

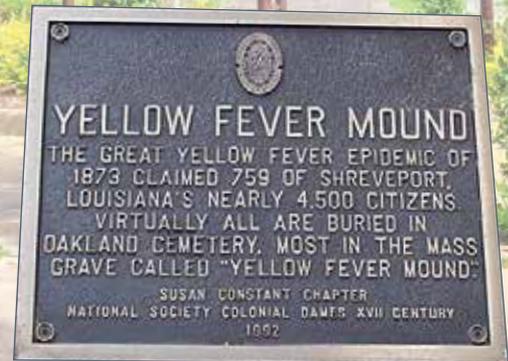
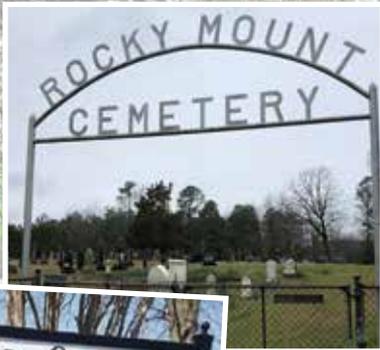
October 2022

# The Best Of Times

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### OCTOBER 1

**Elvis Presley - Destined to Die Young**

*Sally Hoedel, author and historian*

### OCTOBER 8

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### OCTOBER 15

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### OCTOBER 29

**Electronic Patient Reported Outcomes Benefits**

*Dr. Harsh Rajasimha, founder and CEO of Jeeva Informatics*

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### Publisher

Gary L. Calligas  
[Gary.Calligas@gmail.com](mailto:Gary.Calligas@gmail.com)

### Editor

Tina Miaoulis Calligas  
[Editor.Calligas@gmail.com](mailto:Editor.Calligas@gmail.com)

### Design

Karen Peters

### Layout

Katherine Michelle Branch

### Webmaster

Dr. Jason P. Calligas

### Writers

Kathleen Ward  
Victor Block

### Contributors

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

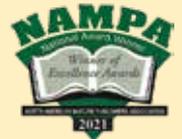
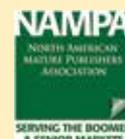
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## On the Cover

Background: Greenwood Cemetery

Smaller photos (counter clockwise from top) Rocky Mount Cemetery, Cherié Gray with Star Cemetery sign, Oakland Cemetery gate, Yellow Fever Mound Marker in Oakland Cemetery.





# The Best of Times is Over the Moon

*The Best of Times* was awarded **15 awards**, including the highly-coveted “**Best of Show**” award, at the North American Mature Publishers Association (NAMPA) convention. Kudos to our designers, writers and contributors for an exceptional job!

## Best of Show!



### FIRST PLACE:

- Most Improved
- “How-To” Feature- Kathleen Ward, “Online Learning: Crossing the Digital Divide”
- Topical Issue - Sally Hamer, “Eldera: Connecting Generations Around the World”
- Editorial Submission by a Syndicated Columnist - Kimberly Blaker, “Considering Relocating Away from Family in Retirement?”
- Table of Contents
- Briefs/Shorts (Design) – Odds & Ends
- Self Promotion (Outside Source) - The Strand Promo
- Self Promotion (Awards) - NAMPA award promo
- Best Banner

### SECOND PLACE:

- Briefs/Shorts (content) – Odds & Ends
- Best Use of Color
- Best Single Ad (Black and White)
- Website (Self Promotion)

### THIRD PLACE:

- General Excellence



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# Stat!

## Medical News & Info

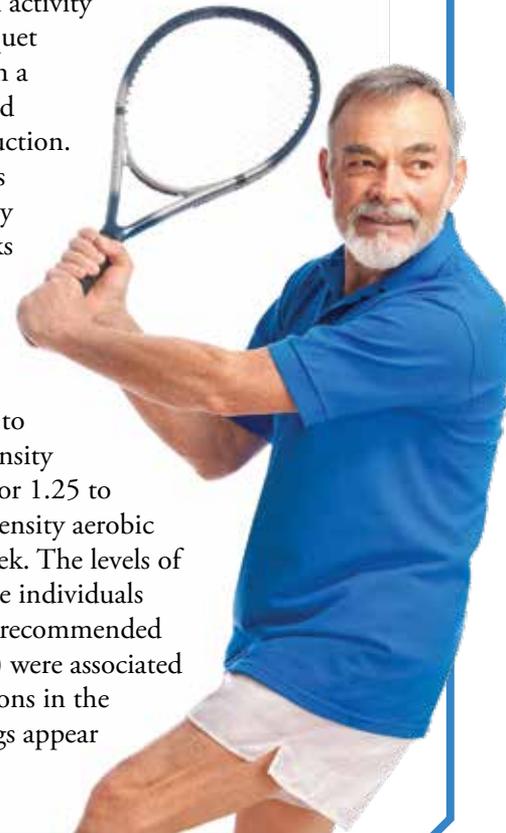


### Feeling Anxious or Blue? Ultra-Processed Foods May Be to Blame

Although ultra-processed foods are convenient, low cost, quick to prepare or ready-to-eat, they result from extensive ‘physical, biological, and chemical processes’ that create food products that are deficient in original and natural food. Researchers from Florida Atlantic University’s Schmidt College of Medicine showed that individuals who consumed the most ultra-processed foods as compared with those who consumed the least amount had statistically significant increases in the adverse mental health symptoms of mild depression, “mentally unhealthy days” and “anxious days.” They also had significantly lower rates of reporting zero “mentally unhealthy days” and zero “anxious days.” Findings from this study are generalizable to the entire U.S. as well as other Western countries with similar ultra-processed food intakes. Results were published in the journal *Public Health Nutrition*.

### Many Types of Leisure Time Activities May Lower Risk of Death for Older Adults

Older adults who participate weekly in many different types of leisure time activities, such as walking for exercise, jogging, swimming laps, or playing tennis, may have a lower risk of death from any cause, as well as death from cardiovascular disease and cancer, according to a new study led by researchers at the National Cancer Institute. The researchers found that achieving the recommended amount of physical activity per week through any combination of these activities was associated with a 13% lower risk of death from any cause compared with no participation in these activities. When they looked at the role of each activity individually, playing racquet sports was associated with a 16% reduction in risk and running with a 15% reduction. However, all the activities investigated were similarly associated with lower risks of death. The second edition of the Physical Activity Guidelines for Americans recommends that adults engage in 2.5 to 5 hours of moderate-intensity aerobic physical activity, or 1.25 to 2.5 hours of vigorous-intensity aerobic physical activity, each week. The levels of activity by the most active individuals (those who exceeded the recommended levels of physical activity) were associated with even greater reductions in the risk of death. The findings appear in *JAMA Network Open*.



### People Who Receive Periodontal Care Have Better Outcomes After Heart Attack



The conventional wisdom is that medical and dental care are related, but less is known about how dental care relates to health outcomes after acute incidents like heart attacks. To that end, University of Michigan researchers studied patients receiving periodontal care, dental cleanings or no dental care during 2016-2018 and who had acute myocardial infarction (heart attack) in 2017. They found that patients who had heart attacks and received periodontal maintenance care had the shortest length of stay in the hospital, and more follow-up visits. The longest length of stay was experienced by the no-dental-care group. The study was published in the *Journal of the American Dental Association*.

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# Honoring Those Laid to Rest in Sacred Places

*Descendants and Volunteers Tend Our Oldest Graveyards and Cemeteries*

*By Kathleen Ward*

Some are family members of the deceased, others are drawn by their interest in history, genealogy, architecture and gardening. They are volunteers who maintain, repair and beautify the graves of the wealthiest and poorest of our early settlers in public cemeteries and private graveyards.



*Star Cemetery (1883)*



*St. Joseph Cemetery (1882)*

The late John Calvin Head and Shreveport librarian Joe Slattery spent years documenting and researching family, church and public burial sites. Head was recognized by the United States Geological Survey for documenting more than 1,000 graveyards and cemeteries.

“He climbed fences, crossed pastures and went through forests in search of very old cemeteries,” said his widow, Cheryl Morgan. Slattery said 26 of the 201 cemeteries and graveyards they studied in Caddo Parish have burials prior to 1855. (He will give a presentation on some of those at 4 p.m. Wednesday, October 26, at the Broadmoor Library.)



“Embalming the body was just beginning around the time of the Civil War, but it was too costly for most families,” said Slattery. Families did all the work of burying their loved ones. “There were five undertakers in the Shreveport City Directory in 1902, but nothing is shown for funeral homes or funeral directors. By 1910, four funeral directors and four undertakers were listed.”

The two men uploaded much of their research and photos to websites, including FindAGrave.com and Ancestry.com. “John was especially interested in recording all of the information in Black cemeteries since he said those were most often overlooked,” said Morgan.

