeared in so many iconic TV shows just in the 1960s."

A sampling of Wynant's credits for that decade includes *Batman*, *Perry Mason*, *Get Smart*, *Mission: Impossible*, *The Man from U.N.C.L.E.*, *Ironside*, and westerns such as *Wagon Train*, *Cheyenne*, *Tales of Wells Fargo*, *The Wild Wild West*, and *The Virginian*.

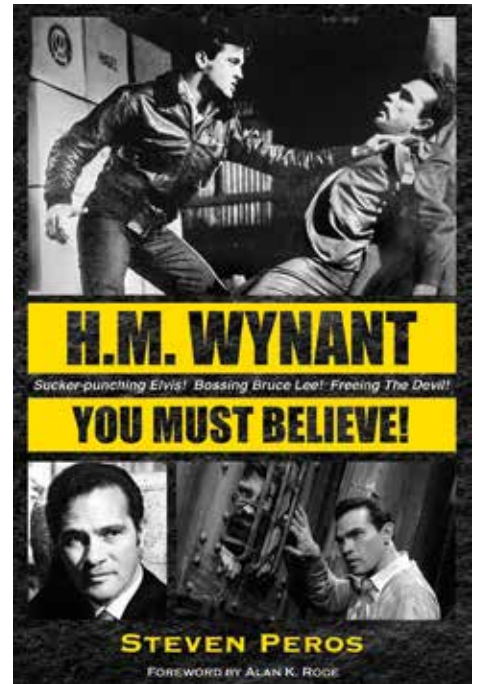
"I did everything that was available then, and think I did some of my best work during that period," said Wynant. "It was my favorite decade."

For many series, Wynant appeared in multiple episodes usually portraying different characters including ten episodes of *Perry Mason* where he was cast as a "prosecutor, defendant, murder victim, witness, and murderer."

"He's the only actor in the history of that long-running show to play such a variety of characters in different episodes," said Peros.

It's a testament to Wynant's talent and commitment to his craft that he could quickly adapt to new characters as a supporting actor. While he also worked in movies with classic film legends including Katharine Hepburn, Laurence Olivier, Clark Gable, and Rod Steiger, Wynant was satisfied to be largely cast in supporting roles.

"I never wanted to be the big



star, but did consider myself a good actor and just as important to the story as anyone," he said.

He took the lead role in one of the most beloved series of the era, *The Twilight Zone*. The 1960 episode, "The Howling Man," is often listed among fan favorites.

Wynant's character is coerced into releasing a man imprisoned in a monastery who turns out to be the devil. Speaking anxiously to the camera during the opening scene, his character warns them "You must believe," a phrase lifted for Peros's book title. Wynant laughed heartily when asked why the episode is still rated so favorably with *Twilight Zone* fans.

"Honestly, I really don't know," he admitted. "But it was beautifully written, beautifully directed and, of course, beautifully cast! They were all good episodes – it was a tremendous show."

Born in Detroit in 1927 as Hyman Weiner, and later going by Haim, he



(left) H. M. Wynant at 97 with Steven Peros, the author of the biography
(above) book cover

was a poor student and hung out in a pool room as an under-age teen.

“When the cops raided the place, I would be hidden in the toilet,” recalled Wynant. “One day I picked up a Shakespeare book and for some reason developed an affinity for it.”

Wanting to act, dance, and play music – he played the trumpet in the symphony orchestra in Detroit – at age 19, a one-way train ticket took Wynant to New York. Focusing on acting, numerous theatrical and early East Coast live television roles followed, before heading west in 1956 to Hollywood. After a name change to H.M. Wynant and his first appearance in film (“Run of the Arrow”) the following year, Wynant never looked back.

With television exploding in popularity in the 50s, Wynant was quick to recognize its value for an actor although major movie stars initially scoffed at the new mass media format.

“I didn’t look down on television at all,” he said. “I accepted it, loved it, and it’s been good to me. I accomplished everything I wanted and have no regrets. But after eight decades, I do miss acting a lot.”



