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

March 8 - Food, Nutrition and More
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March 15 - Heat Stresses Affect Cognitive Responses
Cory Coehoorn, PhD, Program Director of Rehabilitation Science Program, Ochsner LSU Health in Shreveport

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April 5 - Senior Co-housing Enhances Emotional and Physical Well-being
Jeff Salter, CEO of Caring Senior Service

April 12 - Little Known Facts About Benjamin Franklin
Peter B. Boggs, MD, historian

April 19 - Louisiana Ombudsman Program
Casandra Cesare, Ombudsman Program Manager

April 26 - Ochsner LSU Health Recognized for improvements in stroke, heart failure, and diabetes care
Himahshu Chokhawala, MD; Kalgi Modi, MD; and Evelyn Pryor, MD from Ochsner LSU Health in Shreveport

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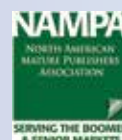
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Medical News & Info



Poll Shows Role of Close Friendships in Older Adults' Health

Whether they're lifelong buddies or recently connected, a new poll shows the key role that friends play in the lives and wellbeing of adults aged 50 and older. In all, 90% of people aged 50 and older say they have at least one close friend, and 75% say they have enough close friends, according to findings from the University of Michigan *National Poll on Healthy Aging*. What's more, 70% of those with a close friend say they can definitely count on them to provide support in discussing their health. But the percentage who said they don't have any close friends was twice as high among people with worse health, with 20% of those who call their mental health fair or poor saying so, along with 18% of those who call their physical health fair or poor. The poll underscores the vital role friendships play in the health and well-being of older adults. Researchers noted that strong social connections can encourage healthier choices, provide emotional support, and help older adults navigate health challenges, particularly for those at greater risk of isolation.



Is Eating More Red Meat Bad for Your Brain?

People who eat more red meat, especially processed red meat like bacon, sausage and bologna, are more likely to have a higher risk of cognitive decline and dementia when compared to those who eat very little red meat, according to a study published in an online issue of *Neurology*®. Red meat is high in saturated fat and has been shown in previous studies to increase the risk of type 2 diabetes and heart disease, which are both linked to reduced brain health," said study researchers of Brigham and Women's Hospital in Boston. Although the study found processed red meat may increase the risk of cognitive decline and dementia, replacing it with healthier alternatives, like nuts, fish and poultry, may reduce a person's risk. The study was supported by the National Institutes of Health.



Morning Cup of Joe Linked to Better Health

A coffee drinking habit has been linked with lower risks of heart disease, dementia, diabetes and overall better health. Now, a new study by George Washington University Milken Institute School of Public Health researchers has shown that when it comes to health benefits, drinking coffee in the morning only might be the best option. The study showed that people who drank coffee only in the morning had a 16% lower risk of premature death from any cause and a 31% lower risk of dying from cardiovascular disease. People who drank coffee all day did not have a reduction in risk.





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Are Magnesium Supplements Good for You?

Nutrition trends can be difficult to keep up with, and it seems there is always a new diet, supplement, or food to focus on. More recently, I have seen an uptick in people recommending magnesium supplements for numerous health issues. In the public eye, it seems that magnesium is the magic “cure all” for our issues and ailments, from poor sleep to heart issues. While this new trend seems tempting, it’s important to refer back to trusted, research-based sources to ensure the information we consume on social media is accurate. So, let’s learn more about magnesium!

Magnesium is a mineral that is naturally found in numerous foods and plays a part in many different body functions including bone formation, blood pressure and blood sugar regulation, nerve and muscle function, and heart rhythm. Most of us get enough magnesium by following a healthy, balanced diet. If you have been told you are deficient in magnesium, it is most likely caused by another underlying health issue or use of a medication that may lower magnesium levels. People at a higher risk for a magnesium deficiency include those with Crohn’s, celiac disease, type 2 diabetes, kidney disease, or

parathyroid problems. Older adults, people who take certain medications for cancer or diabetes, and individuals with a long history of alcohol misuse are also more likely to become deficient in magnesium.

Magnesium supplements have been growing in popularity, with claims of helping with sleep, muscle cramping, heartburn, upset stomach, bone health, and heart health. A certain form of the mineral, magnesium hydroxide, is also often an ingredient in laxatives. While many people are touting the benefits of these supplements, it is important to note that the research is still uncertain, and more studies need to be done on this topic.

Regardless, caution should always be taken with dietary supplements, as they are not regulated by the FDA. With any supplement, there is an increased risk of consuming higher levels of a nutrient than what our bodies actually need, which could make us susceptible to undesirable and sometimes even dangerous side effects. If any supplement piques your interest, always consult with your healthcare provider to ensure it is a good fit for you and your unique health needs.



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Magnesium can be found in many foods, including dark leafy greens, whole grains, beans and legumes, fortified cereals, nuts, seeds, fish, beef, poultry, bananas, raisins, white potatoes with the skin, milk, and yogurt. If you are looking to get more magnesium in your diet, try incorporating these foods in your daily diet. Many of these foods also contain a variety of other vitamins and minerals that can help nourish our bodies. Some of the sources highest in magnesium (leafy greens, whole grains, nuts, seeds, beans) are high in fiber, which helps keep our digestive system healthy. Fiber is also helpful with blood sugar management and promotes a healthy heart.

Magnesium is a useful mineral that plays a role in several processes in our bodies. While taking magnesium supplements has become more popular as of recent, it's important to be mindful of your individual health needs, examine the current research, and talk to your healthcare provider before starting any new supplement. Incorporating more food sources of magnesium into your daily diet is a great, low-risk way to ensure you are nourishing your body with the nutrients it needs.





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Touring The Dead

There is a famous cemetery in New Orleans that was recently sued. For many years the cemetery had been open to the public. But then a tour company, Witches Brew Tours, started giving tours of the cemetery to paying customers.

A church, not the tour company, owned the cemetery. But the tour company kept all the money; not a penny went to the church. The church soon saw that the tours were very popular and were making the tour company a whole bunch of money. So, the church decided to start its own tour company. The church changed the cemetery rules so that only its tour company could give tours of the cemetery. But the church went even further than that. It changed the cemetery rules so that the cemetery was no longer open to the public. Family members and friends of the interred could visit, but no one else except for

the paid customers of the church owned tour company.

And that effectively put Witches Brew Tours out of business. So, they sued. They thought that the general public has a right to access cemeteries. Was Witches Brew right?

