

February 2018

# The Best Of Times

*"Celebrating Age  
and Maturity"*

*Also Inside*

More than Art: A Cross-Country  
Trip that Opens Our Eyes

Calcium & Vitamin D: A Dynamic  
Duo for Healthy Bones



13 Gestures  
That'll Make Him

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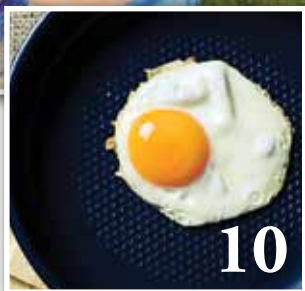


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# Inside this Issue



20



10

## Advice

- 8** Tech Talk: Be Wary of Websites Warning of Computer Viruses  
*by Mark Rinaudo*
- 10** Eat Well Live Well: Calcium & Vitamin D: A Dynamic Duo for Healthy Bones  
*by Abigail Scallan*
- 12** Laws of the Land: The Adventure of the Super Bowl Ticket  
*by Lee Aronson*



30

## Briefs

- 6** Stat! Medical News & Info
- 18** Our Featured 5
- 26** Snapshot Sleuth
- 28** Shreveport Then & Now



## Features

- 20** 13 Gestures That'll Make Him Fall in Love All Over Again  
*by Kimberly Blaker*
- 24** More Than Art: A Cross-Country Trip That Opens Our Eyes  
*by Andrea Gross*

## Columns

- 14** Page by Page: Review of *The Dry*  
*by Jane Harper*  
*by Jessica Rinaudo*
- 16** Tinseltown Talks: 40 Years On, Debby Boone Still Lighting Up Our Lives  
*by Nick Thomas*
- 30** Guilt-Free Comfort Foods  
*by Family Features*

## In Every Issue

- 32** Get Up & Go!
- 34** Our Famous Puzzle Pages  
Sudoku & Word Search
- 37** Parting Shots



24



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**February 3**  
"Use and Abuse of Alcohol and  
Other Drugs"

**Guest:** R. Kent Dean, Director of  
Clinical Development, Council on  
Alcoholism and Drug Abuse of  
Northwest Louisiana

**February 10**  
"Latest in Cancer Screening,  
Treatments, and Research"

**Guest:** Dr. Shawn Milligan and  
Dr. Jerry McLarty from the Feist-  
Weller Cancer Center

**February 17**  
"Health Information Expo"  
Live remote broadcast from  
Shreveport Convention Center

**February 24**  
"And Justice for All....Even  
Teamsters"  
**Guest:** Laird Evans, former business  
manager of Teamsters Local 568

# The Best of Times

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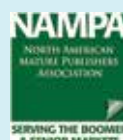
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# Stat!

## Medical News & Info

### ● A Salad a Day May Keep Memory

**Problems Away** Eating about one serving per day of green, leafy vegetables may be linked to a slower rate of brain aging, according to a study published in an online issue of *Neurology*®. The study found that people who ate at least one serving of green, leafy vegetables a day had a slower rate of decline on tests of memory and thinking skills than people who never or rarely ate these vegetables. The difference between the two groups was the equivalent of being 11 years younger in age, according to study researchers of Rush University Medical Center in Chicago. The results remained valid after accounting for other factors that could affect brain health such as smoking, high blood pressure, obesity, education and amount of physical and cognitive activities.

