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Publisher

Gary L. Calligas
Gary.Calligas@gmail.com

Editor

Tina Miaoulis Calligas
Editor.Calligas@gmail.com

Design

Karen Peters

Layout

Katherine Michelle Branch

Webmaster

Dr. Jason P. Calligas

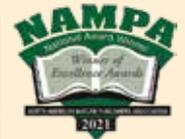
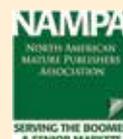
Writers

Kimberly Blaker
Fyllis Hockman

Contributors

Lee Aronson, Judge Jeff Cox, Family Features, Abigail McAlister, David McMillian, NWLA Archives, Jessica Rinaudo, Nick Thomas, Twin Blends Photography

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Medical News & Info



Half of Older Adults Die With a Dementia Diagnosis

Nearly half of all older adults now die with a diagnosis of dementia listed on their medical record, up 36% from two decades ago, a new study by a University of Michigan team and published in *JAMA Health Forum* shows. But that sharp rise may have more to do with better public awareness, more detailed medical records and Medicare billing practices than an actual rise in the condition, the researchers say. Even so, they note, this offers a chance for more older adults to talk in advance with their families and health care providers about the kind of care they want at the end of life if they do develop Alzheimer's disease or another form of cognitive decline.

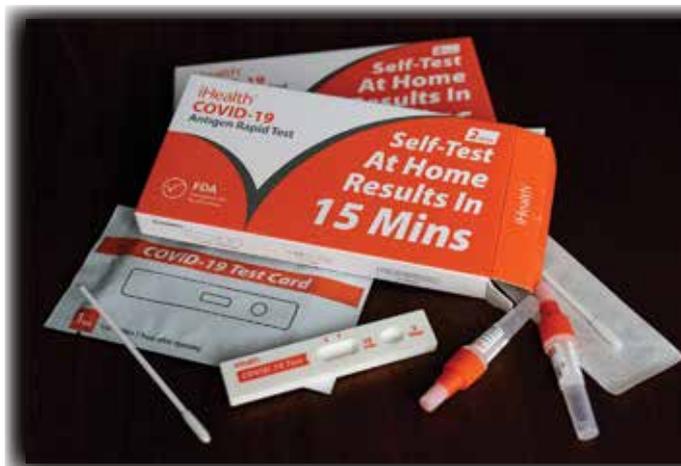


Sleep Apnea May Increase Joint Pain, Fatigue in Older Women

A study from Japan points to a link between obstructive sleep apnea syndrome (OSAS) and increased joint pain and fatigue in postmenopausal women. Researchers from Tokyo Medical and Dental University stated that women complaining about their joint pains could be good candidates for a sleep-lab study to investigate if they have OSAS or not, especially when they are also suffering from fatigue. Sleep apnea increases as women go through menopause, with the prevalence of sleep apnea 4.5 times higher in postmenopausal women than in premenopausal women. Joint pain is also more common after menopause. Both may be triggered by falling estrogen levels.



A familiar tune has the ability to take the listener to another time and place. In the University of Pennsylvania Health System's Memory in Motion program patients with dementia reconnect with their past through the power of music. The program, housed under the Penn Memory Center, encourages patients with dementia and their caregivers to move and dance while listening to musical oldies. Researchers noted that many studies show the incredible memories recalled in connection with music and that music can enrich their daily lives.



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SHREVEPORT *Then & Now*

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The iconic **Joy Theater** once sat on Texas Street right where On Time Fashion sits today (part of the theater may have extended into the building that the Robinson Film Center is in today). Joy Houch owned 80 theaters in Louisiana, Arkansas and Texas. Houch was president of Joy Theatres Inc. and provided our area with lots of "Joy" over the years! Chances are you have been to one of his theaters being that the Joy Drive in Theater on Greenwood Road (post on that coming soon) and the Joy Cinema 6 in Garden Valley were just two of his many theaters.



According to the late Eric Brock, the **Saenger Theater**, located on Milam Street, opened in 1910 and was operated by brothers Julian and Abe Saenger whose Saenger-Ehrlich Enterprises would later create the now famous Strand Theater at the corner of Louisiana and Crockett. Shreveport's first theater fire happened in 1952 when the Saenger theater caught on fire. It reopened but changed its name to the **Capri** in 1967.



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How to Recognize

Recognize



FAKE NEWS!

& Halt the Spread of Misinformation in its Tracks

by Kimberly Blaker



Thanks to the internet's prevalence and easy access through smartphones and other devices, all the world's information can fit inside our pockets. The latest news, information, and anything you could ever want to know are all just a few clicks away.

Unfortunately, the growth of information on the internet has given rise to fake news and misleading or factually incorrect information. The problem of fake news continues to worsen causing further division in our communities and across the country.

Everyone who spends time on the internet will be exposed to fake news at some point, and many will be taken in by false claims. But some demographics are more susceptible. Those who create and spread fake news know this and which demographics tend to struggle more with technology and information. Fake news creators take advantage of targeting specific populations that may not have developed the skills and nuance to know how to sort facts from fiction online.

In fact, Andrew Guess et al. published their study of the 2016 presidential campaign, "Less than you think: Prevalence and predictors of fake news dissemination on Facebook."

They found that Facebook users over the age of 65 were almost seven times more likely to share fake news articles than the youngest age range.

Seniors may be particularly at risk for fake news because they're "digital immigrants" who learned to use computers and similar devices at an older age. So, seniors may not be as fluent or comfortable with technology or as readily able to disseminate between legitimate and illegitimate sources of information.

"Digital natives," on the other hand, are those who grew up in a world with the internet, computers, and smartphones and have had more experience and understanding of its subtleties. It's almost like the difference between being fluent in a language you were raised with versus learning a new language when you're older.

Despite this, statistics show that all age groups and demographics are susceptible to falling for or sharing fake news. According to a 2018 YouGov poll, 41% of those between 18-34 and 44% of those 65 and older agree with the statement, "I sometimes think fake news is real, only to find out later it was incorrect."

Overall, Americans realize misinformation online is prevalent and dangerous. Yet, according to Statista, "Fake News – Statistics & Facts," only 26% are very confident in their ability to recognize fake news. Just 34% trust social media and 67% believe fake news causes a great deal of confusion.



How To Fact Check News

If you're not sure about a particular news story or information you've come across, there are ways to verify it.

These websites are devoted solely to fact checking:

- ◆ PolitiFact.com
- ◆ Snopes.com
- ◆ FactCheck.org
- ◆ NewsGuardTech.com

Also, mainstream social media sites like Twitter, Instagram, and Facebook have started marking posts that share articles, news stories, videos, and even accounts. You can often find a notation under the post regarding its veracity and a link to learn more about the post, where it came from, and trusted sources with related information.

“Remember that just because you don't agree with something doesn't mean it's fake news. Fake news refers to something that is demonstrably false or cannot be verified.”

Fortunately, there are ways to combat and hinder the widespread dispersal of fake news. It just requires learning to protect yourself and educating oneself to differentiate between sources to gather accurate and verified information.

