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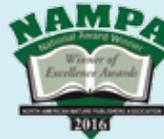
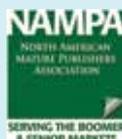
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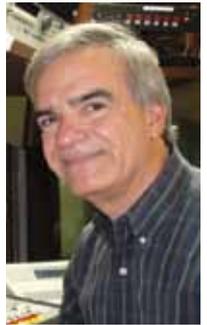
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June 10: Reduce Trips to the ER

Guest: Dr. Patrick McGaully, LSU Health Sciences Center, Shreveport

June 17: American Cancer Society Programs and Services

Guest: Taylor Williams, Community Manager

June 24: Shreveport's Strand Theatre's Amazing 2017 - 2018 Season

Guests: Executive Director Jenifer Hill and Strand Theatre President Jodi Glorioso

July 1: Fun and Exotic Travel Destinations for 2018

Guest: Wendy Liu, General Manager of Nexxus Holidays

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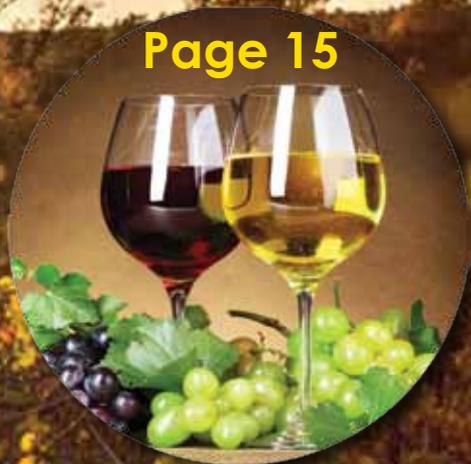
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June

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Stat! Medical News & Info

Nearly 60 Percent of Seniors Use Cell Phones While Driving

The distracted driving habits of young drivers have received a lot of media attention, with reports of Snapchatting, tweeting, texting and other dangerous behaviors. However, there has been a lack of data on whether seniors also engage in these behaviors. A team of researchers at the Training, Research and Education for Driving Safety (TREDS) program at University of California San Diego School of Medicine has released survey results describing the habits of senior drivers in California.

The survey represented adults, age 65 and older, assessing the relationship between their driving habits and potential distraction behaviors. Eighty-two percent of participants owned a smartphone. The survey results found older adults are driving distracted less than their younger counterparts, but are still engaging in this dangerous behavior. Of those senior drivers who have a cell phone, 60 percent of them speak on the phone while behind the wheel, and seniors with a skewed sense of their multi-tasking abilities are most likely to engage in this behavior. Some older drivers suffer from medical conditions that reduce their ability to drive safely. Additionally, some medications can cause side effects that impair driving skills. Older drivers may also have reduced attention and mental processing speed.

Experts say using the phone while driving increases the risk of crashes four-fold, with hands-free and handheld devices equally dangerous; this is the same as driving with a 0.08 blood alcohol content, the legal limit for intoxication. Texting increases this risk eight to 16 times. There is concern that adding distraction to the reduced skills of some older adults will increase these crash rates even further.



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How Walking Benefits the Brain

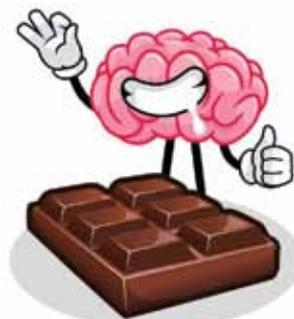
You probably know that walking does your body good, but it's not just your heart and muscles that benefit. Until recently, the blood supply to the brain was thought to be involuntarily regulated by the body and relatively unaffected by changes in the blood pressure caused by exercise or exertion. But researchers at New Mexico Highlands University (NMHU) found that the foot's impact during walking sends pressure waves

through the arteries that significantly modify and can increase the supply of blood to the brain. The effect was even greater when running. The research was presented at the APS annual meeting at Experimental Biology 2017 in Chicago.

Every minute, a woman dies from heart disease in the United States – it is the number one killer of women, causing one in three deaths each year, according to the American Heart Association (AHA).

Dark Chocolate Shows Protective Effects in Mouse Model of Aging

Oxidative stress and inflammation increase with aging and are thought to play an important role in the development of neurodegenerative diseases such as Alzheimer's disease. In a new study, researchers from the University of California San Diego School of Medicine show that the epicatechin, a flavanol found in foods such as dark chocolate, reduced damaging oxidative stress and neuroinflammation in a mouse model of aging. Just two weeks of treatment with epicatechin not only suppressed levels of oxidative stress and neuroinflammation that would normally be increased in this mouse model, but also improved memory and anxiety levels in the mice. The researchers say their results may help explain the beneficial effects on memory seen in people who consume dark chocolate.



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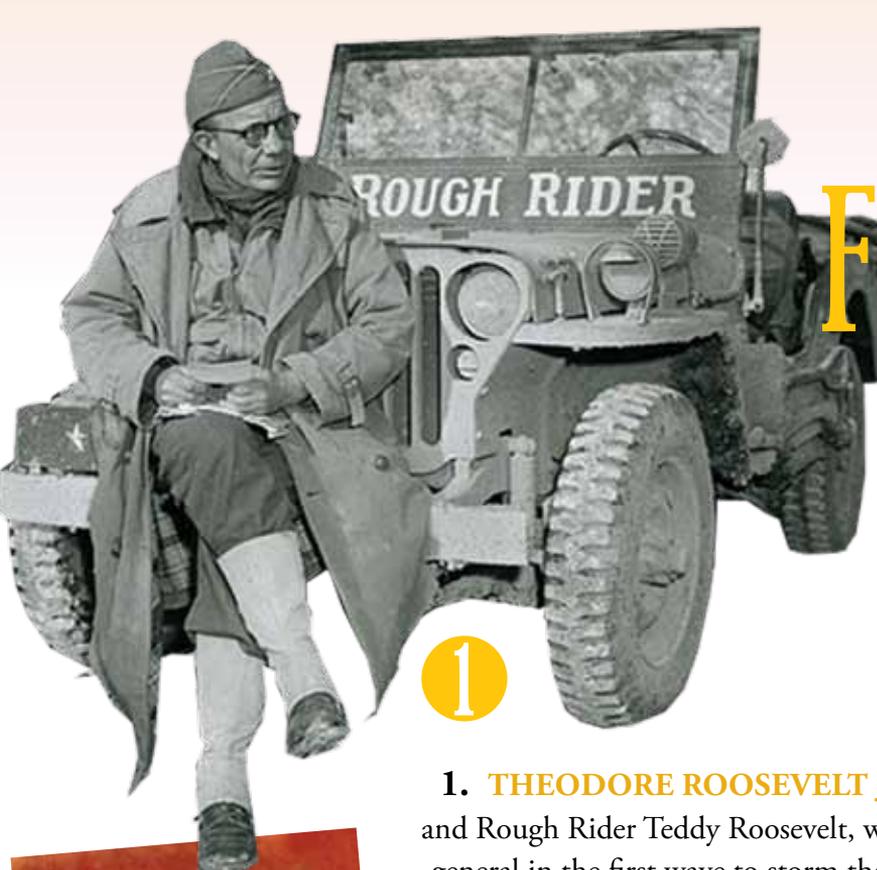
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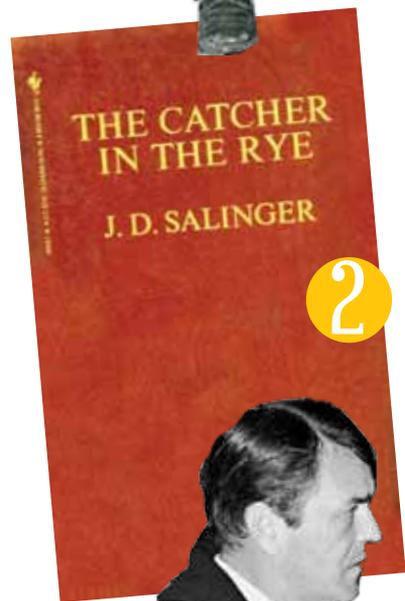
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Our Featured **5** LITTLE KNOWN FACTS ABOUT *D-Day*

1

1. **THEODORE ROOSEVELT JR.**, son of U.S. President and Rough Rider Teddy Roosevelt, was the oldest man and only general in the first wave to storm the beaches of Normandy on D-Day, June 6, 1944.



2

2. On D-Day **J.D. SALINGER** landed on Omaha Beach with six chapters of his unfinished novel *Catcher in the Rye* in his backpack.

3. **LIEUTENANT JAMES DOOHAN** was shot in the hand and chest on D-Day. A silver cigarette case stopped the bullet to the chest, but the shot to his hand caused him to lose a finger. Doohan is best known as the actor who played Scottie in *Star Trek*.

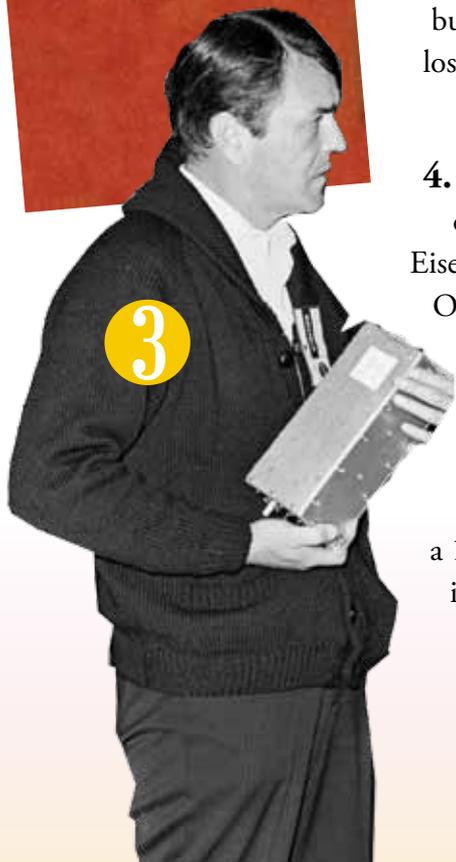
4. **ANDREW HIGGINS** designed and built landing craft boats for use in Louisiana swamps. General Eisenhower credited him for winning WWII. Why? On D-Day, and in other battles, those same boats enabled the Allied forces to land on an open beach instead of a heavily guarded port.

5. Actor **RICHARD TODD** starred as Major John Howard in *The Longest Day*, a 1962 film about D-Day. He was involved in the real landing as an officer in the 7th Parachute Battalion.