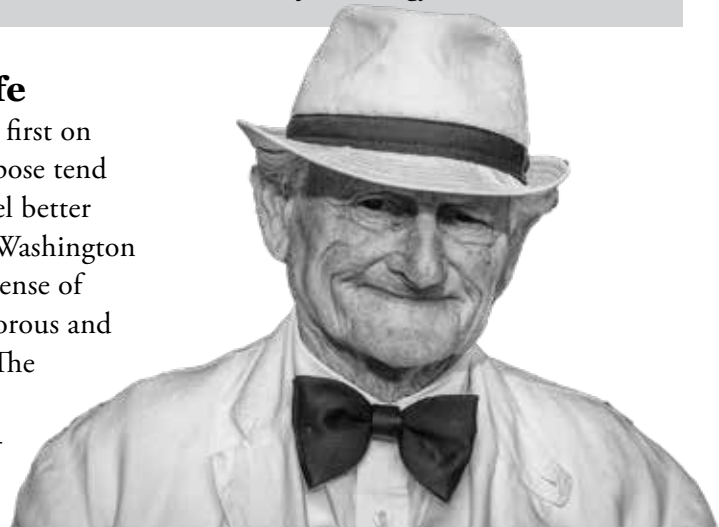


### ● Exercise May Improve Thinking Ability

Exercising twice a week may improve thinking ability and memory in people with mild cognitive impairment (MCI), according to a guideline released by the American Academy of Neurology. Mild cognitive impairment is a medical condition that is common with aging. While it is linked to problems with thinking ability and memory, it is not the same as dementia. People with MCI have milder symptoms. They may struggle to complete complex tasks or have difficulty understanding information they have read, whereas people with dementia have trouble with daily tasks, such as dressing, bathing and eating. However, there is strong evidence that MCI can lead to dementia. — published in an online issue of *Neurology*®.

### ● For a Healthier You, Find Purpose in Life

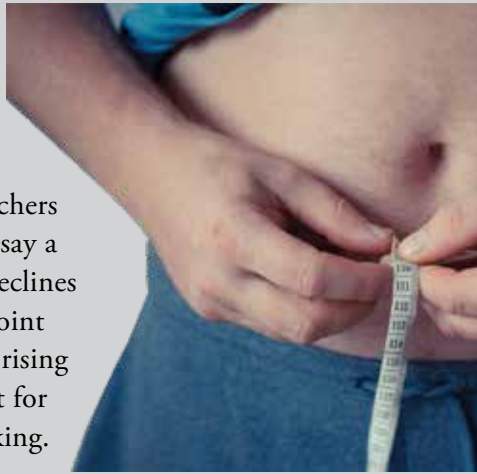
If your resolution is to be healthier, happier and more fit, focus first on finding a real purpose in life. People with a higher sense of purpose tend to engage in healthier lifestyle choices and are more likely to feel better about their own health status, according to new research from Washington University in St. Louis. Their analysis found that participants' sense of purpose was positively associated with their reports of both vigorous and moderate activity, vegetable intake, flossing, and sleep quality. The study found that having a purpose in life has positive health effects that are independent of the Big Five personality traits — openness, conscientiousness, extraversion, agreeableness and neuroticism. — published in the *Journal of Health Psychology*.





● **As Retirement Age Creeps Up, the Health of Those Close to Retirement Is Getting Worse** A new study by the University of Michigan shows that today's pre-retirement generation already has more health issues and health-related limits on their lives than prior generations did when they were in their late 50s. The study suggests that today's older workers will face more challenges than their predecessors as they continue to work, apply for Social Security disability payments, or try to retire on other income over the next decade. The challenges compared to predecessors included higher rates of poor cognition and a higher percentage who had at least one limitation on their ability to perform a basic daily living task by themselves.  
— *published in Health Affairs*

● **Blame the Obesity Epidemic** There's been a reduction in the rate of improvement in American mortality during the last three decades. Researchers from the University of Pennsylvania say a rise in obesity is to blame, slowing declines in death rates by a half-percentage point per year. The scientists estimate that rising obesity was about twice as important for mortality trends as a decline in smoking.



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# Be Wary of Websites Warning of Computer Viruses

**Question:** What do I do when I'm browsing the web and my computer suddenly flashes a warning telling me my computer has infections and I should call a number on the screen to have them removed?

As an IT consultant I've seen all kinds of ways for scammers to make money off of the uninformed by intimidating them with fear. If you're asked to call a number that shows up while you are searching inside a web browser, no matter who they say they are, do NOT call them. It is most likely a scam.