The law says that Louisiana cemeteries are “public dedicated properties.” Louisiana law also says that “the dedication shall be considered to be in respect for the dead, a provision for the interment of human remains, and a duty to and for the benefit of the general public.” That’s because “once a tract of land is dedicated for burial purposes, it assumes a sacred quality.”

Even so, Witches Brew Tour Company didn’t win their case. Louisiana law does give family members and friends of the interred the right to visit and access the cemetery. But Louisiana law, unlike many other states, does not give non-rel-



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atives and non-friends any rights at all. That's true even if the cemetery has been dedicated to the general public.

In other words, and this is a mouthful, where there is a dedication of land to the public for a cemetery, including privately owned cemeteries, it is only the relatives and friends of people buried there that have a recognized right to visit and access the cemetery. Furthermore, cemeteries have the right to implement and enforce restrictions limiting cemetery access to those members of the general public who are not family and friends of the deceased interred in the cemetery.

So, Witches Brew Tours was out of luck.

In a much older Louisiana case, a man bought a large piece of land in Vernon Parish. A very small part of the land, measuring only 30 feet by 46 feet, had been used as a cemetery. The cemetery was in pretty bad shape. So, the buyer of the land decided to fix it up. The problem was that the families of the interred didn't like the changes that the buyer

had made. When they complained, the new owner retaliated by deciding that no one could ever be buried in the cemetery ever again. The family members retaliated by suing. The Judge explained that the buyer of the land was the owner of the cemetery, and he could make whatever improvements he wanted as long as he did not "desecrate" the cemetery grounds. The Judge went on to explain that because the 30 foot by 45 foot plot was a cemetery, the new owner could not prevent relatives and friends of the interred from accessing the cemetery. According to the Judge, because the law says that these people have the right to "visit and access" the cemetery, the new owner could not prevent them from being buried in the cemetery in the future.



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

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Who Can Carry Weapons in the State of Louisiana? (Part 2)

In my last article, I discussed some of the history of the weapons laws we have had in the State of Louisiana. In the Spring 2024 Legislative Session, a new gun law was passed that affects Louisiana citizens. This law became effective on July 4, 2024, and is known as “Constitutional Carry.”

I am often asked about this law when we are teaching law enforcement officers across the State of Louisiana. In this article, I will discuss the rights of military members, whether current or honorably discharged, and their right to carry concealed handguns. I will also discuss the new “Constitutional Carry” law that was passed and which allows citizens of the State of Louisiana to carry concealed handguns.

Two years ago, our Legislature passed a law which allows active duty or reserve military personnel who are not under any disciplinary proceedings to carry a concealed firearm. This same law allows retired veterans who were honorably discharged from their ser-

vice to also carry concealed firearms. In order to take advantage of the provisions stated in this law, the person carrying the concealed firearm must have proof of their military service or their honorable discharge papers on them at the time they are carrying the firearm. Military personnel who carry a concealed firearm are restricted from carrying that firearm in

places like police stations, courthouses, polling places, airports, churches, state capital buildings, and detention facilities. The Legislature has recognized that persons who have served or are serving to protect our nation deserve the right to carry a concealed firearm.

This year, the Louisiana Legislature passed “Constitutional Carry.” Constitutional Carry allows a citizen of the State of Louisiana, without any training, to carry a handgun concealed on their person if they are 18 years or older and not prohibited from carrying a firearm. If a person does have a concealed carry permit and they are forced to use their weapon, they get the benefit of “qualified immu-



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nity” which limits their exposure to lawsuits under the new law. Constitutional Carry still subjects the person carrying a firearm to possible searches, limits the places where they can carry the firearm like concealed carry, and the person carrying cannot have a Blood Alcohol Content of over .05 percent.

The Louisiana Legislature, in a strange twist, now allows persons who have a Concealed Weapons Permit to carry their firearm where alcohol is served or sold. Businesses, as well as private citizens, can state that they do not want people carrying concealed weapons on their premises. But, the Louisiana Legislature also passed a law in the spring session that no business or organization can keep a full-time, POST-certified, law enforcement officer from carrying their concealed weapon into the business or organization.

As you can see, Louisiana has been very active in allowing its citizens to carry weapons. Most citizens carry their weapons responsibly. The Second Amendment to the United States Constitution has been interpreted to allow citizens to carry their firearms if they are not prohibited by law from carrying their firearms. Law enforcement officers, as well as the citizens of our state, must now presume that all persons may be carrying a firearm as allowed by law.



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



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BIZARRE MEDICAL TREATMENTS FROM THE PAST

By Sarah (Sally) Hamer



Since the first sniffle of the first cold, humans have searched for ways to both alleviate the symptoms of illness and to cure and prevent those diseases. But the history of treatment of common diseases has sometimes been a little bizarre, at least to our modern sensibilities.

Starting with the ancients, there was a lot of mystery about exactly where disease came from in the first place. Unless there was an actual physical situation, such as falling off a mountain, or getting attacked by a saber-toothed tiger, illness seemed to be connected to the whim of a god – if you made a god unhappy by doing something wrong, you might be struck down by painful and suppurating pustules. Therefore, treatment may have been more in the

style of sacrificing a young goat to that god, rather than a pill or an injection. Doctors in ancient civilizations painted or carved their treatments on walls (as in the Egyptian tombs), on cuneiform tablets (from Mesopotamia cultures), and even on bones discovered in ancient graves. Whether we believe those cures worked or not, it was the science of the day. And some of it probably worked!

For most of human history, the idea of disease being a curse laid on a person or a group by a god for payment of sin has been widely believed. In some early Medieval Europe areas, people picked a

practitioner based on what they thought they'd done to create the illness. So, a surgeon may only be one choice, if someone believed they'd worked too hard, with a priest being just as important if something like the Black Plague came calling. The helplessness a population must have felt as doom crossed the sea and, village by village, moved northward, must have been horrific. Posies of sweet-smelling flowers (probably where “Ring around the Rosie, Pocket full of Posies” came from) were of little to no help against the fleas who transmitted the infection from the rats. “Run fast, run far” was probably the only medical treatment that made even the smallest difference.

But we don't even have to go back far in time to find treatments that seem strange to us now.

