

August 2017

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#### **August 5** - The Emotion Code

**Guest:** Dr. Bradley Nelson, author & international lecturer

#### **August 12** - Historic St. George Greek Orthodox Church

**Guests:** Reverend Father Ioannis Krokos, Steve Rodakis, and Sophie Duke

#### **August 19** - Shreveport Little Theatre's 2017/ 2018 season

**Guest:** Robert Darrow, SLT Creative Director

#### **August 26** - Exotic Travel Destinations

**Guest:** Wendy Liu, Nexus Holidays General Manager

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## The Best Of Times

Founded in 1992 as *Senior Scene News*  
ISSN Library of Congress #1551-4366

A monthly publication from  
TBT Multimedia, LLC  
P.O. Box 19510  
Shreveport, LA 71149  
(318) 636-5510  
[www.TheBestOfTimesNews.com](http://www.TheBestOfTimesNews.com)

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**August 2018 • Vol. 26, No. 8**

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# Stat! Medical News & Info

## The Mere Presence of Your Smartphone Reduces Brain Power

Your cognitive capacity is significantly reduced when your smartphone is within reach - even if it's off. That's the takeaway finding from a new study from the McCombs School of Business at The University of Texas at Austin. Study participants took a series of tests that required full concentration in order to score well. Before beginning, participants were randomly instructed to place their smartphones either on the desk face down, in their pocket or personal bag, or in another room. All participants were instructed to turn their phones to silent. Researchers found that participants with their phones in another room significantly outperformed those with their phones on the desk, and slightly outperformed those who had kept their phones in a pocket or bag. Researchers determined that having a smartphone within sight or within easy reach reduces a person's ability to focus and perform tasks because part of their brain is actively working to not pick up or use the phone.



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Source: Lancet Commission on Dementia Prevention and Care  
Credit: Kirk Medicine of USC



## Reversing Physical Frailty in the Elderly

Physical frailty is common among the elderly and is strongly associated with cognitive impairment, dementia and adverse health outcomes such as disability, hospitalization, and mortality. A four-year study conducted by researchers from the National University of Singapore showed that physically frail elderly persons compared to their robust counterparts are eight times as likely to be cognitively impaired at the same time, and if they are not cognitively impaired, they are more than five times at risk of becoming cognitively impaired on follow up three years later. Additionally, physically frail elderly persons are two to 10 times as likely to become functionally disabled on daily living activities, hospitalized and die earlier than their robust counterparts. When physical frailty and cognitive impairment are present together, he or she is more than 20 times as likely to become disabled, hospitalized or die earlier. The researchers found that it is feasible to identify pre-frail and frail older persons and provide them with lifestyle interventions to reverse frailty. They found that better nutrition, physical training and mental exercises can reverse frailty, enhance muscle strength and gait speed, reduce depressive symptoms and improve cognitive functioning.



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## Accentuate the Positive to Reduce Risk of Chronic Disease

People who experience not just positive emotions but a diversity of positive emotions appear to have lower levels of systemic inflammation, which may reduce their risk for chronic diseases such as diabetes and heart disease, according to research published by the American Psychological Association. To determine positive emotional diversity, the researchers had participants indicate their experience of 16 different positive emotions (enthusiastic, interested, determined, excited, amused, inspired, alert, active, strong, proud, attentive, happy, relaxed, cheerful, at ease, calm) over the course of the study. Diversity was measured not only by the number of discrete emotions experienced but by overall distribution and the number of times each emotion was experienced. The research was published in the APA journal *Emotion*.



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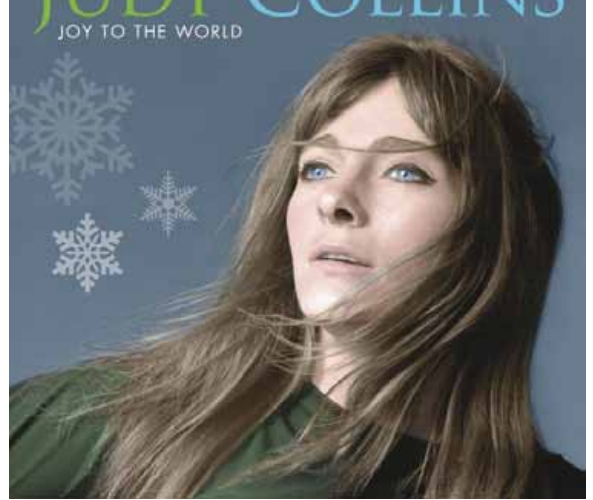
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# Shreveport Then & Now



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Vintage photos courtesy of LSU Shreveport Library.

1 - Cpl. Sed Mathews next to motorcycle policeman from 1949 (name unknown). *Vintage photo - Jack Barham Collection.*

2 - Sgt. Michael Lasuzzo "shaking hands" with a counterpart from 1955 (name unknown). *Vintage photo - Shreveport Times Collection.*

3 - Then motorcycle unit (date unknown) blended with present day motorcycle unit. (l to r) Sgt. Michael Lasuzzo, Cpl. Troy Flores, Cpl. Bobby Entrenkin, Cpl. Sed Matthews and Cpl. Robert Webster. *Vintage photo - Shreveport Police Collection.*

4 - Officers Jack Wade and W.C. Steadman (from the past) with Lt. Keith Cobb and Officer Tina Howes. *Vintage photo Jack Barham Collection.*

*These photographs, a blending of vintage and current photos, are the result of twin brothers Mike and Mark Mangham's fascination with Shreveport history. Photos blended and used with permission by Mike and Mark Mangham of **Twin Blends Photography**. Visit [www.facebook.com/twinblendsphotography/](http://www.facebook.com/twinblendsphotography/).*



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*Client Care Coordinator  
and Certified Medicaid Planner™*

**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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# Our Featured 5 FUN FACTS ABOUT Solar Eclipse

1

1. During a total solar eclipse, **the sun and moon appear the same size in Earth's sky** because the sun's diameter is about 400 times greater – but the sun is also about 400 times farther away.

2

2. “**Bailey's Beads**” often appear as sunlight shines out through valleys on the moon's **surface**. The diamond ring effect is seen when only one bead is left; a shining diamond set in a bright ring around the lunar silhouette.

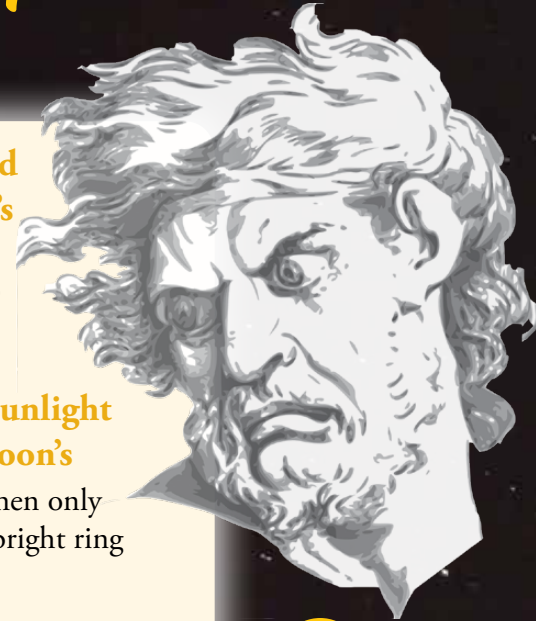
3. During a total solar eclipse, **some animals may act confused or prepare for sleep** thinking that twilight has arrived.

3

4. Total eclipses are rarely seen because totality — when the sun appears totally hidden by the moon — **only exists along a narrow path on Earth's surface**.

5. In ancient times, people thought an eclipse was a **sign that the gods were angry** or that bad things were about to happen.