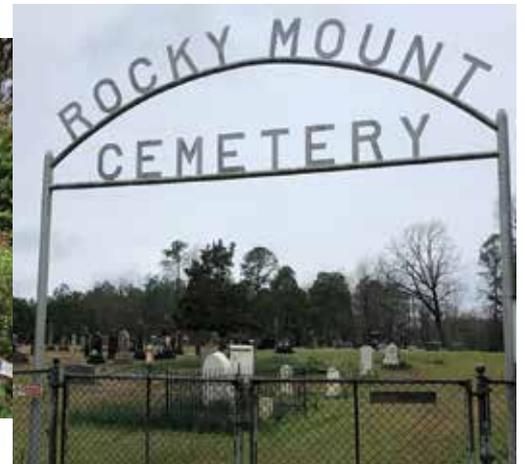
*Oakland Cemetery (1847)*



*Greenwood Cemetery (1883)*



*Rocky Mount Cemetery (1849)*





### Star Cemetery (1883)

“When I visit Star Cemetery, I feel a silence,” said Cherié Gray, who has worked for years with Shreveport Public Assembly & Recreation, which maintains Star, Greenwood, Oakland and Jewella cemeteries, for improvements at Star, the oldest of 53 Black cemeteries in Caddo Parish.

New signage was installed a few months ago and a large memorial marker is planned. “I feel not enough people know about Star and I don’t want it to be forgotten.”

The unmarked grave of Gray’s great-great-grandfather, Will Ellis, lies among 10,000 graves on 10 acres. Around 1,300 are marked, but many original monuments and markers were made by family out of wood, rocks or other materials and have long disappeared.

Shreveport writer Eric J. Brock (1966-2011) wrote, “Some of these small, poignant little monuments ... elicit a greater sense of sadness than many a commercially-made monument, for all its elegance and costliness, ever could.” Brock wrote extensively about cemeteries and was the last person buried in Oakland Cemetery, the oldest public cemetery in Shreveport.



*Black Civil War  
veteran  
Jackson F. Fisher  
Star Cemetery*



*Joe Slattery at the grave of Civil War surgeon  
Dr. Thomas P. Hotchkiss, Oakland*

### Oakland Cemetery (1847)

In the early 1830s, as church graveyards became overcrowded and public health regulations passed, cities set aside land for cemeteries. In 1847, Shreveport created 10-acre City Cemetery (now Oakland) and decreed all who died within

the city’s corporate limits be buried there and those who died earlier be moved there. The earliest of those relocated was Rufus Sewall, second mayor of Shreveport, who died in a duel in 1842.

“Oakland is ‘Mother Cemetery’ in many ways,” said Dr. Gary D. Joiner of LSUS and member of the Board of Oakland Cemetery Preservation Society, a non-profit that raises funds for maintenance and repairs. He and Dr. Cheryl White of LSUS



*Mary Bennett Cane,  
Oakland*

### To Report a Grave or to Locate a Grave



*Greenwood Cemetery Trees of Life*

If you find a headstone or grave, go to <https://www.crt.state.la.us/cultural-development/archaeology/CRM/cemeteries-burials/index> to report it to the Office of Cultural Development of the Louisiana Division of Archaeology. Rural graveyards and graves (even if it is just one) are considered a “cemetery” by the state and will be mapped and recorded, even if it’s located on private land.

For additional information on more than 30,000 graves under the care of the City of Shreveport, visit <https://www.shreveportla.gov/2184/Gravesite-Search>.

To search for a grave or to submit photos of graves, visit BillionGraves.com, FindAGrave.com or Ancestry.com. Other resources include FamilySearch.com, a free website supported by the Latter Day Saints, and the State of Louisiana website <http://lcb.state.la.us/search.html>.



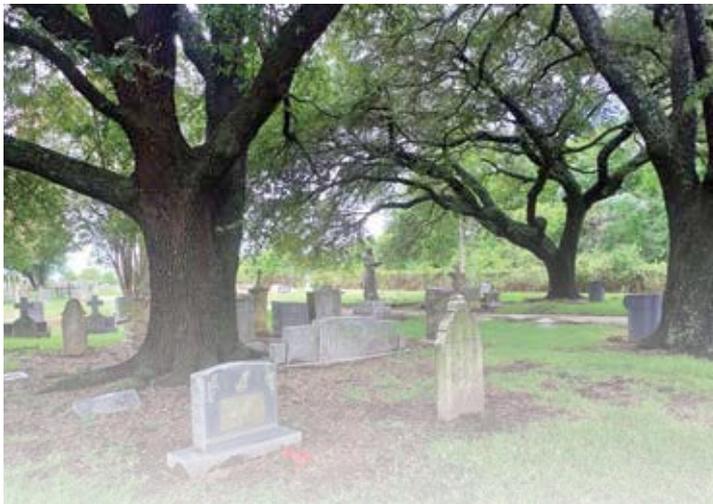
Oakland

coauthored the book "Shreveport's Historic Oakland Cemetery: Spirits of Pioneers and Heroes".

"Oakland spanned most of Shreveport's history during the nineteenth century. Among its residents are most of its mayors, the mother of Shreveport (Mary Bennett Cane, 1812-1902), its most famous Madam (Annie McCune, 1845-1920), the first Jewish cemetery in Northern

Louisiana, hundreds of Confederate veterans, and at

least 825 victims of the great yellow fever epidemic of 1873," Joiner said. Most of those victims were buried at Oakland in a mass grave.



### St. Joseph Cemetery (1882)

"The 150th anniversary of the yellow fever epidemic next year will include the dedication of a permanent memorial marker at the Yellow Fever Mound in Oakland Cemetery, as well as events to be held at St. Joseph Cemetery in Shreveport honoring the five priests who gave their lives caring for others and are now in the Vatican canonization process," said White. St. Joseph's occupies 5.5 acres next to Star.

"St. Joseph's is a beautiful place of rest for the Catholic faithful in the area," said Kate Rhea, Shreveport Diocese History Librarian. "It is the final resting place for generations of Italian, French, Syrian and Lebanese immigrants; Catholics who served their community well and helped build Shreveport over the decades."



### Greenwood Cemetery (1893)

Lush gardens, ornate monuments, ponds and roads that wind through low hills over 72 acres of carefully maintained grounds make Greenwood Shreveport's most beautiful cemetery. The Friends of Greenwood Cemetery provide a driving and walking tour map near the entrance on Stoner.

"The high portions of the cemetery were part of the Confederate defenses," said Joiner. "It is divided into sections called 'Rests', some dedicated to fraternal orders and labor unions. The military sections began with Confederate veterans' graves" and continue through veterans of recent wars.

The Greenwood Cemetery Project for the Shreveport Garden Study Club is one of several organizations that care for Greenwood. SGSC leader Susan Hartner said the group has raised around \$1,000,000 for landscaping and restoration over the past 25 years.

"We paid for all iron fencing down Stoner and Market, built the gatehouse, the major sign on the corner, the pergola, the pavilion, the Babyland fence and gate, and installed seating overlooking the pond," said Hartner. "We have added seven memorial benches, pruned trees, added new trees, restored monuments, added a pollinator garden for conservation purposes" and drilled a well to support a sprinkler system.

### Rocky Mount Cemetery (1849)

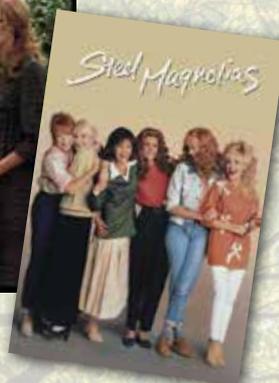
Judy McKinney Thomas's family has tended graves at Rocky Mount Cemetery for more than 100 years. Her great-great-grandfather, Andrew Jackson McKinney (1833-1916), who came to Louisiana in 1865 on a wagon train from Alabama, is buried there with around 70 other members of her family. Eventually, 13 wagon trains from that area came to Bossier Parish's Rocky Mount community.

"When the Civil War ended so many of the young men came home to nothing. So they gathered up their families and headed West," said Thomas, director and cemetery board member of the 5.5 acre cemetery, one of 145 cemeteries in Bossier Parish. "By that time Rocky Mount was an established community and known in the Alabama area. The land and the surroundings were very similar to what they were familiar with."

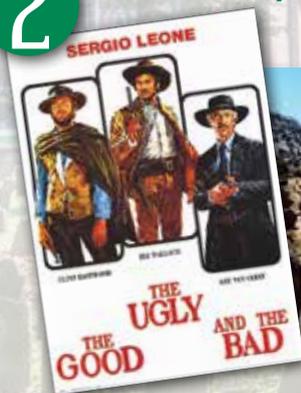
"It is very difficult to visit the cemetery and not have a connection of some sort to most everyone buried there," said Thomas. "Rocky Mount was a small community and families married neighbors, church friends and school mates. They are part of our history and should not be forgotten."

# Our FAVORITE 5 MOVIES WITH MEMORABLE Cemetery Scenes

## 1 Steel Magnolias



## 2 The Good, The Bad, and The Ugly



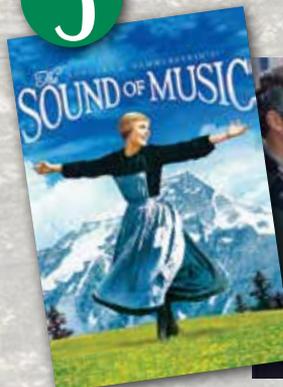
## 3 The Godfather



## 4 It's a Wonderful Life



## 5 The Sound of Music





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# 8 Essentials for a Healthy Heart

(Family Features)

Cardiovascular disease is the No. 1 cause of death in the United States and globally. Studies throughout the past two decades indicate more than 80% of all cardiovascular events may be prevented by a healthy lifestyle and management of risk factors.