Types And Sources Of Fake News

Fake news comes in many forms and can be tricky to recognize. Generally, it can be found in any form of online media, particularly news articles. But a plethora of videos, posts, and pictures on the internet present inaccurate information as truthful. It's posted online for many reasons – amusement, testing boundaries, or more nefarious purposes such as influencing segments of the population, spreading chaos, confusion, distrust, and even dividing groups and creating conflict. These misleading bits of information are often found and shared through social media, where people read and interact with posts by others.

Fake news stories are usually either completely false or have some truth, but they aren't entirely accurate in the presentation. The first type is easier to recognize, while the second can be more difficult and cause more confusion. Sometimes fake news is unintentionally spread when something is misunderstood or taken out of context. Still, it can be done deliberately to twist what someone said or did to persuade readers to believe something untrue.

Satire sites sometimes become sources of fake news when people reading or sharing these articles are unfamiliar with the website's purpose. Many of these sites don't prominently note they're publishing parodies rather than reporting factual information. So it can be hard to distinguish parody sites from a legitimate source. Some common satire sites include:

- ◆ The Onion
- ◆ Borowitz Report
- ◆ Empire News
- ◆ Big American News
- ◆ The Babylon Bee
- ◆ The Daily Currant
- ◆ CAP News
- ◆ National Report

How To Spot Fake News

When trying to determine if an article or information is fact or fiction, there are some questions you can ask to help yourself spot fake news.

- ◆ Does the website have a suffix indicating legitimacy, such as .gov, .edu, or .org?
- ◆ Does it come from a known media outlet such as a reputable news station or other organization?
- ◆ Who's the author, and what are their credentials?
- ◆ Are other major news stations or sources reporting similar information?
- ◆ Does the article itself include linked sources or citations to back up its claims?
- ◆ Is the website selling a product?
- ◆ Is there an obvious bias against a person or group?
- ◆ Is the headline attention-grabbing and unbelievable?

The written word isn't the only method by which people can share or spread fake news. Images and 'deep fake' videos are easy to create with current technology. Just because you see a video, hear audio, or see a picture, doesn't mean it's accurate. There may be missing context like being cropped, or it's from a different time or place. It could be edited with parts cut out, slowed down, or sped up. It's even possible to add or remove both audio and visual content.

If you're feeling unsure about recognizing fake news, online classes are available to help. Through a class, you can learn how to spot fake news, see examples, ask questions, and discuss ideas like confirmation bias and the psychology behind people's susceptibility to fiction presented as fact. Classes are offered through some colleges and universities. There are also online classes available such as through Media Wise at www.poynter.org/mediawise/ for learning how to discriminate between fact and fiction on the internet. There are also classes designed for older adults such as Senior Planet, AARP, and MediaWise for Seniors that have resources for learning how to discriminate between fact and fiction on the internet.

Remember that just because you don't agree with something doesn't mean it's fake news. Fake news refers to something that is demonstrably false or cannot be verified.

How To Combat Or Prevent The Spread Of Misinformation

Fake news is created to be shared. Articles, pictures, and videos designed to mislead can quickly spread once people start sharing with their friends, who also share until it becomes widely viewed and causes problems. Creators often rely on provoking an emotional response, especially fear or outrage, making you feel like it's your duty to share this vital information with others. Even commenting on or reacting to a post can increase its visibility, causing it to spread.

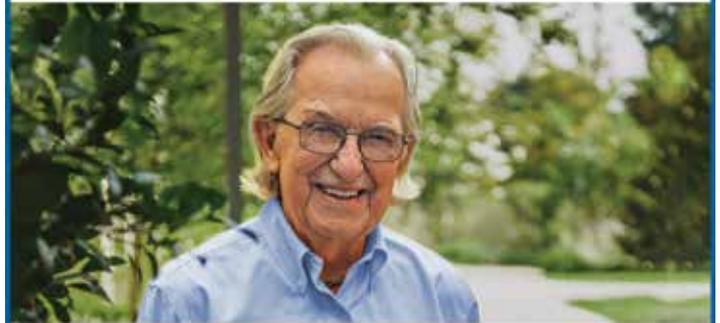
- ◆ Don't share any resources without pausing to fact-check them.
- ◆ Report posts or articles that are intentionally misleading or inaccurate.
- ◆ Read more than just the catchy, attention-grabbing headlines.
- ◆ Educate others: don't be afraid to call it out when someone shares fake news (but be kind because the person sharing it doesn't likely realize it's fake).

Once you understand how to recognize fake news, you can be a proud part of the movement to stop the spread of misinformation. 🔄



Kimberly Blaker is a freelance lifestyle writer. She's also founder and director of KB Creative Digital Services, an internet marketing agency, at kbcreatedigital.com

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Foods That Help Reduce Inflammation

Inflammation is your body's immune response to things such as injury, surgery, or infection. Sounds like a good thing, right? Acute inflammation, which is how your body responds to short-term issues (like bruising after an injury), is helpful, but when we talk about inflammation in the body and how diet plays a role, we are usually discussing chronic inflammation.

Chronic inflammation can be harder to spot than acute inflammation, and it is when your body is sending those immune response cells even when nothing is going on. Chronic inflammation happens over time, and it can cause damage to your body. Research has shown a link between chronic inflammation and diseases like depression, arthritis, heart disease, diabetes, cancer, and Alzheimer's. Sounds scary, right? The truth is that all of us have some degree of inflammation in our

bodies. It's important to keep our inflammation levels as low as we can. So how do we do that? Diet and lifestyle changes are a great start. In fact, there are certain foods that can help prevent and fight inflammation in the body.

Vegetables can help reduce inflammation. It's important to eat a variety of colors of vegetables, as each color represents a different antioxidant it contains. Antioxidants are helpful in preventing cell damage and inflammation. Bright red and orange vegetables, like carrots, red peppers, sweet potatoes, and squash, and dark leafy green vegetables, like spinach, kale, Swiss chard, collard greens, and Bok choy, have their rich colors due to antioxidants called carotenoids. Vegetables like broccoli, Brussels Sprouts, and cabbage are rich in an antioxidant called sulforaphane, which helps block inflammatory processes. Even white vegetables, like onions, leeks,



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shallots, and garlic, have an antioxidant called quercetin, which can potentially relieve inflammation.

Some people may wonder about nightshade vegetables, like peppers, tomatoes, potatoes, and eggplant. They contain a chemical called solanine, which some people have found aggravates their pain from inflammation and arthritis. There is currently not enough research to say whether or not nightshade vegetables are the exact cause of this pain, but if you find that a certain nightshade vegetable causes more pain, avoid it. Otherwise, test these vegetables for yourself, one by one, to see if you notice any differences. These foods are very rich in nutrients, so they're helpful to include in your diet if you don't experience any issues.

Eating a variety of fruits also provides anti-inflammatory benefits similar to vegetables. All fruits have beneficial nutrients and antioxidants, but berries gain special attention for being exceptionally rich in nutrients that fight inflammation. Just like vegetables, it's important to eat a variety of different colors to get a variety of different antioxidants. There are other foods that help combat inflammation too, like olives, olive oil, whole grains, nuts, and fatty fish, like salmon, mackerel, sardines, and tuna. Most of these foods are also heart healthy choices and are nutrient rich.