4



5



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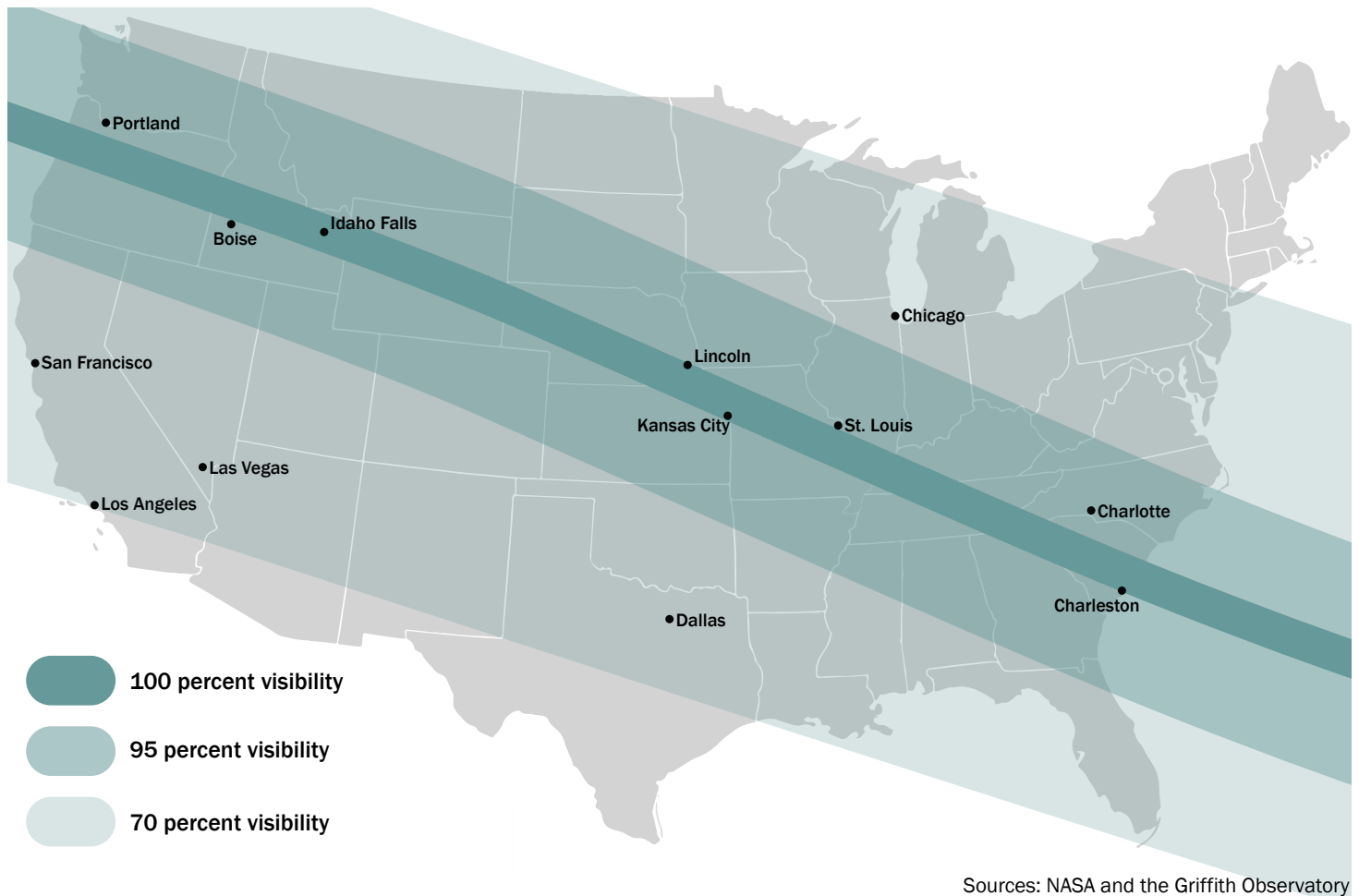
# TOTALLY ECLIPSED

**Visible in the U.S. for the first time in almost 40 years, the moon will completely cover the sun on August 21, 2017. Here's what you need to know to make sure you experience this epic event.**

BY LISA IANNUCCI  
CTW FEATURES

Look up on August 21, because one of the coolest celestial events will be taking place in the sky. It's the next total solar eclipse, an event when the moon completely covers the sun.

This isn't a rare phenomenon. As a matter of fact, according to Space.com, approximately once every 18 months (on average) a total solar eclipse is visible from some place on the Earth's surface. What makes this one a big deal is that it's the first one that is visible in the contiguous 48 United States since February 26, 1979.



Here's what will happen: The moon's shadow will create a 70-mile-wide path diagonally across more than a dozen states, starting in Oregon and ending in South Carolina - otherwise known as the path of totality. The total eclipse will begin in Oregon at 9:05 a.m. Pacific time on Aug. 21 and then it will cross through Oregon and head into Idaho, Wyoming, Montana, Nebraska, Iowa, Kansas, Missouri, Illinois, Kentucky, Tennessee, Georgia and North Carolina. Then, it will start in its final destination, South Carolina, at 2:48 Eastern time.

Not everybody will be able to see the total eclipse though, which the National Aeronautics and Space Administration (NASA) says only lasts a few minutes. Unless you are directly on this path, you're out of luck to see it, but don't put your chairs away just yet. There is good news for those who aren't residing or vacationing on this track. You will still be able to see a partial solar eclipse in any other area - this is when the moon covers only part of the sun.

## Eclipse Road Trip

If you want to travel to one of the cities on the trajectory to see the eclipse, you'll have to act quickly because hotel rooms are booking up fast. In Madras, Oregon, you can see the event from Round Butte Overlook Park or

participate in many of the eclipse festivals that are occurring around the country in the cities on the pathway. There is the Wyoming Eclipse Festival in Casper; the Capital Eclipse Celebration in Jefferson City, Missouri; and the Music City Solar Eclipse in Nashville, Tennessee. There will be a county-wide celebration in Rabun County, Georgia, while Columbia, South Carolina, has an entire weekend celebration planned.

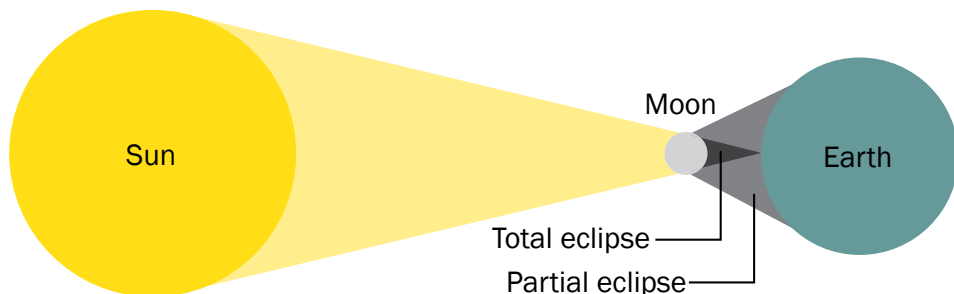
## So Bright, Wear Shades

If you are making plans to see the event, make sure you protect your eyes before the festivities begin, because looking directly at the sun can severely damage them. The National Aeronautics and Space Administration explains that as the moon moves in front of the sun, several bright points of light shine around the moon's edges that are called Baily's Beads. These beads diminish over time until only one is left, but only when that spot completely disappears can you safely look at the sun with a naked eye. When the sun moves again and the lights reappear around the moon's edges, you need to once again put shades back on.

Watching the eclipse with regular sunglasses won't cut it though. Instead, you need to purchase special ISO 12312-2 compliant eclipse glasses in order to protect your eyes. These eclipse glasses can be found through local museums

# How a Solar Eclipse Works

*A total eclipse happens when the moon completely blocks the light coming from the sun. Areas in the small, direct shadow will see a total eclipse, which lasts a few minutes.*



or astronomy clubs. You also can look through a special filter, such as a No. 14 welder's glass, which has a thin layer of aluminum, chromium or silver on its surface that reduces ultraviolet, visible and infrared energy.

It's a big buildup to a short event, but it's a once-in-a-lifetime experience to see a total solar eclipse. Have the grandchildren join you and make it a family event (see the tips on watching the eclipse with children). It's the perfect time to marvel at what the universe can do.

Visit <https://eclipse2017.nasa.gov/eclipse-who-what-where-when-and-how> for a breakdown of what cities and states will be affected by the eclipse of 2017.

© CTW Features

## The Eclipse in Northwest Louisiana

The total phase of this solar eclipse will not be visible in Northwest Louisiana, but it can be observed as a partial solar eclipse. Locally the eclipse will begin at 11:46 a.m., reach its maximum at 1:17 p.m., and end at 2:46 p.m. The magnitude will be 0.83 (magnitude of 1 or greater is a total eclipse).

Because this area will not experience the total eclipse, you must use eye protection or an indirect viewer, such as a pinhole camera, for viewing.



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# After the ECLIPSE

*Ready for more exciting reasons to look up?  
Here are three big celestial events coming soon to a sky near you.*

### VENUS AND JUPITER COME OUT TO SHINE

The total eclipse on August 21 is not the only anticipated celestial event in 2017. According to National Geographic magazine, you can look for Venus to be exceptionally close to Jupiter in November. This event will take place at dawn on November 13, 2017. Venus and Jupiter are two of the brightest objects in the sky and all you need is a pair of binoculars to check it out.

### PREDAWN METEOR SHOWER

On December 13, 2017, check out the Geminid meteors, which is one shower the grandkids are going to want to take. According to National Geographic magazine, this year's event will be best viewed during the predawn hours on December 14 when the shower is predicted to reach its peak performance.

### SUPERMOON TO RING IN THE NEW YEAR

Mark your calendars because on January 2, 2018, there will be a full moon, otherwise known as a Supermoon. According to Sky and Telegraph, the term was first coined by astrologer Richard Nolle to describe the full or new moon when it's less than 223,000 miles from Earth, about 6 percent closer than average.



(Tear out and post this friendly reminder)

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- **Could an Irrevocable Trust become your worst enemy? Learn the pitfalls and traps!**
- Do you know why it may be a bad idea to put **kids names on your accounts**?
- Do you know **how preserving assets can better assure a patient's quality of care and quality of life?**
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# Science in the Sky

## 5 Fun, Safety-First Tips for Watching the Eclipse With Children

The excitement for the total eclipse on August 21 is building, and it's the perfect time to teach your grandchild about the moon and stars and stargazing. There is plenty of time left to prepare them for the big event:

### Read about an eclipse.

There are plenty of books on the subject, from "The Big Eclipse Paperback" (Orbit Oregon, 2016) by Nancy Coffelt to "Looking Up!: The Science of Stargazing" (Science of Fun Stuff, 2017) by Joe Rao and Mark Borgions. Read about what they are so your grandkids will understand what's happening. You can also find solar





activity sheets online that you can do together.

### Make sure they are comfortable.

Waiting for the eclipse can make a child restless, so be sure to have plenty of snacks and drinks on hand and a blanket to lie on. The eclipse takes place in the summer heat so be sure to spray the child with bug protectant.