To help Americans measure their cardiovascular health and make meaningful lifestyle changes, the American Heart Association introduced Life's Essential 8, a checklist that explains eight habits and health measures that affect heart and brain health and overall well-being.

The checklist incorporates knowledge gained from more than 2,400 scientific papers on cardiovascular health published since it was originally introduced as Life's Simple 7 more than a decade ago. It has been expanded to apply to anyone age 2 and older, and now includes sleep as the eighth cardiovascular health component, reflecting findings that healthy sleep is essential for optimal heart and brain health.

"The idea of optimal cardiovascular health is important because it gives people positive goals to work toward at any stage of life," said Donald M. Lloyd-Jones, M.D., Sc.M., EAHA, president of the American Heart Association and chair of the department of preventive medicine at Northwestern University's Feinberg School of Medicine. "We felt it was the right time to conduct a comprehensive review of the latest research to refine the existing metrics and consider any new metrics that add value to assessing cardiovascular health for all people."



Start making positive changes to improve your heart and brain health with these eight essential steps:

## 1. Eat Better

The checklist offers a simple questionnaire to assess your eating pattern. A heart-healthy diet encompasses a high intake of fruits, vegetables, nuts and legumes; whole grains and fat-free and low-fat dairy; lean protein; and low intake of sodium, red and processed meats and sweetened foods and drinks. Eat whole foods and rely on healthy non-tropical oils (like olive and canola) for cooking.

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## 2. Get Active

For most adults, the target level of moderate physical activity (such as walking) is 150 minutes or more per week or 75 minutes per week of vigorous-intensity physical activity. Kids ages 6 and older need 1 hour or more of play and structured activities per day.

## 3. Quit Tobacco and Nicotine

Nicotine makes your heart rate and blood pressure skyrocket while carbon monoxide and tobacco rob your heart, brain and arteries of oxygen. There are about 4,000 chemical components found in cigarettes; at least 250 of them are harmful to your health. Reducing your health risk means eliminating exposure to any form of nicotine, including cigarettes, e-cigarettes and vaping devices, as well as limiting your exposure to secondhand smoke.

## 4. Get Adequate Sleep

Getting a good night's sleep is vital to cardiovascular health. Measured by average hours of sleep per night, the optimal level is 7-9 hours daily for adults. Ideal daily sleep ranges for children are 10-16 hours per 24 hours for ages 5 and younger; 9-12 hours for ages 6-12; and 8-10 hours for ages 13-18.

## 5. Maintain a Healthy Body Weight

Although the measure of body mass index (BMI) is not a perfect metric, it is easily calculated and widely available; therefore, BMI remains a reasonable gauge to assess weight categories that may lead to health problems. A BMI of 18.5-24.9 is associated with the highest levels of cardiovascular health.

## 6. Manage Cholesterol Levels

Non-HDL ("bad") cholesterol, rather than total cholesterol, is a reasonable predictor of cardiovascular risk. Non-HDL cholesterol can be measured without fasting, which means it can be assessed at any time of day and reliably calculated.

## 7. Manage Blood Glucose

When there is not enough insulin or the body does not use insulin efficiently, blood glucose levels accumulate in the bloodstream. Hemoglobin A1c readings measure your long-term blood glucose control. A normal A1c is below 5.7%; between 5.7%-6.4% indicates pre-diabetes.

## 8. Understand Blood Pressure Readings

An optimal blood pressure is less than 120/80 mm Hg while hypertension is defined as a 130-139 mm Hg systolic pressure (the top number in a reading) or 80-89 mm Hg diastolic pressure (bottom number).

*For more ideas to achieve optimal cardiovascular health, or to assess your health and lifestyle risks, visit [heart.org/lifes8](http://heart.org/lifes8).*

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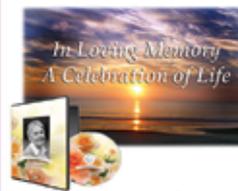


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# Considerations for People Looking at Retirement

Each year as you get older and celebrate more birthdays, you start to think a little more about what happens when you retire. In thinking of reaching retirement age one day, I thought of some things that future retirees may want to consider.

**FIRST**, future retirees might want to check with their companies, especially if they work for large corporations, as these corporations may have early retirement options. Some of the early retirement options offer great incentives and some even offer tax saving advantages to protect some of the package from immediate taxation. By looking at early retirement, a person can determine if they would be better off staying with the company they have worked for a lifetime or if they would be better off leaving the company and supplementing their income with other sources.

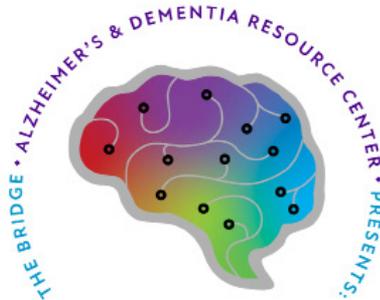
**SECOND**, future retirees should consider different Medicare supplements. No one knows what health care will look like next

year, but we do know that Medicare will still be here in some form. Supplements will be needed to close the gap that Medicare does not pay. There is no time like the present to start looking at insurance options to supplement your Medicare health benefits. When looking at these options, you also need to consider what prescription plans you might need. By looking at insurance and drug benefit options today, you have time to compare and hopefully obtain what you will need in the future as far as health care coverage is concerned.

**THIRD**, you will need to consider what will happen to your money and to whom it will go. A good financial plan always includes a will, power of attorney, and living will. Other things to consider in this financial plan is pre-planning your funeral and paying for the costs of the funeral, marker, vault, and burial space. By



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paying for these items today, you avoid the costs of inflation tomorrow.

**FOURTH**, if you need insurance, now is the time to buy. The later you wait to buy life insurance, the more it will cost in the future. You need to make an assessment regarding your financial needs at the time of your death and if you determine you need insurance, you should talk to an agent.

**FIFTH**, you should check into long-term care insurance. Long-term care insurance can provide you with flexibility regarding where you will stay when you can no longer care for yourself. As with life insurance, the sooner you buy long-term care insurance, the more you save in premiums.

**FINALLY**, if you are turning 62 this year, it is not a bad idea to contact the Social Security Office to see what retirement benefit you would be entitled to when you decide to retire. At 62, you will not receive the full benefit but depending on your health and other considerations, you may elect to take a partial benefit. As the government raises the age for full benefits, which is currently 66 and a few months depending on the year you were born, you may consider starting Social Security now. But any decision regarding whether or not to take Social Security early will take some real analysis by you of the pros versus cons of starting now or waiting to the full age of retirement. By checking the amount you receive now versus waiting, you can make sure that you have been given credit for all the quarters that you worked. If there is a dispute, you will have an opportunity to correct any errors prior to the time that you retire.

This list of things to consider is not all inclusive. You are the best person to prepare for your future. By taking time and preparing for your retirement and

future, you can enjoy many wonderful years in the autumn of life.

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



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## It's Shrimp Season in Louisiana

**S**hrimp is an important Louisiana commodity that provides great benefits to our state's economy. In fact, the shrimp industry in Louisiana provides an annual impact of \$1.3 billion and 15,000 jobs for our state. Not only does this tasty food provide benefits to our state, but it is a healthy protein option to include on our plates.

Shrimp are packed with protein, touting 12 grams per 3-ounce serving. They have only 90 calories and 1.5 grams of fat per 3 ounce serving. Over the years, shrimp have gotten negative publicity for their cholesterol content, but new emerging research suggests that moderate consumption of shrimp does not impact blood cholesterol as much as we originally believed, especially because shrimp is low in saturated fat and total fat. Shrimp also offers other beneficial nutrients, including iron, vitamin A, vitamin B12, zinc, selenium, niacin, phosphorus, and magnesium.



Both frozen and fresh shrimp are great options, and even better if you can find shrimp from Louisiana! Avoid shrimp that have an odd smell to them, specifically a sour, rancid, or ammonia smell. This applies for both raw and cooked shrimp. Shrimp will likely have a mild ocean aroma, but the smell shouldn't be intensely fishy.

When buying any shrimp, it should have translucent, firm, meat. Avoid shrimp that has shells that are pink in color or shrimp that has black spots on its tail or body. Keep in mind that when you purchase uncooked shrimp, that it will decrease in weight by 35% when you cook it. A good rule of thumb is to purchase ½ - 1 pound per person if you plan on serving the shrimp as an entrée boiled. If you plan on serving it in a soup, stew, gravy, or other mixed food dish, aim to purchase 1/3 pound per person.