A local instance is one from WWII, The Harmon General Hospital in Longview, Texas. More than 23,000 military personnel were treated there between May 1942 and its closure in December 1945, according to the Handbook of Texas Online,



*Egyptian Papyrus:
Migraine-Therapy*

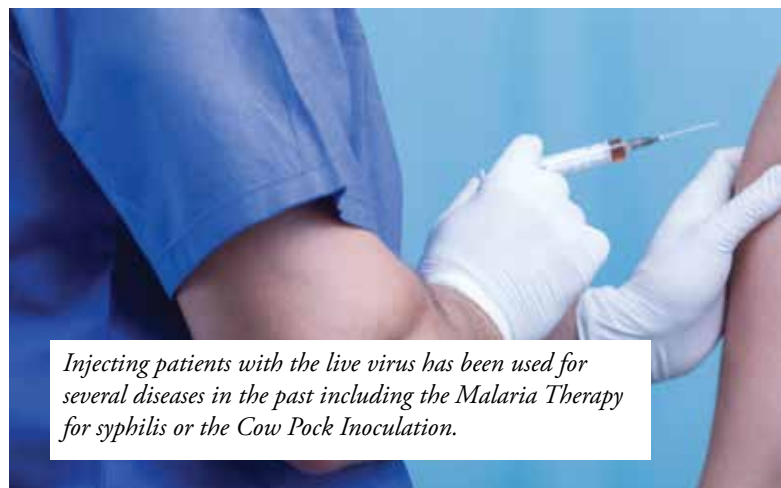
LIST OF MEDICINES—THEIR DOSES AND USES.				
The following comprises a list of medicines adapted to a work of this kind. The dose should be regulated according to the age as follows: 14 to 18 years of age, give twentieth; the dose ordered for a grown person; 7 to 14 years, one-half the dose; 4 to 6 years, one-third; 2 to 4 years, one-fourth; 1 year old, one-eighth the dose for a grown person.				
Medicine	Grains	Children from 1 to 6 years	How Taken	Uses
Almond, bitter.....	10 drops to 1 drachm.	4 to 10 drops.	Planned tea.	Anticough, Croup, and Phlegm.
Almond, sweet.....	10 to 50 grains.	2 to 8 grains.	In pills or powder.	Obstinate Coughs.
Alum, Hydro.....	2 to 4 drachms.	2 to 5 drachms.	In cinnamon water.	Croup and Whooping.
Alum, powdered.....	2 to 10 grains.	2 to 10 grains.	In pills, 3 times a day.	Whooping, Chronic Bronchitis.
Ammoniac Gum.....	10 to 15 grains.	2 to 10 grains.	3 times in pills, twice a day.	Chronic Cough, Asthma, etc.
Antimonial Wine.....	2 to 3 drachms.	1 to 2 drachms.	Mix in water.	Rheumatism.
Antimonial Wine, with an allusion.....	12 to 20 drops.	4 to 8 drops.	3 times water, twice a day.	In practice suitable on the skin.
Arsenic, tinct. of.....	10 to 20 drops.	10 to 20 drops.	In water, every 2 or 4 hours.	Scrophulous.
Auriferous Pill.....	10 to 15 grains.	2 to 3 grains.	In pills, twice a day.	In Scrophulous Diseases.
Balm of Capivi.....	20 to 50 drops.	4 to 8 drops.	In sugar, syrup, honey.	Phlegm, Croup, Cough, etc.
Balm of Peru.....	2 to 10 drops.	2 to 10 drops.	In a little cold-water.	Asthma, Indigestion, Acid general.
Bark, Peruvian, pow'd.....	20 to 60 grains.	4 to 10 grains.	4 or 5 times a day.	Scrophulous.
Bark, Peruvian, decoct'd.....	2 to 4 tablespoons.	2 to 4 tablespoons.	3 or 4 times a day.	Relaxation and Debility.
Bark, Peruvian, tinct'd.....	2 to 4 drachms.	2 to 4 drachms.	3 or 4 times a day.	Acute Fever, etc.
Blebs, Lemon, Tinct'd.....	2 to 3 tablespoons.	2 to 3 tablespoons.	3 or 4 times a day.	Acute Fever, etc.

1889: *The Best Family Physician And Household Companion*

but few (only 15%) were from war-related wounds. Instead, interestingly enough, most of the patients had contracted tropical, dermatologic, or venereal diseases and were sent to Harmon for treatment.

By June 1944, “Harmon was recognized as a hospital for the special treatment of central nervous system syphilis.” There, a patient could choose between what was considered to be traditional thermal therapy or they could “volunteer for the malaria therapy,” which consisted of deliberate injection of malaria parasites into a patient by using infected mosquitos. Developed in 1917 by Julius Wagner-Jauregg, this technique was used to create a high fever (over 105 degrees Fahrenheit) which killed the syphilis bacteria. Then, treatment started for the malaria. Unfortunately, this technique also killed about 15% of affected patients (although I didn’t find any statistics of patient death due to this process at Harmon), and was discontinued after WWII. The Harmon campus now houses the LeTourneau University.

Just as today, women from all time periods attempted to make themselves attractive and young. For instance, women would ingest capsules that contained tape worms, hoping for the worm to help them to lose weight. According to one source, these types of pills are still available, although there is no guarantee as to how they work or for long-term safety. Another common cure for “women’s troubles” was laudanum,



a mixture of some sort of opium and alcohol. This was easily accessible for any woman who had the money to purchase it, and was used to “calm the nerves” and help with pain. Addiction rates soared and, eventually the Eighteenth Amendment, establishing the prohibition of alcohol, stopped the sale of laudanum. Women over the ages also used arsenic and mercury to keep their complexions clear and pale, even though both were deadly.

It was thought for millennium that the body had four “humors,” blood, phlegm, yellow bile, and black bile. Too much of any one in the body could cause disease and, by “scientifically” removing small amounts of anything out of balance, health improved. Bloodletting was a popular medical practice dating back to ancient Egypt, used to treat diseases including smallpox (one of the deadliest diseases to plague humankind), epilepsy, and the Black Death. Simply done, a small cut was placed in a vein – often on the inside of the elbow – and blood was allowed to flow for a certain length of time.

A slightly different way of handling bloodletting was to attach a leech to suck the blood. Actually, this technique can still be found in various places in the world, especially when working with grafts and transplants, for instance. Evidently the gentle “pull” of the sucking helps to build new venous pathways that a machine can’t. Amazing, when most of us give a shudder to think of a leech sucking on our skin!