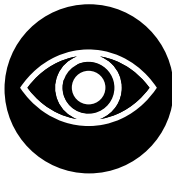


### Know the safety rules.

Never view an eclipse by looking directly at it — wear the proper eclipse safety glasses. Also, refrain from using binoculars or a telescope unless you've purchased a solar shield, which will provide eye protection.

### Watch children with filters.

On the big day, don't just give the child a filter and not supervise them. Children need to be watched to make sure they are using the filters correctly to protect their eyes.



### Throw an eclipse-viewing party.

The eclipse is a perfect time to get kids excited about science, so why not throw a small neighborhood gathering to make it all the more special? Serve eclipse-themed foods, such as Moon Pies, Sun Chips and Starburst candies. For a few added activities, NASA offers a slew of fun print-outs on its website ([eclipse2017.nasa.gov/downloadables](http://eclipse2017.nasa.gov/downloadables)), including bookmarks, an activity guide and 3-D printable pinhole projectors.

## Eye Protection During the Eclipse

When watching the eclipse it is important to wear solar filters as eye protection until the eclipse reaches totality. (Editor's note: NWLA will not be in the zone of totality so eye protection must be worn throughout the eclipse.) According to NASA four manufacturers have certified solar filters to meet international standards: Rainbow Symphony, American Paper Optics, Thousand Oaks Optical and TSE 17.

NASA suggests using pinhole projection to safely view a partial eclipse without filters. To do this, "cross the outstretched, slightly open fingers of one hand over the outstretched, slightly open fingers of the other. With your back to the sun, look at your hands' shadow on the ground. The little spaces between your fingers will project a grid of small images on the ground, showing the sun as a crescent during the partial phases of the eclipse." Or download a 3-D printable pinhole projector at [eclipse2017.nasa.gov/downloadables](http://eclipse2017.nasa.gov/downloadables). For more info visit: [eclipse2017.nasa.gov](http://eclipse2017.nasa.gov)

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## I Can't Hear My Doctor

**M**y good friend Ludwig von Beethoven (not his real name) is deaf. He's also a hypochondriac, which means that he takes himself to a lot of doctors and hospitals. This doesn't always work out too well, because his main form of communication is sign language. Very few emergency room doctors know sign language, which can be quite a problem for old Ludwig.

Is that the hospital's problem? Does a hospital have to take any extra steps when it comes to deaf patients?

Yes, they do. Just like they have to provide ramps for people in wheelchairs. Places that are open to the public have to provide reasonable accommodations to disabled people, and that includes deaf people. Which is why a hospital in Florida

invested in a machine called a Video Remote Interpreter. It's a portable machine that the hospital hooks up to the internet. A live sign language interpreter, who is located remotely, uses the machine's camera and screen to translate between deaf patients who use sign language and the doctors. Which sounds like a pretty great use of technology to me.

Except that nobody at the hospital knew how to use the machine.

One deaf patient who regularly visited the hospital explained, "hospital staff could not figure out how to operate the machine." Another said, "the hospital staff attempted to set up the video remote interpreter device, but could not figure it out - they could not even figure out how to plug it in." And another regular deaf patient said, "It was all day long. I had a bad experience with

that machine; every staff member tried to get it going. And nobody could."

So, some of these deaf patients decided to sue. The hospital quickly went to the Judge and tried to get the case thrown out. The hospital felt that unless a patient could prove that he suffered an "actual adverse medical consequence resulting from the ineffective communication," then the case should be thrown out. In other words, if there is no harm, then there is no foul.

Sound right to you?

It's not. The law says that the hospital has to offer an appropriate way for a deaf patient to exchange medically relevant information with hospital staff. "The focus is on the effectiveness of the communication, not the medical success of the outcome."

# AC Duct Cleaners

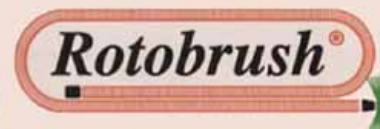
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CAN hurt you





Now that doesn't necessarily mean that all hospitals must have an on-site interpreter available every time a deaf person asks for one. "If effective communication under the circumstances is achievable with something less than an on-site interpreter, then the hospital is well within [the law] to rely on alternatives... The ultimate decision as to what measure to take rests with the hospital... But whatever communication aid the hospital chooses to offer, the hospital must ensure effective communication with the patient."

According to the law, relying on an adult accompanying a deaf patient to interpret or facilitate communication is not an appropriate way to ensure effective communication. And the Department of Justice has explained that communicating back and forth with handwritten notes is also not an appropriate way to ensure effective communication with deaf patients.

In Beethoven's case, do you think the Florida hospital offered an appropriate way for a deaf patient to exchange medically relevant information with the hospital?

It was good enough for the trial court Judge who threw the case out without holding a trial, but the appellate court disagreed and reinstated the case.

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



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## Jury Service: Qualifications and Exemptions

**Y**ou go home and look in the mail. You see a certified letter from the local Clerk of Court. You open the letter and find out you have been selected for jury service. You get out the calendar and find that your vacation starts the week you have been selected. Horror sets in that you will have to miss your vacation.

How many times has this happened to you or someone you know? In this article, I am going to discuss jury qualifications and exemptions allowed to persons who are called for jury service. I will discuss these from the criminal jury context as most persons are called to serve regarding criminal matters.

First, juries are selected from the registered voters in the parish. Jury service is both a privilege and a duty. It is a privilege due to the fact that the Constitution guarantees certain persons the right to trial by jury and so many men and women gave their lives defending this privilege. It is also a privilege to serve on a jury

because only qualified persons can serve on the jury. It is a duty to serve on the jury until you are excused or discharged.

A Writ of Attachment can be issued for you if you do not appear at the courthouse when summoned.

A Sheriff's Deputy will be dispatched to your home or work to bring you to the courthouse for jury service if you do not appear.

Most juries do not last more than a few days. Many people worry about being sequestered as a juror, which means not being able to leave and being placed in a motel. The only type of jury that requires sequestration is a First Degree Murder Trial where the Death Penalty may be imposed. If you are selected as a juror, you will be able to go home at night and return the next morning to complete jury service.

Qualifications to serve as a juror are set forth in Article 401 of the Code of Criminal Procedure. In order to qualify to serve as a juror a person must be:

(1) A citizen of the United States and of this state who has



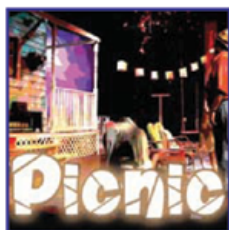
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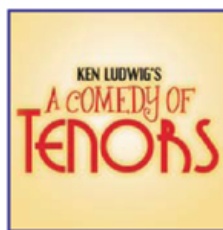
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resided within the parish in which he/she is to serve as a juror for at least one year immediately preceding his/her jury service:

- (2) At least eighteen years of age;
- (3) Able to read, write, and speak the English language;
- (4) Not be under interdiction, or incapable of serving as a juror because of a mental or physical infirmity; and
- (5) Not be under indictment for a felony, nor have been convicted of a felony for which he/she has not been pardoned.

Exemptions to jury service are provided by Rule 25 of the Louisiana Supreme Court pursuant to Section 33(b) of Article 5 of the Louisiana Constitution. These exemptions are:

- (1) All persons over seventy years of age or older shall be exempt from jury service and may decline to serve as jurors, but may elect to serve as jurors if they meet the other qualifications to serve as jurors; and
- (2) Persons who have served as grand

or petit jurors in criminal cases or as trial jurors in civil cases during a period of two years immediately preceding their selection for jury service.

Exemptions are personal to the person claiming the exemption. Only that person may be excused.

As you can see, the list to be excused based on lack of qualification or on claim of an exemption is very limited. What happens if you have a vacation planned and get called for jury duty? At this point, all you can do is write the judge of the court and explain your situation. The judge has some discretion as to whether or not accept your excuse. But you have to remember, without juries and jury members, our court rooms cannot function. Again, it is a duty and a privilege to serve as a juror.

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



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## CUTENESS THAT JUST WON'T QUIT

Lauren and Sam Brimer were so thankful that their firstborn baby Sawyer, was already sleeping through the night at such an early age, but when they noticed that the back of Sawyer's head on the left side seemed abnormally flat, they became concerned. Their pediatrician referred them to maxillofacial specialists who had Snell's Orthotics and Prosthetics scan Sawyer's head.

On a return visit, a second scan showed no improvement and the specialists diagnosed the problem as plagiocephaly (flattened head syndrome). The doctors referred the Brimer's to Snell's to have Sawyer fitted for a cranial helmet.

"You can tell they love what they do," Lauren said. "Everyone at Snell's was so sweet and genuine. When Sawyer would get anxious during scanning they would sing or talk to him to help him relax."

After making sure Sawyer wore the device the prescribed 23 hours per day, his parents proudly report that his treatment was successfully concluded and the helmet removed a few weeks before his 1st birthday.