Keep shrimp refrigerated or on ice before cooking for food safe-



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ty. If you know you will be purchasing shrimp at the store, it's a good idea to bring a cooler with you so the shrimp remains cool on your journey home. Store it at home in a refrigerator or freezer until you are ready to cook. You can freeze raw or cooked shrimp, in or out of shell. To increase storage life and maintain best quality, freeze raw shrimp with heads removed and shells still on. Before cooking frozen uncooked shrimp, be sure to wash and drain it. You can also freeze shrimp in water in a freezer bag or freezer-safe container.

Shrimp are fairly easy and quick to cook, especially if they are already peeled and deveined. Raw shrimp only takes about 3 minutes to cook. You'll know it's done when the internal temperature reached 145° Fahrenheit, and when the flesh becomes firm, clear, opaque, and has a slightly pink color and red tails. There are many ways to cook shrimp, but some healthier methods include steaming, boiling, grilling, sauteing, and broiling. Try to avoid frying shrimp, as this adds quite a bit of extra fat.

It's shrimp season in Louisiana. This is a great time to support Louisiana shrimpers and enjoy a Louisiana commodity.

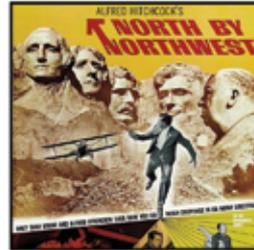
Remember to keep it safe and buy local!



*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](mailto:amcalister@lsu.edu).*



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## You Lost WHAT?

**O**n April 26, 2018, Wilma Flintstone (all names have been changed) gave birth to her stillborn daughter, Pebbles, at a hospital in south Louisiana. Postpartum, Wilma and her husband, Fred, “were given the opportunity to spend the next 24 hours bonding with their daughter and grieving her death.” Then, right before Wilma was discharged from the hospital, the hospital told Wilma and Fred that it “provides patients in similar circumstances with a complementary funeral service to memorialize the death of their children.”

Fred and Wilma accepted the hospital’s offer, and the service was scheduled for about a month later.

Sounds like a pretty tragic story, right? Unfortunately, it’s true. And it only gets worse.

On the morning of the service, Fred and Wilma got a phone call from the hospital informing them that the hospital had lost Pebble’s body and her remains could not be located.

You can probably guess what happened next: the Flintstones sued the hospital, explaining that “to this date, the body has not been located and the whereabouts of her remains are unknown”. As part of the lawsuit, the Flintstones demanded that the hospital answer some questions like, “Were there any witnesses as to what happened?” and “Did you conduct an investigation of the matter?”



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But rather than answering these questions, the hospital told the parents that it was “solely responsible for the inability to locate the deceased body of [Pebbles.]” Therefore, according to the hospital, the answers to the Flintstones’ questions were “no longer relevant...rendering moot all factual questions as to how the child’s remains were lost, who was involved, and what or when [the hospital] knew about the incident.” According to the hospital, the only relevant issue was how much the hospital needed to pay the Flintstones for the loss.

Think that satisfied the Flintstones? Of course not. They wanted answers. So they went to court and asked the judge to order the hospital to answer their questions.

If you were the judge, what would you do?

In this real-life Louisiana case, after 3 years of legal argument and an appeal, the hospital was finally ordered to answer the parents’ questions. The judges who looked at this case were none too pleased with the hospital’s carefully worded statement. The judges said “as worded, to claim to be responsible for the inability to locate the child’s remains is not even an admission that they are responsible for losing them. ‘We cannot find the child’s body’ and ‘we lost the child’s body’ are not equivalent, and it is understandable why the parents would refuse to rely on this statement.” The judges went on to say that Louisiana law “must afford all parties a fair opportunity to obtain facts pertinent to the case and to discover the true facts...wherever they may be found.”

As horrifying as this case is, I wish I could tell you that it is the only case in all of Louisiana where a hospital has lost human remains after death, but it’s not.

And you thought losing your car keys was bad.

*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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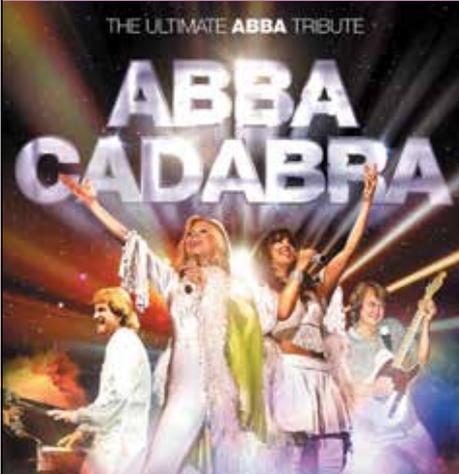
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# Shreveport Then & Now

These photographs, a blending of vintage and current photos of a particular location, are the result of twin brothers **Mike and Mark Mangham's** fascination with Shreveport history. Photos blended and used with permission by Mike and Mark Mangham of **Twin Blends Photography**. Vintage photos courtesy of NWLA Archives at LSUS. For more photos visit [www.twinblendsphotography.com](http://www.twinblendsphotography.com) or [www.facebook.com/twinblendsphotography/](https://www.facebook.com/twinblendsphotography/).



(above) Streetcar conductor looks on as Frank Head works feverishly to cut the streetcar track before it is covered back up forever.

(below) Old Streetcar passes a SporTran bus on Texas Street in front of the Courthouse.





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*For businesses, organizations, or agencies who wish to exhibit or become a sponsor, please email your request to [gary.calligas@gmail.com](mailto:gary.calligas@gmail.com) by October 21, 2022. (Exhibit spaces are subject to availability)*

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Mail to 2022 Senior Day Expo, P. O. Box 19510, Shreveport, LA 71149 or email above information to [seniordayexpo@gmail.com](mailto:seniordayexpo@gmail.com) with subject line "Registration". Deadline: October 24, 2022.



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Louisiana State Fair

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### SCHEDULE OF EVENTS

- 10:00 am - Welcome and announcements. Make sure to pick up a "door prize entry" form at the registration desk.
- 10:05 am - Performance by SPAR Joint Choirs
- 10:40 am - Performance by the FootLoose Dancers
- 11:00 am - Presentation by "Paint Your Heart Out" program of the City of Shreveport
- 11:15 am - Door Prize winners announced (must be present to win)
- 11:30 am - Performance by Joanitones
- 12:10 pm - Door Prize winners announced (must be present to win)
- 12:20 pm - Special presentations by Senior Day Expo prime sponsors – AARP Louisiana, Aetna, Centerwell, Healthy Blue, Humana, Peoples Health, and WellCare
  - \* Be sure to register to win **GRAND DOOR PRIZES** valued at over \$1,000 at each of these prime sponsor booths.
- 1:20 pm - Performance by a very special guest
- 1:35 pm - Door Prize winners announced (must be present to win)
- 1:40 pm - Exhibitor Door Prize winners announced (must be present to win)
- 1:45 pm - Grand Door Prize winners announced (must be present to win)
- 2:00 pm - Senior Day Expo ends. Thank you for attending!
- All Day** - Get your flu and pneumonia shots and other vaccines at the Walgreens Exhibit booth!



# BUDGET TRAVEL

by Victor Block

After months staying close to home because of the worldwide pandemic, Dan and Joanne Crawford were itching to take a vacation. Given their limited income, their bank account wasn't sufficient to pay for a luxury trip.

Even so, they used a variety of strategies to stretch their travel budget and enjoy a much-needed break from their daily routine. These same money-saving approaches are available to anyone seeking to get the biggest bang for their bucks.

An almost alphabet-long list of tips provides suggestions for saving money on air fares, accommodations, dining and other travel expenditures. They can make the difference between staying home and taking a vacation that otherwise might be beyond the family budget.

**Affordable airlines.** A survey of domestic air carriers that offer inexpensive flights listed Spirit, Frontier and Hawaiian airlines at the top of the list. There also are wallet-friendly airlines in Europe.

These include Dublin-based Ryanair and Norwegian, which many price-conscious travelers rate the best low-cost airline on the Continent,

Among websites that compare ticket prices are Google Flights; Skyscanner, whose benefits include listings of lesser-known carriers, and Kayak, which is the granddaddy of flight metasearch sites.

**Discount destinations and dates.** Some places are more expensive to visit while others are less so. Big cities and tourist "hot spots" fall into the first category. Less well-known destinations, and off-the-beaten-track locations, can offer more for less.

That's true especially during the off-season. An-

other bonus is that your chosen destination will be a lot less busy and crowded then.

**Discounts and deals.** Ways to hoard your travel dollars extend to a number of other areas. Among discounts offered by Groupon.com are good deals on travel. Because they're available to specific places and on specified dates, they're targeted to people who are flexible in their choice of where and when to go.

Among vendors that offer discounts to members of the American Automobile Association are car rental companies and restaurants. Those who sign up with Hotels.com receive priced reductions and free reward nights.

**Travel locally.** While Paris, an African safari and other Bucket List destinations have great appeal, there usually are attractions closer to home which can be exciting and enjoy-



Admission to the Smithsonian Museums is free!

able – at much less cost. A bit of research may turn up travel opportunities and adventures which are perfect for a day-trip or getaway weekend.

**Restaurant recommendations and more.** Avoiding touristy eating places and dining where locals gather can fill your tummy without emptying your wallet or purse. As alternatives, cook some meals at home and enjoy a picnic of local favorites.