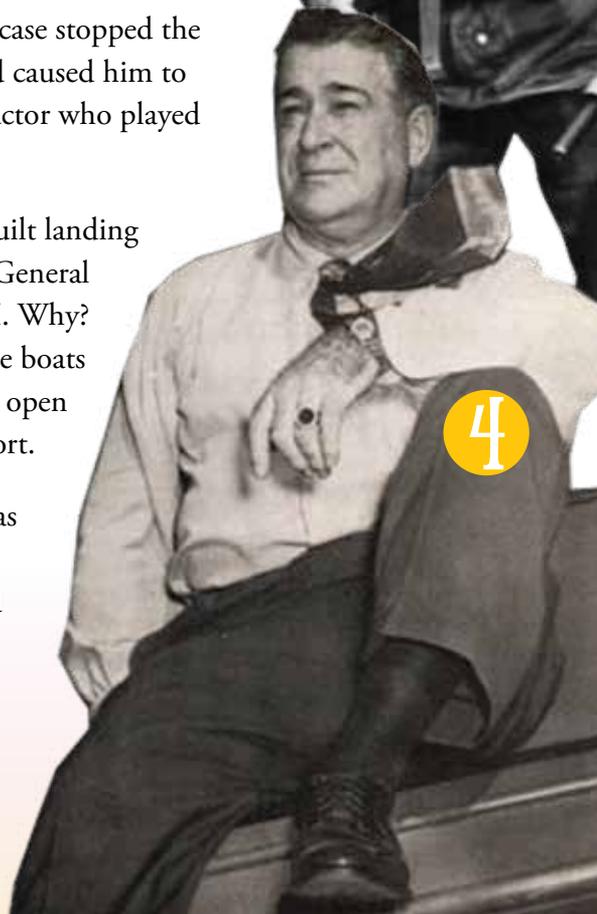
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3



4



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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. Vintage photos are courtesy of LSU Shreveport Library. If you have comments to share about these photos, please email Tina at editor.calligas@gmail.com.

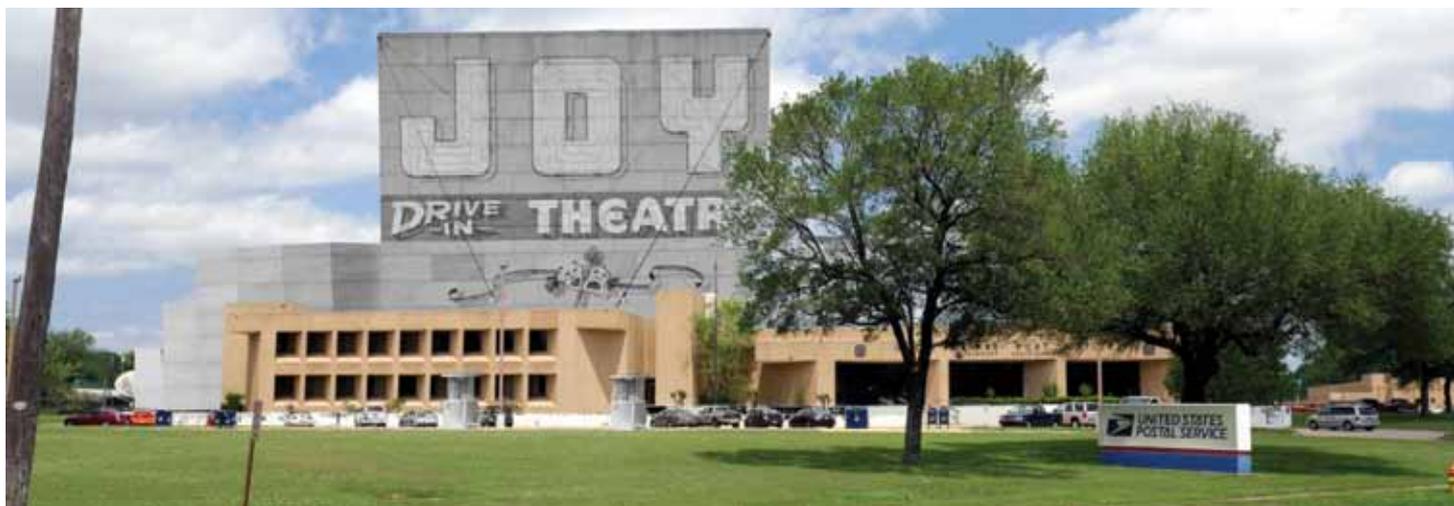
Photos blended and used with permission by Mike and Mark Mangham of Twin Blends Photography. Visit www.facebook.com/twinblendsphotography/.



King's Drive-In Theatre (upper left) was located on the corner of Kings Highway and Patton Street, near the duck pond. It opened in June 1949 with a 600 car capacity. The theater was owned by Lone Star Theater, Inc. of Dallas. The Broadmoor Library now occupies this location.



The Drive-In Theater began operating in 1943 at 4725 Greenwood Road. It was renamed Leo Drive-In Theatre (left) on July 28, 1951 and closed in 1957. It was on the previous site of the original Shreveport Airport, which was also called the Shreveport-Greenwood Airport. That airport was only in existence from 1928 until the early 1930s.



Joy Drive-In Theatre (below) was located on Greenwood Road at Mansfield Road, the current site of the main U.S. Post Office. The theater opened in June 1950, and closed in 1968. It could accommodate 800 cars.

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Snapshot SLEUTH

Do you recognize any of the people in these photographs?

The Best of Times has partnered with the library at LSU Shreveport to identify individuals in photos from their collections. If you know any of the people in these photos or if you have any memory or comments about the images, please email Tina at editor.calligas@gmail.com or Laura at laura.mclemore@lsus.edu.

- 1 - War bride 1947
(*Shreveport Times* collection)
- 2 - Burkhalter wedding 1962
(Menasco collection)
- 3 - Frank Hamby Wedding
(J. Frank McAneny collection)
- 4 - Flag Day at Lorant's 1955
(J. Frank McAneny collection)
- 5 - Flag Day Banquet 1955
(J. Frank McAneny collection)



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- **Is a loved one already in a nursing home or receiving care? Find out why it may not be too late to save their estate!**



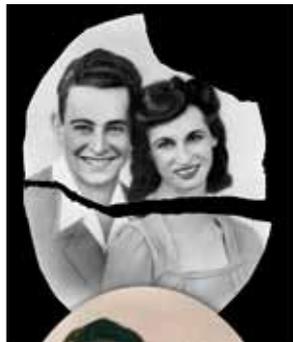
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The Wineries

- of -

EAST TEXAS

Family-owned wineries flourish in Athens & Tyler

by Kathleen Ward

Marnelle Durrett of Kiepersol Winery

About 100 miles from Shreveport, several families are carrying on an almost 400-year Texas tradition. Vineyards were started near El Paso, Texas in the mid-1600s by Spanish priests more than 100 years before they were cultivated in California, the top wine producing state in the U.S.

Texas, currently the fifth largest winemaking state in the U.S., produces about 1.5 million gallons at around 350 bonded commercial wineries, according to the Texas Wine & Grape Growers Association. *The Best of Times* spoke with three of those family-owned wineries about Texas terroir, their wines and their families.

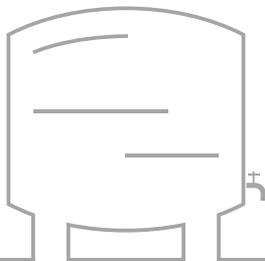
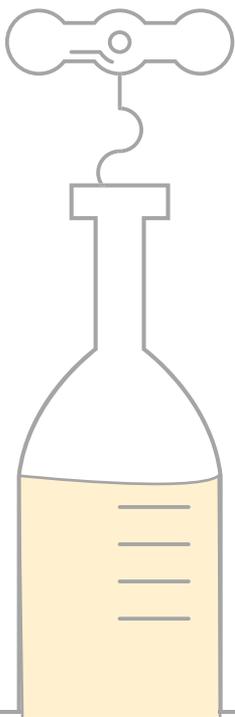
Tara Vineyard & Winery, Athens

Tara is owned by husband and wife Patrick Pierce and Susan Steger. Their children, Ryan, William and Brittany Pierce, are also actively involved in its operation, which produces 20,000 bottles each year.

The family purchased the 52-acre property in 2005 and has expanded it to include a bed and breakfast, Tara Inn; a rentable cabin in the woods; and the Athens Brewing Co.

Tara's Cellar Door Restaurant, run by Executive Chef Becklien James, was one of only two Texas winery restaurants to be included in *USA Today's* "10 Best Winery Restaurants" last year. Tara also received awards from the *Dallas Morning News*, at last year's Lone Star International Wine Competition (set for June 5 and 6 this year) and festival GrapeFest

The *Blanc du Bois Harvest Celebration and Harvest*, around the third week of July will feature a *grape stomp* and other events, said Tara Events Coordinator Amie Disotell.





Tara Vineyard & Winery, Athens

(September 14 through 17), both held in Grapevine, Texas.

“Our winery is different in that we are a farming, winery, and hospitality venture,” said Steger. “We strongly believe in agritourism and want to be a part of such a lost art in our new modern world.” Steger said the growing conditions in East Texas are exceptional and their wines can be favorable compared to those of Spain and the Mediterranean.

“At Tara, we planted primarily on rolling hills facing east, which allows the prevalent easterly wind to blow through the vines and keeps them free from moisture. The primary sun contact is the morning sun, with the hillside protecting the vines from the very hot summer afternoon sunlight. We also have sandy loam soil which drains water rapidly creating a perfect environment for the grape plants to thrive,” said Steger.

“We make around seven different blends with Blanc du Bois and Lenior (also known as Black Spanish), both grown on the winery property. We also source grapes of other Texas growers” including the Temparnillo (black) grapes, with which Tara produces two styles of Dolcetto, and Merlot and Mouvedre (both red grapes), she said. “Overall we make about seventeen (17) different wines.”

The restaurant and tasting room are open Wednesdays through Sundays, winery

tours are 2:30 p.m. Saturdays or by appointment, and special events are planned throughout the year.

The Blanc du Bois Harvest Celebration and Harvest, around the third week of July will feature a grape stomp and other events, said Tara Events Coordinator Amie Disotell. Tara hopes to soon offer “dining in the vineyard with the winemakers under the stars,” said Steger.

Kiepersol Vineyards & Winery, Tyler

Kiepersol’s sixty-three (63) acres produce red and white wines made by the de Wet family of Tyler. Sisters Marnelle Durrett and Velmay Power work full-time at the winery, which was started by their father, Pierre de Wet.

“One of the things that sets our winery apart from the majority of other Texas wineries is that we are 100% estate grown. The majority of other wineries use (*Vitis vinifera*) grapes (the classic European varieties), so that is not a huge differentiating factor. Growing, producing, aging and bottling on-site is something that my

Kiepersol’s 63 acres produce red and white wines made by the de Wet family of Tyler.





Kiepersol Vineyard & Winery, Tyler

dad was extremely proud of,” said Durrett.

“When grapes are in ripening and harvest mode, which is July, August and September, our rainfall is little to none in East Texas. Kiepersol sits atop the Bullard Salt Dome. The severity of storms is softened as the natural electrical charge of the land pushes storm pathways to the north and south,” said Durrett.

“I think if you take the latitude line across the globe, we sit with southern Spain and the San Joaquin Valley in California where many delicious wines are made,” said Durrett.

All overnight visits to Kiepersol’s luxurious five-bedroom B&B or 10 rooms in surrounding cottages include breakfast at the elegant Kiepersol Restaurant, which is within walking distance.

“The restaurant was inspired by my Dad wanting to get a good steak and not be rushed away from his table. Our menu focuses on a few cuts of prime beef, phenomenal poultry and the freshest seafood available,” she said. The restaurant is open Tuesdays through Saturdays. Wine tastings and tours are Tuesdays through Saturdays from 11 a.m. to 7 p.m.

The family’s holdings also include a recording studio, Studio 333, and the Distillery at Kiepersol, where the family makes rum, bourbon and vodka. Tastings and special events are year round.

“We have Vintner’s pairing dinners four times a year and our next one is June 14, a Prime Rib and Bourbon dinner. In the fall we have Vine Day – a beautiful ceremony with Mariachi, food and fun as we close out our growing season. This year Vine Day is October 21,” said Durrett.