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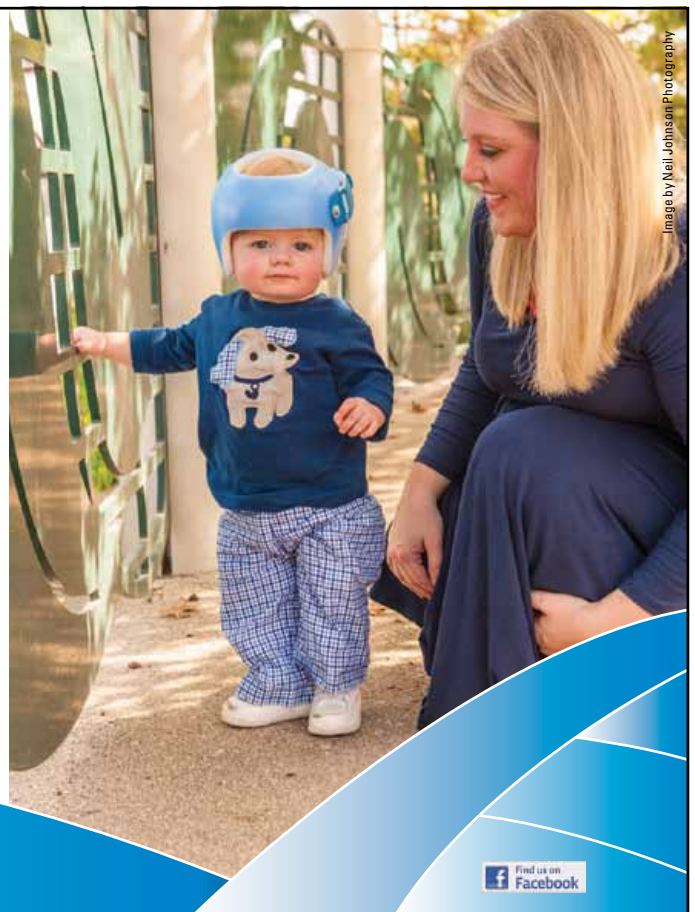


Image by Neil Johnson Photography

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## New Medicare Cards Debut Next Year

*Dear Savvy Senior,  
I just received my Medicare card in the mail and was surprised to see that the ID number is the same as my Social Security number. I know it's a bad idea to carry around anything that displays my Social Security number because it makes me vulnerable to identity theft. Wasn't the government supposed to stop putting Social Security numbers on Medicare cards?*

*~New Beneficiary*



Dear New,

Many people new to Medicare are surprised to learn that the ID number on their Medicare card is still identical to their Social Security number (SSN). After all, we're constantly warned not to carry our SSN around with us, because if it gets lost or stolen, the result could be identity theft.

But the card itself tells beneficiaries to carry it with you when you are away from home so you can show it at the doctor's office or hospital when you need medical care. Here's what you should do to protect yourself.

### NEW MEDICARE CARDS

For starters, you'll be happy to know that the government is in the process of removing SSNs from Medicare cards, but with 58 million beneficiaries, it's a huge undertaking that will be implemented gradually. The Centers for Medicare and Medicaid Services will start sending the new cards in April 2018, but it will take until December 2019 before SSNs are removed from all cards.

Under the new system, a randomly generated 11-character Medicare Beneficiary Identifier will replace the SSN-based health claim number on your new Medicare card, but your Medicare benefits will not change.

You will receive information in 2018 letting you know

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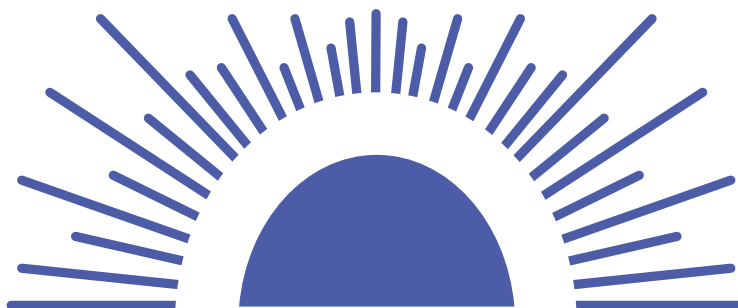
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about the new Medicare card, with an explanation of how to use the new card and what to do with your old one. You can start using your new Medicare card with the new number as soon as you receive it, and there should be a transition period in 2018 and 2019 when you can use either the old card or the new card.

## PROTECT YOUR IDENTITY

Until your new Medicare card is issued, here's what you can do to protect your SSN on your current card. The Privacy Rights Clearinghouse, a national consumer resource on identity theft, recommends that you carry your Medicare card only when you visit a health care provider for the first time, so the provider can make a copy for their files. Otherwise, make a photocopy of your card and cut it down to wallet size. Then take a black marker and black out the last four digits of your SSN, and carry that instead in case of an emergency.

If your Medicare card does happen to get lost or stolen, you can replace it by calling Social Security at 800-772-1213 or contact your local Social Security office. You can also request a card online at [SSA.gov/MyAccount](http://SSA.gov/MyAccount). Your card will arrive in the mail in about 30 days.

If your Medicare card that contains your SSN gets lost or stolen, you'll need to watch out for Medicare fraud. You can do this by checking your quarterly Medicare summary notices for services or supplies you did not receive. You can also check your Medicare claims early online at [MyMedicare.gov](http://MyMedicare.gov) (you'll need to create an account first), or by calling Medicare at 800-633-4227. If you spot anything suspicious or wrong, call the Inspector General's fraud hotline at 800-447-8477.

Also, watch for other signs of identity theft. For example, if someone uses your Social Security number to obtain credit, loans, telephone accounts, or other goods and services, report it immediately to the Federal Trade Commission at [Identity-Theft.gov](http://Identity-Theft.gov) (or 877-438-4338). This site will also give you specific steps you'll need to take to handle this problem.

*Send questions to Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://SavvySenior.org). Jim Miller is a contributor to NBC Today and author of "The Savvy Senior" book.*



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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**  
Not every CoQ10 supplement works. The form of CoQ10 you take affects how well it is absorbed into your body. We like Boudreaux's brand CoQ-10 Pre-Emulsified Liposomal (PEL) Delivery System. Evidence has shown that pre-emulsified CoQ-10 delivery forms show increased absorption over powdered forms.



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## Facing The Challenge Of Mid-Life Dating

Dating isn't something just for young people. While dating is a chance for the parents of teens to worry, and a chance for twenty-somethings to find a serious relationship, today there's a whole new age group, those 40 and over, who have found themselves in the dating pool.

They can be there for a variety of reasons. Perhaps career-based decisions meant having to wait on marriage. Maybe there's been a divorce or the passing of a spouse. Whatever the reason, it can be a stressful situation because it may seem as though there's a lot more riding on dating. In our twenties there seemed an almost endless world of relationship possibilities, but as we age we realize that the options are usually more limited.

Dating at an older age can also produce stress because it usually upsets your established life. You have a career, friends, regular routines and activities that bring you comfort, but suddenly a new romantic interest will be taking up your time and affecting many of those established relationships.

So how can you reduce the stress? Start by maintaining your normal life rather than turning it upside down for this new person. When everything is canceled for someone new and special, it sends a message about how little you value the things already in your life. Instead, rather than stressing over a scheduling conflict, simply admit you're not available and

suggest another time that works better.

It's also important not to lose existing friends. When you focus solely on that someone new, you'll end up feeling guilty and anxious over how you've ignored, and possibly lost, old and trusted friends. Instead of cutting off those friends, look for ways to integrate your new romantic interest into those friendships.

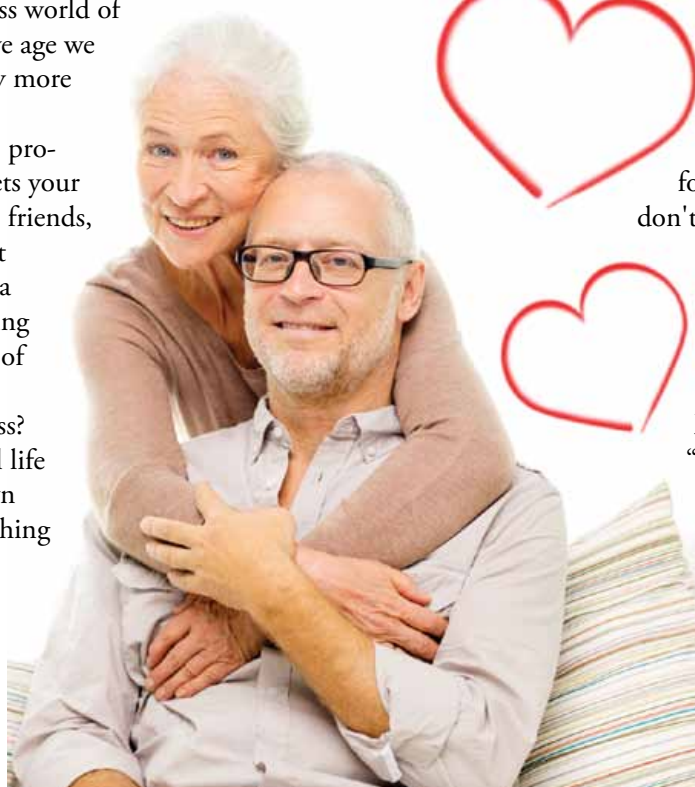
Another key to reducing the stress of mid-life dating is to remind yourself that you're a mature person with a full life. A

new romance shouldn't force you

to shut down your existing life and focus only on the new relationship. Doing so is a sure way to increase anxiety and to set yourself up for an emotional crash if things don't work out.

Instead, view mid-life dating as an enjoyable, interesting adventure that's an addition to your existing life, not a replacement for what you already have. Don't look at dating as an "all or nothing" proposition and it will be much less stressful and more enjoyable.