Interestingly enough, according to my research, the art of bloodletting for balancing humors was no longer used after the 19th century, but I have personal proof that wasn’t the



Leeches and tape worms are still used by some.

case. My dad’s father and his brother still cupped each other each fall and spring well into the 1960s, sitting in the kitchen with a bowl to catch the blood. I never saw it done but one of my older cousins vividly remembers the spurt of blood that showered the kitchen when it didn’t go completely right.



Mental health also had its share of things that seem weird and very old-fashioned, although some may still be in use in limited numbers. For instance, lobotomies were used in an attempt to control behavior, especially in the early to mid-20th century. A lobotomy is a neurosurgical treatment for psychiatric disorders which involves cutting certain connections in the brain's prefrontal cortex, causing distinct and permanent personality changes. It's been pretty much discredited since the early 1950s but was used mostly on women for several years. One of the best-known cases in the United States, was Rosemary Kennedy, the oldest daughter of Joseph and Rose Kennedy. Possibly due to a birth accident, Rosemary was never "quite right" and, after a series of seizures and what was considered inappropriate behavior, her parents made the decision when she was 23 to go through with a lobotomy. It didn't work as it should have and Rosemary never completely recovered.

As another part of mental illness treatment, electroshock therapy treatments were also used. And, in certain situations, still are. Starting in the 16th century, electricity was considered a solution to what we now call mental illness. Even Benjamin Franklin wrote of a woman with hysterical fits who was cured by an electrostatic machine. Used with care and understanding, these treatments can be valuable.

My guess is that, in five hundred years or so, the current culture in that world will look back at what "modern" humans do in horror as they talk about some of the treatments we use today. I can imagine comments on smoking cigarettes, drinking vast amounts of coffee and alcohol, and injecting ourselves with dead diseases. But, since they may have started using mercury to keep their skins pale, I'm sure there will be plenty to talk about.



Lobotomies were used in an attempt to control behavior.

Electroshock therapy treatments were also used and, in certain situations, still are.

Sarah (Sally) Hamer, B.S., MLA, is a multi-award-winning author who teaches creative fiction writing at LSU in Shreveport. She is fascinated by how people tick and loves to explore the world around her.

A Do-Nothing Vacation, Rehoboth Beach, DE:

It Surprisingly Takes Work

By Fyllis Hockman; Photos by Victor Block

I'm sitting on the beach doing nothing. I did the same thing yesterday. I also did nothing sitting on my hotel balcony. Okay, I was listening to the waves but certain do nothing things are allowed. Reading, for instance. I have a couple of days left to my vacation and *I plan to do nothing in them also. It's not that easy to do nothing.*

Things I am not doing: I am not calling home for messages. I am not reading texts or emails on my phone. I am not scrolling for news. My phone, in fact, is in my bedside drawer at the hotel. The hardest part for me: not doing Wordle.

Going for walks is an allowable do-nothing activity so strolling – as distinguished from scrolling – around the cute beach-side town of Rehoboth, Delaware a couple of hours east of Washington, DC is allowed. Shopping, not so much. Reading t-shirts in a shop, okay. “If a man says he will fix it, he will. There’s no need to remind him every six months.” Now that’s worth an appreciative look. “I’m going to go stand outside, so if anyone asks, tell them I’m outstanding.” “Exercise? I thought you said extra fries.” That could be a Thrasher’s reference but more on that later.....

The things you don’t do on a do-nothing vacation are as important as the things you do. Maybe I’d better explain. I travel a lot. It’s my work and most trips are filled with story-gathering activities round-the-clock. Have to do all the must-sees and track down those unknowns off the beaten track. Lots of planning, organizing, researching – even the restaurants have to be studied. So the idea of a do-nothing vacation had a lot of appeal. Relaxing. Stress-free. Laid-back. I just didn’t know how much work it was going to be.

Restaurants are tricky. Rather than seeking out the umbrella-clad cocktail du jour, I was much happier hanging out at a local bar mid-day with my go-to Fireball over light ice. I’m an exercise fiend at home but here, raising a glass from the top of Whisky Jack’s bar – could any name be more perfect for what I was seeking out? – was about as much exertion as I could muster. The resultant smile on my face almost pushed me over the top. I think I was getting the hang of this do-nothing concept.

Rather than research the de rigueur restaurants of Rehoboth, I opted instead to stop for ice cream and the area’s famous Thrasher’s French Fries.



Reading the weird ice cream flavors in the street-front parlor that boasts 100 different flavors was almost as much fun as reading t-shirts: “I Don’t Give a Fork,” “May the 4th be With You,” and “Better than Sex.” Reading a hundred ice cream flavors is time-consuming. How fortunate there was nothing I actually needed to DO.

Rehoboth Beach, DE offers many diversions even if you plan on doing nothing there.



Sitting on a boardwalk bench with my fries – somehow unlike any other (Thrasher’s refuse to provide ketchup because, I assume, that

would tarnish the original flavor) – and people watching. Does that count as an activity? So many different humans going in so many different directions, all so intent on their own drummers – it was exhausting to watch. I was just happy to stay exactly where I was, watching the seagulls, busily squawking and hurtling toward a dropped French fry. Seagulls are actually more exhausting. I felt even more of a need to just unwind.

Truth be told, at one beach bar it was so bright and noisy I found it very hard to chill out the way I’d envisioned. Next time – dark, quiet and low key. So first night out, big mistake.

Feeding – so to speak – my preference for down-and-dirty restaurants as opposed to white-tablecloth, the comfortable and casual Gogg’s perfectly matched my mind-numbing mood on night out number two.

Alright so there was a menu with 100 rums, rivaling the 100 ice cream flavors. Could get testy. Resisting the threat of stressful decision-making angst, I simply opted for my favorites, thus enjoying the novelty of such variety while avoiding indulging in executive-level anxiety. A win-win. I didn’t have to do anything but eat and drink.

Reading, relaxing and imbibing kept me plenty busy on my do-nothing vacation.

But, of course, any further activity-involved nightlife did not qualify. Back to my do-nothing balcony. Listening to waves never disappoints.

So yes, there are arcades in Rehoboth I didn’t go to. I didn’t bike-ride on the Boardwalk. I avoided mini-golf. Although I did at times find myself lusting after all the emails I wasn’t reading. Again, hard work to do nothing.