Kiepersol recently won seven awards, including Top Texas Winery, at the “2017 Rodeo Uncorked!” competition at the Houston Livestock Show & Rodeo International Wine Competition. The distillery won “the Gold Medal for Dirk’s Vodka from the 2017 American Distilling Institute Craft Spirits Awards,” said Durrett.

3 P’s in a Vine Winery & Vineyard, Athens

Brett and Rae Priestley, with help from daughter McKenzie Parrish, own and operate 3 P’s in a Vine Winery and Vineyard. Rae also works in a skilled nursing facility as a marketing/admissions director and Brett is a carpenter specializing in log homes.

All of the buildings at 3 P’s are log structures. One of Brett Priestley’s construction projects resulted in his becoming a vintner.

“Dr. John Wilcox had 99 Blanc du Bois grapevines (and) he was taking a new job in El Paso, so he offered me all of them and all the post, wire, irrigation and wine equipment,” said Priestley. “All I had to do was to dig them up and transplant them onto our land.”

Blanc du Bois grapes are a hybrid made in the mid-1960s to be disease resistant. The couple added other varietals, but still make three of their wines using the original grapes. All of 3 P’s wines are made from Texas-grown grapes.

“The soil in our vineyard is very sandy. We call it ‘Sugar Sand,’ and it really does well for growing wine grapes.



3 P’s in a Vine Winery & Vineyard, Athens

Grapes don't like to be in soils that hold water. We have eight varieties of wine; four white wines and four red wines. Only three of our wines feature our Blanc du Bois grapes, Porch Swing, Blanc du Bois and Queen P," said Priestley.

"At 3 P's in a Vine, we pride ourselves in having fun events every month. One of the most popular events at our winery is our 'BYOM' (Bring Your Own Meat, set for Saturday, June 17)," he said. "The winery has plenty of indoor seating and a very nice flagstone patio with a fire pit and outdoor tables and chairs with colorful umbrellas."

"We provide a lettuce salad and baked potatoes with all the fixings, seasonings, hot grills and dinnerware. You cook your own meat of choice on our grills. There is no cost for any of this, but we do charge you for the wine you drink. Grills will be hot and ready at 5:30 p.m. and we ask for RSVPs for this event. On Saturday, June 24, we will have the band 'Hand Picked' playing from 7 p.m. to 10 p.m."

"We have a bunch of good friends and family that work our winery when we need the help. Rae and I try to always be at the winery during our open hours of operation" from 5 p.m. to 10 p.m. Friday's, noon to 10 p.m. Saturdays and 1 to 6 p.m. Sundays, he said.

"Last year we probably produced around 600 cases. We hope to produce 800 cases or more this year," he said. 3 P's won First Place for Texas Dry Red Wine at the Sulphur Springs "Reds, Whites, and Brews Festival. •



For more information on the wineries, visit www.tarawinery.com, www.kiepersol.com and www.3psinavine.com.

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Kyle A. Moore of the law firm of Weems, Schimpf, Haines, Landry, Shemwell & Moore, APLC has been selected as the newest member of the Special Needs Alliance. The Special Needs Alliance (SNA) is a national, non-profit collective of many of America's leading disability and public benefits attorneys. Currently in 48 states, the SNA's mission is to help enhance the quality of life for people with disabilities by coordinating private resources with public benefit programs through special needs planning and trusts. Membership to the SNA is extended by invitation only and Moore is one of only three members in Louisiana.



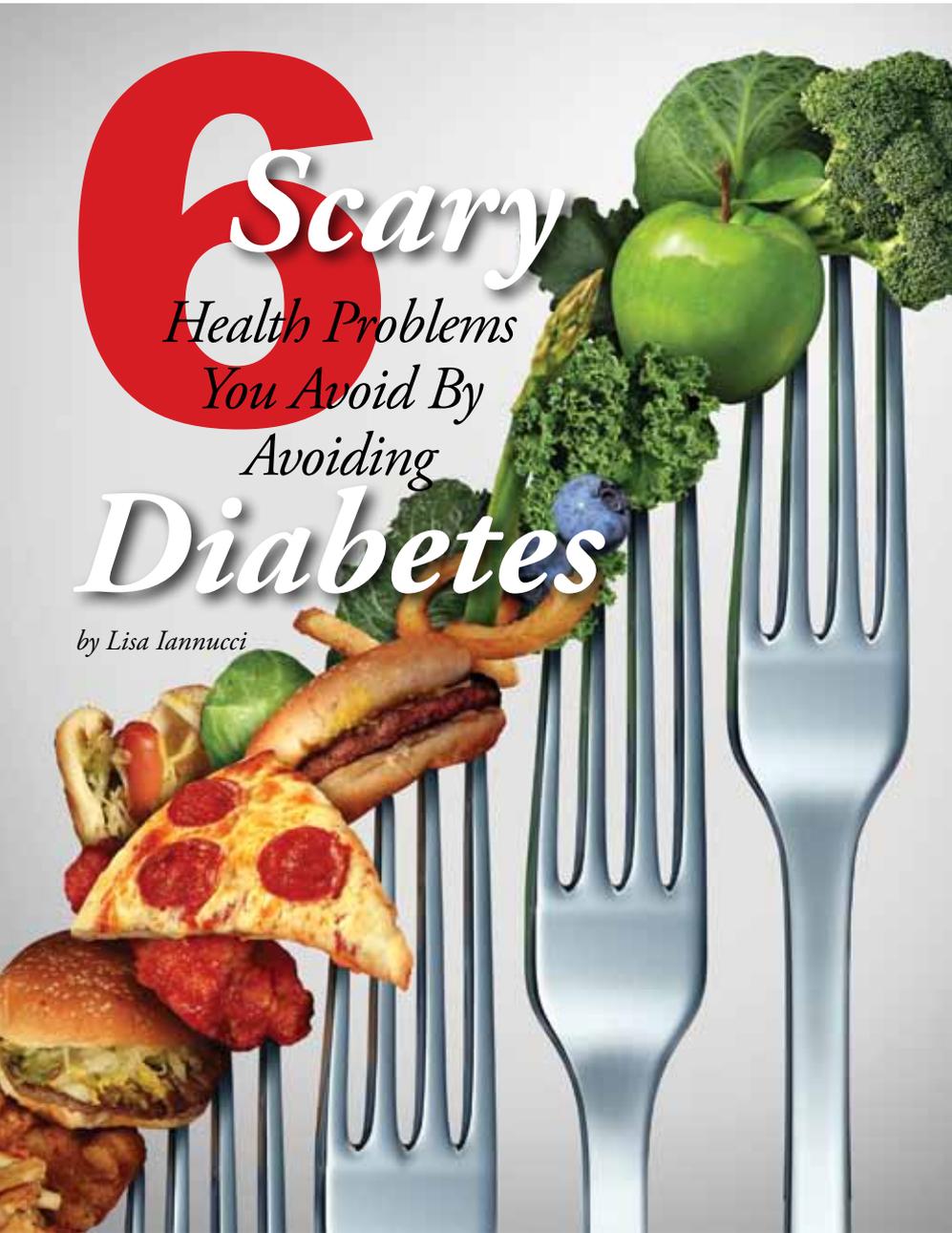
VICKIE T. RECH,
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Vickie Rech is the Client Care Coordinator in the estate planning practice of Weems, Schimpf, Haines, Landry, Shemwell & Moore, APLC assisting clients with their long-term care planning, including qualification for Veterans Benefits and long-term care Medicaid. Mrs. Rech has achieved the designation of Certified Medicaid Planner™ through the Wealth Preservation Institute. To become a CMP™, a candidate must meet certain educational and experience requirements, successfully pass the certification exam, and agree to abide by the highest ethical/professional conduct. Mrs. Rech is the only CMP™ in Louisiana.

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6 Scary Health Problems You Avoid By Avoiding Diabetes

by Lisa Iannucci



Every year, 1.4 million Americans are diagnosed with diabetes, a group of metabolic diseases that cause high blood sugar levels as a result of either the body not producing enough insulin or the inability of cells to respond to insulin, or both. To keep your blood sugar from rising too high, your body uses its own insulin, but Type 2 diabetes occurs when your body does not use the insulin properly. Unfortunately, when someone is diagnosed with Type 2 diabetes, it increases that person's risk for other health problems, too.

"Diabetics do not understand the huge number of medical complications that diabetes can cause until they either have it or see other family members go through it," says Dr. Glenn Rich, board certified in Internal Medicine and Endocrinology at the Fairfield County Medical Group in Connecticut.

The main cause of Type 2 diabetes is obesity. "Diabetes is the most significant medical problem facing the American population today, with more than 100 million diabetics and pre-diabetics," says Dr. Bruce Roseman, author of "The Addictocarb Diet" (BenBella Books, 2015).

"Diabetes causes painful, debilitating diseases that lead to death, which can all

be avoided with proper diet and exercise," Roseman says.

Diabetes prevention is the key factor in preventing these seven common health problems caused by the disease:

1 Vision Loss

Diabetes can directly affect your ability to see properly. According to the American Diabetes Association, diabetics are 40 percent more likely to suffer from glaucoma than those who do not have the condition, and 60 percent more likely to develop cataracts.

"A patient can come in and their blood sugar isn't controlled, but they don't feel bad," says Dr. Andrew Rhinehart, a certified diabetes educator and chief medical officer at Glytec, an glycemic management software company, Greenville, South Carolina. "But they are rusting from the inside out and do not know it. All of a sudden a catastrophe occurs and they get nerve damage or lose vision in one eye."

2 High Blood Pressure

According to the American Diabetes Association, as many as 66 percent of adults with diabetes have high blood pressure. "High blood pressure can lead to heart disease, but whether or not they get it will depend on how well they control it," Dr. Rhinehart says.

3 Cardiovascular Disease

According to the National Institute of Diabetes and Digestive and Kidney Diseases – a part of the U.S. Department of Health and Human Services – high glucose levels cause damage to nerves and blood vessels, which can lead to cardiovascular disease. In fact, the Institute reports that some studies show that for middle-aged people with Type 2 diabetes, the chance of having a heart attack is as high as the risks of a person without diabetes who already has had a heart attack.

"Diabetics are also three to four times more likely to have heart attacks and an increased risk of stroke," Dr. Rich says.

4 Nerve Damage

About half of all diabetics have some form of nerve damage. "It typically

starts in the feet with tingling, burning, and numbness and then moves higher,” Dr. Rhinehart says.

5 Foot Problems

Diabetes can cause skin on the foot to become extremely dry and cracked.

“Diabetics can also get foot ulcers too that can cause a significant amount of damage,” Rhinehart says. “Add in the nerve damage, and the diabetic can lose feeling in the foot, so they can hurt it and they won’t even know it until it’s too late.”

Diabetics that walk on ulcers are at risk of those ulcers becoming infected, which requires them to see a vascular surgeon. High glucose levels make it hard to fight these infections.

Untreated foot ulcers can lead to amputation. Tens of thousands of diabetics lose limbs every year because their condition is uncontrolled.

6 Kidney Disease

Diabetes was listed as the primary

cause of kidney failure in 44 percent of all new cases in 2011. According to the National Kidney Foundation, diabetic kidney failure means that your kidneys are not doing their job as well as they once did to remove waste products and excess fluid from your body. These wastes can build up in your body and cause damage to other organs and, at worst, organ failure.