*Counseling Corner" is provided by the American Counseling Association. Comments and questions to [ACACorner@counseling.org](mailto:ACACorner@counseling.org) or visit the ACA website at [www.counseling.org](http://www.counseling.org).*



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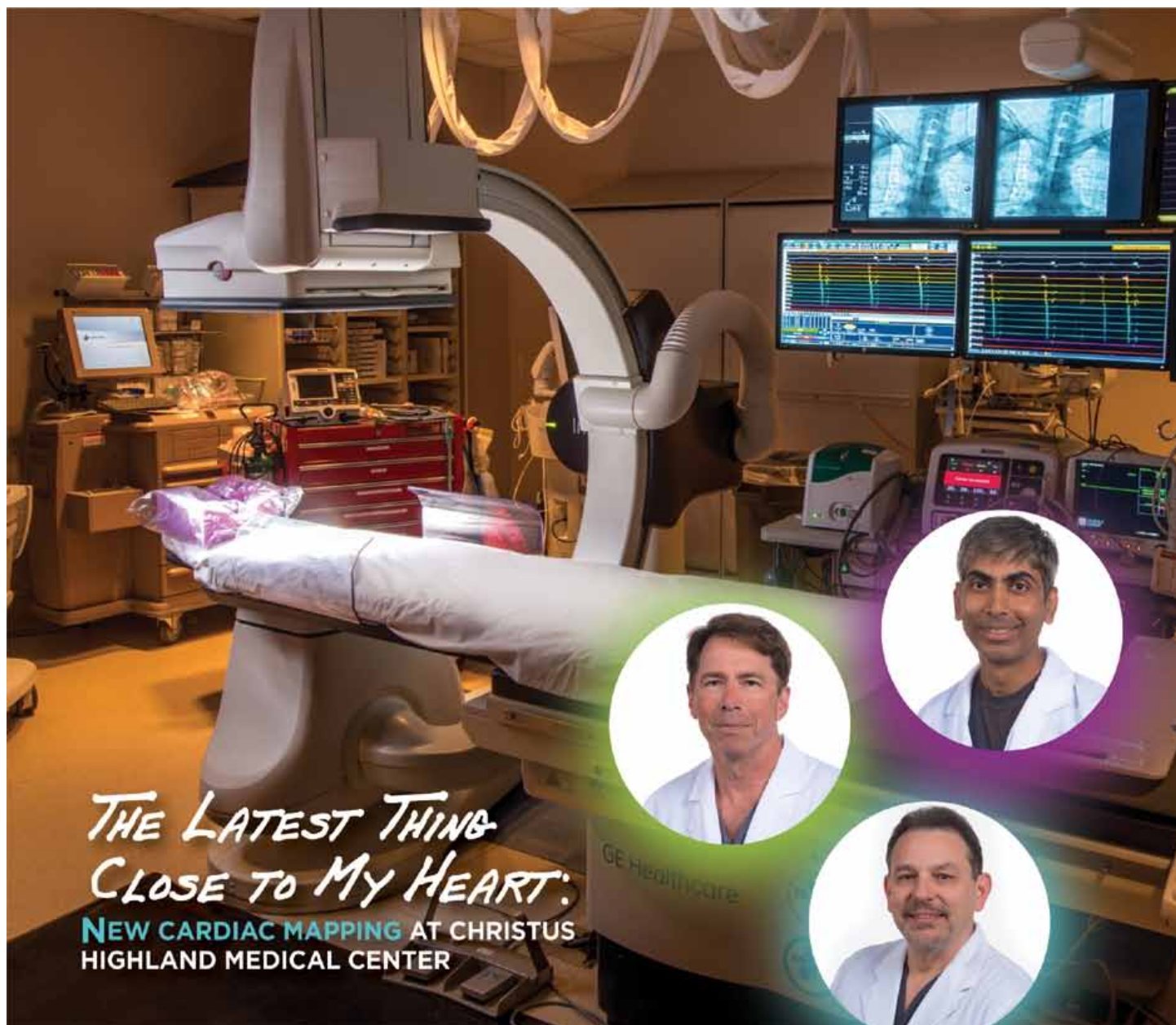
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# A VEGAS VISIT that's *Très Magnifique*

story by Andrea Gross • photos by Irv Green



*A*ha! There it is, the Eiffel Tower. Around the corner, the Arc de Triomphe. And right nearby, a row of quaint shops on a cobblestoned street. Voila, this is Paris, ne' c'est pas?

Actually, it's Paris Las Vegas, a French-themed hotel and casino that's done a remarkable job of bringing the famous landmarks of the governmental capital of France to the entertainment capital of the United States.

Although at first it's a bit disconcerting to see Parisian landmarks sitting amidst the high-rise hotels and brightly-lit casinos, it's also *très magnifique*.

The architects and designers responsible for creating the Paris Las Vegas Hotel, which opened in 1999, went to great lengths to make sure that the famous landmarks were reproduced as accurately as possible. Their greatest coup was securing the original plans that Gustav Eiffel used to build his monument for the Paris Exposition in 1889. The Las Vegas tower is an almost-exact 1/2-scale replica, soaring 460 feet (more than 40 stories) into the desert sky.

The major difference, aside from size, has to do with safety. Rather than joining beams with rivets as in the original, modern builders felt that welding would produce a stronger structure. Then, to ensure an authentic look, they overlaid the

welding with cosmetic rivets.

The concern for accuracy even extended to the lighting system. In 1989, 100 years after the original tower was built, lights were added to brighten the Paris sky. Ten years later the same

experts were hired to install the lights in the Las Vegas reproduction.

The Eiffel Tower is the first sign of Paris that visitors to Las Vegas see when they drive up the famous Strip, but it's far from the only one. People who are arriving at the Paris Las Vegas Hotel drive around a 2/3-scale replica of the Arc de Triomphe, a Parisian landmark honoring the soldiers who fought with Napoleon.

Some parts of the hotel have facades that echo famous buildings in Paris. One wall looks like

the Paris Opera House, and the outside of the 34-story hotel itself was designed to look like Paris's 800-year-old Hôtel de Ville, which now serves as Paris' City Hall.

The Parisian theme carries to the inside where touches of France adorn the casino, lobby and, most of all, the shopping promenade. The retail area, which is completely indoors, has "cobblestoned" streets, wrought-iron street lamps, and shops fashioned to look distinctly European, with flower boxes and balustrades.



**The shopping promenade is cleverly designed to look like a Parisian street.**





### The Village Buffet restaurant lets diners experience the food and atmosphere of the provinces.

As with the architecture, the hotel's restaurants pride themselves on authenticity. Many are devoted to French food of one sort or another - from crusty baguettes and delicate crepes to foie de gras and le filet de boeuf.

Mon Ami Gabi is an upscale café where people can eat outside and watch folks stroll up and down the Strip, except that the bow-tied waiters don't call it "The Strip." They call it the "Champs-Élysées."

Here diners can start with wild escargots or onion soup au gratin, move on to chicken grand-mère and finish up with a vanilla bean crème brûlée - if, that is, they don't get sidetracked by some of the eighty-plus boutique wine offerings.

But it's the Eiffel Tower restaurant, on the 11th floor of the tower, that is the epitome of Parisian elegance. The prices are nearly as stratospheric as the view, but no one seems to care. After all, this is a restaurant that's often dubbed one of the most romantic in the country, and what is more French than romance? (Tip: Those who are more pragmatic than romantic can opt to go for brunch or, better yet, go for a tasting.)

The Village Buffet takes diners to the provinces outside of Paris to experience the sights and tastes of the countryside. The restaurant has six sections, each of which replicates the architecture and design of a specific province. Likewise, there are a variety of cooking stations that feature the foods and cooking styles of each region. Guests, who are welcome to gorge themselves with food from all of the provinces, can have crepes à la Brittany, seafood from Normandy, meats from Burgundy, croissants from Alsace and beverages from Bretagne. (Tip: The buffet isn't cheap, so go hungry.)

Finally, almost hidden in a corner on the hotel's north side, Le Cabaret offers an ooh-là-là experience during which folks make merry as they sip cocktails and listen to live music.

Now what could be more French than that?

*For an expanded version of this story, see [www.traveltizers.com](http://www.traveltizers.com).*



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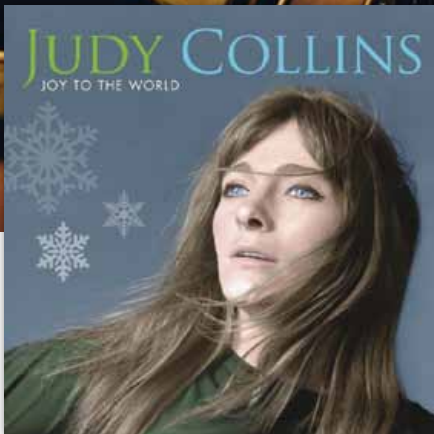


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# Singer Judy Collins Still Vocal on Social Issues



**W**hether singing her own words or those of others, the sublime vocal talent of pop/folk singer

Judy Collins has been drawing audiences for over 50 years. But it almost never happened.

"I contracted polio as a child and later tuberculosis when I was in my early 20s," recalled Collins from her home in New York. "My school teachers told me I was suffering from growing pains but when I was around 11 and the pain became severe, I went to the doctor who said I had polio. Of course, there was an epidemic throughout the country when this happened in 1950 and I spent 2 months in hospital. Fortunately, there were no lasting effects."