The next day, on the beach again, I didn’t for one minute miss playing frisbee while relaxing on my chaise lounge. The one exception to my inactivity, however, was to indulge in one of my most fun undertakings: diving into waves! I allowed myself that delightful diversion before returning to a renewed level of sloth-like behavior. And maybe one more relaxing drink at Whisky Jack’s.

So is this all much ado about nothing? You bet!



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Edna's Hands

She has a gentleness that almost seems holy, a voice that could calm a storm. A peace, like the kind you'd find in a country church on a Saturday morning, follows her everywhere. On a cold day you could warm yourself just by sitting next to her.

Her name is Marti and she is on loan from heaven.

She cares for people who are older.

Frail.

People who feel helpless.

Useless.

Used up.

Unimportant.

And she makes them realize how much more than old they really are.

This morning Marti, peace and grace, is with Edna, fire and smoke.

"How are you feeling this

morning, Edna?" Marti asks in a voice that could calm a storm.

"Old," Edna answers, in a voice that sounds like a storm brewing. "I'm feeling old. I'm a bent-down old woman with runny eyes."

"You're not old, Edna. You're aging."

"Honey, I'm not aging, I'm drying up."

"How are your hands?"

"They're old too."

"Are they hurting today?"

"They hurt every day."

Marti takes Edna's hands in her own and begins to massage them. Edna falls silent. For several minutes, she watches as Marti slowly, gently massages some of the pain away. Finally, in a soft, sad voice, she says, "Look at my hands. Old, hurting, wrinkled, gnarled



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and useless.”

“That’s not what I see,” Marti answers.

Not stopping the massage, not taking her eyes off Edna’s hands, she continues. “I look at your hands and I wonder how many tears have they wiped from the face of a child? How many bandages have they put on scraped knees? How many times have they cradled the face of the man you loved? Caressed the faces of the children you have loved? How many gardens have they planted? How many spring bouquets have they gathered? I look at your hands and I wonder how many meals have they prepared?”

She looks up. Edna has drifted to a faraway place.

Remembering.

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I look at your hands, Edna, and I wonder how many times have they counted nickels and pennies hoping they would add up to enough to get through another month? How many times have you run those hands through your hair wondering if you’re doing everything right? Or wrong? How many baby blankets have they knit for how many grandchildren? How many times have they been folded in prayer? I look at your hands,

Edna, and I see a lifetime.”

Marti, peace and grace, looks up.

Edna, fire and smoke. has tears in her eyes.

“Yeah, yeah, I know, I’m blubbering,” Edna says.

“I don’t see tears in your eyes, Edna,” Marti answers in a voice that could calm a storm. “Let me tell you what I see in your eyes.”

And she smiles.

And Edna smiles.

And waits for the words.

Words from a woman with a voice that could calm a storm.

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**Ben Folds Paper
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SUNDAY, DECEMBER 15, 2024 • 7:00 PM

2025 shows

**The Black Jacket
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Pianist Richard Glazier Revives Great Songs from Stage & Screen

First it was COVID, then a chronic non-life-threatening illness kept Richard Glazier from performing. This year, he returns to the stage where audiences can again experience the pianist seamlessly blending recitals with fascinating personal stories describing friendships with legendary figures in American Popular Song such as Ira Gershwin.

I first encountered the master musician and music story-teller in 2011 during a four-day cruise to Cozumel, Mexico. Wandering the decks late one Friday night, I was drawn by the sound of piano music to a lounge where Glazier was in full swing.

Although he didn't finish until 1 a.m., Richard hung around talking to passengers and posing for photographs. Since that evening, Glazier has released several CDs and his three Public Television specials have been broadcast on PBS affiliates across the country.

His most recent CD was "Pure Imagination – Great Songs from the Stage & Screen." As the title suggests, the recording contains (16) tracks from classics such as "Fiddler on the Roof," "West Side Story," and "Meet Me in St.

Louis" (see www.richardglazier.com).

Glazier's journey to the concert stage as a performer and historian of popular Broadway and Hollywood music goes back over four decades when then 9-year-old Richard started digging through his aunt's collection of old 78-records in her Indianapolis home.

"I found an Oscar Levant recording of 'Rhapsody in Blue' and became obsessed with the music," recalled Glazier. "That led me to the library where I learned about the composer, George Gershwin, and his brother Ira."

Glazier was hooked after discovering the 1943 musical film "Girl Crazy" that featured Judy Garland and Mickey Rooney singing Gershwin songs and he began piano lessons.

George, the composer, had died in 1937, but when young Richard learned that lyricist Ira was still living, he wrote to the aging songwriter asking for a photo. That led to a 3-year correspondence between the music legend and his young fan.

"I was a small child who loved Gershwin music, so I think Ira wanted to encourage my passion for their music and my goal of being a pianist," said Glazier who, to his astonishment, was invited to Gershwin's California home to meet his hero.

Accompanied by his mother, Glazier remembers the butler leading them into the living room where Ira sat waiting. "He was very reclusive during his later years and hardly ever had company, but I would never have known since he was very warm and animated."

During the 2-hour visit, Ira showed Richard the Pulitzer Prize for Drama he won in 1932 for writing "Of Thee I Sing." He invited the boy to play a piano in the room – the same instrument on which the Gershwins composed their music such as "Porgy and Bess."



(above) - Richard Glazier. Photo credit Matias Antonio Bombal

(left) - A young Richard Glazier and Ira Gershwin. Photo taken by Richard's mother in the mid 1970s.

When he departed, the lad didn't leave empty-handed. "He gave me a picture of George, along with one of his cancelled checks, an autographed photo of himself, and an autographed score of 'Rhapsody in Blue,'" said Glazier, whose mother also took a photo of her son with Gershwin wearing a monogrammed gold sweater.

Despite his absence from the concert circuit for four years, Richard says he's playing better than ever and shared some emails from audience members who attended a recent concert in Phoenix:

"Loved every minute...your story of the joy a little boy had to meet his idol and play on his piano brought joy to my heart" (Shirley Rosenblum).

"You played with your heart fully engaged... the evening was extraordinary" (Janice M. Hollowelli).

"I couldn't practice for almost 2 years," said Glazier. "But I came out of this difficult time seeing life and music more emotionally and deeper, and that's reflected in my playing which is better than ever. A real triumph for me. I'm definitely back!"