There is one surefire way to avoid all of these issues –avoid Type 2 diabetes through a healthy diet and exercise.

For those that already have it, the best way to prevent these and other health problems is to control your Type 2 diabetes.

“You can’t change the genetic part of diabetes, but you can change the environmental factors,” Dr. Rich says. “The biggest driver of diabetes over the last 20 to 30 years has been diet. Maintain a healthy diet to prevent diabetes and, if you have been diagnosed, keep it under control. It helps to prevent complications.”

However, Rich admits that, for

some diabetics, staying healthy is a challenge.

“Unlike most other diseases, diabetes affects everything you do,” he says. “You can’t just take a pill and forget it. It encompasses your whole life. However, some people are just dedicated to the dietary and management.”

Rhinehart explains that you do not need to get back to your high school weight, but focus on losing 7-10 percent of your body weight. “If you do, you’ve decreased your risk of developing diabetes,” he says. “If you do well with that, lose 7-10 percent again. I never start a marathon thinking I’ll run 26 miles. I think about two miles and then the next two.”

The American Diabetes Association recommends 150 minutes a week of moderate intensity exercise to get your heart rate up, which translates to five 30-minute sessions per week.

“Include some sort of resistance training,” Rhinehart says. “Remember, obesity occurs one pound at a time.”

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Time To Reduce The Worrying In Your Life

Today's world offers plenty of opportunities to worry. From economic problems to family issues to our health, there's an endless list of things that can cause distress.

The reality is that worrying about real things in our lives it isn't always as bad as it may seem. Being worried performs a needed function, getting us to focus on an issue and, hopefully, to take action.

But often we may suffer from needless worry. This is worry about things that are imaginary or out of our control. Such worry is harmful as it raises anxiety and stress levels, yet comes from things we really can do nothing about.

Excessive worry is not only unpleasant and stressful, but it can lead to very real health issues. Worrying stimulates our bodies to produce

various chemicals, such as adrenaline, that cause physiological reactions, such as muscle tension, increased blood pressure and higher heart rates.

The physical reaction to constant worry can result in headaches, back pain and stomach problems. There's evidence it also affects our immune system, leaving us more vulnerable to viruses and bacteria, perhaps even cancer, and appears to increase the risk of heart attack and strokes.

So, how to reduce worry in your life? First, analyze how real the source of your worrying is. If it's something over which you have control and can do something about, then channel your worry into action. Develop a plan for dealing with the cause of your worry and then carry it out.

But if your source of worry is outside your control, it will continue to cause you emotional and physical



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issues without allowing you to deal with the problem.

Your goal is to stop such needless worry before it controls your emotions. One way is to "rechannel" your thoughts. Simple diversions, such as music, a book, talking to a friend or exercising, can often help. It takes practice to refocus your thoughts away from needless worry, but it can be done.

Once the worry is under control, then think about how real the source of that worry is and whether it's something you might better ignore, rather than letting it control you.

If you find that chronic worry, especially over things you can't control or influence, is negatively affecting your life, consider talking to a professional counselor who can offer a variety of ways to help reduce the worry in your life.

"Counseling Corner" is provided by the American Counseling Association. Comments and questions to ACAcorner@counseling.org or visit the ACA website at www.counseling.org.

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The Richest Dog in the World

Fred loved fish. Not fishing: he loved fish. And I'm not talking about eating fish. I'm talking about watching fish. He had a giant aquarium in his house with over 40 fish in it. His kids thought he was nuts the way he loved those fish. Which really made Fred mad, so he decided to do something drastic. He changed his will: instead of leaving everything to his kids, he left everything to his fish.

Sound legal to you?

Well, Louisiana law changed recently and does now allow for pet trusts, so in a roundabout way, it is possible to leave money for the care of an animal. It's Fred's money, so he can do what he wants with it, right?

Not so fast. That's



because Louisiana has something called forced heirship. Here's how it works: if you have a kid who is under the age of 24 when you die, then you can't leave everything you own to your fish. You have to leave something to that kid. And if you have a permanently disabled kid, regardless of the kid's age, then you

have to leave something to that kid.

Let's say that Fred has 3 kids. When he dies, one of them is 23, one is 27 and the other is 31. None of them are disabled. If Fred doesn't want to leave anything to the 27-year-old or the 31-year-old, then he doesn't have to. But Louisiana law says he has to leave something to the 23-year-old. How much? 25% of everything he owns. The fish can get 75% of his estate, but the 23-year-

A woman with dark hair, wearing a blue tank top, is smiling broadly. She is holding a white bowl filled with various fruits like strawberries, kiwi, and mango. She is also holding a fork with a strawberry on it. The background is a solid orange color.

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old has to get at least 25%.

The same would be true if any of Fred's kids were disabled. Let's say that the 23-year-old and the 27-year-old kids are not disabled, but the 31-year-old is. The 23-year-old would be a forced heir because of his age and the 31-year-old would be a forced heir because of his disability. If you have 2 or more forced heirs, then you must leave at least 50% of your estate to your forced heirs. Which means that in this situation, Fred could only leave half of his estate to his fish.

But if Fred's kids aren't disabled and they are all over the age of 23, then he can do whatever he wants with his money. Unless he wanted to leave a fortune to his fish.

Remember Leona Helmsley? She was known as the Queen of Mean. She left a fortune to her dog, who was appropriately named Trouble. Let's say Leona was a citizen of Louisiana and when she died, she didn't have any kids at all. Could she leave \$12 million to her dog? Well, when it comes to pet trusts in Louisiana, here's what our law says: if you put by far too much money into a pet trust, then a Judge can "terminate the trust as to the excess portion."

So, no \$12 million for Trouble in Louisiana.

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



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Can I Inherit My Parent's Debt?

Dear Savvy Senior,
What happens to a person's debt after they die? My mother has taken on a lot of medical and credit card over the past few years and I'm worried that my brother and I will be responsible for it when she dies. What can you tell me?
- Worried Daughter

Dear Worried,

In most cases when a person with debt dies, it's their estate, not their kids, that is legally responsible. Here's how it works.

When your mom dies, her estate – which consists of the stuff she owns while she's alive (home, car, cash, etc.) – will be responsible for paying her debts. If she doesn't have enough cash to pay her debts, you'll have to sell her assets and pay off her creditors with the proceeds.

Whatever is left over is passed along to her heirs as dictated by the terms of her will, if she has one. If she doesn't have a will, the intestacy laws of the state she resides in will determine how

her estate will be distributed.

If, however, she dies broke, or there isn't enough money left over to pay her "unsecured debts" – credit cards, medical bills, personal loans – then her estate is declared insolvent, and her creditors will have to eat the loss.

"Secured debts" – loans attached to an asset such as a house or a car – are a different story. If she has a mortgage or car loan when she dies, those monthly payments will need to be made by her estate or heirs, or the lender can seize the property.

There are, however, a couple of exceptions that would make you legally responsible for her debt after she passes away. One is if you are a joint holder on a credit card account that she owes on. And the other is if you co-signed a loan with her.

NOTE TO SPOUSES: These same debt inheritance rules apply to surviving spouses too, unless you live in a community property state – Arizona, California, Idaho, Louisiana, Nevada, New Mexico, Texas, Washington or Wisconsin. In these states, any debts that one spouse acquires after the start of a marriage belongs to the other spouse too. There-



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fore, spouses in community property states are usually responsible for their deceased spouses debts.

Protected Assets

If your mom has any IRAs, 401(k)s, brokerage accounts, life insurance policies or employer-based pension plans, these are assets that creditors usually cannot get access to. That's because these accounts typically have designated beneficiaries, and the money goes directly to those people without passing through the estate.

Settling Her Estate

You also need to be aware that if your mom dies with debt, and she has no assets, settling her estate should be fairly simple. Her executor will need to send out letters to her creditors explaining the situation, including a copy of her death certificate, and that will probably take care of it. But, you and your brother may still have to deal with aggressive debt collectors who try to guilt you into paying.

If your mom has some assets, but not enough to pay all her debts, her state's probate court has a distinct list of what bills get priority. The details vary by state, but generally estate administering fees, funeral expenses, taxes and last illness medical bills get paid first, followed by secured debts and lastly, credit card debts.

Need Help?

If you have questions regarding your situation, you should consult with a consumer law attorney or probate attorney to get help. Or, if you just need a question or two answered, call your state's legal hotline (see legalhotlines.org), which provides free phone advice.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



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Scams Keep Targeting the Elderly

Every day, I hear about how the criminal element is attempting to target people, especially the elderly. My own mother was called by at least two different scammers in the last two months and relatives in my family have been called by a scammer in the last couple of months. Scammers are always searching for their next victim. I hope one of these days to not to have to write a column about scammers, but until I don't hear or see any scams happening in our communities, I will continue to warn my readers to be careful.

Credit Card Scam - Someone sounding official will call you and tell you that they are from your credit card company. They will have your name, address, billing address, telephone number, and usually all information that you think the credit card company should have. The person on the



line will tell you that a fake charge appears to have been made to your credit card and they need to confirm whether or not you made this charge. The person on the other end will say a charge of \$400.00 has been made to your account. They then ask you to confirm or deny if this amount has been charged.

Now, when you say that you did not charge this amount, the person on the other end of the line will state they didn't think so. They will tell you in order to start the credit card fraud process you must turn the card over and give them the numbers on the back of the card. Once you do this, then the person on the other end of the line thanks you and tells you the charge will be removed from the card. However,

when you give those numbers on the back of the card to the person, that person then can charge items on your card. In most cases, a \$400 charge is made to the card. Once

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you call your credit card company to complain and tell them about what happened, the credit card company will advise you that you have been scammed.

Credit card companies never ask you for the numbers on the back of the card. You, the credit card holder, will have to possibly close your credit card account in order to protect your identity and have a new credit card issued.

Internal Revenue Service Scam - A person will call purporting to be from the Internal Revenue Service and tell you that you owe back taxes. They will give you a fake badge number and tell you that they will be glad to clear this matter up if you will meet them at the courthouse or send them a check before they take action to collect. They will tell you that if you don't pay, they will have to file suit and the only way to avoid this is to pay immediately. The IRS never communicates by phone. All correspondence is done by mail. Anyone calling purporting to be from the IRS is a scammer.

Check Cashing Scam - A person has a cashier's check drawn on a bank from our country but they are from another country and need help getting the check cashed. The check looks very official and it's usually for a large sum of money. They need a person to cash the check and send them the money. They usually tell the person receiving the check that if they send them half the face amount of the check, they can keep the other half for their trouble. The person cashing the check deposits it in their account and sends the money to the person in the other country. By the time the person sending the money finds out the check is bogus, the money has already arrived to the other person and they are long gone.

If you get any type of check from someone you don't know, remember you never get anything for nothing. These are almost always scams. Thoroughly investigate the matter before sending any money or trying to cash the check. Call the bank listed on the check and see if any monies are in the account

listed or even if the bank really exists.

Grandchild in jail scam - Someone calls to say that they are your grandchild or know your grandchild who has been incarcerated and needs money to get out. They then try to get you to wire money to them or give them your credit card information to help get the person out of jail. A new spin on this scam has recently started to occur. The person tells you that they are a grandchild and asks questions that hopefully get you to say "yes". They record this "yes" answer and the next thing you get is charges to your credit card or billed for services you never applied to receive. This is the criminal's way of evolving the scam to take advantage of digital recordings at different companies.