If where you're staying offers complimentary breakfast or free or low-priced buffet meals, take advantage of the opportunity to get a lot of free or bargain-priced nourishment.

**Trade homes.** Home exchange organizations provide opportunities to trade a free stay in accommodations around the world with someone who puts up in your digs. Home Exchange offers 450,000 habitats in nearly 160 countries. The Vacation Exchange has opportunities in waterfront, desert, ski and inner-city properties, among others.

**Random recommendations.** The list of tips for saving money on travel is long and varied, and you may have some ideas of your own. Even with high gas prices, driving rather than flying can be less costly than paying airline fares, even if you're not going too far. The road trip can be part of the vacation.

**Search for free things to do at your destination.** Some museums don't charge admission on certain days and events like flea markets and fairs can combine enjoyment with a bit of local color.

The Smithsonian Institution, the largest museum complex in the world, charges no admission at its 19 museums, zoo and historic and architectural landmarks, most located in Washington, DC.

**See if discount rail passes are available** at your destination and if they offer savings for your travel plans. If traveling by train, try to schedule an overnight ride which will save on accommodations.

**Skimp on shopping.** While one of the pleasures of travel can be bringing back mementoes of where you've been for yourself and others, the total cost can add up quickly. Look for less expensive items that are representative of a destination and will serve as reminders of a trip for years to come.

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# Odds & Ends



## Medicare's Open Enrollment

Medicare's Open Enrollment begins October 15 and ends December 7 each year. During this time, you can make changes to your health insurance coverage, including adding, dropping, or changing your Medicare Advantage and Part D coverage for next year. Even if you are happy with your current health and drug coverage, it's a good time to review what you have, compare it with other options, and make sure that your current coverage will meet your needs for the coming year. You can make as many changes as you need to your Medicare coverage. The changes you can make include joining a new Medicare Advantage Plan, joining a new Part D prescription drug plan, switching from Original Medicare to a Medicare Advantage Plan and switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan). For more info, visit [www.medicare.gov](http://www.medicare.gov).

## Fake Amazon Employee Scam

One-third of business fraud complaints involve scammers claiming they're from Amazon, the Federal Trade Commission (FTC) reports. Older adults are four times more likely to lose money and get hit harder - losing a median of \$1,500, versus \$814 for younger adults - in such scams. Ignore calls, text messages, emails and social media messages about suspicious account activity, raffles or unauthorized purchases. If you think you may have a real account problem, contact Amazon customer support at 888-280-4331.



## Older Adults Not Prepared to 'Age in Place'

The majority of people over 50 say it's important that they keep living in their current homes for as long as possible. But a new poll from the National Poll on Aging shows many of them haven't planned or prepared for "aging in place". The findings suggest many people age 50+ need to do more to modify their homes or plan for services they may need if they want to avoid or delay needing to move. In all, 88% of people between the ages of 50 and 80 said it was very or somewhat important that they live in their homes as long as possible. But only 15% said they've given a lot of consideration to how their home may need to be modified, while 47% have given it little or no thought. Meanwhile, 48% of those who live alone said they don't have someone in their lives who could help them with personal care if needed, compared with 27% of those who live with others. As for hiring help, 19% of older adults are very confident they could afford to pay someone to help with household chores, personal care or managing their finances. On the other hand, nearly two-thirds of those who called their current physical or mental health status fair or poor said they were not confident or not very confident that they could afford to pay for such help.



## Big news, LOUISIANA!

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



The CMS Five-Star Quality Rating System is designed to make it easier for consumers to choose a Medicare plan, by comparing plans side by side and giving them a quality rating from 1 to 5 stars.

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# Raising Questions Lead to Answers

**A**cknowledging that an energy crisis exists in our world today raises the questions of what is causing it and how to address it. If we get curious and ask more questions, we may uncover potential answers.

Consider "the big questions." I refer to them as big questions because they have been asked and contemplated for thousands of years. Most of humanity's major religions offer answers to these questions; "Who am I?" "What am I doing here?" "Where am I going?" Even non-religious folks ponder these questions.



Setting aside momentarily the last question, let's consider a consensus of the first two. We are made by an "ultimate creator" in the "image and likeness" of said creator; therefore, each of us is a creator. Now that question one is answered, and if I am a creator, I am here to create. Am I? Good question. It is interesting to

note that Judeo-Christian scripture has the Divine referring to itself as "I Am."

What if I don't "c" it right? When we move the "c" in creative three letters to the right, do you notice that it becomes "reactive?" Living reactive as opposed to creative is counter to our "natural state." Could this be causing the energy crisis?

- |                            |                                     |
|----------------------------|-------------------------------------|
| Conscious choice           | Rote response                       |
| Realistic Expectations     | Ego driven, expecting magic         |
| Engaging energy            | All over the place                  |
| Autonomous                 | Critical, complaining, contemptuous |
| Thinking safety            | Thought oblivious, unfocused        |
| Intimate passionate living | Intimidated closed-off living       |
| Victims don't exist        | Victim mentality                    |
| Emotional control          | Emotional lability                  |

Now the third question. I propose that living creatively energizes our environment. Could that be "the kingdom of heaven?" Good question.



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# Review of "When in Rome" by Sarah Adams

**W**hen in Rome is a glimpse into the life of pop star phenomenon Rae Rose. Rae is an A-list celebrity with platinum albums, sold out tours, and a bodyguard to protect her from the rabid paparazzi. For the sake of publicity, Rae has been thrust into bad celebrity relationships over and over again. Worst of all, her mom, who used to be her best friend, now only talks to her when she wants money or needs to lean on her celebrity status.

Rae is lonely, burned out and desperate, but she feels like no one sees her suffering. Why would she complain, though? She has everything, right?

But Rae, whose real name is Amelia, isn't happy. Amelia is a huge Audrey Hepburn fan, and one desperate night, she picks up her copy of Hepburn's movie, "Roman Holiday". The movie inspires her to escape to Rome... or at least a Rome she can drive to in her old beat up car. Amelia leaves Nashville bound for Rome, Kentucky. And, because fate has a sick sense of humor, her car dies in the middle of nowhere.

When a man approaches her car to help her, she panics thinking he's going to assault her; or worse, that he's a super fan. But grumpy Noah Walker can't leave her sitting there, stranded in his front yard. Amelia finally agrees to exit the car and stay at Noah's house for the night (with the door locked, of course).

She expects the stay to be a temporary fix, but landing in

Rome, Kentucky, may just be the vacation of her dreams.

I don't think I could adore a romance book more. When in Rome made me smile the entire time I was reading it. Every page held silliness, epic banter, meddling Southerners, and pie!

I love grumpy, handsome Noah with his brooding personality and broken heart. Like any good romance hero, beneath his grumpy exterior lies a man who would do anything for anyone. And despite being a pop superstar, Amelia is still utterly relatable. Her sense of feeling lost and looking for something real are emotions most readers can relate to.

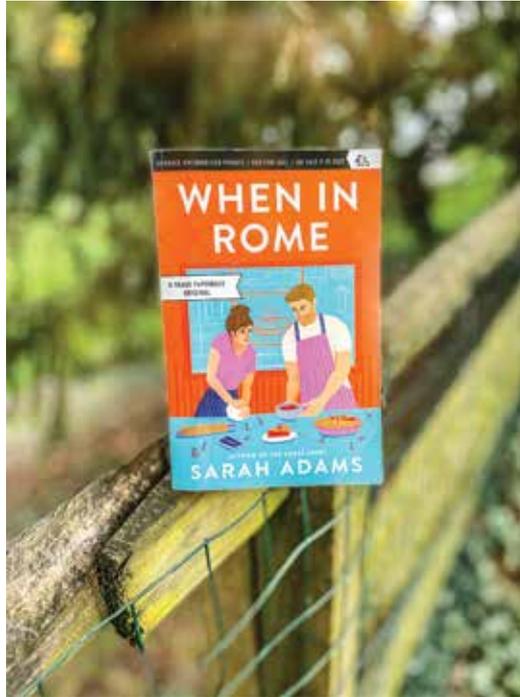
The 'Southernisms' in this book made me laugh out loud. "Bless it" is something my sisters and I say all the time, and to see it wielded so flawlessly in *When in Rome* made my heart ache with joy.

Needless to say, I loved this book. It's stolen my heart and has moved its way to the very top of my favorite reads of 2022.