At 23, while performing in Tucson, she was diagnosed with tuberculosis and quarantined for a month before being transferred to a Denver hospital that specialized in treating patients with TB.

"I got the right cocktail of drugs, so I was very lucky to have survived all that illness," she said.

She would go on to brighten the world with over 50 music

albums that included pop hits such as "Send in the Clowns" and "Both Sides Now." But her own adult world was overshadowed by a darker side as she dealt with eating disorders, alcoholism, and the death of her only son who committed suicide in 1992 at the age of 33.

Battling back again from those desperate challenges, Collins used her voice to promote awareness about social problems including suicide and mental health issues.

"Music is especially an all-embracing art form," she said. "I've written songs about love and war, as well as the loss of my son. In 2007 I published a book about surviving tragedy – 'The Seven T's: Finding Hope and Healing in the Wake of Tragedy' – which helped me and hopefully others facing similar ordeals."

In April, she was recognized with the 2017 Beatrice Stern Media Award, given by the Didi Hirsch Mental Health Services – a leading provider of services since 1942 for people with dealing with mental health and



substance abuse issues (see [www.didi-hirsch.org](http://www.didi-hirsch.org)).

"I'm pleased for the honor, but I still have a lot to say about mental health issues," said Collins. "We have to keep raising awareness in order to get the stigma removed so that people are not afraid to talk about their problems."

Turning 78 in May, Collins is still on the road performing.

"This summer I'm going on a tour with Stephen Stills for 4 or 5 months and I still do around 120 shows a year," she noted (see [www.judycollins.com](http://www.judycollins.com) for dates and locations). "And my latest book, 'Cravings: How I Conquered Food,' was released this year. I've survived a lot of difficulties, but I'm still hanging in there!"

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 650 magazines and newspapers.



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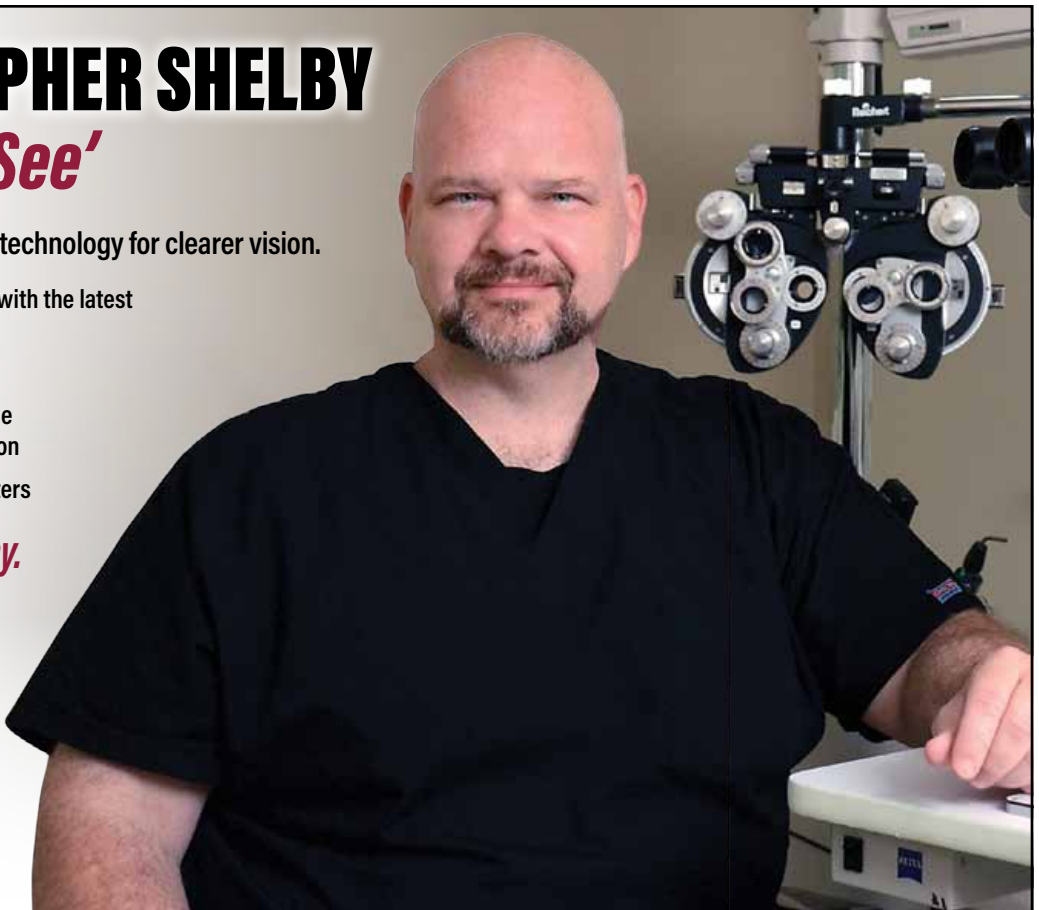
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## Review of *Spoonbenders* by Daryl Gregory

*Spoonbenders* by Daryl Gregory is the story of a dysfunctional family who has fallen on hard times. The twist to this story though is that each family member has a “gift,” some special psychic power that enhances both who they are and their tendencies to find trouble.

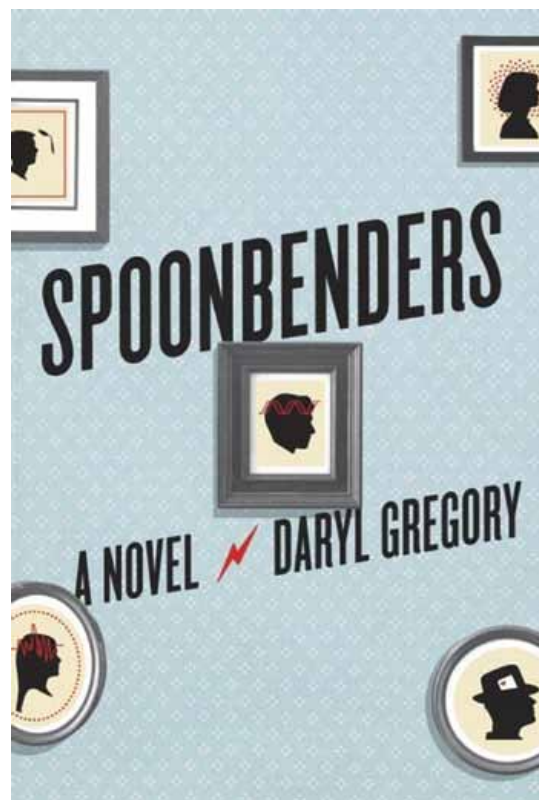
Teddy, the family patriarch, is washed up, chasing old cons and the feeling of falling in love. Lonely Irene has moved in with her father and works at a grocery store while her son Matty battles teenage angst, hormones and his newly discovered ability to astral project. Frankie has dug a deep hole for himself with the local mafia to keep his business afloat and Buddy refuses to speak, instead diving into home improvement projects that seem to make no sense around the house.

*Spoonbenders* tells their stories,

flashing between past, present, and even future, showing how these seemingly amazing people ended up in their dead-end lives. All of the character’s stories bend and weave together throughout time, pulling in their dead and beloved mother, renowned for her psychic powers and who, they believe, was secretly working for the federal government.

Through each character’s storytelling, you get a sense of the joy and burden of their unique gifts and histories - for example, how hard it is to be someone who always knows when someone is lying to them; or having a power that’s useful but not easily called up when needed.

The story and suspense build quickly as serious consequences and stakes become evident. There are big power players in this story— the federal government, the mafia and



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a big public murder trial, and the mysterious “zap” that hints at an “end of times.” *Spoonbenders* is well executed, and the hints and clues as to what might happen are laid out expertly - to the point that I sometimes held my breath in expectation of terrible things happening.

And while the psychic powers are interesting and exciting, what makes *Spoonbenders* great, is the beautiful and relatable character building and the sense of humor seen in everyday things. For example, “She went upstairs and found the stack of mail that had accumulated over the past couple of days. There were five AOL CDs, each one promising 50 free hours! Well, she thought, if there was one thing she had, it was free hours.”

There are so many matter-of-fact statements like this that made me chuckle throughout the book, and some of the dialogue had me laughing out loud.

I loved everything about this book - the story, the characters, the weird paranormal twist. It’s easy to simultaneously dislike and love almost every single person, and the weaving of past, present and future is fascinating and well done.

**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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# GET FOILED

Learn why foil-pocket cooking is hot, hot, hot

## FAMILY FEATURES

As the saying goes, big things come in small packages and that may explain the burgeoning popularity of foil-pocket recipes. Minimal preparation and cleanup are easy trade-offs for the immense flavors you can create in these tiny containers, whether you prepare them in the oven, on the grill or over an open flame. The secret to successful foil cooking is locking in the layers of flavor from each ingredient. It's surprisingly simple to create delicious, healthy dishes when cooking with foil. Find more inspired ideas for healthy meals at [Mizkan.com/Recipes](http://Mizkan.com/Recipes).

## Gochujang-Glazed Chicken

*Servings: 4*  
 4 tablespoons Seasoned Rice Vinegar – Roasted Garlic  
 2 teaspoons gochujang (chile bean paste)  
 6 tablespoons maple syrup  
 4 teaspoons soy sauce  
 2 tablespoons, plus 2 teaspoons, olive oil  
 4 teaspoons Dijon mustard  
 ½ teaspoon salt  
 ½ teaspoon pepper  
 8 chicken thighs  
 4 cups fresh cauliflower, riced (use grater or food processor so cauliflower resembles rice)  
 1½ cups fresh scallions, sliced  
 2 cups fresh sugar snap peas  
 3 sprigs fresh cilantro, for garnish

Heat oven or grill to 375° F.