You may be surprised to learn that even some spices can have anti-inflammatory benefits. Turmeric and ginger contain components that help block inflammatory pathways and enzymes that lead to inflammation in the body. Cayenne, a spicy Louisiana favorite, contains a compound called capsaicinoid, which helps with stopping inflammation. For sweet dishes, add some cinnamon, which has antioxidant properties that help stop cell damage and inflammation. You don't need a lot of spice to reap some anti-inflammatory benefits—simply season your foods as you normally would with these spices.

It's important to note that anti-inflammatory foods are not a "one size fits all" situation. What may work for you may not work for your friend, family, or neighbor. Anti-inflammatory foods are also not a magic pill with instant results. Everyone will experience different results, and sometimes it may take several weeks to see health improvements.

If you're wanting to reduce inflammation, the key is to eat a healthy, balanced diet that incorporates some of the foods discussed above. Two healthy diet plans that are touted for their benefits and include many anti-inflammatory foods are the DASH Diet and the Mediterranean Diet. Other changes that can help reduce your risk for inflammation are maintaining a healthy weight, exercising at least three times a week, managing stress, quitting smoking, and limiting your alcohol consumption.



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



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Memories of Summers Past

Just the other day, someone asked me how long I had been writing this column. I honestly had to stop and think for a moment. In looking back, I believe this column was started around the first part of the Summer in 2000. I may be off on the date, but I know that this column has been appearing in this paper for at least 21 years, if not longer. I have been very fortunate that the Editors of this paper have allowed me to write for so long and allowed me the opportunity to share with you, the reader, regarding laws and changes in our laws in our community. And I also appreciate you, the reader, telling me that you actually read the column and look forward to reading it. I have been blessed with the opportunity of meeting many people who read the column and find value in its contents. In looking back and trying to remember how long ago this column was started, I was flooded with some personal memories I would like to share.

As a child, I grew up in Minden, Louisiana. As most of you know, it is a small town where everyone knows you and your family. We knew just about everybody in town and they knew us. All the kids in town would ride their bikes to the local swimming pool and we would all hang out there when we were young. It seemed that we rode our bikes everywhere



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in Minden and no one had to be afraid of being out of sight of their parents. In fact, our moms and dads seemed to encourage us to assert a little independence.

When we weren't at the pool, I remember fishing at Hinton's Pond with friends from my neighborhood. It seems we didn't worry about snakes or anything else. We would fish late into the afternoon and may catch a few fish, but we were learning. When we caught a bass, it looked to us like it weighed 10 pounds. In reality, it probably was only a pound.

My Dad was a hard working man. Dad started his workday at 3 o'clock in the morning and usually did not go to bed until 10 o'clock at night. Beside running funeral homes and cemeteries, Dad planted a massive garden each year. Each summer, we all picked butter beans, pinto beans, potatoes, squash, tomatoes, okra, purple hull peas, string beans, eggplant and peppers. We also picked pears and figs. Many nights in the summer were spent on the back porch shelling or cutting vegetables or fruits and putting them up for the winter. Usually my uncle and his wife, my cousins, and my older brother would be out there with mom, dad, and I. Many stories were shared by all of them about their childhood and what they used to do in the summers.

I look back on all these times and remember hard work and sweaty days, but I wouldn't trade the memories and the time we shared together. Dad passed away in December 2013. Mom passed away in March of 2020. I still remember

the stories they told and the times we shared; some good, some bad, but always together.

Minden, and the relationships established there growing up, helped to shape my life. Our church and summer youth trips helped establish lifelong friendships. Going to McDonalds and hanging out with friends from school was always a highlight of Friday and Saturday nights. All of the adults knew us and we knew the adults and they did watch what we were doing. Minden seemed like the biggest town in the world when I was growing up.

I think that summertime is a great time for families to connect and memories to be made. I would bet that many of you grew up in a town that shaped your life and your future. As I drove through Minden recently, I remembered people who lived in houses along the way that were long gone but their memory and stories and what they taught me in my youth still lived in my mind. While you are sitting on the porch or sharing time with your family, I would encourage you to share stories of your childhood and memories of



people in the town where you grew up. You will be surprised how much history you can tell and the legacy and history that will be left with your family from your stories.

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

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Increase Your Awareness of the Little Things

Where has respect for one another, and for us individually, gone? Perhaps social media especially makes it extremely easy to “fire, ready, aim!”

Do I ever ask myself “What am I thinking” (W.A.I.T.)? Maybe I could increase thought and awareness of “the little things;” that is really all we can do. Maybe that is enough!

I try to limit my time in “the jungle,” other than to stay informed, but as I read Facebook posts or hear people talking “politics,” either on the news or out socially, I hear people

referring to “Biden, Obama, Trump,” or to “Pelosi, McConnell, Schumer” or some rather descriptive term, spouting all nature of insults and disparaging remarks. I hear it equally from both

sides. Do we even think any more about the office these folks hold? *The President of the United States, the Speaker of the House of Representatives, or Majority Leader of the United States Senate*, past or present?

It could be *the mayor* of our city, or it could even be the *manager* of the store I am in. We can disagree with politics and policies, and still respect the *office or position* held. In fact, how about just respecting a fellow human being? After all, no matter what we think of policies, politics, or position, do I stay *aware* that I am dealing with a fellow *child of God*?



How about this; if you attended church on Sunday, did you look around and observe how folks were dressed? I see a wide range of dress from “Sunday Best” to short, t-shirt, and flip-flops. Don’t get me wrong, it’s good to show up at church, but have we lost total respect for a variety of behaviors and institutions we once held in esteem and importance?

There is a Proverb that says, “If everyone sweeps in front of their house, the whole street gets cleaned.” Perhaps I need to pick up my broom and get busy. At least it would bring a change to “my world.”

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Is Extortion a Crime?

Edith Bunker (all names have been changed) was having an affair and if her husband found out, he would surely kill her. So, it certainly wasn't good news when George Jefferson, their neighbor, figured out what Edith was up to. George had never liked the Bunkers and over the years, he had done everything in his power to get them to move. But now he had a "brilliant solution."

George told Edith that he knew all about her affair and that if she and her husband didn't sell their house and move out of the neighborhood within the next three months, then he would tell all to Archie, Edith's husband. Does that sound legal to you?

On the one hand, this is America, land of freedom of speech. Mr. Jefferson is free to say whatever he wants to whomever he wants. But on the other hand, isn't this blackmail?

In Louisiana, with its laws that are different than the other 49 states, we have no crime of blackmail. Instead, we call it extortion. The Louisiana extortion law says it is a crime to "threaten to expose any secret affecting an individual or any member of his family or any other person held dear to him" in order to obtain



"any advantage" or "anything of value."

In George's case, there was no question that he had threatened to expose a secret of Edith's. But would getting the Bunkers to move out of his neighborhood be "anything of value?" It sure would be to Mr. Jefferson. He wanted the Bunkers to move so much that he once hired Sammie Davis, Jr. to show up at the Bunker's place and try to convince them to move.

Here's how it works in Louisiana: if George wants to tell Archie about Edith's affair, he is free to do so. That's not a crime. But if George is going to threaten to tell in order to get an advantage or anything of value, then that would be a crime. In Louisiana, the crime of extortion is punishable by imprisonment at hard labor "for not less than 1 year but not more than 15 years."