Additional scams include the home repair scam where someone charges you to fix something but either doesn't do it or does a substandard job. Dumpster diving where someone gets sensitive information from your garbage that you should have shredded. And the phishing scam where they call or contact you on the computer to try to gain access to sensitive information or access to your computer. In addition, criminals are now using the ransom scam where they send you an email that locks your computer with a virus until you send money to them to unlock the computer.

The moral of the story, as always, is be careful and verify who the person is that is trying to contact you. If you don't know them or their email address, don't talk to them and don't open email from someone you don't know. Protect yourself and your information as much as you can and report all these persons to your local law enforcement offices as quickly as you are able to do so.

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



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Make Sure Your Property's Assessed Value is Correct

Some homeowners can't wait to see the assessed value of their home drop. In fact, they'll tell you the bigger the drop, the better. Why? Your property taxes depend on your tax rate and your property's current market value, which is determined by a local assessor. You can't dispute the tax rate, but you may be able to show why the assessed value is too high.

An appeal that results in a lower value could save you money for years to come.

Find out when you can file an appeal. Start the process by determining when you can appeal your home's value assessment. You may be able to find the deadline on your local assessor's website, which might also have instructions on how to file an appeal.

Some areas have a several-month window each year for appeals, often following the annual mailing of assessment value notices. In addition, you might be able to dispute your property's assessment following a renovation or if you just bought the home.

Check your current assessment for errors. Every year, you should receive an official letter stating the assessed value of your home. If you think your property value is lower than the stated value, start collecting proof to demonstrate your reasoning.

One of the first things to look for is a mistake on your property's description, which may be on the letter you received or on your property card – available at the assessor's office or online.

It's not unheard of for a property card to list an extra bathroom or incorrect square footage. Assessors aren't always able to look inside a home during an inspection, and they might not know about renovations to a home.

Make a note of errors and try to estimate the value of each. You'll be able to use these as a basis for your appeal.

Gather more evidence. To strengthen your appeal, you may want to find additional evidence.

- Make a list of comparable properties. Try to get a list of four to six similar properties in your area and their market value. You could use real estate websites that list recent or

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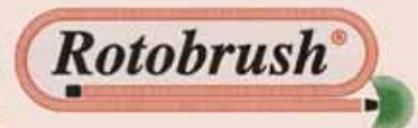
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What you can't see
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estimated sales prices, ask your neighbors or look through public databases to find official assessed values. If you find the homes' sales prices or assessed values are lower than yours, or similar but your home is in worse condition, you may have a strong argument.

- Estimate the cost of repairs. A leaky roof, cracked driveway or another issue could lower your property's value. Make a list of the faults, estimate cost for repairs and take pictures as proof.

- Make a note of changes in your neighborhood. A property's value depends on more than just the home. If nearby houses were recently foreclosed on or the schools' rankings dropped, your property could be worth less than it was before.

- Get a professional assessment. You could hire a state-certified appraiser to estimate your property's current value. However, the assessment might cost \$300 to \$500, and this might only be a good idea if your research already looks fruitful. In some areas, you may need an official assessment to file an appeal.

Once you organize your evidence, it's time to file an appeal.

Present your findings. The appeal process varies depending on where you live. If you have a simple scenario, such as a mistake on your property card, you might be able to make your appeal over the phone. But some counties require you to submit the appeal online or by mail, or you may have to schedule an in-person review at the assessor's office.

It could take several weeks to months to hear back. If the decision doesn't come back in your favor, you could file another appeal with an independent review board.

Bottom line: After gathering evidence, you can make a showing for why your home's assessed value is too high and potentially lower your property taxes. But think twice if you're considering selling your home soon. A lower assessed value might affect how much someone is willing to pay for the home.



Nathaniel Sillin directs Visa's financial education programs. To follow Practical Money Skills on Twitter: www.twitter.com/PracticalMoney.



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01

Sparks Energy — Many cases of heart failure are actually caused by a lack of CoQ10. CoQ10 sparks energy in every cell of your body including your heart which is your body's largest energy user. Without enough CoQ10, your heart doesn't pump blood as efficiently as it should.

02

Feel Younger — The lack of energy we call "aging" is often just a CoQ10 deficit. Your body naturally produces CoQ10 throughout your life, but production drops as you get older. When people start taking CoQ10, they often feel 10 years younger.

03

Coq10 Is A Powerful Antioxidant — It cleans up the destructive free radicals that are by-products of the energy production process.

04

On A Statin Medication? — If you're on a statin medication, you MUST take CoQ10. Not only do statins stop cholesterol production, but they also hinder your body's production of CoQ10. That's why many people end up with muscle aches and weakness while taking statins.

05

What Brand To Choose
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Walking in Anne Frank's Footsteps

Story by Andrea Gross; photos by Irv Green

The school that Anne Frank attended from 1934 until 1941 is painted with quotes from her diary.

The day is sunny, the weather a bit chilly but still pleasant. I shade my eyes and look up at a row of four-story brick buildings fronted by a small patch of green grass. The buildings themselves are rather plain; each floor appears to contain two apartments.

Here, in Amsterdam's Rivierenbuurt neighborhood, a thirty-minute tram ride from downtown, I can see how ordinary people go about their daily lives, oblivious to the touristy hubbub of the central city. It's the sort of place I might live had I been born Dutch.

It's also the place where 75 years ago this month - in June 1942 - an ordinary young girl celebrated her 13th birthday. Her favorite present was a small autograph book that her father had purchased at the corner bookstore.

Less than a month later this girl, whose name was Anne Frank, and her family were forced into hiding to escape the Nazi onslaught. For Anne the ordinary pursuits of childhood came to an abrupt end. No more playing marbles with her friends. No more jumping rope in the summer and ice-skating in the winter. Cut off from schoolmates who would have filled her autograph book with best wishes and witty sayings, Anne used her birthday present as a diary, one that has been translated into

70 languages and sold more than 30 million copies.

A small child comes over and touches my hand. "You lost?" she asks in halting English. "I'm looking for Anne Frank's house," I say.

She points to a window on third floor of one of the buildings. "That's where Anna lived when she was little." The Franks' apartment, where they lived from 1934, when they emigrated from Germany, until 1942, when they went into hiding, now serves as a retreat for aspiring writers. Although it's been restored to look as it did when the Franks lived there, it's only open to the public on special occasions.

The child leads me to a bronze statue at the end of the park. It depicts a teenage girl gazing wistfully at the row of apartment buildings. It is the only official recognition of the fact that this is the neighborhood that nurtured Anne Frank.

"Anna is saying good-bye to her home," says our new friend. She also says good-bye, and my husband and I walk a few blocks to the Montessori School that Anne attended from 1934 to 1941. The building, which is still a functioning Montessori school, is painted in pastel colors overlaid with quotes from the diary of its most famous student.

SITE LOCATIONS:

— In the Rivierenbuurt neighborhood:

- Anne's childhood home: Merwedeplein 37
- Statue of Anne: Park in front Merwedeplein 37
- Boekhandel Jimmink bookshop: Rooseveltlaan 62
- Anne's Montessori school: Niersstraat 41-43

— In central Amsterdam:

- Otto Frank's first place of business: Nieuwezijds Voorburgwal #120-126 Candida building
- Otto Frank's second place of business place: Singel 400.
- Flower Market: On the Singel canal between the Koningsplein and the Muntplein
- Secret Annex (also known as the Anne Frank Huis): Prinsengracht 263
- Westerkerk Church: Prinsengracht 281



A statue of Anne Frank stands in the small park near the apartment building where she lived as a child.

Finally we stop at Boekhandel Jimmink, the corner bookstore where Anne's father purchased his daughter's birthday present. We ask if they have replicas of the famous diary. The clerk points to a small stack of books on a back table. "We don't get much call for these," he says apologetically. "Not a lot of tourists come here, and among locals Harry Potter outsells Anne Frank."

We continue our search for Anne's childhood haunts in central Amsterdam,

an area that today is filled with galleries and small shops. Anne loved to explore the narrow streets near her father's offices, which were in stately homes along the Singel and Prinsengracht Canals. She also spent many happy hours at the nearby Bloemenmarkt, the only floating flower market in the world.

The Secret Annex, where the Franks

spent two years hiding from the Nazis, is only a few blocks away. Unlike her old neighborhood, her hiding place is one of the most visited sites in the Netherlands. The line to get in stretches around the block.

A few months later, on a different trip in a different country, we attend a talk by a Holocaust survivor. Quite by chance

the speaker is Hannah Goslar, one of Anne's closest friends, the one referred to in her diary as Lies (a Dutch contraction of the name Elisabeth). Hannah was one of the last people Anne saw before she died in the concentration camp at Bergen-Belsen in March 1945, a few months before her sixteenth birthday.

"I grew up in the apartment downstairs from Anna Frank," she begins. "Has anyone been to that part of Amsterdam?"

We raise our hands. "I haven't been back in years," she says softly. "Tell me, what is it like today?"

We tell her that as we walked to the school that she and Anne attended, we saw a menorah in the window of a first floor apartment.

She smiles. "You know," she says, "in her diary Anna wrote that 'despite everything, I still believe that people are really good at heart.' Perhaps she was right."

For an expanded version of this article, go to www.traveltizers.com.



The flat-roofed four-story canal house on the right (next to the building with the pointed red roof) houses the "Secret Annex," where Anne Frank and her family hid during World War II. It is one of the most visited spots in the Netherlands.

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Malaprop Master: Norm Crosby

We all use the wrong word occasionally – “that skinny dog looks emancipated” – but comedian Norm Crosby molded a career from such humorous grammatical gaffes known as malaprops.

“Although I had a good job as an advertising manager for a shoe company in Boston, I liked to fool around with comedy,” said Crosby from his home in Los Angeles.

It was the 1950s, and Crosby began visiting small, local bars and clubs on weekends to try his hand at standup.

“I would watch the Ed Sullivan show and borrow a few lines here and there from guests like Red Buttons and Buddy Hackett to create a routine,” he explained. “Then I started getting invited to do political functions like the governor’s birthday ball or mayor’s dinner.”

At one event, he bumped into E.M.

Loew, owner of the popular Latin Quarter nightclub in New York City. “He liked my work and invited me to do a week there. I told him I’d think about it.”

While adapting the jokes of others worked for occasional regional performances, Crosby knew he would need original material to perform in a major city. Then he remembered the owner of a club in Springfield, Mass., where he sometimes appeared.

“The guy would hit on the singers and dancers,” recalled Crosby. “The club was 90 miles from Boston, so some of the girls stayed at hotels during their engagements whereas others would commute each day.”

When the club owner took a fancy to one cute girl, Crosby remembers him asking for help.

“He said ‘find out if she is staying over or is communicating,’” chuckled Crosby. “I knew that wasn’t the right word, but it was funny. So I starting playing around with the idea of malaprops and that’s how my signature act evolved.”