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

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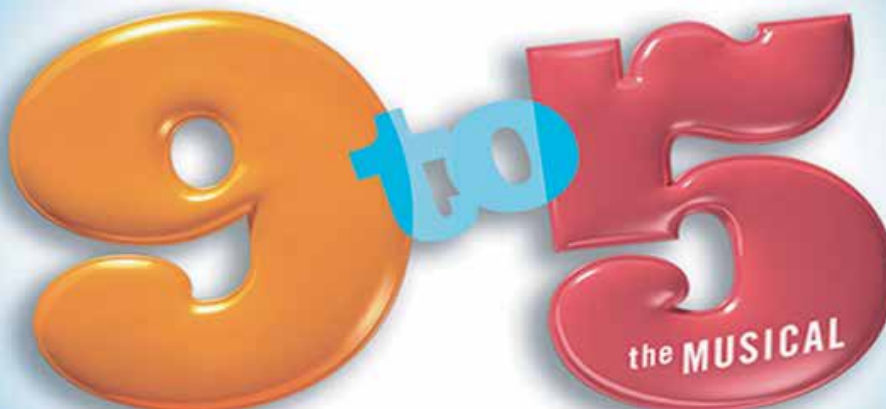
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(Family Features)

While some St. Patrick's Day celebrations call for green beer and large gatherings, you may instead opt for a cozy evening at home with comforting foods and close friends. Whether your shamrock spirit leads you out for a local parade or you're more of a stay-at-home leprechaun, there is one tradition all can agree on: delicious Irish food. If a quieter night cooking at home is up your alley, you're in luck. You can put a meal worthy of gold on the table with these festive Irish favorites from "Cookin' Savvy." Make your home a St. Patrick's Day haven with these hearty recipes then discover more celebratory meal ideas from "Cookin' Savvy" by visiting Culinary.net.



Irish Sweet Soda Bread

Recipe courtesy of "Cookin' Savvy"; Servings: 4-6

- 4 tablespoons butter, melted
- 1 cup sugar
- 1½ cups buttermilk
- 4 cups self-rising flour
- 1 cup currants or raisins
- 2 tablespoons sanding sugar (optional)
- coffee or tea, for serving (optional)

Heat oven to 375° F.

Mix melted butter and sugar then add buttermilk. Mix in flour and currants.

Flour hands and counter. Add sanding sugar to dough, if desired, and knead into ball.

Grease small Dutch oven or pie plate and bake 40 minutes. Serve with coffee or tea or as a dessert.



Irish Beef and Beer Pot Pie

Recipe courtesy of "Cookin' Savvy"; Servings: 4-6

- 1 pound ground beef
- 1 cup stout beer
- 3 tablespoons flour
- 1 can (15 ounces) tomato puree
- 1 tablespoon Worcestershire sauce
- 1 tablespoon garlic powder
- 1 cup beef broth
- 1 bag (28 ounces) hash browns with peppers and onions
- 1 can (14 ounces) carrots, drained
- 1 can (14 ounces) peas, drained
- salt, to taste
- pepper, to taste
- 1 sheet puff pastry, thawed
- 1 egg

Heat oven to 400° F.

In large skillet or Dutch oven, brown ground beef; drain and set aside.

Over medium heat, deglaze skillet with beer and whisk in flour. After thickening, whisk in tomato puree and add Worcestershire sauce. Mix in ground beef, garlic powder and beef broth. Add hash browns, carrots and peas. Season with salt and pepper, to taste. Simmer 20 - 25 minutes, stirring occasionally.

Place puff pastry sheet on cookie sheet. Beat egg and brush over pastry. Bake 10 minutes. Place hot puff pastry on top of beef mixture and serve.



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EVENTS

■ Ark-La-Tex Genealogical Association Workshop

Saturday, April 19 from 1 to 3:30 PM at the Broadmoor Branch Library, 1212 Capt. Shreve Dr., Shreveport. This will be a beginners / intermediate level workshop to give instruction on genealogy research methods. For more information call 746-1851 or visit altgenealogy.com. **FREE** and open to the public.

■ Balance Matters: Fall Prevention Classes

9:30 am - 11:30 am on Tuesday, March 25, April 3, April 8, and April 15 at St. Mark's Cathedral Church, Room 110, 908 Rutherford, Shreveport. Sponsored by Caddo Council on Aging. All classes are **FREE** and taught by Marie Morgan, PT PhD & Suzanne Tinsley, PT PhD. Call Marnikka Hardmon at (318) 676-7900 for more information.

■ Barksdale Defenders of Liberty Air Show

Saturday, March 29 and Sunday, March 30. Come with family and friends and spend a great day packed with spectacular displays at the nation's premier strategic bomber base. The Barksdale Defenders of Liberty Air Show is organized and

hosted by the 2nd Bomb Wing Barksdale Air Force Base with the support of the Shreveport-Bossier Military Affairs Council. The Air Show is a full-weekend spectacular featuring displays of the latest, as well as historic, military and civilian aircraft and other related performers.

■ Brunch and Bingo

Sponsored by Caddo Council on Aging as a family-friendly fundraiser for Meals on Wheels. **March 22, 10:30 a.m. - 1 p.m.** at East Ridge Country Club, 1000 Stewart Dr, Shreveport. Individual tickets \$50 or table for eight \$500. Call Monica Wright at (318) 676-7900 for more information. To purchase tickets or make a donation, visit caddocoo.org/purchase-brunch-bingo-tickets/

■ Shredding Event

Hosted by AARP. Protect yourself from identity theft! Join us at our **FREE** Shred Day on **Saturday, April 19, from 9 a.m. to 11 a.m.** at Sheriff's Safety Town, 8910 Jewella Ave, Shreveport. Bring up to 3 boxes or bags of documents to be shredded onsite by a professional shred company. Suggested items include bank statements, canceled checks, credit card junk mail, and receipts with

identifying information. To reserve your spot call toll-free 877-926-8300

ENTERTAINMENT

■ Jazz Fest on the Red

Saturday, April 12, 11 am - 11 pm. Shreveport Riverview Park, 601 Clyde Fant Parkway Shreveport. Inaugural Jazz Fest on the Red celebrates International Jazz Month! This all-day experience is a fusion of music, culture, and community. Enjoy electrifying performances by homegrown, national, and international jazz artists on the main stage. Dive into jazz history with intimate panel discussions and small talks, or get moving during interactive line dance sessions designed for all ages! There will be food trucks, unique art creations, a merchants market and a kid zone. Every ticket purchase helps fund scholarships for high school jazz musicians. Tickets are \$50 - \$100. For tickets and info please visit www.jazzfestonthered.com

■ Shreveport Little Theatre

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

• **9 to 5, the Musical** - April 25, 26, May 2 and 3 at 7:30 PM; April 27, May 3 and 4 at 2:00 PM. *9 to 5: The Musical* is based on the 1980 film of the same name, with music and lyrics by Dolly Parton.