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But the Louisiana extortion law is not just limited to exposing secrets for anything of value. It also includes making a threat to cause harm. In one real life south Louisiana case, a homeowner hired a workman to turn her garage into an apartment. The homeowner eventually fired the workman before he completed the job. The workman then started calling the homeowner, demanding money. He called her 10 times in one day and “threatened to break her legs and harm other members of her family if she did not give him what money she had.”

The homeowner called the police and the workman was arrested and charged with the crime of extortion. The workman’s defense that the homeowner legitimately owed him \$7,000 for the work he had done on her garage didn’t work. He was found guilty and sentenced to imprisonment at hard labor for 15 years.

I found two other depressing Louisiana extortion cases. Both involved police officers who arrested people committing crimes and offering to let them go for cash money. Both of the officers were found guilty because

extortion also includes threatening to accuse a person of a crime with the intention of getting anything of value. *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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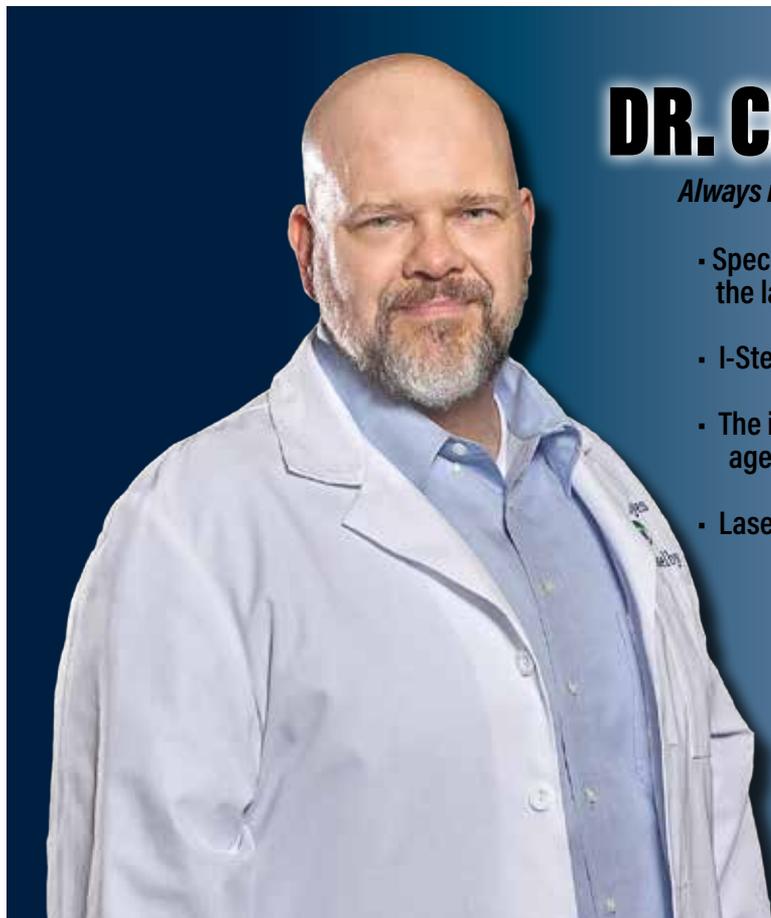
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Review of *Dare to Know* by James Kennedy

In *Dare to Know* by James Kennedy, physicists have figured out how to calculate the exact moment of a person's death by way of subatomic particles called thanatons.

Because each person is different, it takes a very precise series of questions and nonsense word responses that are cross-referenced with Books of the Dead to come up with the precise date and time. And while this service was once only a privilege for the wealthy elite, other companies figured out how to do the calculations and the practice became more widespread.

Our narrator works for the founding company, Dare to Know. But because of the prevalence and availability of the service, as well as some of the side effects that have happened to people once they learn their own death date, he's now scrapping by.

If this book sounds weird to you, just know that this is only the beginning. Because *Dare to Know* is also about the narrator's washed up present and flashbacks to his past. One night, when he nearly dies in a car accident, the narrator does the taboo: He looks up his own death date... but it's already passed.

He tells his personal story in flashbacks that range from stories of his first love to a summer spent at a physics camp with some other really strange kids. And interwoven in all of that are lessons on philosophy and physics as they relate to everything from music of the 70s and 80s to Plato's *Allegory of the Cave*. And then there's the history of a people who lived thousands of years ago in Cahokia, which is present-

day southern Illinois—and they made human sacrifices on an unprecedented scale.

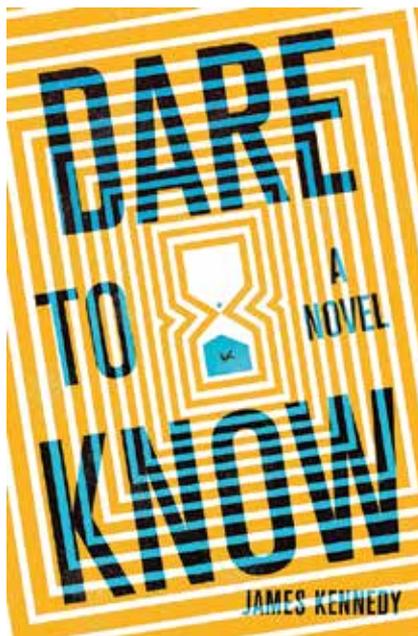
Kennedy's book is weird and cerebral—there's no denying that. But it's also a fascinating page turner that sent me down Google rabbit trails to learn more about Cahokia. It has short chapters which make it very consumable and hard to put down. And as the narrator races toward discovering how his infallible death date calculations could be wrong, the stakes rise and the tension amps up.

My biggest critique of *Dare to Know* is that the narrator has an extremely analytical and philosophical mind... and Kennedy applies his own very philosophical and analytical explanations to things like specific Beatles songs. And though it's done tongue and cheek, I found myself skimming past overly long philosophical evaluation passages to get to the story itself.

This book is perfect for fans of *The Matrix*, *Ready Player One*, or anyone who has ever been fascinated with stories that “take a peek behind the curtain.” I still think about this book all the time, and when a novel can do that, I consider it a win.

★★★★

Jessica Rinaudo is a Shreveport-native who works as a writer and editor in Cincinnati, OH. She has a passion for books and regularly reads, reviews and photographs them on her instagram account, [instagram.com/readbelievelove](https://www.instagram.com/readbelievelove).



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AMelia ISLAND: A TOWN TIME FORGOT.... THANK GOODNESS!

by Fyllis Hockman

It's a town time forget -- or maybe it just refused to move forward. Serene and unpretentious, Amelia Island remains in the 1900s -- reveling in its long, colorful history, quite aware it no longer has to prove anything to the rest of the world.

Therein lies the charm of this tiny stretch of land, 13 miles long and two miles wide, just off the northeastern tip of Florida. And abundant charm it is. Most visitors come for the beautiful beaches, award-winning golf and tennis, luxurious resorts and other accouterments of world-class vacation destinations.

For me, the main attraction is the seaport village of Fernandina Beach where a sense of Victorian splendor still abounds. Barely touched by t-shirt shops and cell phone stands, the town pays homage daily to its elegant past.