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



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*The Otesaga and Otsego Lake
(Photo courtesy of Otesaga resort hotel)*

Cooperstown

America's Small Town

By Fyllis Hockman

*The Otesaga veranda
(Photo courtesy of Otesaga resort hotel)*



I recently enjoyed gently rocking in a chair on a wide veranda overlooking a magnificent lake vista in New York

State. That nine-mile-long body of water dwarfs in size man-made Cross Lake, and isn't home to alligators.

My stay at The Otesaga, a luxurious historic resort hotel perched at the edge of Otsego Lake in Cooperstown, was part of my immersion in the destination. The property, whose name comes from the Iroquois word for "Place of meetings," transports visitors back to a time of elegance and gracious hospitality.

The expansive porch, and guest rooms that feature ceiling chandeliers and oversized windows which provide stunning views of the lake, are among many details that combine the ultimate of comfort with opulence. Adding to the mix are a golf course which hugs the lake and is rated among the best on the East Coast, a heated swimming pool, tennis and pickleball courts, and restaurants which serve four-star meals.

While I could have happily spent my days relaxing at The Otesaga, the wide variety of things to see and do in town drew me away. Most people go to Cooperstown to see the National Baseball Hall of fame and Museum, a virtual Mecca for fans of the sport which is known as "America's Pastime." It portrays the popular game through a combination of memorabilia and exhibits which provide both entertainment and education.



Cooperstown aerial view (courtesy of This is Cooperstown)

Among other attractions related to that game are the Heroes of Baseball Wax Museum; Cooperstown Bat Company, where visitors see how professional models are made, and shops which offer a wide selection of baseball-related apparel, players cards and other collectibles. But it didn't take long for me to learn that Cooperstown's appeal extends well beyond the game, and to understand why it has been referred to as "America's most perfect village."

The setting itself is a magnet for those seeking breathtaking scenery of rolling farm fields tucked among pockets of dense forest amid tranquil lakes overlooked by low lying mountains. Against this backdrop, the town could be the movie set of a quintessential village.

Walkable streets lead to the spectacular lakefront, and leafy parks lend welcome touches of Mother Nature. Adding to the storybook décor is an architectural mixture of colonial buildings and gingerbread Victorian homes, many of them painted in a palette of vibrant eye-catching colors. No wonder that Cooperstown has been referred to as "America's most perfect village" and included by *Travel + Leisure* magazine on

lists of best places to visit and best road trips from New York City.

The town was founded in 1786 by William Cooper, who was the father of the renowned author James Fenimore Cooper. The books that James wrote include the Leatherstocking Tales, a series of historical novels set in the frontier period which combine pioneer and Native American lore set against a backdrop of the region's magnificent scenery.

A centerpiece of that lovely landscape is Otsego Lake, a glacier-created body of water whose name is derived from the Iroquois word meaning "place of the rock." That refers to a boulder known as Council Rock which once served as a meeting place for Native Americans. It appears as Lake Glimmerglass in Cooper's books because at times the surface is so still it resembles a mirror.

For such a small village (population about 1,800), Cooperstown offers a wide choice of welcome surprises. The Fenimore Art Museum houses world-class displays of American folk and