Rinaudo

This particular scam starts innocently enough. You want to go to a particular website for your favorite online store, but you don't know the exact web address for this website. You type in the name of the company in the web address bar and it pulls up a list of matching websites.

Like most search engines, the paid search results are displayed at the very top. This is where scammers enter the picture. Scammers are betting on you clicking on one of the top handful of results that states it's the website that you want to go to. Unfortunately, when you click that search result,

you're not usually going to your desired website. You are actually clicking on an ad purchased by the scammer.

As you click on this link you're redirected through a chain of websites that ultimately lands on a fake website. It will cause your browser to pop up a window that takes up your whole computer screen and disables any means of closing it. For the added intimidation your speakers may start talking to inform you that your machine is infected and your machine is going to infect others machines. You're presented with a message that your machine is infected and needs to be cleaned and that you should call the 1-800 number provided on that screen. You're in the beginning stage of a scam. If you do call the scammer and allow them to connect to your computer, then the security of your machine has been compromised.

In most cases the scammers will install free downloadable software from the web on your machine to "clean" your machine. They ask for your credit card information, of course, before doing this. The charge to provide this service can range from \$200 on up.

If you think calling your credit card company after the fact will help, you'll be surprised to learn there's nothing they can do about it because you gave the scammer permission to



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connect to your machine and install the free software. You're basically paying them a minimum of \$200 an hour to install free software that you could download and install yourself.

The danger in all this is when you allow this scammer to connect to your machine, you are allowing a complete stranger, under false pretenses, to have complete access to your computer and all the files on it.

Now you may not think this is very dangerous, but think about it this way. This dubious individual has had access to install whatever they want on your machine. Sure you may have turned off your computer, or disconnected the network cable from the back of your computer and hung up on them, but did you do this before they had time to install their software onto your machine? They could still have access to your machine.



Windows that pop up in your browser telling you to call a 1-800 number to remove a virus from your computer are a scam.

They may have installed a key logger program that's keeping track of everything that you're typing into your computer and sending it back to them. Bank account logins. Credit card numbers. Account logins to your online financial websites. The possibilities are endless.

If you ever find yourself in this predicament, the easiest thing to do is hit the power button on your computer. If your computer will not turn off, then hold the power button in for longer than four seconds, which will turn it off. It's the simplest way to get out of the scammers snare.

If you fall prey to the deception and let a spammer on to your computer, it will need to be professionally wiped clean so that no malicious software remains operating on it.

*Mark Rinaudo has worked in IT in Shreveport for more than 20 years. He is the owner and operator of Preferred Data Solutions. Email [mark@preferreddatasolutions.com](mailto:mark@preferreddatasolutions.com) to submit a question for this column.*

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# Calcium & Vitamin D: A Dynamic Duo for Healthy Bones

**O**steoporosis is a condition when low bone mass and deterioration of bones becomes prominent.

Bones become fragile, weak, and break more easily. Throughout the body bones become thinner and more fragile, and individuals may experience pain in the shoulders, hips, spine and wrist.



Scallan

Osteoporosis is commonly associated with people over the age of 50 and typically affects women more than men. A couple of risk factors that also affect osteoporosis are sex, age, race, family history and body size. Diet also plays a role in osteoporosis. Low calcium intake can lead to an increased risk of developing osteoporosis. Calcium and vitamin D work together to prevent bone loss and osteoporosis. Both play a vital role in keeping our bones healthy and strong.

About 99% of calcium in the body resides in the teeth and bones. Calcium helps support bone maintenance, muscle contraction, blood clotting, and nervous system function. When the body does not get enough calcium, it becomes difficult to maintain strong, healthy bones. Over time, inadequate calcium intake can lead to osteoporosis.