Also absent is the caterwaul of car horns. They're just not there. The downside is that drivers stop their cars in the middle of the street to chat with a friend. On the other hand, no one seems to mind.

A place that has not heard of Benetton's, the island's modern history dates back to 1562, when it was discovered by the French. Amelia progressed as far as the turn-of-the-20th-century and stayed there. Why not? It was at its peak of prominence and prosperity. Close your eyes and you can still hear the sound of trolleys casually clunking along cobblestone streets.

As the only territory in the United States to have seen rule under eight flags, Amelia Island still retains many of their influences: from French, Spanish and British to pirates, patriots and Confederates. Often summed up as "the French visited, the Spanish developed, the English named and the Americans tamed," (conveniently overlooking its very prominent position as pirates' playground during the early 1800s), Amelia not only has been at the epicenter of Floridian history but international politics as well.

Hailed as "The Queen of Summer Resorts" by American Resorts magazine in 1896, the island soon after lost its tourist base to stops further south. As a result, mass modernization bypassed the island -- a disguised blessing



that allowed Amelia to remain an authentic Victorian seaport village.

Street after street, house after house, enchants, charms and captivates visitors, be they on guided tours, informal strolls or atop a golf cart. Most of the homes, ablaze in multiple shades of tans and turquoise and mints and mauves, sport some strange appendage on the roof alternately identified as a turret, cupola, gazebo, or belvedere. Wraparound porches adorned with decorative balustrades and whimsically designed gingerbreading give each structure its personal charm and distinction.

Hospitality gushes through every lush towel and hand-designed window treatment of Hoyt House, a 1905 canary yellow and periwinkle blue Victorian dollhouse mother-henned over by owners Todd and Jamie Cohen. Re-capturing

the tranquility of the Victorian era is unavoidable as you stroll the resplendent garden, stop for a wistful moment at the gazebo, sway softly on the porch swing or sprawl out beneath the 300-year-old oak. Sipping of a mint julep is optional.

For even a grander step backwards, drop by the Florida House Inn, whose 1857 origin makes it the oldest tourist hotel in Florida. Keep an eye out for one of innkeeper Diane Warrick's prize quilts, which may be found adorning beds, walls, sofas and occasionally other unexpected objects.

Each B&B comes with its own colorful history, a past inextricably linked to the development of the Island, the state of Florida, and often the country. A stroll down Centre Street reinforces the connection with yesteryear. A Norman Rockwell painting of a town, Fernandina's horse-drawn carriages, outdoor cafes and quaint shops decked out in resplendent Victorian finery reflect an earlier easier era. Just the presence of individualized shops is a welcome antidote to the sameness of suburban malls.

And then there's the Palace Saloon. Operating since 1903, it is the oldest saloon in Florida with much of the interior dating back to 1878, when the building was first constructed. Although its choice of libations may have changed from Red Cross Rye and Turkey Mountain Corn Whiskey to Miller Light and Sex on the Beach, little else has.

The original swinging doors, embossed tin ceiling, player piano, brass cash register and opulent 40-foot mahogany bar embellished with hand-carved figures of undraped women still draw the thirsty, the curious and the fun-loving. The former watering hole to Carnegies, Rockefellers and du Ponts, as well as the shrimpers and seamen who dominated the port city, is now the tavern of choice for tourists, locals and shrimpers and seamen who still frequent Amelia Harbor.

Indeed, Amelia Island's thriving shrimp industry is yet another throwback to its glory days. The birthplace of the shrimping industry still earns accolades as over two million pounds of shrimp cross Fernandina docks each year. However, they no longer sell for the nickel a pound they cost in 1906.

A walk by the harbor at sunset captures the essence of Amelia Island. The tall masts of the shrimp boats are lined up, silhouetted against the sinking sun, further testimony that the island remains unwilling to give up its past

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Singing Legend Johnny Mathis Still Touring at 86

Chances are, every time velvet-voiced Johnny Mathis takes center stage during his current US tour, the atmosphere could turn Misty.

Sure, some devoted Mathis fans might swoon teary-eyed with waves of emotional nostalgia witnessing the 86-year-old singing icon in person, but many will just dutifully sway to the familiar soothing melodies as the veteran performer delivers his signature ballads such as “Wonderful! Wonderful,” “Chances Are,” and, of course, his 1959 hit – “Misty.”

Interrupted briefly by the pandemic last year, Mathis continues his 2022 Voice of Romance Tour with stops around the country (see www.johnnymathis.com). Although the viral menace is still lurking, it has not deterred the soulful singer from performing this year.

“Well, it’s what I do,” said Mathis from his home in Los Angeles during a tour break. “Except for earlier in the pandemic, I’ve been touring since I recorded my first album in 1956.”

Currently in his 66th year as a recording artist, the Mathis career statistics are impressive, including 79 original albums, 43 singles on the Billboard Pop Chart, 5 Grammy nominations as well as a 2003 Lifetime Achievement Grammy and songs used in over 60 films and television shows.

Then there’s his historic 1958 Greatest Hits album, released just two years after his debut album, which became the first Greatest Hits album issued by any pop artist.

“Mitch Miller was responsible for that,” said Mathis, referring to the conductor and record producer best remembered for the 60s musical show “Sing Along with Mitch” on NBC. Mathis signed with Columbia Records in 1956 and to cash in on the growing Mathis phenomenon, Miller wanted to release a new album in the late 50s but the singer was in Europe. Mathis had scored big with recent hits, so Miller bundled several together on one record and “Johnny’s Greatest Hits” would spend almost 10 continuous years on the Billboard Top Albums Chart.

Ironically, Mathis’s signature song, “Misty,” didn’t appear on



the 1958 compilation since it would be featured the following year on his “Heavenly” album. Written by Errol Garner (music) and Johnny Burke (lyrics), Mathis first heard the tune at the Black Hawk nightclub in San Francisco where he grew up.

“I used to go there as a teenager to watch the singers and the owner would let me sit in the back where no one could see me,” recalled Mathis who would eventually be discovered singing at the club. “Garner would perform several times a year and play this wonderful tune (Misty) on the piano with no lyrics. His piano introduction was about a minute and a half with all sorts of chord changes and, oh man, I loved hearing it.”

Later, Mathis learned Burke had added lyrics to the melody. “Columbia usually chose all the songs for me to record but as soon as I got a chance to select something, I recorded Misty.”

While Mathis acknowledges the influence of many professional and personal buddies throughout his career, one always stands apart.

“I began singing because my dad sang,” says Mathis. “He was my best pal and my true blessing is that he lived long enough to see my success as a singer.”

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

See www.getnickt.org.



Above - Johnny Mathis (credit Elliot Lee Hazel, provided by publicist)

Left - A young Johnny Mathis recording in NYC in the 60s. (credit Columbia Archives, provided by publicist)

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Pigging Out on Pork Idioms

With summer now underway, firing up the barbecue grill is a July backyard tradition across America.

One of the best cuts of meat to slow cook and pig out on is a Boston butt, also known as pulled pork.

The origin of the term 'butt' is not what you're probably thinking, since the cut actually comes from the upper part of the front leg shoulder, rather than "down south," although that has not precluded its use as the subject of terrible butt puns.