Crosby soon found audiences appreciated his style of satire, appearing for 18



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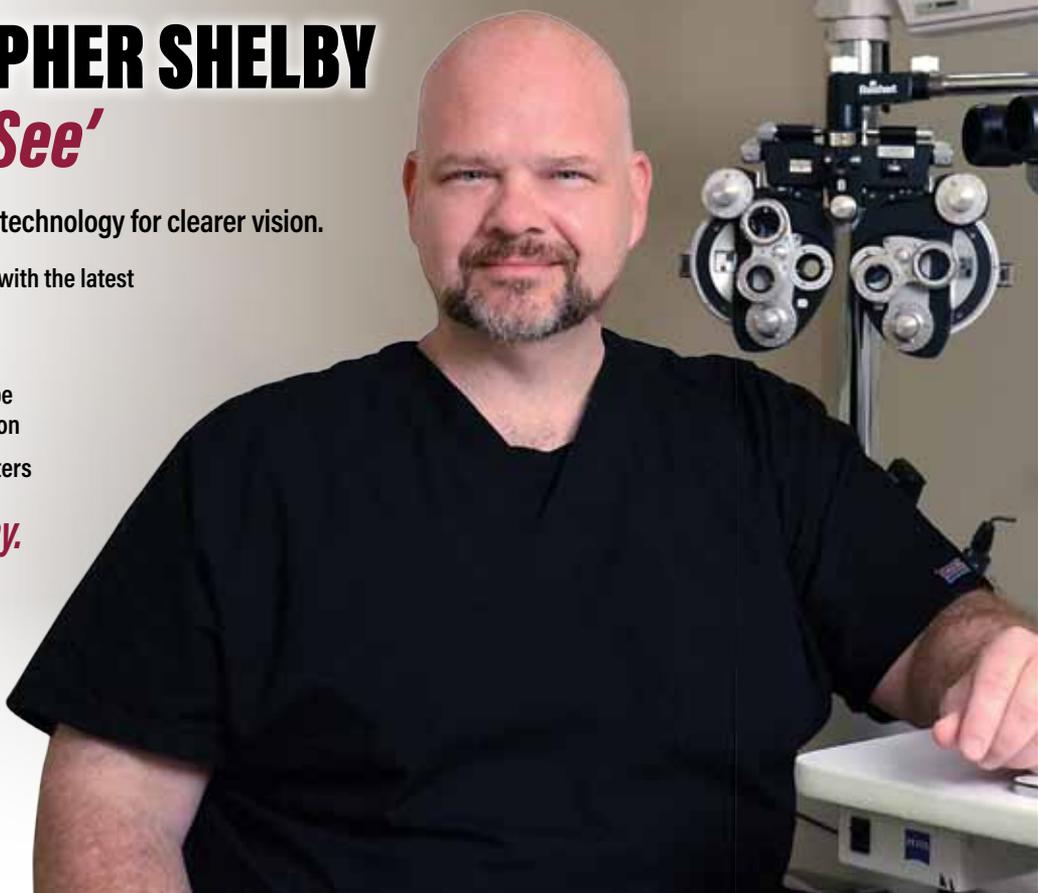
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Book Review of *Celine* by Peter Heller

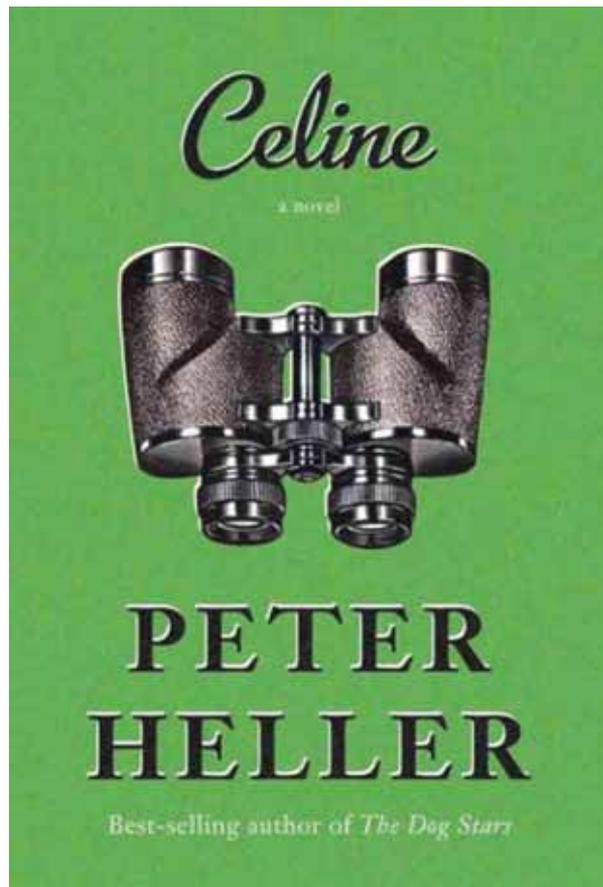
Published by Knopf; 1st edition (March 7, 2017);
352 pages.

Private investigator stories are nothing new – the thrill and suspense of reading as characters hunt down someone or something have always been popular. But in *Celine*, what *is* new is the private investigator, herself. After all, it's not often that the sleuth is in her mid-60's and battling emphysema. *Celine*, by Peter Heller, is really two stories that revolve around the title character.

Although she comes from French/American aristocracy, *Celine* has always been a black sheep – preferring art to traditional professional or maternal pursuits. Her marriages and life choices

put her at odds with her family, and one big, devastating life event ultimately led her to become a – very good – private investigator.

This story follows *Celine* as she digs into the mystery of a famous National Geographic photographer and neglectful father who went missing, presumed dead, many years prior. Gabriella, the missing man's daughter, asks *Celine* to look into his death after her own attempts to learn more about his mysterious disappearance come to a dead end. As *Celine* and her husband, the endearing and quiet Pete, begin their travels in pursuit of solving the case, they soon notice a

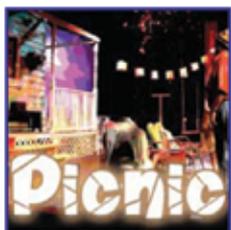


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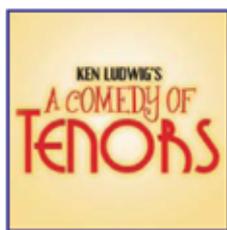
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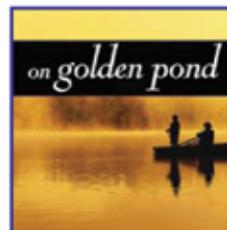
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man bent on following their every move and learn that this disappearance is something no one wants to talk about.

This book also tells another story - that of Hank, Celine's son, as he conducts a search into his mother's past. Hank has always wondered why Celine so fiercely conducts her investigations, usually re-uniting birth families at no charge. Celine's sisters told Hank clues about her past before they died, and those lead him to embark on his own quest for information. As Celine's investigation into the missing man continues, so does Hank's delving into Celine's past.

With a non-traditional character at the lead, an older woman with spunk, courage and know-how, humor is interlaced throughout. There were a couple of times I even laughed out loud as, through draws on her oxygen, Celine faces down a group of angry bikers and surprises a gun seller by handling a rifle like she was born with it.

The unraveling of both mysteries is interesting and well told. Heller manages to balance the right amount of sadness and levity with redemption and humor. *Celine* sets a good pace and easily falls into the "Great Beach Read" category.

Grade: B+

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



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As Chuck Patterson was motoring across the lake in 2013, he suddenly hit a submerged sandbar that threw him completely out of his boat. Unfortunately, the boat continued traveling up and over him breaking two vertebrae and mangling his left foot in the process. He managed to crawl back to his boat where he found his cell phone and was able to call 911. While waiting for help to arrive, he fashioned a tourniquet out of his belt to keep from bleeding to death.

Fortunately, Chuck eventually made a full recovery and despite having his foot amputated several inches above his ankle, the 83 year-old Korean War Veteran has returned to fishing thanks to the prosthesis he now wears.

"It takes a little while to go through the process of getting a prosthesis, so I got to know the staff at Snell's pretty well—they became like family to me," said Chuck. "Those folks are so honest and forthright, you can't help but like them."

You can still find him fishing out on Cross Lake most Thursday and Friday mornings when the weather is good.



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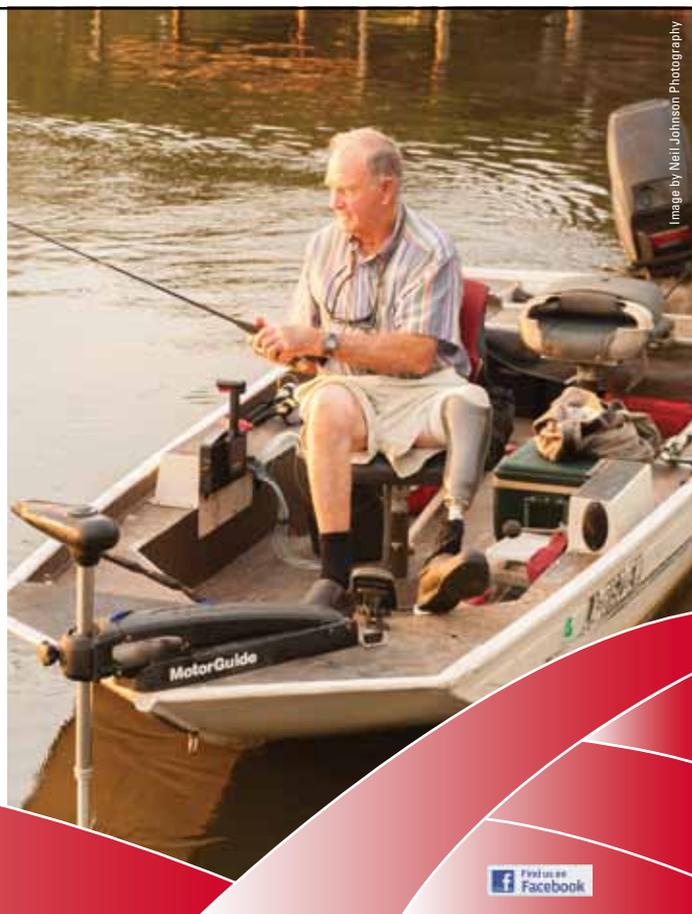


Image by Neil Johnson Photography





Cactus Carving

Medium-large oval or oblong watermelon
(seeded or seedless)

Cutting board

Paring knife

Dry erase marker

Kitchen knife

Scoop

Cactus cookie cutter

Small flower cookie cutters

Toothpicks

Fire and Ice Salsa (recipe below)

Wash watermelon under cool, running water and pat dry.

On cutting board, place watermelon on its side and cut off ¼-½ inch from stem end; this will provide a sturdy base. Reserve end piece to make into small cactus.

Stand watermelon upright on base. Use dry erase marker to draw simple outline of cactus shape.

One-third up from bottom of watermelon, draw straight line around back, being careful not to go through cactus outline; this will create a serving bowl for watermelon salsa.

Use kitchen knife to cut around outline, leaving just bowl with cactus attached.

Scoop out base to form bowl.

From pieces of watermelon that were cut away, use cookie cutters to make cactus pieces and flower pieces to decorate with, and chop remaining watermelon to make watermelon salsa and watermelon margaritas, or juice.

Attach toothpicks randomly around cactus to make thorns and decorate with watermelon flowers. Decorate bottom rind scrap with toothpicks to resemble short, round cactus.

Fill bowl with Fire and Ice Salsa and serve with tortilla chips.