■ Shreveport Symphony

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

• **Fauré Requiem** - Saturday, **March 15 at 7:30 p.m.** \$20 - \$69.

■ The Strand Theatre

619 Louisiana Avenue, Shreveport. For tickets visit www.thestrandtheatre.com or call 318-226-8555.

• **Liverpool Legends "Beatles Experience"** - Saturday **March 22 at 7 p.m.** Liverpool Legends are four incredibly talented musicians/actors curated by Louise Harrison, sister of the late George Harrison, to honor her brother's legacy, and re-create the band that changed the world forever. Tickets: \$93, \$73, \$63, \$53.

• **The Black Jacket Symphony – Led Zeppelin IV.** Saturday **April 5 at 7:30 p.m.** The Black Jacket Symphony

recreates the iconic album Led Zeppelin IV live in its entirety - note for note, sound for sound - plus a full set of Led Zeppelin's greatest hits. Tickets: \$65, \$53, \$43, Student \$36.

• **Golden Girls: The Laughs Continue- April 16 at 7 p.m.** 2024 finds Sophia out on bail, after being busted by the DEA for running a drug ring at Shady Pines. Blanche and Rose created CreakN, a thriving sex app for seniors. And Dorothy is trying to hold it all together, with help from her much younger, sex-crazed love interest who turns out to be the district attorney prosecuting Sophia. This new comedy is for fans 18 and older.... because they're not the same girls from the 80s. For more information, visit www.goldengirlstour.com. Tickets: VIP \$108, Platinum \$89, \$69, \$54, \$37.

■ "The Sons of the Pioneers"

Country Western Concert
March 30 at 3:00 PM. First Methodist Church Sanctuary, 500 Common Street, Shreveport. **FREE** of charge and open to the public. For information call 318-429-6887.

MEETINGS

■ Ark-La-Tex Genealogical Assn.

Meetings are held from 1 to 3 PM at the Broadmoor Branch Library, 1212 Capt. Shreve Dr., Shreveport. Offering educational programs that are genealogical or historically oriented. For more information call 746-1851 or visit altgenealogy.com. **FREE** and open to the public.

• **Saturday, March 8 -**

Guest speaker is Robert Trudeau, author, artist and historian. His topic is: "Cultural History of Louisiana". Also, genealogist Phil Adderley will present "Tips for Hiring a Professional Genealogist"

• **April 12 -** Guest speaker is author and researcher Marguerite Gray. Her topic is "Genealogy Research and Fiction".

MOVIES

■ Silver Screenings

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

• **March 18 - *An American in Paris*.** The film is a 1951 American musical romantic comedy film inspired by the 1928 jazz-influenced symphonic poem *An American in Paris* by George Gershwin and starring Gene Kelly, Leslie Caron, Oscar Levant, Georges Guétary, and Nina Foch.

• **April 15 - *12 Angry Men*.** The film tells the story of a jury of twelve men as they deliberate the conviction or acquittal of a teenager charged with murder on the basis of reasonable doubt. It stars an ensemble cast, featuring Henry Fonda.

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



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IN PARIS**
MARCH 18
 10:30AM MOVIE & LUNCH



12 ANGRY MEN
APRIL 15
 10:30AM MOVIE & LUNCH

This matinee and luncheon for senior citizens showcases a classic film on the 3rd Tuesday of each month. The movie begins at 10:30 a.m. and is followed immediately by a buffet lunch.