It seems that butchers of pre-revolutionary New England would pack meat into casks or barrels known as butts for storage and shipment. Other parts of the country soon began referring to the cut as a Boston butt which today remains a prized family meal.

Even if you purchase a precooked Boston butt, rather than grill it yourself, your family will still likely applaud you for bringing home the bacon. The origin of this familiar pork expression is a

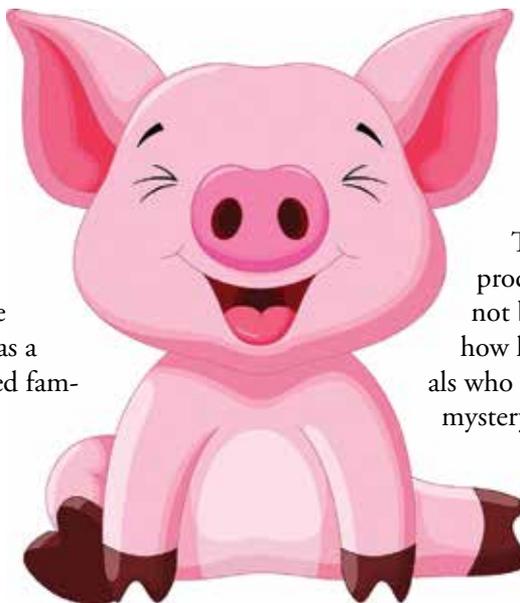
little obscure, possibly derived from the quaint early English custom of giving bacon to a young couple at the end of their first year of marriage. Fortunately, modern anniversary gift-giving has improved since medieval times.

However you acquire a Boston butt, just hope it doesn't

turn out to be a pig in a poke. That 19th-century idiom refers to a poor-quality item obtained without first confirming its condition or value – a poke being an old term for a bag. A tough Boston butt might just turn your family hog wild.

The baked ham is another popular pork product, but this delicious centerpiece may not be the only ham at the dinner table. Just how ham became associated with individuals who crave the center of attention is a bit of a mystery.

One theory dates from Shakespearean days when actors used ham fat to remove their heavy make-up. These performers became known as ham-fatters, eventually shortened to hams.



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Speaking of attention-seekers, there's no shortage of elected officials who could be described as political hams – and possibly even boars, swine, or sowbellies.

But perhaps the most dubious political hog is the pork barrel – that familiar reference to appropriations secured by politicians for their local pet projects. It has fed irate political commentators for decades and soured some voters to the political system.

America's political pork seems to have originated in the pre-civil war years from a somewhat common practice in the South. On special occasions, Southern plantation owners would place salt pork in big wooden barrels for the workers who would rush to snatch what they could before the supply ran out. Quickly identifying with this term, pigheaded politicians have been shamelessly grabbing state and federal dollars for pet projects ever since.

Some have even been accused of stashing public money in their personal piggybanks, no doubt sweating like a pig for fear of discovery. But taxpayers don't begrudge their political leaders for living high on the hog.

In a pig's eye.

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



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- 1/4 cup extra-virgin olive oil

Italian bread, grilled

To make lamb meatballs: Soak wooden skewers in water 10 minutes. In large bowl, break apart ground lamb then add whisked eggs and bread crumbs. In small saute pan, add olive oil and saute yellow onion and garlic with coriander seeds, red pepper flakes, salt and pepper, to taste, about 5 minutes until onion is translucent and spices are fragrant. Add to bowl with lamb. Mix until combined and



form into roughly 1 1/2-ounce balls.

To make veggies: Cut onion and bell peppers into 1-inch stacks.

Add ground lamb meatballs to skewers, alternating with peppers and onions. Cover and refrigerate at least 1 hour.

To make herb sauce: In immersion blender, blend parsley, rosemary, capers, lemon juice, garlic and olive oil until smooth. Refrigerate until ready to serve.

Preheat grill to medium-high heat. Grill skewers about 3 minutes on each side, or until meatballs reach internal temperature of 150° F. Rest 5 minutes. Serve with dipping sauce and grilled Italian bread.



Endless Summer Grass-Fed Lamb Burgers

Servings: 4

Burgers:

- 1 1/2 pounds grass-fed ground lamb
- 1/4 teaspoon kosher salt
- 4 brioche buns
- 1 medium tomato, sliced into rounds

Spread:

- 2/3 cup full-fat Greek yogurt
- 1 clove garlic, grated
- 1/3 cup mayonnaise
- 1 tablespoon Dijon mustard

Salad:

- 1 small English cucumber, thinly sliced
- 2 green onions, thinly sliced into rounds
- 2 tablespoons flat leaf parsley, chopped
- 2 tablespoons fresh mint leaves, chopped
- 1 tablespoon fresh dill, chopped
- 1/4 cup micro greens
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest
- 2 teaspoons olive oil

Mass-Fed Lamb



Mass-Fed Lamb Burgers

To make burgers: Gently divide lamb into four equal parts and shape into rounds slightly larger than buns. Cover and refrigerate at least 1 hour.

To make spread: In small bowl, mix yogurt, garlic, mayonnaise and mustard; refrigerate until ready to assemble burgers.

To make salad: In medium bowl, mix cucumber, onions, parsley, mint leaves, dill, micro greens, lemon juice, lemon zest and olive oil; refrigerate until ready to assemble burgers.

Preheat grill to medium-high heat, creating hot and cool zones. Salt patties then grill about 6 minutes on each side until internal temperature reaches 150° F. As patties near 150° F or start to brown, move to cool zone to regulate doneness. Transfer to plate and let rest about 5 minutes.

To assemble burgers, add dollop of spread to bottom buns. Top each with one tomato slice, one lamb burger, salad and top bun.

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Word Search

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

A Day in the Court

- | | |
|-----------|-------------|
| Accused | Jury |
| Appeal | Lawyer |
| Bailiff | Motion |
| Bench | Objection |
| Brief | Overruled |
| Calendar | Petition |
| Case | Plaintiff |
| Complaint | Prosecution |
| Criminal | Reporter |
| Docket | Summons |
| Evidence | Sustained |
| Felon | Trial |
| Gavel | Verdict |
| Guilty | Witness |
| Judge | Writ |

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



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Crossword

Across

- 1 Stockpile
- 6 Inspiration
- 10 Some offspring
- 14 Jazz style
- 15 Kind of sign
- 16 Congeal
- 17 Juvenile
- 19 Artist Magritte
- 20 Cone producer
- 21 Henhouse
- 22 Inferior imitator
- 24 Lace making
- 26 Tin foil, e.g.
- 27 Move from side to side
- 28 "Bon ____"
- 29 Contents of some barrels
- 32 Shopper's delight
- 35 Notes
- 37 Crèche trio
- 38 Its capital is Doha
- 39 Ponce de ____
- 40 Large long-armed ape
- 42 Bridal path
- 43 Pantheon member
- 44 After curfew
- 45 Stage signal
- 46 Exercise groups
- 47 Pipe type
- 51 Move unsteadily
- 54 Pseudonym of H. H. Munro
- 55 Peach or tangerine
- 56 Aunt Bee's charge
- 57 Treasure
- 60 Old stories
- 61 OPEC member
- 62 Recluse
- 63 Manipulative sort
- 64 Prying
- 65 Admittance