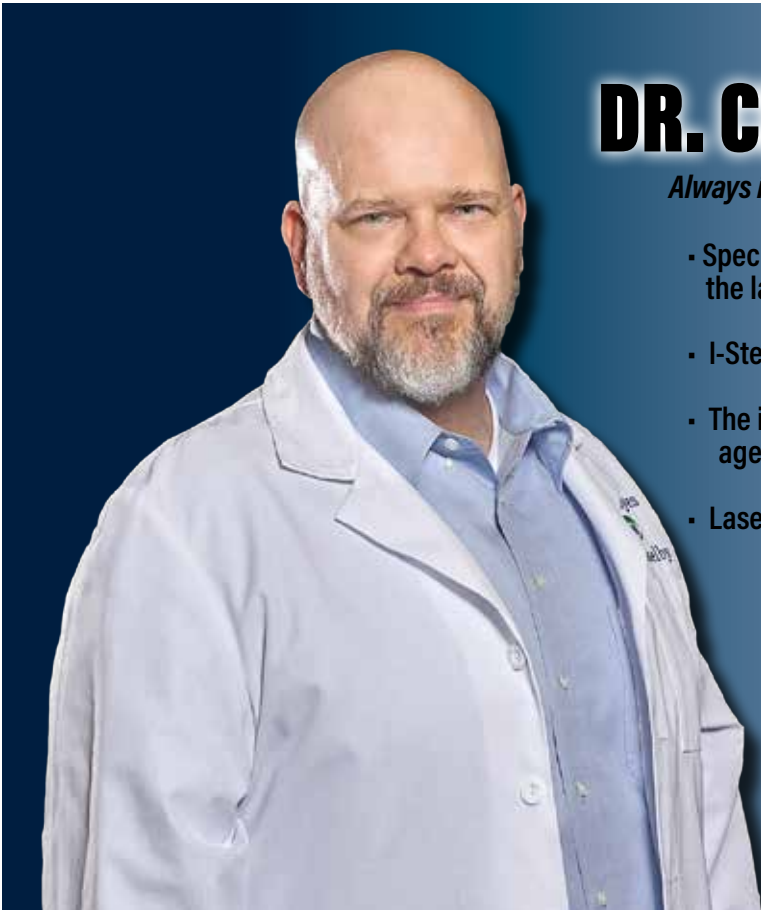
*Broom maker at The Farmers' Museum
Photo courtesy of Victor Block*

Indian art, and offers a constant line-up of changing exhibits.

The Farmers' Museum is a living history village which re-creates mid-19th-century rural life. The site has been a working farm since 1813, when it was owned by James Fenimore Cooper. Collections run the gamut from an early 18th-century plow to home-made hay rakes and a 19th century milkfat tester.

These museums are among a number of enticements which extend the appeal of Cooperstown well beyond its fame as a favored destination for lovers of baseball. From nature at its best to man-made appeals to the town itself, there's variety enough to find a place on many people's travel wish list.

*To learn more about Cooperstown,
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EVENTS

■ Caddo Council on Aging Annual Membership Meeting and Membership Drive

Monday, January 27 at 12:00 pm at St. Mark's Cathedral Church, Room 110, 908 Rutherford Street, Shreveport. This is an excellent opportunity to learn more about CCOA's mission and services available for individuals aged 60 or older who reside in Caddo Parish. They are also recruiting compassionate and dedicated Caddo Parish residents to step forward as board, advisory, or community members. Call Monica Wright at (318)676-7900 for membership information.

■ GloFests at the Bakowski Bridge of Lights

Join the Shreveport Regional Arts Council (SRAC) on the first Friday of every month

(except July when it is held on July 4), 7:30 p.m. to 9 p.m. at Riverview Park, 601 Clyde Fant Parkway, Shreveport. Featuring light shows on the Bakowski Bridge of Lights, an arts market, food truck court, street performances, and more! Park in the Bally's Garage or across the street between Sci-Port and the J. Bennett Johnston Visitor Center. For more info, visit www.shrevearts.org. **FREE.**

■ Mardi Gras Parades

Make sure to check the Krewe websites for any last minuted changes.

- **January 18 at 1 p.m.** - Krewe of Sobek. Parade begins at the Fairgrounds Field parking lot and goes through the Queensborough neighborhood in Shreveport. www.kreweofsobek.org
- **February 17 at 1 p.m.** - Krewe of Harambee. A



huge, family-friendly parade rolls through downtown Shreveport beginning at Shreveport Municipal auditorium, celebrating the legacy of Martin Luther King, Jr. www.kreweofharambee.net

- **February 22 - Krewe of Centaur-** The parade begins at 3:30 p.m. at the corner of Lake Street and Clyde Fant. The floats will travel south down Clyde Fant to Shreveport - barksdae, continuing west on East Kings and ending at East

Preston. kreweofcentaur.org

- **March 1 - Krewe of Gemini** at 3 p.m. The floats will travel south down Clyde Fant to Shreveport - barksdae, continuing west on East Kings and ending at East Preston. www.kreweofgemini.com

- **March 2 - Krewe of Highland** at 1 p.m.. The parade begins at Querbes City Park and travels through the historic Highland district of Shreveport. kreweofhighland.org



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■ Sno-Port

Through Sunday, February 23 at Sci-Port Discovery Center, 820 Clyde Fant Pkwy Shreveport. An interactive, snow-themed science playground \$15.