In large bowl, mix together vinegar, gochujang, maple syrup, soy sauce, olive oil, mustard, salt and pepper to form marinade. Dip chicken in marinade and toss lightly until coated.

Lightly oil foil pouch and layer base of pouch with cauliflower. Add scallions and sugar snap peas then place chicken on top. Carefully pour remaining marinade over pouch contents (ensuring that liquid stays inside foil).

Seal foil packet and bake or grill 30 minutes. Open foil to create 2-inch long vent then bake or grill another 15 minutes, or until completely cooked. Garnish with cilantro before serving.

**Chef's tip:** For best results and added flavor, marinate chicken 30 minutes before preparing pouches.

**Substitutions:** In place of gochujang, red pepper flake paste can be made by mixing 1 tablespoon red pepper flakes with a few dashes soy sauce and 1 dash sugar. Alternatively, substitute 2 teaspoons sriracha for gochujang.

## Mediterranean Vegetables

*Servings: 4*

- 3 tablespoons Organic Rice Vinegar – Seasoned
- ¼ cup olive oil
- 1 teaspoon salt, plus extra, to taste
- ½ teaspoon pepper, plus extra, to taste
- 1 tablespoon, plus 1½ teaspoons, fresh parsley, chopped
- 1½ teaspoons fresh garlic, minced
- 1 cup fresh zucchini, sliced into 1¾-inch long, ¼-inch thick planks
- 1 cup fresh green pepper strips
- 1 cup fresh red pepper strips
- 8 fresh stalks asparagus, slicing off ¼ inch from bottom of stalk
- 1 fresh portobello mushroom, sliced into ½-inch squares
- 1 cup fresh eggplant, diced into ½-inch squares

Heat oven or grill to 375° F.

In large bowl, mix together rice vinegar, olive oil, salt, pepper, parsley and garlic to create marinade.

Clean vegetables then place them in marinade in small batches. Toss to coat then place in foil pouch. Pour remaining marinade over vegetables and seal pouch.

Bake in oven or over indirect heat on grill 25 minutes. Add salt and pepper, to taste, after removing pouch from heat.

**Chef's tip:** Open pouch after 20 minutes of cooking and allow vegetables to crisp slightly under direct heat for remaining 5 minutes.



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- Thursday August 3: 10:00 AM "Traveling Seniors" by Marilyn Varnell
- Thursday August 10: 10:00 AM "How to Write an Obituary" by Sarah Hamer
- Thursday August 17: 10:00 AM "Curator and Archivist" by Nita Cole
- Thursday August 24: 10:00 AM "Mini Health Fair" by Professional Home Health
- Thursday August 31: 10:00 AM "Avoiding Identity Thief" by Rashida Dawson
- Friday August 4, 11, 18, 25: 10:00 AM Senior Tech Talk Introduction to Laptops, tablets and smart phones

## EVENTS

**Alzheimer's & Caregivers symposium** - Educational conference presented by AARP Louisiana. Saturday, August 12, 9 AM - 1 PM in the auditorium of the old Central Elementary School. Guest speaker will be Dr. Richard King (neurologist and Alzheimer's researcher) from the Univ. of Utah, in Salt Lake City. AARP will present "Prepare to Care" initiative and other information for caregivers. "Melanie J. Thibodeaux Caregiver Awards" will be presented. The VA's Caregiver Support Program

will discuss benefits available to caregivers of Veterans. A local attorney will discuss legal issues. Black Nurses Rock will do health screenings. The Airport Park Community choir will perform. LOTS of Door Prizes plus a BIG surprise for attendees. Numerous resource tables with lots of information. **FREE** admission. Complimentary breakfast and lunch provided. Register by email to [alzsym@hotmail.com](mailto:alzsym@hotmail.com) or call 318.221.4593.

**Ark-La-Tex Genealogical Association Annual Seminar and Book Fair** - Saturday, August 12 from 9 a.m. - 3:30 p.m. at the Broadmoor United Methodist Church (Pearce Hall), 3715 Youree Dr., Shreveport. Speaker will be Cari Taplin, Certified Genealogist and Lecturer. Lectures will include Using Lists to Find Proof of Ancestry; Using Church Records to Find Ancestral Origins; Canadian Migration Patterns into the U.S. and From Deeds to Dirt: Case Studies in Analyzing Research With Maps. Genealogy and history books available. Due to limited seating, advance registration recommended. Registration fee is \$40 and includes lunch and syllabus if pre-registered. For further information, and registration instructions visit [www.rootsweb.ancestry.com/~laaltga/](http://www.rootsweb.ancestry.com/~laaltga/) or contact Jim Johnson at 746-1851 or [jjohnson747@suddenlink.net](mailto:jjohnson747@suddenlink.net).

**Dance Fest 2017** - Square and Round Dance Open House, featuring Southern Swingers Square Dance Club and Red River Round Dance Club. Tuesday, Au-



gust 29 at Promenade Hall, 5400 Benton Road, Bossier City. Dance partner recommended but not required. Doors open at 6:00 p.m., dancing 6:30 - 9:30 p.m. **FREE** admission and refreshments. Casual dress and wear comfortable shoes. For more info email Mike at [rvantiger@sbcglobal.net](mailto:rvantiger@sbcglobal.net) or call Johnnie at 469-2929 or [jmingles@bellsouth.net](mailto:jmingles@bellsouth.net).

**NestFest** - Benefitting the Renesting Project. August 5 at Bossier Civic Center, 620 Benton Rd, Bossier City. 6:00 - 10:00 PM. An evening of live music, tasty cuisine, libation, and silent auction. Tickets are \$50 each and available at [www.renestingprojectinc.org/nestfest](http://www.renestingprojectinc.org/nestfest).

**Nursing Home and Medicaid Workshop** - Presented by SAFE Planning. August 10 at 10:00 AM at the Broadmoor Library, 1212 Captain Shreve Drive, Shreveport. Learn about protecting assets from nursing home costs and Medicaid. Reserve your seat by calling 318-869-3133 or online at



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www.safeplanning.net/event. If unable to attend, you may watch the video at www.safeplanningseminars.net.

**“Purses for a Purpose”** - Proceeds sponsor the programs of The Salvation Army of Northwest Louisiana. Saturday, August 26 from 10 am - 1 pm, at Events On The Red, Arthur Teague Parkway across from Century Link. Shop for top designer handbags. Silent auction and live auction. LAGNIAPPE items of jewelry, gift cards, and other items donated by local couture stores, boutiques, department stores and fashion savvy individuals. Tickets are \$10 in advance or \$15 at the door, which includes a light brunch and beverage. Tables of 8 are \$100 and comes with guaranteed seating and a free swag bag. For questions call 318-424-3200 Ext. 23.

**Tour of Historic St. George Greek Orthodox Church** - A rare opportunity to view this historic Highland treasure. St. George Greek Orthodox Church,

1719 Creswell Avenue, Shreveport. Saturday, August 12 at 10:00 AM, 11:30 AM, and 1:30 PM. Each tour will showcase the church's history, unique architecture, spectacular Byzantine iconography, and Orthodox traditions. Each tour will last approximately 60 minutes. The tours are **FREE** and open to public. Light refreshments will be served following each tour. Reservations are not required, but are appreciated to prevent overcrowding. Private tours for large groups are always available. For more information or to RSVP, please contact Sophie at sophie348@aol.com or 318-949-1148.

**WAM: (Wine, Art, & Music)** - Wednesday, August 9 from 5:30 - 8 pm. Presented by Bossier Arts Council with Boomtown Casino and Eagle Distributing. Featuring local artist Jennifer Hendry, wine tastings, food pairings and

live music provided by Vera Violin (also known as Elizabeth O'Bannon). Food and wine pairings are a collaboration by Chef Monday and the award winning culinary team at 1800 Prime Steakhouse and by Eagle Distributing. \$25 per person. For more info please visit www.bossierarts.org or call 318-741-8310.

## MEETINGS

**The Arklatex DNA Interest Group** - Wednesday, August 9 at 12:00 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. The meeting is **FREE** and open to the public. For info contact: Jim Jones, at (318) 773-7406 or email gjones09@gmail.com.