Down

- 1 To the rear
- 2 TV, radio, etc.
- 3 Scrub
- 4 The sun
- 5 Exceptional
- 6 Concealed, in brief
- 7 Hard to fathom
- 8 Many millennia
- 9 Earlier in time
- 10 Money substitute
- 11 Designer Cassini
- 12 Faux pas
- 13 "Nana" star Anna
- 18 Spiritual, e.g.
- 23 Young salmon
- 25 Tom Sawyer author
- 26 Lady
- 28 Caterpillar hairs
- 29 Teller's stack
- 30 Baal, e.g.
- 31 Track assignment
- 32 Urban haze
- 33 Poi source
- 34 "Omigosh!"
- 35 Damon and Bomer, e.g.
- 36 Little green man
- 38 Stanza
- 41 Kind of club
- 42 External ear
- 45 Pepsi rival
- 46 Beef on the hoof
- 47 Fair
- 48 Intone
- 49 Kind of space
- 50 Actor Noah or Wallace
- 51 Aromatic balsam
- 52 Themed poetry
- 53 De Valera's land
- 54 Pool sites
- 58 Debate position
- 59 Physicist's study

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							
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32	33	34					35				36				
37						38						39			
40					41						42				
43				44						45					
			46						47				48	49	50
51	52	53						54					55		
56							57	58					59		
60							61					62			
63							64						65		

Sudoku

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

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

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 of these photos are from the Lawrence Lea Collection.

Above: Jesse Jackson's visit to Shreveport, April 28, 1978.

Right: American Legion Auxiliary delegates boarding a bus to attend a convention, October 2, 1972.

Bottom photos: National Guard members, 156th Armored Division, who are part of the response team during the Bossier Tornado in April 1978.





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

My mother has been recently diagnosed with Alzheimer's disease, does she qualify for hospice care under her Medicare benefits?

Medicare will pay 100% for hospice services for Alzheimer's disease and any diagnosis where patients are determined to have a life expectancy of less than six months. Our hospice would need to obtain a physician's order to evaluate your mother to see if she meets the hospice Medicare guidelines of a 6 month prognosis to qualify for hospice care services.

How do we request home care services?

Just call us at 318-424-5300. The first step in our process includes a personal consultation with a Care Coordinator at no charge to you. In our meeting, we will thoroughly discuss the care needs, create a detailed care plan, and work with you or family members on financing and logistics. We can begin services quickly if necessary.

I broke a bone last year. Do I have osteoporosis?

In certain high risk groups the risk of a serious fracture can double after a first fracture. Those who experience an osteoporotic hip fracture have a 24% increased risk of dying within one year following the fracture. This is not only a disease of aging white women. Osteoporosis occurs in all racial groups and men have a 1:8 chance of having an osteoporotic fracture. Although there is no specific cure, you can: Get enough Vitamin D and Calcium. Get regular exercise (weight bearing and low impact). Do balance exercises to avoid falls (Tai chi decrease falls in older individuals) and if you have a broken bone talk to your doctor about a bone density test.

What is Glaucoma?

Glaucoma is high pressure in the eye that damages the optic nerve. It is usually painless and causes vision loss very slowly over time. If caught early enough, it is easily treated with drops, laser and/or surgery. Glaucoma is one of the most important reasons to have routine eye exams once you are over 55.



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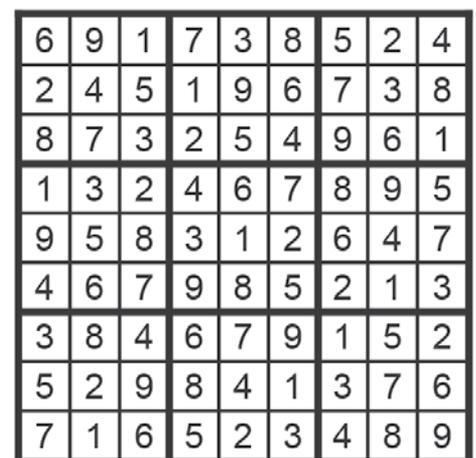
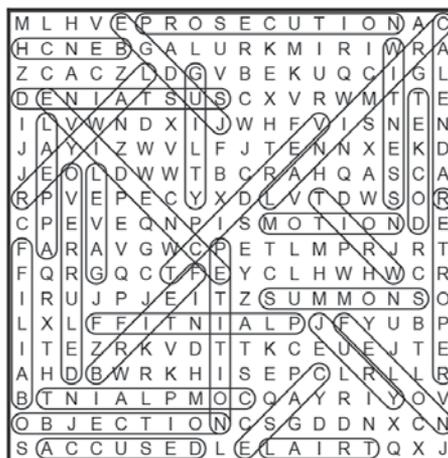


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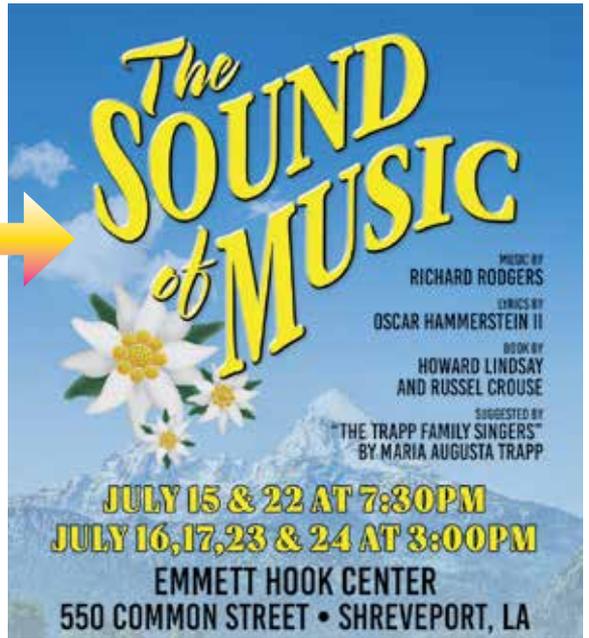


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See our ad on page 21.

PUZZLE answers (from pages 32 & 33)



SAVE the Date



The Sound of Music • Emmett Hook Center

EVENTS

• Art a Licious 2022

360 Foundation will host Art A Licious 2022 at the Consortium Venue, 1925 N Market St., Shreveport on **Friday, July 29 at 5:30 p.m.** Proceeds will benefit the 360 Sports and Training Academy program for students in Shreveport and Bossier City. Tickets are \$25 at the door and will include refreshments. Featuring Art Creations by Dennis Beckman, the Fantasy Mask Creator at Enchanted Garden. RSVP is required by emailing artaliciouslouisiana@gmail.com.

• Bingo on the Bayou

Friday, August 5th, 6:00 - 9:00 pm at East Ridge Country Club. Catholic Charities of North Louisiana 6th annual fundraiser to continue their mission of providing quality social services to families and individuals without discrimination and in accordance with Catholic social teaching. The event will feature Bingo games and a silent auction. Table sponsorships are available for \$1500, \$2500 and \$5000. Individual tickets are \$60 each. Contact Kathy Schimschock at Development@ccnla.org or calling 318-865-0200 ext. 109.