**Rating: ★★★★★**

*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/readbelieveandlove](https://www.instagram.com/readbelieveandlove).*



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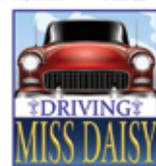
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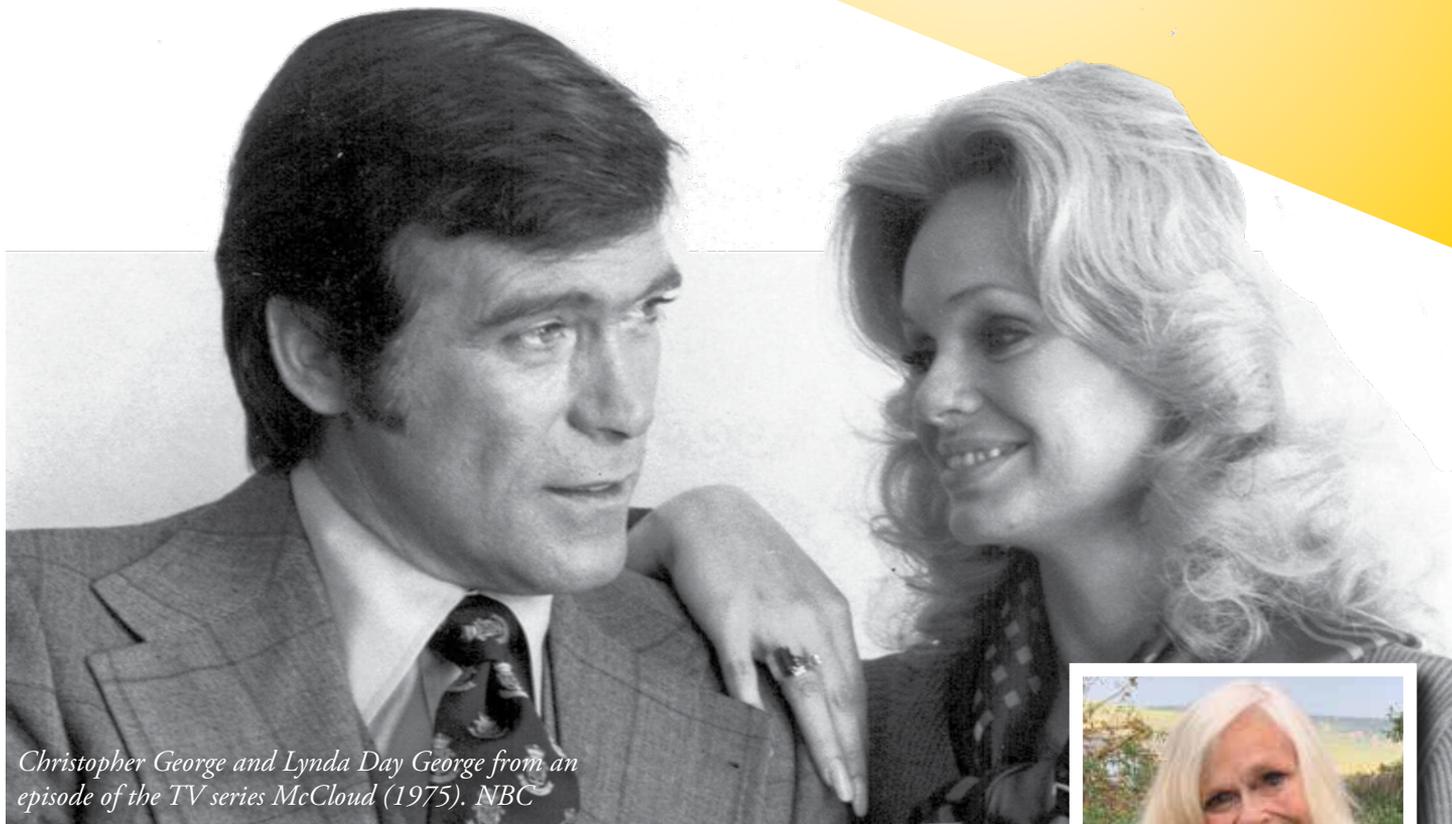
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## The Screen Horrors of Lynda Day George



*Christopher George and Lynda Day George from an episode of the TV series McCloud (1975). NBC*

**W**hile best known for joining the cast of the popular CBS spy series “Mission: Impossible” for the last two seasons in the early 70s, Lynda Day George became something of a minor horror movie icon before retiring from acting in the late 80s.

In the horror realm, she portrayed characters threatened by an army of ants (“Ants,” 1977), a pack of wild dogs (“Day of the Animals,” 1977), a demonic force (“Beyond Evil,” 1980), a haunted mirror (“Fear No Evil,” 1969), a chainsaw-wielding killer (“Pieces,” 1982), and even a deranged undertaker’s assistant in “Mortuary,” her final film in 1983.

“I enjoyed doing them, but I also love comedy and drama,” said Day George from her home in Sequim, Washington.

Off-screen, the actress also experienced considerable drama, although horror might be a more appropriate description of her personal tragedies including the loss of two husbands – one succumbing to cancer and another from a sudden heart attack.

Actor Christopher George, Day George’s second husband of some 13 years, died just weeks after the release of “Mortuary” which co-starred the husband-and-wife acting team. She continued to guest-star in another half-dozen TV shows during the remainder of the decade before officially retiring, eventually remarrying in 1990 and later moving to Washington.

“After Chris died, I needed to take care of my family,” she explained. “I’ve also lost my mother, father, step-dad, and brother, so there’s been a lot of loss to deal with. But right

now, I’m feeling great living here in Washington and have a wonderful life with my daughter and friends. My house is between the ocean and an inlet, and I love it here.

I do a lot of gardening and I’m involved with many local groups including the theater.”

Despite the tragedies, Lynda has retained her genial nature and joyful spirit and still sports her trademark long blonde hair. Her positive attitude and sense of humor have clearly helped her survive the personal hardships as well as her past macabre movies such as the gruesome theme of “Day of the Animals,” which depicted the cast being mauled by enraged birds, dogs, wolves, bears, rats, and snakes.

She remembers filming was periodically paused when fellow actors including Leslie Nielsen, Michael Ansara, and Richard Jaeckel would break out in laughter.

“We just had so much fun making it,” she recalled. “Michael was a terrific, funny guy. Richard was a treasure, just a sweetheart. Every time I saw him after that he was just a big pile of sugar. And Leslie Nielsen could make you laugh at the drop of a hat – he was a one-man riot!”

In one scene, crazed dogs were required to leap through a cabin window and attack the characters. “I could be petting one, then the trainer would give a command and it would



take off like a shot or become threatening and begin growling. They were terrific animal actors.”

An animal lover herself who shares her home with several dogs and cats, Day George not only enjoyed working with the animals but, as a longtime environmentalist, embraced the movie for bringing attention to ozone layer depletion, a significant environmental concern in the 70s (and bizarrely responsible for the creatures’ aggression in the film’s script).

While the concerns of ozone depletion have been replaced by global warming worries, Day George remains optimistic about the planet’s future despite widespread gloomy predictions.

“We have so many extraordinary people who are teaching us more and more about our planet. Bless them all.”

*Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See [www.getnick.org](http://www.getnick.org).*

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## Macbeth 101

The next time your local theater group produces a performance of “Macbeth,” don’t miss it. The play is generally regarded as one of the best tragedies ever written and with a ghost and several witches lurking throughout the story, not a bad tale to explore as Halloween approaches. And while it’s certainly a compelling drama, the obscure language and symbolism can be as baffling as a Randy Quaid Twitter post.

So for those of you who took AP Cosmetology instead of English Lit as high school seniors, here’s a summary of the story: Macbeth’s villainous wife, Gruoch, convinces her hubby to rub out Scottish King Duncan, clearing the way for Mr. Mac to assume the royal throne. Lord Macduff serves as antagonist to Macbeth and eventually (medieval spoiler alert) does Macbeth in.

Early on, it’s pretty obvious that Lady Macbeth is going to lose it. But it’s hardly surprising she turns out to be less than the perfect royal hostess. After all, who wouldn’t be a grumpy,



murderous, battle-ax with a name like Gruoch?

Now, before all you Shakespeare scholars get your pantaloons in a knot, I do realize that Lady Mac’s first name is never revealed in the play; but trust Wikipedia on this, her real birth name was Gruoch ingen Boite.

So there really was a Macbeth, with a better half – much better, in fact – than the literary characters portray. Like many of Shakespeare’s plays based on historical figures, the depiction of Macbeth and his wife as the Mad Macs filled with greed and ambition is mostly fiction and bears little

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resemblance to the real Macbeths of Scottish history.

Historians believe King Duncan really was killed by Macbeth around 1040, but most likely in battle. Years later as King of Scotland, Macbeth was himself slain in battle in 1057. As for Duncan, didn't his descendants emigrate to America and open a successful chain of donut shops?

In modern times, many well-known actors have tackled the role of Macbeth on film. For instance, Orson Welles was an awesome Macbeth in 1948, as was Ian McKellen in 1979. But Sean Connery flopped in a 60s TV movie. That was the screenwriters' fault. After bumping off a head of state, Connery should have introduced himself to his new subjects by announcing "The name's Macbeth, KING Macbeth" with that distinctive sexy Scottish voice.

On stage, Christopher Plummer, Kelsey Grammer, Charlton Heston, Laurence Olivier, and Patrick Stewart all played Macbeth in theatrical productions. Personally, however, I'm anticipating the day William Shatner attempts the role, supplemented with a few updated and memorable ad-lib lines: "Is this a phaser which I see before me? Beam me up, Macduff!"