ENTERTAINMENT

■ Shreveport Little Theatre

812 Margaret Place, Shreveport. Tickets are \$30. Call 318.424.4439 or visit www.shreveportlittletheatre.com.

- "Doubt: A Parable". **January 8, 9, 10, and 11 at 7:30 PM; January 12 at 2:00 PM.** In this brilliant and powerful drama, Sister Aloysius, a Bronx school principal, takes matters into her own hands when she suspects the young Father Flynn of improper relations with one of the students. 2005 Tony Award® for Best Play and winner of the Pulitzer Prize for Drama.

- "I Love You, You're Perfect, Now Change". **February 14, 15, 21 and 22 at 7:30 PM, February 22, and 23 at 2:00 PM.** This hilarious musical-comedy revue celebrates the mating game, love and loss, and modern relationships.

■ Shreveport Symphony

Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. For tickets call 318-227-TUNE (8863) or visit www.shreveportsymphony.com.

- **January 11 at 7:30. Landslide:** A Symphonic Tribute to the Music of Fleetwood Mac. Tickets are \$35 - \$80.

- **January 25 at 7:30. The Planets.** An out-of-this world program featuring Heins "Moons of the Giants" (World Premiere) and Holst "The Planets", presented with choreographed NASA visuals. Tickets are \$20 - \$69.

- **February 15 at 7:30. Cinematic Romance: The Rose of Sonora.** Violinist Holly Mulcahy joins the orchestra for George Clinton's scenic concerto. Revel in the lush sounds of Tchaikovsky's Romeo & Juliet and iconic love themes from classic films. Tickets are \$20 - \$69.

MEETINGS

■ Ark-La-Tex Genealogical Assn.

Meetings are held from 1 to 3 PM

at the Broadmoor Branch Library, 1212 Capt. Shreve Dr., Shreveport. Offering educational programs that are genealogical or historically oriented. For more information call 746-1851 or visit altgenealogy.com. **FREE** and open to the public.

- **Saturday, January 11 from 1 to 3 PM.** Guest speaker is educator and historian Thad Pardue.

- **Saturday, February 8 from 1 to 3 PM.** Guest speakers are Reed Mathews, Librarian, Researcher "Rev. John Jones, a Minister and Founder" and Chandra Lester, Family Historian "The Life of Hammock McClelland after the Civil War"

MOVIES

■ Silver Screenings

Silver Screenings feature a matinee and luncheon for senior citizens showcasing a classic film on the **3rd Tuesday of each month** at Robinson Film Center, 617 Texas Street in downtown Shreveport. Movie begins at **10:30 a.m.** and is followed by a buffet lunch. Cost is \$20 for movie and lunch. Ask about discounted tickets for AARP members! For information or tickets, call (318) 459-4122 or visit www.robinsonfilmcenter.org.

- **January 21 - "The Adventures of Robin Hood".** Movie & lunch beginning at 10:30 a.m. This 1938 epic swashbuckler film stars Errol Flynn as the legendary Saxon knight Robin Hood, who in Richard I's absence in the Holy Land during the Crusades, fights back as the outlaw leader of a rebel guerrilla band against Prince John and the Norman lords oppressing the Saxon commoners.

- **February 18 - "In the Heat of the Night".** Movie & lunch beginning at 10:30 a.m. This 1967 American mystery drama film stars Sidney Poitier and Rod Steiger. It tells the story of Virgil Tibbs (Poitier), a Black police detective from Philadelphia, who becomes embroiled in a murder investigation in a small town in Mississippi.