• Centerwell Senior Primary Care Open House

Experience the Centerwell approach to primary care, tour the doctor's offices and meet the expert care team. **Thursday, July 28, 9 to 11 a.m.**, Centerwell Bossier City, 2900 E. Texas St., Suite 100, Bossier City. RSVP to 318-249-8037.

• GloFest

July 4 from 7 to 10 pm. Join the Shreveport Regional Arts Council and Bossier Arts Council for monthly GloFests debuting new light shows on the "Bakowski Bridge of Lights" on the Texas Street Bridge. July's GloFest will span across the river in both the Bossier Louisiana Boardwalk and the Shreveport Riverview Plaza. Featuring The Molly Ringwald's, arts markets, a kids area, food trucks, and fireworks. **FREE.**



• Jurassic Quest

Friday July 15 9 a.m. - 8 p.m.; Saturday July 16 9 a.m. - 8 p.m., Sunday July 17 9 a.m. - 6 p.m. at Shreveport Convention Center, 400 Caddo St,

Shreveport. Travelling dinosaur show featuring realistic life size animatronic dinosaur exhibit, rides, and activities. Admission: \$22 adults, \$19 senior (ages 65+, ID required), \$22 kids (ages 2 - 12) standard, \$36 kids (ages 2 - 12) unlimited which includes access to all rides and activities.

EXPO

• 58th Annual Ark-La-Tex Coin, Stamp, and Card Exposition

Saturday, July 30, 9 a.m. - 6 p.m. Sunday, July 31, 9 a.m. - 3 p.m. Bossier Civic Center, 620 Benton Rd., Bossier City. Buy-sell-trade coins, currency, postage stamps, and sports cards. Over 35 dealers from across the South. \$3 Adults, 12 and under, free. For more information, please visit: www.shreveportcoinclub.com

FILM

• "Bad Day at Black Rock"

Robinson Film Center, 617 Texas Street in downtown Shreveport presents a Silver

Screening of "Bad Day at Black Rock" starring Spencer Tracy and Robert Ryan on **July 19 at 10:30 a.m.** Silver Screenings feature a matinee and luncheon for senior citizens showcasing a classic film. RFC presents the series on the third Tuesday of each month. The movie begins at 10:30 a.m. and is followed by a buffet lunch. Cost is \$16 for movie and lunch. For persons 60 and older, there is a senior discount of \$5 compliments of AARP Louisiana. For more info, call (318) 459-4122 or visit www.robinsonfilmcenter.org

MARKETS

• Bossier City Farmers Market

Every Saturday through November, 9 AM - 1 PM in the south parking lot of Pierre Bossier Mall, 2950 E. Texas St., Bossier City. Fresh local produce and goodies, and live music. **FREE** admission and parking.

• Shreveport Farmers Market

Every Saturday through

August 27, 7:30 AM - 12:30 PM in Festival Plaza, 101 Crockett Street, Shreveport. Handicapped parking available on Commerce Street. Fruits, vegetables and other food artisans.

at shreveportlittletheatre.com, and by calling or visiting SLT's box office at 812 Margaret Place, noon - 4 p.m. weekdays, (318) 424-4439.



THEATRE

• **"Little Shop of Horrors"**

July 14, 15, 16, 20, 21, 22, 23, 27, 28, 29, 30 at 7:30 p.m., and July 17, 24, and 31 at 2:00 p.m. at Shreveport Little Theatre, 812 Margaret, Shreveport. A deviously delicious Broadway and Hollywood sci-fi smash musical that the whole family can enjoy. All tickets are \$30. Tickets can be purchased online

• **"The Sound of Music"**
Stage musical presented July 15 & 22, at 7:30 p.m.; July 16, 17, 23, 24 at 3 p.m. at Emmett Hook Center, 550 Common Street at Milam, Shreveport. Music by Richard Rodgers, lyrics by Oscar Hammerstein II. Suggested by the 1949 memoir "The Story of the Trapp Family Singers" by Maria Augusta Trapp. \$15 Child/Student, \$20 Senior/Military, \$25 Adult. For tickets please call 318-429-6885 or visit www.emmetTHOOKcenter.org.



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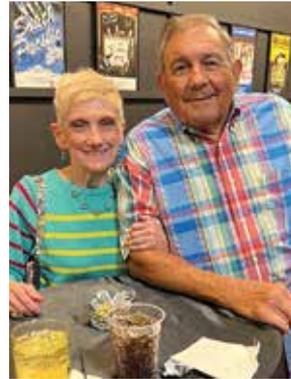
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THE STRAND THEATRE

"Beautiful: The Carole King Musical" was presented at The Strand on June 7 to a "sold out" audience.

HEALTH & WELLNESS EXPO

Caddo Council on Aging held a "Health & Wellness" Expo on June 4 at the Louisiana State Fairgrounds in Shreveport.



Gail Davis, James Sauce, and Arthur Duston



Janet and Louis LeBlanc



Morgan Ochsner, Tracy Smith, and Gwendolyn Hampton

ARTINI

Bossier Arts Council's "Cirque Du Artini" was held at the Bossier Civic Center on June 11.



Elena Duke and Andy Shehee



Brian McCoy, Toni Goodin, Alan Germany, and Kristi Carmichael



Joanna and Bob Robinson with Elaine Baki

FAREWELL

"Drop by and Say Goodbye" party, honoring Paula and Ken Hickman who will be moving to Birmingham, was held on June 18 at Robert & Debbie Grand's beautiful Spring Lake home.

(l to r) Front: Debbie Grand, Judy Cassibry, Charlotte Bryson, Paula Hickman, Holli Hennessy, Pat Hennessy and Gene Bryson. Back: Robert Grand, Gary Calligas, Tina Calligas, Ken Hickman, and Reg Cassibry.



ANNOUNCEMENT PARTY

The Strand Theatre hosted a season announcement party on their historic stage on Thursday, June 16th. Shows this year include "A Christmas Carol", "My Fair Lady", "Chicago: The Musical", and "The Texas Tenors".



Barbara Ward with her son Bill Ward



Lucy Medvec, Liz Swaine, Elizabeth Horne



Brandy Bell, Lucy Medvec, Jenifer Hill, Kris Hiers, and Jodie Glorioso



Cindy Walker, Lily Herd, Phyllis Mason



Lily Herd, Brandy Bell, Jodie Glorioso

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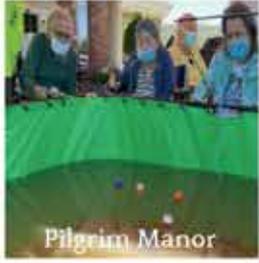


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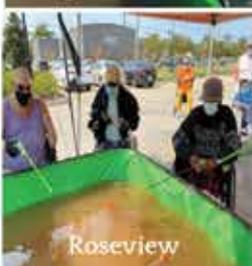
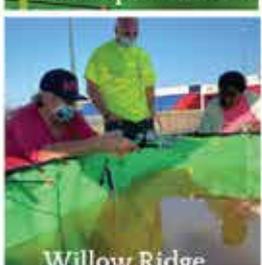
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