*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](http://www.getnickt.org)*

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# A Savory Solution to Stretch Your Grocery Budget



## Family Features

In today's world, grocery shopping can seem more like a burden than an opportunity to gather supplies for meals. With prices of everyday ingredients fluctuating almost daily, it's important for many families to make their dollars go further. Easy ways to stretch your grocery budget, like using versatile ingredients, can make the checkout experience a little less impactful on your household's finances. Consider the benefits of mushrooms, which provide a delicious option to enhance flavor in favorite recipes while extending portions in an affordable way. Recipes courtesy of the Mushroom Council. Find more recipes at [MushroomCouncil.com](http://MushroomCouncil.com).

## Blended Pasta Sauce

- |   |                                  |
|---|----------------------------------|
| 2 tablespoons extra-virgin olive oil  | 1 tablespoon Italian seasoning   |
| 1 medium yellow onion, finely chopped   | 1 teaspoon kosher salt           |
| 3 garlic cloves, minced   | 1 jar (24 ounces) marinara sauce |
| 1 pound mushrooms (such as white button, crimini or portabella), finely chopped | cooked pasta                     |
| 1 pound 80% lean ground beef  | salt, to taste                   |
|   | pepper, to taste                 |
|   | grated Parmesan cheese           |

In large pot over medium heat, add oil and cook onions, stirring occasionally, until just soft, about 3 minutes. Add garlic and cook 1 minute.

Add mushrooms and cook 5 minutes, or until mushrooms are soft and reduced in size.

Add ground beef, Italian seasoning and salt; cook until browned, about 6 minutes, stirring and breaking up lumps. Skim off fat, leaving about 2 tablespoons.

Stir in marinara sauce and reduce heat to low. Cook 10 minutes.

Serve over cooked pasta, season with salt and pepper, to taste, and top with grated Parmesan.



## Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

*Servings: 4*

### **Chicken:**

- 8 boneless, skinless chicken thighs
- salt, to taste
- pepper, to taste
- 6 tablespoons unsalted butter
- 16 ounces mushrooms, such as white button, crimini or portabella, quartered
- 3 zucchinis, sliced in half moons
- 3 large carrots, thinly sliced
- 4 sprigs fresh rosemary, leaves removed and roughly chopped
- 4 cloves garlic, minced

### **Orzo:**

- 4 cups chicken or vegetable broth
- 1 tablespoon unsalted butter
- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 16 ounces mushrooms, such as white button, crimini or portabella, finely chopped
- 1 cup uncooked orzo pasta
- 1/8 teaspoon black pepper
- 1/3 cup white wine
- 1/3 cup shredded Parmesan cheese

To make chicken: Preheat oven to 450 F.

Pat chicken dry. Season with salt and pepper, to taste. In large skillet over medium-high heat, melt butter. Sear chicken until brown on both sides, 4-5 minutes on each side.

In large bowl, toss mushrooms, zucchinis and carrots with rosemary and garlic.

On large baking sheet, spread vegetables. Nestle chicken into vegetables. Drizzle with butter and juices from pan.

Bake 20 minutes until chicken is cooked through and vegetables are tender.

To make orzo: In small pot over medium-low heat, warm broth.

Using skillet from chicken over medium heat, add butter and olive oil. Add onion, garlic and mushrooms. Cook, stirring occasionally, until onions soften, 3-4 minutes.

Add orzo and black pepper. Stir and cook orzo 2 minutes. Add white wine and cook until evaporated, about 1 minute.

Add broth to orzo, 2/3 cup at a time, stirring until liquid is absorbed. Repeat with remaining broth, waiting until last batch is absorbed before adding next. Remove from heat and stir in Parmesan.

Serve in individual bowls with chicken and roasted vegetables atop mushroom orzo risotto.

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FRIDAY, NOV. 18, 2022 – 7:00 P.M.

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THURSDAY, DEC. 1, 2022 – 7:00 P.M.

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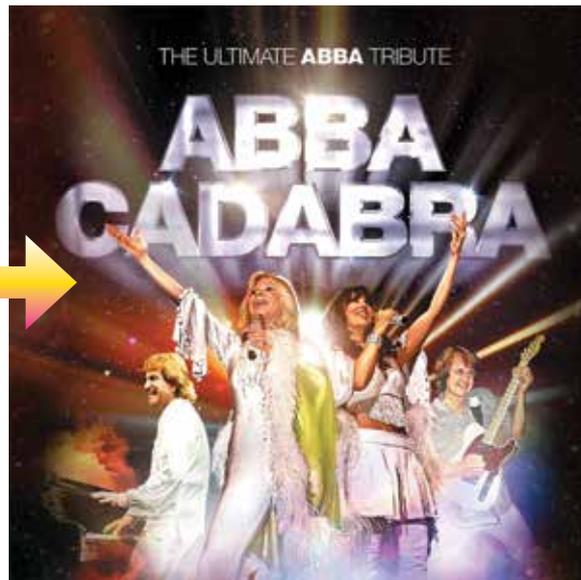
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## CONCERTS

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Presented by the Shreveport Symphony. Saturday, **October 15 at 7:30 p.m.** at Shreveport Riverview Theatre, 600 Clyde Fant Parkway in downtown Shreveport. Enjoy the spirited and timeless tunes that make ABBA a perennial favorite, including "Dancing Queen," "Mamma Mia" and "Take a Chance on Me." ABBACADABRA, the ultimate ABBA tribute, comes to Shreveport from Las Vegas and will supercharge the evening with their irresistible energy! Tickets are \$25 - \$69. Call 318-227-TUNE (8863) or visit [www.shreveportsymphony.com](http://www.shreveportsymphony.com).

## EVENTS

• **2<sup>nd</sup> Annual "A Positive Approach to Dementia"**  
Hosted by The Bridge Alzheimer's and Dementia Resource Center. **November 4, from 8:00 a.m. to 4:00 p.m.** in Bain Hall at First United

Methodist Church in Shreveport, presented by The Alta and John Franks Foundation. Doors open at 7:30 a.m. Family caregivers, seniors, nurse practitioners, RNs, LPNs, social workers, marriage and family therapists, and others whose lives are affected by Alzheimer's and other dementias are encouraged to attend. Admission is \$25 per person. Open to the public. For additional info, please contact The Bridge Alzheimer's and Dementia Resource Center at (318) 656-4800.



• **116<sup>th</sup> Annual State Fair of Louisiana**  
**October 27 to November 13**

at the State Fairgrounds in Shreveport. Featuring exciting rides, food, concerts, street entertainers, magic shows, rodeo, and the largest carnival and livestock show in the state. General gate admission is \$12, with discount tickets available starting September 19 online and at participating Brookshire's and Super 1 Food Stores. Admission and parking is **FREE** on weekdays before 3 p.m. Visit [www.statefairoflouisiana.com](http://www.statefairoflouisiana.com) for more details.

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## EXPO

• **Senior Day at the Louisiana State Fair**  
**Thursday, October 27 from 10 am to 2 pm** in the Hirsch Coliseum in Shreveport. Presented by *The Best of Times* and The State Fair of Louisiana. Admission to the Expo, the State Fair and parking are **FREE**. There will be lots of fun,

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### FESTIVALS

• **Louisiana Legends Fest Saturday, October 22, 10 a.m. to 6 p.m.**, 5 blocks in downtown Homer, LA. Blues, Gospel, Harmonica, Pop and Country music playing on 2 stages. Over 50 Arts & Crafts/Food/Artist booths. Enjoy the best in southern soul food. The historic Claiborne Parish courthouse and Ford Museum will be open for tours. Spotlight Courts feature an Art Show, Farmers Market, Outdoor Recreation, Car Show and get your blood pressure checked at the Healthcare Court. Don't forget your lawn chair! Festival is **FREE** to the public.

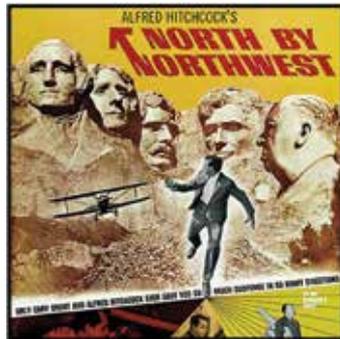


• **Red River Revel Arts Festival**  
**October 1 - 9, Monday - Wednesday: 11 a.m. - 9 p.m.; Thursday - Saturday: 11 a.m. - 10 p.m.; 1st Sunday: 11 a.m. - 9 p.m.; 2nd Sunday: 11 a.m. - 7 p.m.** at Festival Plaza, 101 Crockett St. in downtown Shreveport. Featuring artists, food, drinks, live music on 2 stages, and kids' activi-

ties. Admission is \$5 all day Saturdays, Sundays and weekdays after 5:30. **FREE** Monday through Friday until 5:30. 9 day Reveler Pass is \$10.

### FILM

• **Movies Under the Stars October 20 at 5 p.m.** at Greenleaf Park at Provenance, 1955 Woodberry Avenue, Shreveport. Featuring the family-friendly movie *Monsters, Inc.* Food truck arrives at 4:30 p.m. Bring a lawn chair or blanket to sit on. **FREE** and open to the public. For more info visit [www.yourprovenance.com](http://www.yourprovenance.com).