The body itself cannot produce calcium, which is why it is important to consume calcium-rich sources of food. The recommended daily intake for calcium for adults 51 years and older is 1,000 mg for men and 1,200 mg for women. For all adults 70 years and older, it is recommended to consume 1,200 mg of calcium.

The best source of calcium is from food, and some rich sources include dairy products, salmon, and green leafy vegetables. Some foods are even fortified with calcium, which means that extra calcium is added to the product. Calcium fortified foods include cereals, juices, and even bottled water. An easy way to add extra calcium to a food is to add a tablespoon of nonfat powdered milk. This provides about 50 mg of extra calcium.

Vitamin D works to protect the bones and help your body absorb the calcium you eat. Vitamin D also assists in delivering calcium to the bones. If you do not get enough vitamin D, you may be at risk for bone loss. Vitamin D is known as the “sunshine vitamin,” because you can get it from

## Natural Food Sources for Vitamin D



Tuna



Egg Yolks



Cheese



Salmon



Added to Milk



Some Cereals

Vitamin D works to **protect the bones and help your body absorb the calcium you eat.**

both sunlight and food. The skin makes vitamin D from UV rays in sunlight, which is then stored in the body and used later. The amount of time needed in the sun to absorb adequate vitamin D varies depending on complexion. Paler skin types may only need a 15 -minute walk on a sunny day to absorb enough vitamin D. For darker skin, it may take longer to absorb enough vitamin D.

Using sunscreen can limit vitamin D absorption from the sun, so it is important to also consume foods rich in vitamin D. Natural food sources of vitamin D include tuna, salmon, mackerel, beef liver, egg yolks, and cheese. Vitamin D is also often added to milk, yogurt, soy milk, cereals, and orange juice.

Food sources of calcium and vitamin D, along with sunlight, should be utilized before supplementation. Calcium and vitamin D supplements are available if needed, but you should always ask your healthcare provider before starting any supplement. If you are deficient in either calcium or vitamin D, your provider will be able to determine this, determine if you need a supplement, and provide advice regarding supplementation.

About half of all adults 50 and older are at risk for or have osteoporosis. This is especially true for women. In fact, for women over 45, length of hospitalization related to osteoporosis is greater than time spent in the hospital for breast cancer, diabetes, and heart attacks. With increased age comes an increased risk for osteoporosis, and a greater need for awareness of your nutrient needs.

\*This article was written with the assistance of James Moore, a dietetic student from Louisiana Tech University.

*Abigail Scallan is a Registered Dietitian and nutrition agent with LSU AgCenter for Caddo and Bossier parishes focus is adult nutrition education and promotion. Contact her at [apscallan@agcenter.lsu.edu](mailto:apscallan@agcenter.lsu.edu).*



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## The Adventure of the Super Bowl Ticket

How much would you be willing to pay for a ticket to the Super Bowl? \$800 will get you a ticket in the nose bleed section. And that's in Minneapolis, Minnesota. In February!

But there are people who are willing to pay a lot more than \$800. In 2014, there was a guy in New Jersey who ended up paying \$2,000 for an \$800 ticket. I guess he must have felt ripped off because he decided to sue the NFL. After the game, he heard that "the NFL had a policy of withholding almost all Super Bowl tickets - 99% - from the general public." In other words, according to this New Jersey guy, the NFL sells only 1% of Super Bowl seats to the general public. The other 99% of the seats go to "NFL teams, companies, broadcast networks, media sponsors, the host committee, and other 'league insiders.'"