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WORD SEARCH

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

IT'S A SNAKE

Adder	Hibernate
Anaconda	Hiss
Asp	Jaw
Bite	Mamba
Boa	Poisonous
Carnivore	Python
Cobra	Racer
Coil	Rattle
Cold Blooded	Reptile
Color	Scales
Desert	Sidewinder
Eggs	Species
Fangs	Strike
Forked Tongue	Venom
Garden	Viper
Habitat	Water Moccasin
Hatch	

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

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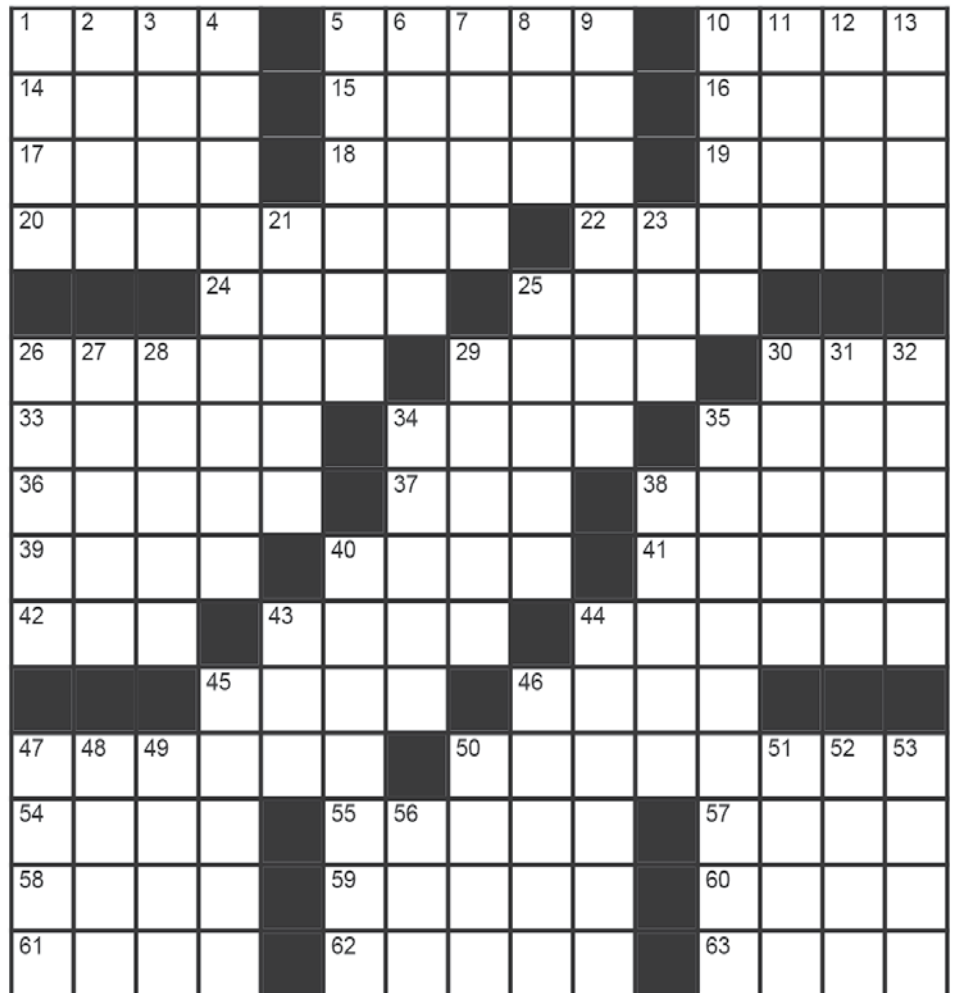
Across

- 1 Voting group
5 Big name in grills
10 Run through
14 Kind of lamp
15 Spin doctor's concern
16 Sport with mallets
17 Footnote word
18 Seafood entree
19 Soufflés do it
20 Mountains between France and Spain
22 Make fit
24 Grimace
25 Suspend
26 1984 Cyndi Lauper hit
29 Spanish appetizer
30 Scottish cap
33 Uncle Sam's due
34 Bern's river
35 Crime boss
36 Sky-blue
37 Draft choice
38 Chanced upon
39 Informal term for money
40 Percussion instrument
41 Sri Lankan cash
42 Extreme suffix
43 Mavens
44 Some like it hot
45 Zodiac symbol
46 Champagne designation
47 Maintenance
50 Tire name
54 Babe in the

- woods
55 Fabricators
57 Java is in it
58 List
59 ____ Island
National
Monument
60 Wheelchair access
61 Orbison tune, "____ the Lonely"
62 Flirt with
63 Maid's job