Fire and Ice Salsa

Makes: 3 cups

3 cups seeded and finely chopped watermelon

½ cup finely diced green peppers

2 tablespoons lime juice

1 tablespoon chopped cilantro

1 tablespoon finely sliced green onion

1-2 tablespoons finely diced jalapeno peppers

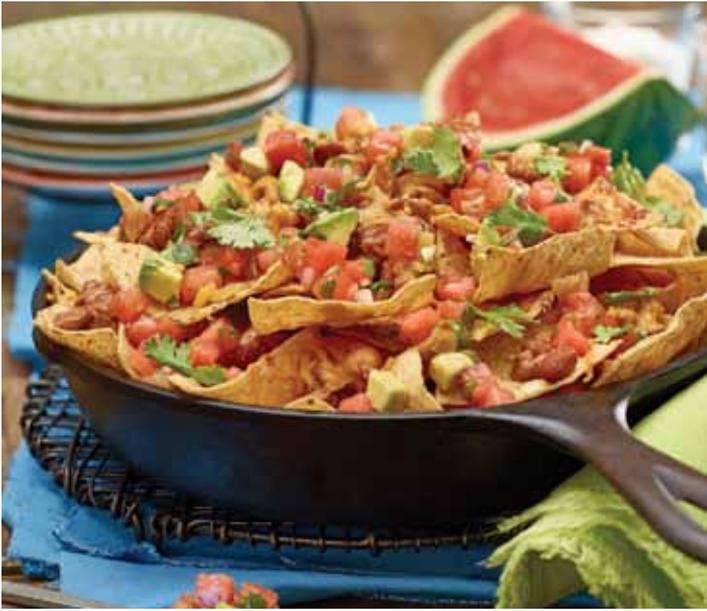
Combine ingredients; mix well and cover. Refrigerate at least 1 hour before serving.

SWEET MEETS SPICY

FAMILY FEATURES

There's no better way to spice up a party than by using unexpected ingredients in fun, flavorful dishes and drinks. For your next fiesta, celebrate a star of the party with sweet and juicy watermelon. These recipes show how, with a little creative carving, you can use the whole melon, including flesh, juice and rind, for big value and zero waste.

Find more fiesta-ready recipes at watermelon.org.



Nachos with Watermelon

Avocado Salsa *(Makes: 8 servings)*

- | | |
|---|--------------------------------------|
| 1 avocado, peeled, seeded and chopped | 1½ cups diced watermelon |
| 2 teaspoons lime juice | 16 ounces fat-free refried beans |
| ¼ cup chopped cilantro | 11 ounces corn tortilla chips |
| 1 minced garlic clove | 1½ cups sharp cheddar cheese, grated |
| 1 can (4 ounces) diced green chilies, drained | ⅓ cup fat-free sour cream |
| 2 tablespoons diced red onion | |

Heat oven to 350 F.

To make salsa: In medium bowl, combine avocado, lime juice, cilantro, garlic, chilies and red onion; toss to thoroughly mix. Add watermelon and toss gently. Set aside.

Over medium heat, heat beans until hot. Mash if preferred.

Place chips on flat, oven-proof plate or cookie sheet and top with beans and cheese. Repeat layers as desired. Heat in oven 10 minutes, or until cheese has melted and chips are hot.

Top with salsa mixture and sour cream.

Tip: Reserve some salsa to place in bowl for dipping.

Blended Watermelon Margarita

Makes: 2 margaritas

- | | |
|--|-----------------------------|
| 2 cups seedless watermelon, cubed and frozen | 1½ ounces lime juice |
| ½ cup water | 1 ounce elderflower liqueur |
| 3 ounces silver tequila | pinch of salt |
| | lime slices, for garnish |

In blender, combine watermelon, water, tequila, lime juice, elderflower liqueur and salt. Blend until smooth.

Pour into two chilled margarita glasses and garnish with lime slices or small watermelon wedges.



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EVENTS

American Legion July 4th Celebration - American Legion Post 14, 5315 South Lakeshore Drive, Shreveport.

One day event with outdoor activities, including food, music, fun and ending with a fireworks display. Festivities begin at 4 pm. **FREE** and open to the public. Bring your lawn chairs, picnic blankets, and enjoy the evening. Restrooms are available. Fireworks Display will take place at 9 pm. For more info call 318-635-8186, M-F from 8 am to 4 pm or www.facebook.com/LoweMcFarlanePost14/



Bossier Arts Council's Emerging Artist Gallery - Presenting the art of Linda Dickson. Bossier Arts

Council, 630 Barksdale Boulevard, Bossier City. June 1 until July 31. Opening Reception Friday, June 16, 6 - 8 pm. **FREE** and open to the public. For more information, please visit www.bossierarts.org or call 318-741-8310.

Green Thumb Educational Seminar - Presented by American Rose Center on Saturday, June 10. Klima Rose Hall, The American Rose Center, 8877 Jefferson Paige Road, Shreveport, 9:00 am till 12:00 noon. **FREE** and open to the public. Registration is not necessary, but helpful to assure plenty of handouts. 318-938-5402

FARMER'S MARKETS

Bossier City Farmer's Market - South parking lot of Pierre Bossier Mall in Bossier City. 9 a.m. to 1 p.m. each Saturday through November 25. **FREE** and open to the public.

Provenance Farmers Market & Concert Series - Thursdays June 1, 8, 15, 22 and 29, 5 to 8 PM; Saturday June 17, 7 AM to 12 noon. Featuring fresh produce and meats, local art, food, homemade crafts and live music in Windrush Park in Provenance on the Southern Loop. If you have any questions, please email events@yourprovenance.com or call our office at 318.683.0399.

Shreveport Farmers Market - Saturdays, June 3 - August 26 (except June 17), 7 AM to 12 PM. Under the pavilions at Festival Plaza in Downtown Shreveport at 101 Crockett St. (where Crockett St. and Commerce St. intersect.) More than 100 booths will offer produce, meat, honey, plants, artisan food products; and agricultural goods produced within 100 miles of Shreveport. The Market Café will be open. For more information, please visit www.shreveportfarmersmarket.com.



shreveportfarmersmarket.com.

Shreveport Summer Market - Every Friday at Mall St. Vincent thru July 7th, 4:00 PM - 7:00 PM, Mall St. Vincent (west parking lot facing I-49), 1133 St. Vincent Ave., Shreveport. Fruits and vegetables, arts and crafts, live music, gifts, food trucks, kids activities. **FREE** admission and parking.

MEETINGS

Arlatex DNA Interest Group - Wednesday, June 14 at 12:30 PM in the large meeting room of the Broadmoor library, 1212 Capt. Shreve Drive, Shreveport. Basic and advanced information on DNA testing from AncestryDNA and Family Tree DNA will be included. No prior experience or knowledge of DNA testing or Genetic Genealogy is required. **FREE** and open



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to the public. For information contact: Jim Jones, phone (318) 773-7406 or email jjones09@gmail.com.

Ark-La-Tex Genealogical Association Meeting - Saturday, June 10 from 1 to 3 PM at the Randle T. Moore Center, 3101 Fairfield Ave (corner of Fairfield Ave and Kings Hwy), Shreveport. Guest speaker Jackson Sibley, local historian, will present "Plantations Along the Upper Red River - 1839 - Present Day". Also, genealogist Glenda Bernard will present "Overlooked Records of the Freedmen's Bureau". **FREE** and open to the public. For info call 746-1851 or email jjohnson747@suddenlink.net

SUPPORT GROUP

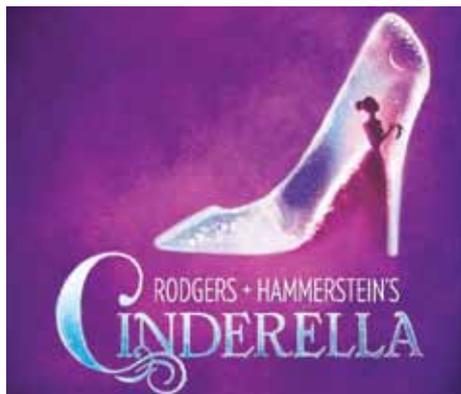
Caregivers' Memory Loss Support Group - Support group for those caring for loved ones suffering from memory

loss related illnesses. 5:30 p.m. – 6:30 p.m., on the first Thursday of every month at Harrell Library at The Glen (Access via Main Entrance on Flournoy Lucas Road). **FREE**. For info call 798-3500 or email info@theglensystem.org.

Grief Support Group - Emmanuel Baptist Church, 5850 Buncombe Road, Shreveport. Tuesdays, April 11 – July 18. 6:30 pm – 8:30 pm. For more info call Kay Asher at 318-617-4085 or kayasher@gmail.com

Weight Loss Support Group - The All Women's chapter of Take Off Pounds Sensibly (TOPS) meets every Monday at 5:30 p.m. at Fitness Lady, 1800 Old Minden Road. Contact 318-773-5923 for more information.

THEATRE



Cinderella - Sunday, June 11 at 7:30 PM at Strand Theatre, 619 Louisiana Avenue, in downtown Shreveport. *Cinderella*, the Tony Award-winning Broadway musical from the creators of *The Sound of Music*, is delighting audi-

ences with its contemporary take on the classic tale. This production features an incredible orchestra, jaw-dropping transformations and all the moments you love, plus some surprising twists. Tickets are \$79.50, \$65.50, \$47.50. Call the box office at 318-226-8555 or visit www.thestrandtheatre.com.

Madagascar Jr.: A Musical Adventure - presented by Shreveport Little Theatre (SLT) Academy. Based on DreamWorks Animation Motion Picture. Friday, June 9 at 7:00 p.m., three performances of Saturday, June 10 at 11:00 a.m., 2:00 p.m., and 4 p.m., and Sunday, June 11 at 2:00 p.m. at Shreveport Little Theatre, 812 Margaret Place, Shreveport. Tickets are \$12.00 and may be purchased at shreveportlittletheatre.com, at the box office at 812 Margaret Place from 12 p.m. – 4 p.m. Monday-Friday, or by calling (318) 424-4439.

Peter and the Starcatcher - Presented by Stagecenter at Marjorie Lyons Playhouse, 2700 Woodlawn Ave. on the campus of Centenary College. Performance are June 22, 23, 24, 29, 30, & July 1 @ 7:30 PM; June 25 @ 3:00 PM; July 1 @ 2:00 PM. 5 time Tony®-winning play based on the best-selling novels, "Peter and the Starcatcher", is the "absurdly funny, fantastical story" (Entertainment Weekly) that upends the century-old tale of how a miserable orphan boy becomes the legendary Peter Pan. Tickets are \$20.00 Adults; \$18.00 Seniors; \$15.00 Students/Kids. For tickets call 318.218.9978.