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CROSSWORD

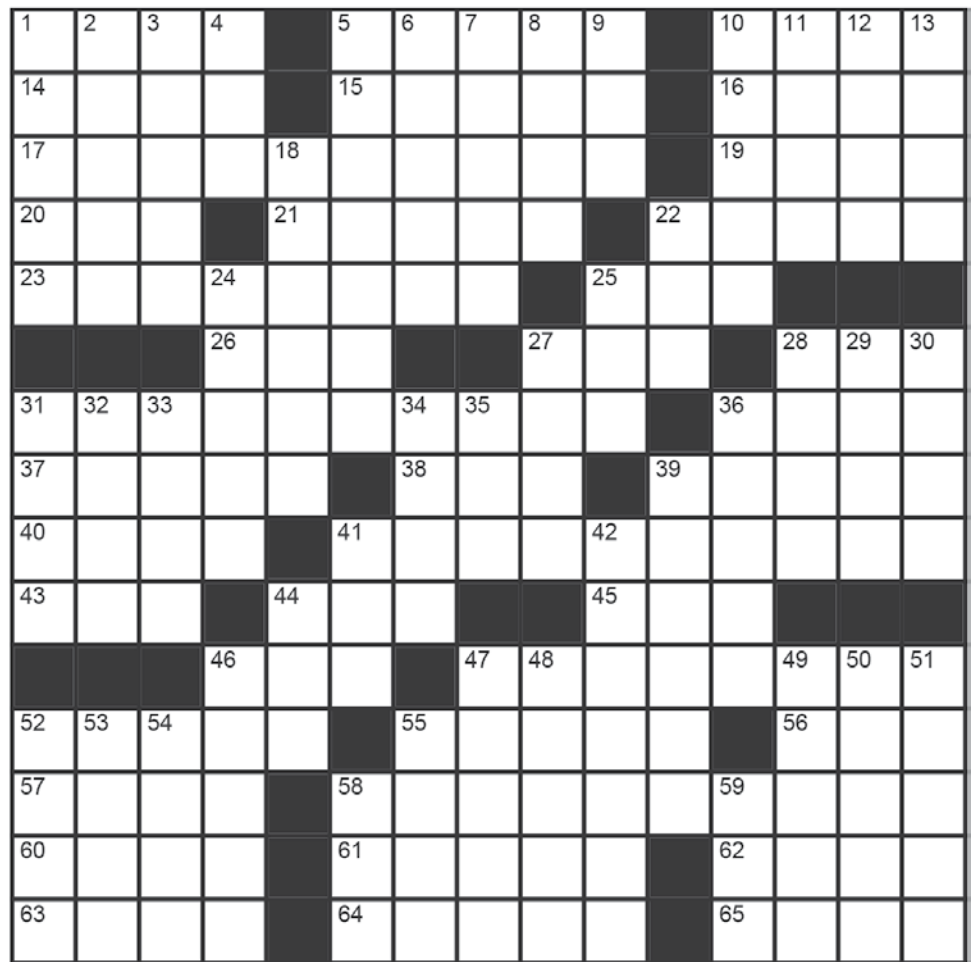
Across

- 1 Deadly biters
5 Bumper sticker word
10 Physics calculation
14 "Quit it!"
15 Idiot
16 One for the road
17 Third person in the Trinity
19 Inside shot?
20 Caribou kin
21 Long-necked bird
22 Crown
23 Mariner
25 Hit hard
26 Hoopla
27 Scoundrel
28 Disney dwarf
31 Highway interchange
36 Before Las Vegas or voce
37 Luxury cars, briefly
38 Thanksgiving serving
39 Hang around
40 Kuwaiti ruler
41 Ancestor
43 Portly plus
44 Neighbor of Ger.
45 Beast of burden
46 Stir-fry pan
47 Evaluate
52 Gesture if indifference
55 On one's toes
56 Amscrayed
57 "Aquarius" musical

- 58 Anglican, e.g.
60 Auto pioneer
61 Talks wildly
62 Suffix with towel
63 Pound, e.g.
64 Complies
65 Equipment

Down

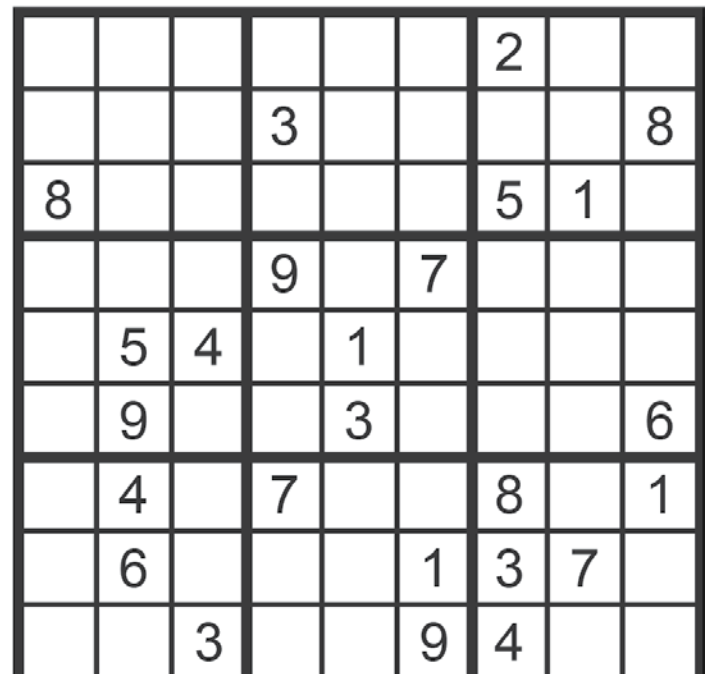
- 1 Hibachi residue
2 It's a wrap
3 Folk dance
4 Operative
5 Kind of penguin
6 Noted wine valley
7 Boo-boo
8 Mint
9 Blaster's need
10 Principle
11 Heavenly glow
12 Hollywood Boulevard sight
13 Bean used to make miso
18 Sunglasses
22 Small child
24 Party handout
25 Brit. fliers
27 Arrived
28 Honkytonk
29 Kiln
30 Shopping ____
31 Staff symbol
32 Peru's capital
33 Leave out
34 Wildcat
35 Consume
36 Colorless liquor
39 Card game
41 Diving bird
42 Coniferous tree



- 44 Journal
46 Highly seasoned sausage
47 Companion-less
48 Trifling
49 Foaming at the mouth
50 Seasonal visitor
51 Computer key
52 High school course
53 Angel's headwear
54 Fair attraction
55 Riyadh resident
58 Debate position
59 Two-year-old sheep

SUDOKU

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



Snapshot SLEUTH

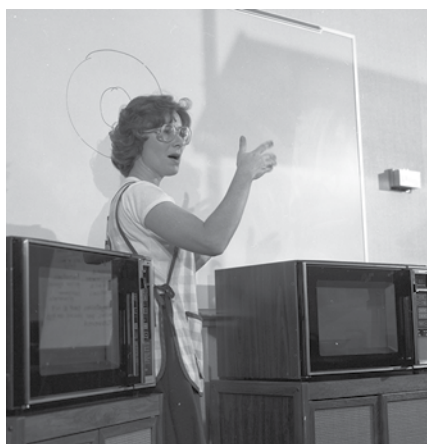
Do you recognize any of the people or recall anything about the events in these photographs?

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

(right) - Mr. Bo Jingles Magic Show, 1982
(Lawrence Lea Collection)

(below) Microwave cooking demonstration
at Shreveport Refrigeration Company, 1981
(Lawrence Lea Collection)

(color photos) Members of the Shreveport-
Bossier City delegation at Washington Mardi
Gras, 1969 (Thurman C. Smith Collection)



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? 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

Why did I need reading glasses when I hit 40 years old?

When we read, our natural lens thickens allowing magnification. We call this accommodation. As we age, we slowly lose the ability to accommodate and when we reach our early 40's we can no longer focus within arms reach. This is a normal change of aging and is easily corrected with reading glasses. Some patients will opt for contact lenses to allow one eye to see distance and one eye to see near. This is called monovision and allows people to see all distances without glasses.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
(318) 212-3937
See our ad on page 7.

My grandchild complains of shoulder, neck and back pain when in school. Could this be due to his heavy backpack?

Yes. Backpacks are designed to distribute weight to larger muscle groups that can handle the load. Backpacks should have 2 padded wide shoulder straps, a padded back, and a waist strap (for heavier loads). Also backpacks should be light and not add to the load. Rolling backpacks are an alternative, although stairs are a problem. Your grandchild should use both shoulder straps, tighten straps so the pack is 2 inches above the waist and closest to the body, not pack more than 20% of the child's body weight in the backpack, and pack only what he needs. Pack heavier items close to the back and unpack unnecessary items in the locker.



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

PUZZLE answers (from pages 28 - 29)

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

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

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



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