Down

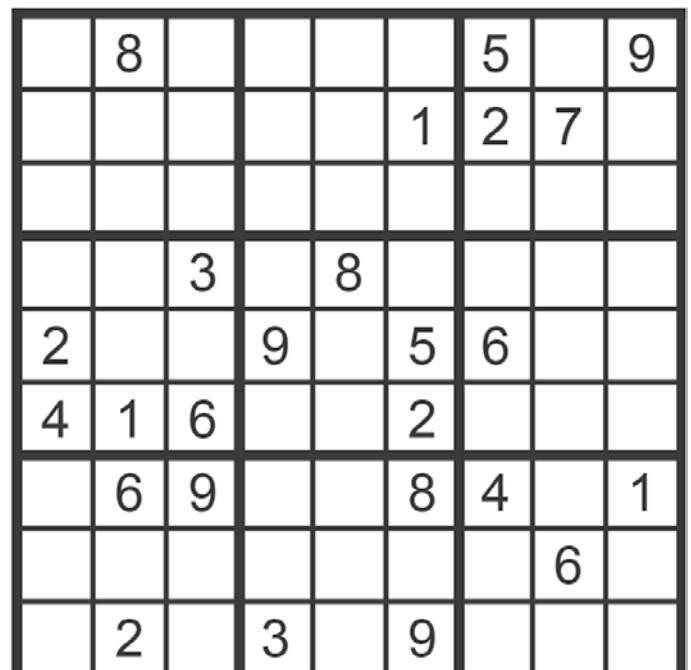
- 1 Radar screen
2 Lord's mate
3 Completed
4 Soft creamy French cheese
5 Get smart
6 Roast host
7 Saloons
8 I problem?
9 Bureaucratic stuff
10 Bit of parsley
11 Slave away
12 In addition
13 Orange Free State settler
21 Lasso loop
23 Literary olio
25 Sheik's bevy
26 Rocket section
27 Harasses at school
28 Jump for joy
29 Anklebone
30 Hosiery shade
31 Sleeper's woe
32 Runway walker
34 Early priest
35 Atrium
38 Early shrink



- 40 Dew, maybe
43 Cobbler
44 La ____, Wisconsin
45 Southpaw
46 Spassky of chess
47 "Do ____ others..."
48 Anguish
49 Annihilate
50 Hearty party
51 Old Testament twin
52 Intentions
53 Deeply engrossed
56 French Guiana's Royale, e.g.

SUDOKU

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



Snapshot SLEUTH

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

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

All photos are from the Lawrence Lea Collection.



This photo appears to be for an ad. 1978.



LA National Guard Pistol Team. 1978.



1986. In a sleeve with State Fair photos.



3 Painters Union retirees receiving checks from a fourth man. 1971.

? 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.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
(318) 212-3937
See our ad on page 25.



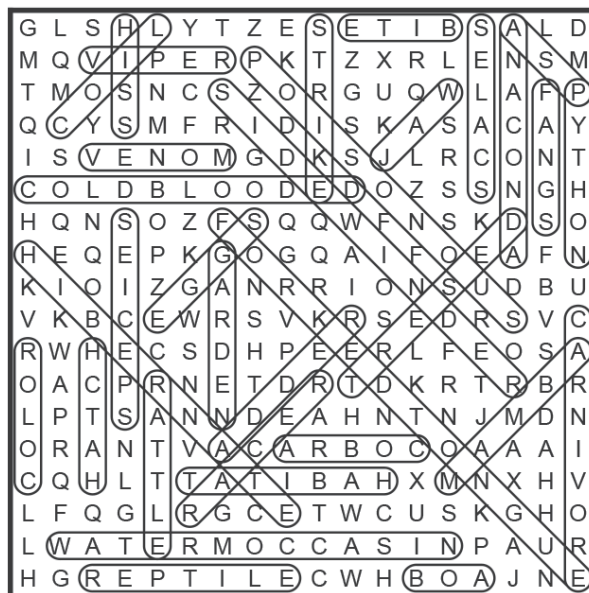
Is Osteoarthritis (OA) hereditary?

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

PUZZLE answers (from pages 28 - 29)



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

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



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