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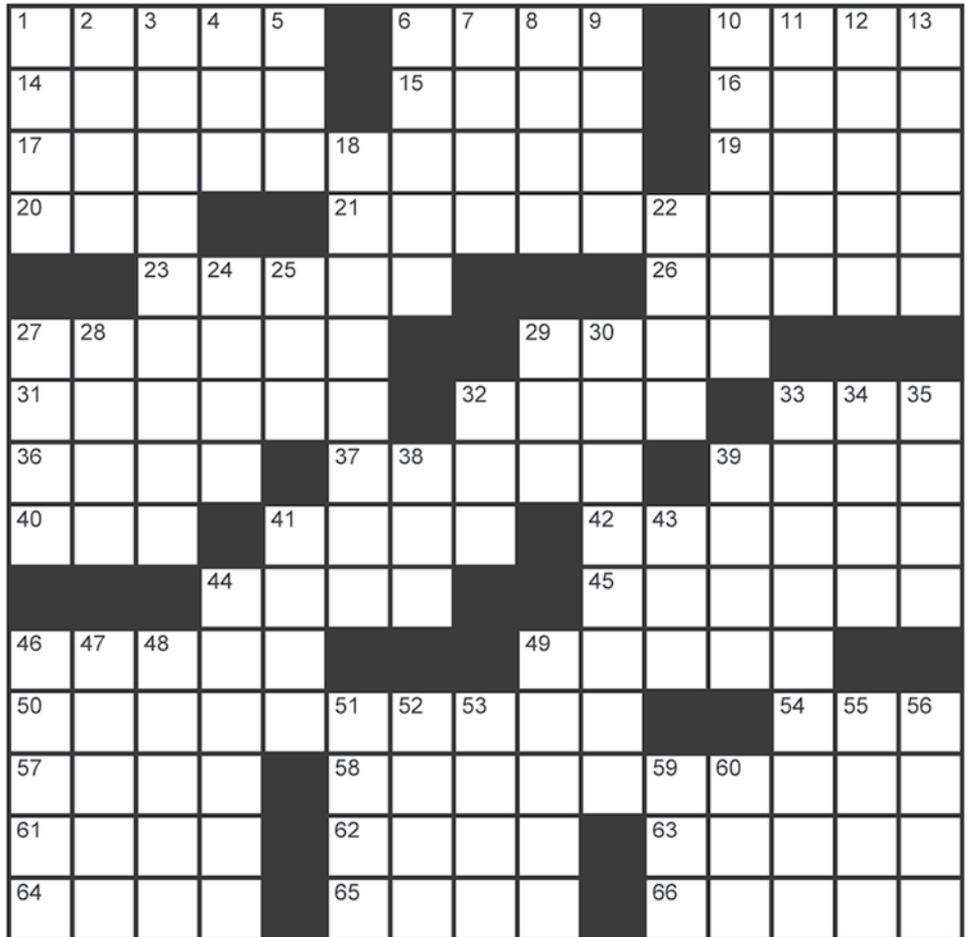
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The Best of Times Crossword (answers on page 44)



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Across

- 1 Secret society
- 6 Come clean, with "up"
- 10 Neighbor of Senegal
- 14 Big dos
- 15 Wagon part
- 16 Director Reitman
- 17 Like the press, maybe
- 19 Lady of Spain
- 20 Circle segment
- 21 Delhi native
- 23 Honor
- 26 Blast from the past
- 27 Founder of Scholasticism
- 29 Hawk's opposite
- 31 Sushi condiment
- 32 Spanish sparkling white wine
- 33 Blunder

- 36 Anon's partner
- 37 Chivalrous locale
- 39 Diamond Head
- 40 "Get the picture?"
- 41 Prohibits
- 42 Rue
- 44 Drone, e.g.
- 45 Opera soprano Maria
- 46 Kind of flu
- 49 Comedian Drew
- 50 Trolleys
- 54 Lingerie item
- 57 Tehran's land
- 58 Name
- 61 Facts and figures
- 62 Gaelic language
- 63 Fort Knox unit
- 64 Spotted
- 65 Ship part
- 66 Auto pioneer Citroën

Down

- 1 Baby's first word, maybe
- 2 At a distance
- 3 Chicken dish
- 4 Charged particle
- 5 Pack animal
- 6 Electrical unit
- 7 Former spouses
- 8 Bed support
- 9 Highway hauler
- 10 Center
- 11 Skirt
- 12 Hawaiian veranda
- 13 Ludicrous
- 18 Depot
- 22 Astronomical sighting
- 24 Have on
- 25 Priest's robe
- 27 Dazzles
- 28 Church section
- 29 Metric unit of volume
- 30 Clouded
- 32 It keeps an eye

- on TV
- 33 Restaurant promotion
- 34 Moon of Saturn
- 35 Dead-end jobs
- 38 "The loneliest number"
- 39 Gawk at
- 41 Deadly poison
- 43 Canal site
- 44 Distraught woman
- 46 Line to the audience
- 47 Leave the straight and narrow
- 48 Boiling mad
- 49 Inhumane
- 51 Hike
- 52 Waxy covering of a bird's beak
- 53 Basilica part
- 55 Engine sound
- 56 ___ meridiem
- 59 Letters before an alias
- 60 Beachgoer's goal

Sudoku (Answers on page 44)

Each row, column and box must contain the numbers 1 to 9.

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

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Words After "Side" (answers on page 44)

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

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- | | | | | |
|---------|----------|----------|-----------|----------|
| Arm | Dish | Line | Saddle | Track |
| Bar | Door | Of Bacon | Show | Trip |
| Board | Effects | Order | Splitting | Walk |
| Burns | Entrance | Out | Step | Whiskers |
| By Side | Glance | Pockets | Street | Winder |
| Car | Kick | Road | Swipe | With |

Tracking Trivia!

compiled by Gary Calligas

Test your trivia knowledge.

The answers can be found on page 46.

- 1 What was Woodstock, where was it held, and in what year?
- 2 What was the name of the small boat that ran aground on the shore of "an uncharted desert isle", marooning all onboard on the TV show "Gilligan's Island"?
- 3 According to Art Loss register, which artist's paintings are the most frequently stolen by thieves throughout the world?
- 4 Betty Virginia Park is centrally located between Fairfield and Line Avenues in Shreveport? Where did this popular park get its name?
- 5 According to the U.S. Treasury, which paper monetary currency has the shortest lifespan in circulation?



- 6 "Captain Kangaroo" was a beloved children's television series that aired from 1955 until 1984. The program starred Bob Keeshan as the Captain (pictured above wearing a tie). What was his sidekick's name (in the overalls) and what were the names of the puppets in this photo?

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.



Toni Camp
Regional Hospice Care Group
8660 Fern Avenue, St. 145
Shreveport, LA 71105
(318) 524-1046
See our ad on page 14.

Will Medicare cover my mother's care in a nursing home?

While Medicare does not pay room & board fees for one actually "living" in a nursing home, there are portions of nursing home care that are covered. Medicare covers 100 days of skilled nursing care when the doctor feels that either nursing or rehabilitation services for Medicare Part A insured persons are needed following a recent hospitalization of 3 or more days. Additionally, Medicare Parts B & D may pay for your mother's medications and physical, speech or occupational therapies ordered by a physician while she is in a nursing home. Depending upon the financial situation, nursing home room & board is generally paid by the individual, Medicaid, or Long Term Care Insurance.



Vicki Ott
Highland Place
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 11.

How long do the positive effects of CK last? Will I ever have to wear reading glasses again?

Conductive Keratoplasty, or CK, is a wonderful procedure to help reduce your dependence on reading glasses. The positive effects of CK will last a lifetime, but everyone becomes more presbyopic with advancing age. As time goes on, patients will find themselves needing to use reading glasses more often. The good news is, because CK has such a high safety profile, it can be enhanced years later. For more info on CK and its benefits, visit us online at www.ShelbyEye.com or call us at (318) 212-3937.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
See our ad on page 34.

What are the symptoms and treatment of torn cartilage?

Meniscus tears are the most common surgical condition involving the knee. Medial meniscus (inside) tears are 3 - 4 times more common than lateral tears (outside). The meniscus support 50% of the body weight with the knee extended and 90% with the knee flexed 90°. Because the meniscus supports body weight every attempt should be made to repair or maintain as much meniscus tissue as possible. Popping, giving way, locking, tenderness at the joint line, stiffness, and swelling are some of the signs/symptoms of cartilage tears. Arthroscopic surgery is generally done on an outpatient basis and recovery is from a few days to a weeks.



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

(puzzles on pages 42-43)

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

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

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

June PARTING SHOTS

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

The Krewe of Elders held a Tea honoring Queen LaWanda Turner on Sunday, April 9 at the home of Wanda Smith.



Queen LaWanda Turner (front row center) with hostesses (front row) Joy Lynn Gaensehals, Sherrie Vullo, Celia Frazier, Pat Stell, Wanda Smith, Connie Rivet; (back row) Linda Young, Wanda Cunningham, Julia Collins, Liz Skyles



Duchess Dianne Harmon, Queen LaWanda Turner and Duchess Pamela Brown



Past Queens Gail Casio, Wanda Cuningham, Celia Frazier, Queen LaWanda Turner, Pat Stell, Janice Franklin and Liz Skyles

The 2017 - 2018 Strand Theatre season was announced on May 9 by Executive Director Jenifer Hill from the theatre's historic stage.



Mike Rosenzweig with Cindy and Steve Singletary



Ann Wright, Veronica Czarasty, Ann Drews



Hilda Holder and Doug Schaumburg



Strand Board Pres. Jodi Glorioso, Gail Mitchell, Exec. Dir. Jenifer Hill, Candy Welch, and Loretta James

Tracking Trivia!

ANSWERS

Quiz on page 43.

1 The original Woodstock Music & Art Fair, informally known as Woodstock, was a music festival held on Max Yasgur's dairy farm which was located near the town of Woodstock in New York. The festival ran from August 15 to 18, 1969. Namesake events were held in 1979, 1989, 1994, 1999 and 2009.

2 The S.S. Minnow is the name of the fictional boat on the hit 1960s sitcom. Although many believe it was named for the small fish, it was actually named for Newton Minow, who *Gilligan's Island* executive producer Sherwood Schwartz believed "ruined television". Minow was chairman of the U.S. Federal Communications Commission (FCC) in 1961, and is noted for a speech in which he called American television "a vast wasteland".

3 As of January 2012, a whopping 1,147 of Pablo Picasso's paintings have disappeared from museums, galleries, businesses, and private homes (including one stolen from his own granddaughter), making him the most stolen artist of all time, according to a list compiled by the Art Loss Register, an organization that helps track and recover stolen art around the world.

4 Betty Virginia Park was given to Shreveport by Elias Goldstein and Albert Coldwell (A.C.) Steere in honor of their daughters Betty Goldstein and Virginia Steere.

5 The U.S. \$5 bill has a lifespan of 16 months, while the \$10 bill is about 18 months, and the \$1 bill around 21 months.

6 Captain Kangaroo's sidekick was Mr. Green Jeans, played by Hugh "Lumpy" Brannum. The puppets were (from left) Dancing Bear, Bunny Rabbit, Grandfather Clock, and Mister Moose. All of the puppets were performed by actor and puppeteer Cosmo Allegretti.

June PARTING SHOTS (CONTINUED)

The Bossier Council on Aging (BCOA) held their "All That Glitters" style show on April 27th at the Hilton Garden Inn in Bossier City.



Patsy Taylor and
Patti Maughon



Betty Wegner and Ruth Taffi



Style Show Chair Laura Wood with BCOA
Executive Director Tamara Crane



The American Contract Bridge League (ACBL) held a sectional tournament in Shreveport April 28 – 30. Area residents Judy Steinfeld, Don Soileau, Bonita Hays, and Jim Archibald finished in first place in the Swiss Team competition.



Sherry Stuckey and Debbie Thurmond



(l to r) Carole Kolo, Gail Colgrove, Nancy Cavallo, Betty Rudnick

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Joe Gilsoul



Lee Aronson

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visit us at • www.gilsoul-law.com • or email us at • firm@gilsoul-law.com

Joe offers over 32 years of experience in elder law, and Lee over 22 years.

Both have appeared on The Best of Times Radio Hour, and Lee is the author of an award-winning monthly column for The Best of Times magazine. Each gives frequent lectures to the public on elder law related issues, and Joe has presented at seminars for attorneys at LSU Law School and the Louisiana State Bar Association.