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march 16, 2018 - 7 pm

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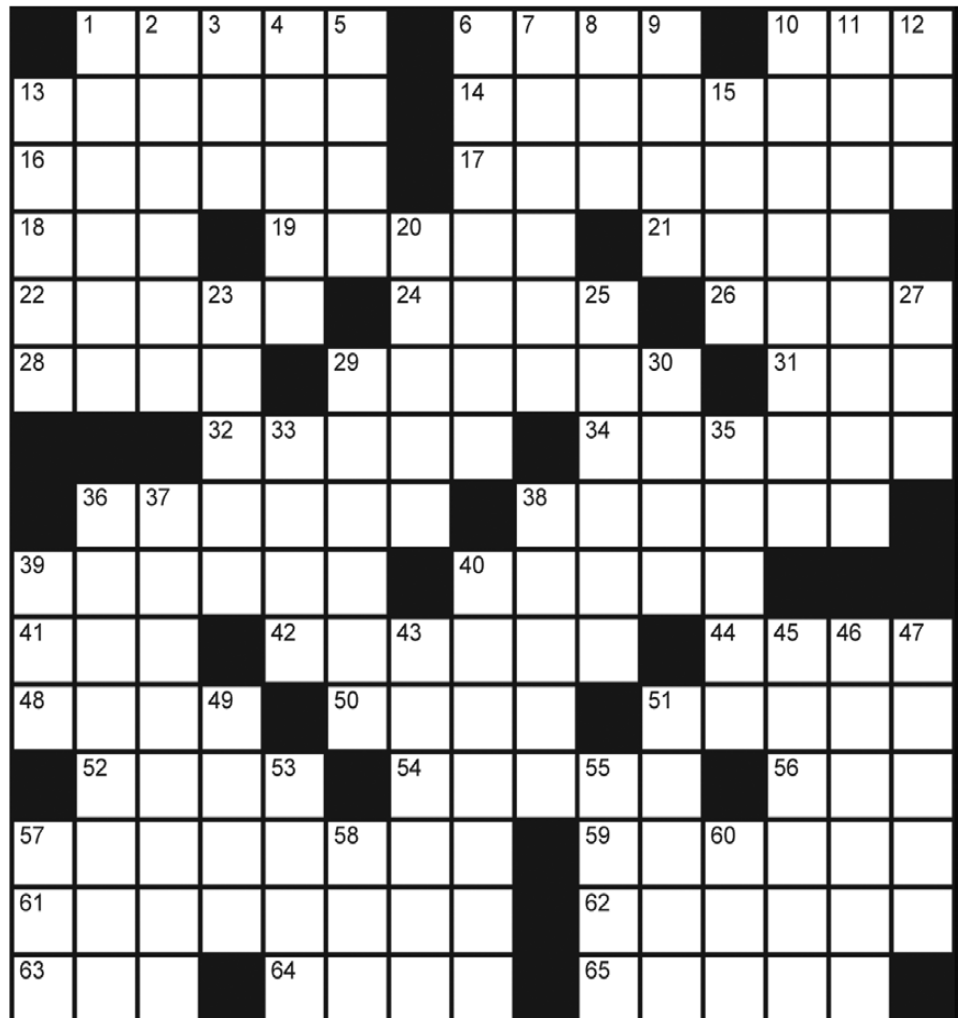
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## The Best of Times Crossword (answers on page 40)



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### Across

- 1 Blackens
- 6 Attention getter
- 10 Kind of test
- 13 Bratislava native
- 14 Mathematical statement
- 16 Contrary doctrine
- 17 Most unshapely
- 18 Corn serving
- 19 Bone-chilling
- 21 Farm division
- 22 Steer clear of
- 24 Wood sorrels
- 26 Religious offshoot
- 28 "Charlotte's Web" girl
- 29 Stops sleeping
- 31 Old French coin
- 32 City-like
- 34 Electrical

### circuits

- 36 Leave stranded
- 38 Red shade
- 39 Bygone money
- 40 Blasé
- 41 Giant Hall-of-Famer
- 42 Goofs
- 44 Persian. e.g.
- 48 \_\_\_ ex machina
- 50 Strike out
- 51 OK, in a way
- 52 Ear-related
- 54 Hex
- 56 Uris protagonist
- 57 High priests
- 59 Get even for
- 61 Slope
- 62 School text
- 63 Frigid
- 64 Caddie's bagful
- 65 Sacrifice site

### Down

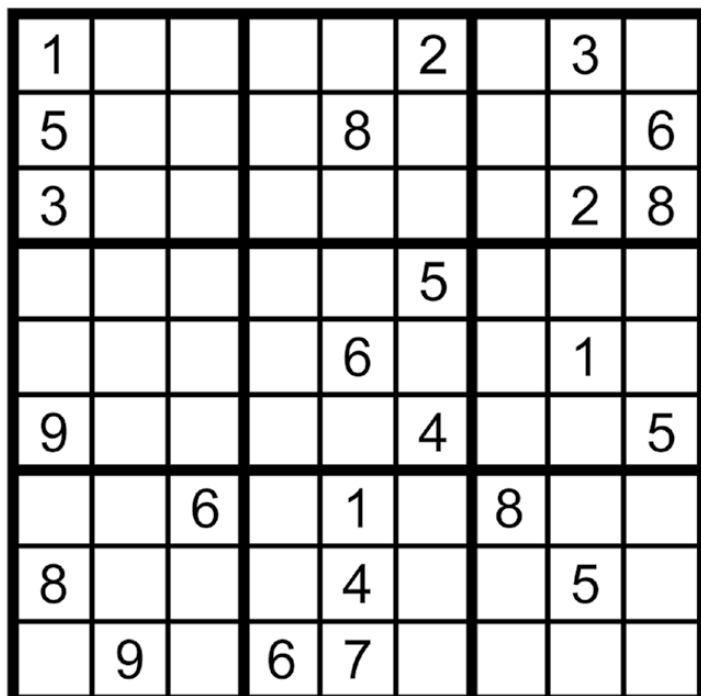
- 1 Split
- 2 Repulsion
- 3 \_\_\_ Maria
- 4 Tore down
- 5 Hebrides island
- 6 Seabird
- 7 Close call
- 8 Bottom line
- 9 Spanish appetizer
- 10 German diacritical mark
- 11 Rocket part
- 12 Army member
- 13 Bundle
- 15 Nervous twitches
- 20 Eurasian tree
- 23 Become accustomed (to)
- 25 Gutters
- 27 Harbor craft
- 29 On the train

- 30 Father
- 33 Learning style
- 35 Arête
- 36 Fast
- 37 Shrewdly
- 38 Kitchen gadget
- 39 Pea jacket?
- 40 Round soft masses
- 43 Ebb
- 45 Land on Lake Victoria
- 46 Bigger
- 47 Circular
- 49 Window feature
- 51 Carpenter's tool
- 53 Play group
- 55 Poet Teasdale
- 57 Fraternity letter
- 58 Windsor, for one
- 60 Consume



# Sudoku (Answers on page 40)

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



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# Streets of San Francisco (answers on page 40)

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

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

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

*How can people partner with healthcare centers to make them a better place to live?*

Visit, visit, and visit. Choose a healthcare center and indicate your interest to the Administrator, Activities or Social Services Director. Indicate if you have any special talent or gift, or if you just want to befriend someone. They can likely find a need you can fill that will give some residents a smile and a sense of gratification for you.

*I have heard that Glaucoma is a painless disease. How often should I get checked for Glaucoma?*

Glaucoma is considered the silent thief of sight. It is painless, progressive, and can cause complete blindness. Every person over the age of 40 should be checked, if they have never had a glaucoma check, and then every 2 - 3 years after that. Glaucoma is more prominent in the elderly, so persons over the age of 65 should be checked yearly, especially if you have a family member with the disease. Glaucoma can be successfully treated with medicine and/or surgery to help prevent the loss of sight.

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

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



**Toni Camp**  
Regional Hospice Care Group  
8660 Fern Avenue, St. 145  
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(318) 524-1046  
See our ad on page 12.



**Vicki Ott**  
Highland Place  
1736 Irving Place  
Shreveport, LA 71101  
(318) 221-1983  
See our ad on page 46.



**Chris Shelby, MD**  
WK Eye Institute  
7607 Youree Dr.  
Shreveport, LA 71105  
318-212-3937;  
See our ad on page 31.



**John J. Ferrell, M.D.**  
Mid South Orthopaedics  
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(puzzles on pages 38-39)

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**C**hef **Hargette Harris** of Bossier City, owner of *Us Up North™ Food Tours, Tastings and Demonstrations*, has been named a recipient of the annual Louisiana Small Town Chef Awards. The awards are administered annually by Country Roads, a monthly magazine based in Baton Rouge.

## PARTING SHOTS *August*

Share your photos with us.  
Email to [editor.calligas@gmail.com](mailto:editor.calligas@gmail.com)

**T**he *Best of Times Publisher*, Gary Calligas, gave a presentation at the monthly AARP meeting on July 10<sup>th</sup> in Shreveport.



(l to r) Lindy Alberts, Edwina Wise, and David Greer



Vernon and Marilyn Varnell



Don Jackson and Mary Talbot

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## PARTING SHOTS CONTINUED

**M**ary Alice Rountree was feted at a retirement reception honoring her 20 years of service to the Caddo Council on Aging (CCOA) on June 21<sup>st</sup> at the Randle T. Moore Center.

Mary Alice Rountree with the newly appointed CCOA Executive Director, Monica Wright

(l to r) Doug Rountree, Vickie Rech, Kyle Moore, and Mary Alice Rountree



Clara Farley and Dora Miller

(l to r) Vickie Meadows, Sarah Price, Mary Alice Rountree, and Josh Clayton



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*August*



CCOA board members and staff



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## St. George Greek Orthodox Church

is celebrating its centennial with monthly events and activities. On July 2 parishioners honored America and the many immigrants who made Shreveport/Bossier City their new home with a "Coming to America" barbecue.



Dr Donald Mack and Patricia Thompson



(l to r) Sophie Kastanos, Nancy Cosse, Spiro Cosse, Connie Mitchell, and Fanni Cosse



Cassie Mandrapilis and Gary Calligas



Jane and Soc Lorant



Chris and Magda Panos

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Vicki Ott  
Executive Administrator



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— Janet F.

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at your fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games— you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time

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