• **"North by Northwest"** Robinson Film Center, 617 Texas Street in downtown Shreveport presents a Silver Screening of "North by Northwest", a 1959 American spy thriller film produced and directed by Alfred Hitchcock, starring Cary Grant, Eva Marie Saint, and James Mason. **October 18 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](http://www.robinsonfilmcenter.org)

### MARKET

• **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.

### PRESENTATIONS

• **Oldest Graveyards of Caddo Parish**  
 Presented by Shreveport librarian Joe Slattery on **October 26 at 4:00 p.m.** in the Genealogy Department of the Broadmoor Library, 1212 Captain Shreve Dr, Shreveport. **FREE** and open to the public.



### THEATRE

• **"Popcorn Falls"**  
**October 13, 14, 15, 21, and 22 at 7:30 pm; October 16 and 23 at 2:00 pm** at the Shreveport Little Theatre, 812 Margaret Place, Shreveport. Two actors play over twenty roles in a world of farce, love and desperation – proving once and for all that art can save the world. Adults \$25, seniors, students & military \$23. Call 318-424-4439 or [www.shreveportlittletheatre.com](http://www.shreveportlittletheatre.com).

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# WORD SEARCH

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

## Benjamin Franklin

- Almanac
- Author
- Boston
- Colonies
- Creative
- Diplomat
- Eccentric
- Editor
- Electricity
- Europe
- Genius
- Historian
- Humorist
- Inventor
- Key
- Kite
- Leader
- Library
- London
- Mason
- Paris
- Patriot
- Philadelphia
- Postmaster
- Printer
- Rebel
- Sage
- Satirist
- Statesman
- Wise

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

# SUDOKU

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

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



This FREE series of self-paced online courses, created for anyone caring for someone living with Parkinson's. The course showcases care partners and experts on the topics most important to you, including mood, cognition, caregiver burnout and more.

## Parkinson's Foundation Care Partner Program

[Parkinson.org/CarePartnerProgram](http://Parkinson.org/CarePartnerProgram)

# CROSSWORD

**Across**

- 1 Real howler
- 5 Gauchos' weapons
- 10 Throat-clearing sound
- 14 African flower
- 15 Grammarian's concern
- 16 Capture
- 17 Pelvic bones
- 18 Fortify
- 20 Early Disney film
- 22 South African monetary units
- 23 Iris's place
- 24 Coalition
- 26 Traps
- 29 Apprentice
- 33 Horse opera
- 34 Ski trail
- 35 Dine
- 36 Lamented
- 37 Blow gently
- 38 Carry's partner
- 39 Chapter in history
- 40 Southern breakfast dish
- 41 Dapper
- 42 Inspirational person
- 44 Tidbit
- 45 Memorial Day solo
- 46 Auto maker
- 47 Book of maps
- 50 Silvery metallic element

- 54 Slammers
- 57 Diamond complement
- 58 Detractor
- 59 Manages, as a trade
- 60 Hill dwellers
- 61 Moon of Saturn
- 62 Express
- 63 Neighbor of Cambodia

**Down**

- 1 Homeless child
- 2 Earthenware pot
- 3 Butcher's cut
- 4 Like some films
- 5 Travel options
- 6 Port of old Rome
- 7 Pasternak heroine
- 8 "Act your \_\_\_!"
- 9 Cambodian coin
- 10 Tack on
- 11 Chemistry Nobelist Otto
- 12 Squeezed (out)
- 13 Kind of room
- 19 Feel blindly
- 21 Claim
- 24 Trumps
- 25 Oodles
- 26 The New Yorker cartoonist Edward
- 27 Micronesian island
- 28 Mr. T's group
- 29 Swell
- 30 "The Second

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

- Coming" poet
- 31 One of the senses
- 32 Gas additive
- 34 Twosomes
- 37 "That's a \_\_\_!"
- 38 Redbird
- 40 Grind, as teeth
- 41 Cliff's pal on "Cheers"
- 43 Paesano's land
- 44 Puddinglike dessert
- 46 Armada
- 47 Cracked open
- 48 Math function
- 49 Lo-cal
- 50 Three oceans touch it
- 51 Semitic deity
- 52 Gay Talese's "\_\_\_ the Sons"
- 53 Clutter
- 55 Harvest goddess
- 56 Final (Abbr.)

## Sam Stroope

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# 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 LSU to identify individuals and events in their collections. If you can help, please email Tina at [editor.calligas@gmail.com](mailto:editor.calligas@gmail.com) or Laura at [laura.mcmemore@lsus.edu](mailto:laura.mcmemore@lsus.edu).



*This photo was in a sleeve titled "Society Fashion at Selber Bros" and was taken at the Pierremont Mall store in 1973. (Lawrence Lea Collection)*



*Shreve Square, 1973 (Lawrence Lea Collection)*



*These photos are from a sleeve labeled "Pennzoil Producing Company Awards", October 1973. United Gas Corporation, headquartered in Shreveport, merged with Pennzoil in 1968. Various divisions of United Gas Corporation were subsequently spun off into other companies or their assets distributed to Pennzoil shareholders by 1974. (Lawrence Lea collection)*





# Answers from the Experts



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

*I am told once I choose hospice I cannot return to the hospital. If I choose hospice care, am I able to return to the hospital?*

YES, once you select hospice care, your care and options are actually expanded, not limited. The hospice team is there to help you manage your healthcare decisions. Call Regional Hospice at 318-524-1046 any day of the week to arrange an informational visit.

*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.

*What are the advantages of home care?*

Research shows that elderly adults recover faster, with fewer complications at home than in a hospital. Being at home allows older adults to stick to their routines in familiar surroundings and maintain a sense of normalcy in their lives. By managing their health conditions at home, elderly adults may be able to avoid unnecessary hospital visits. Home care allows seniors and their families to enjoy their time together, knowing that the senior is well cared for. There are many other advantages to home care as well, including:

- Peace of mind knowing that you or your loved one is receiving the best care available
- Personalized one-to-one care
- Caregivers who encourage independence and foster a sense of self-worth
- Companionship and engagement for older adults

*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.



**Amanda Rogers**  
Regional Hospice Shreveport  
8660 Fern Avenue, St. 145  
Shreveport, LA 71105  
(318) 524-1046  
See our ad on page 35, 48.



**John J. Ferrell, M.D.**  
Mid South Orthopaedics  
7925 Youree Drive  
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(318) 424-3400

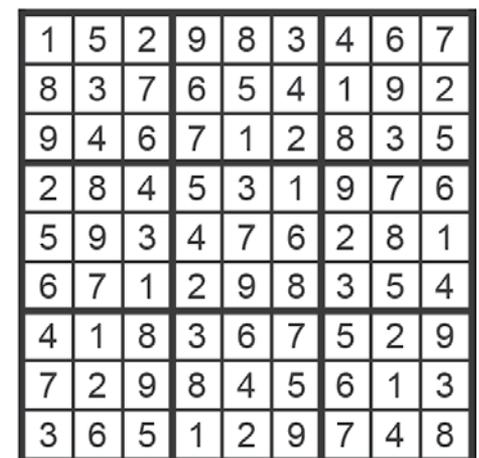
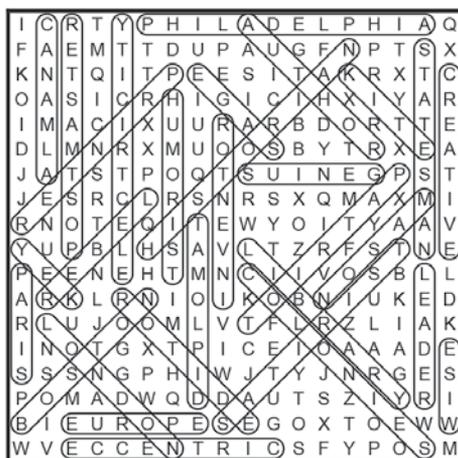


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## PUZZLE answers (from pages 42 - 43)



# parting ●● ●●● shots

## ERNEST'S ORLEANS RESTAURANT

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Bettye McGee, Peter Hancock, Anne Hodges, Beryl Hancock



Bob Touchstone, Vicki Franks, Dick Jamison, Susan Broyles



Frances Washburne, Karen Stevens, Marianne Mosteller, Beth Harper



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**Forest Park Funeral Home: 318-221-7181**

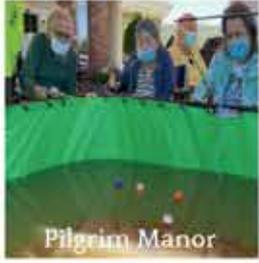
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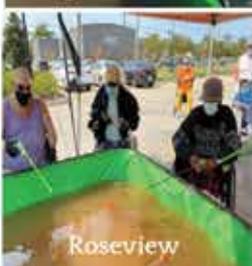
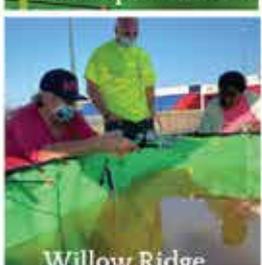
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