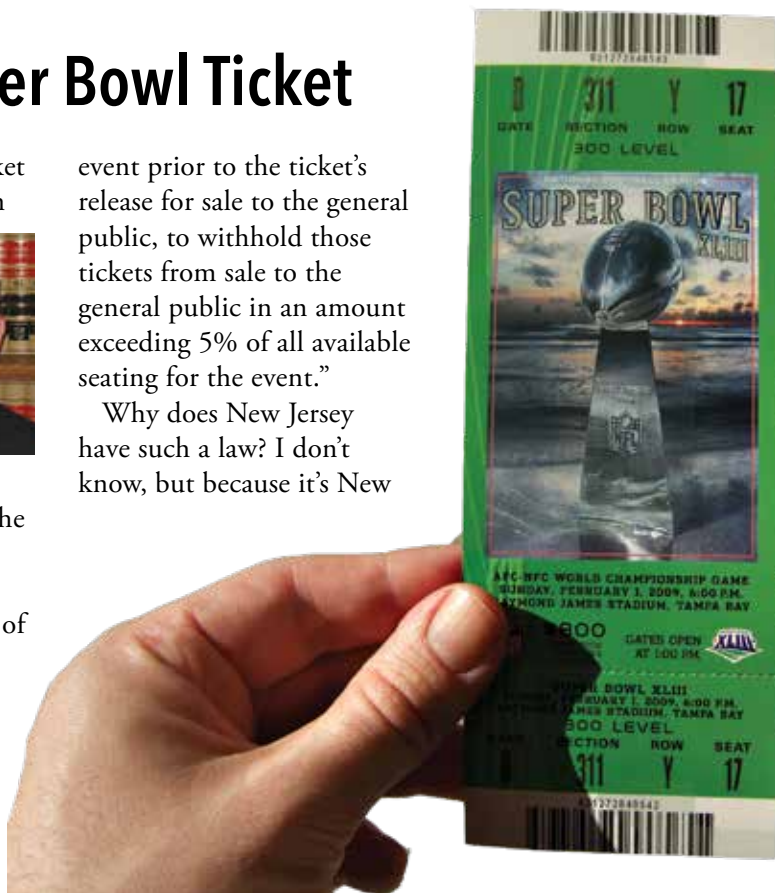
And that, if true, could be a big problem in New Jersey, a state that has a law that makes it illegal "for a person, who has access to tickets to an



Aronson

event prior to the ticket's release for sale to the general public, to withhold those tickets from sale to the general public in an amount exceeding 5% of all available seating for the event."

Why does New Jersey have such a law? I don't know, but because it's New



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Jersey, I'm assuming the Mob is involved. But the New Jersey guy's case against the NFL has been going on for years. It has already been thrown out twice, but at the end of 2017, an appellate court reinstated the case. The NFL has access to tickets to the Super Bowl prior to the ticket's release for sale to the general public. So, if this New Jersey guy can prove that more than 5% of the tickets are reserved for various big wigs rather than going on sale to the general public, he may end up winning his case. Which seems like a very good reason, as if we needed another reason, never to hold a Super Bowl in New Jersey ever again.

In Louisiana, our law says that you can't resell or offer to resell a ticket for more than the price printed on the face of the ticket. If I'm standing outside the Superdome and someone tries to sell me a \$45 Saint's ticket for \$60, that would be a crime. But the Louisiana law does have a special exception for internet sales. You can resell a ticket over the internet for any price you want as long as "the organizer of the event and the operator of the location where the event is occurring authorize...tickets...to be resold for more than the price printed on the face of the ticket." Meaning that if the Superdome and the NFL are okay with overpriced Saint's tickets, then you can use the internet to make a fortune by scalping away.

Speaking of scalpers, you know what you don't see very

**In Louisiana, our law says that you can't resell or offer to resell a ticket for more than the price printed on the face of the ticket.**

often? Scalpers at airports. That's because most airlines have "no-transfer" policies prohibiting the re-sale of its airline tickets. Which some guy in Washington D.C. found horribly unfair. He bought a ticket for a cross country flight that cost him a fortune and he figured the ticket would have cost much less if people could sell or give away airline tickets that they were unable to use. He did some research and found that at one point there was an internet company that tried to set up a secondary market for people to sell airline tickets, but the airlines quickly forced it to shut down. So, the Washington D.C. guy decided to sue, alleging a "conspiracy in restraint of commerce." Care to guess what happened? That case was quickly thrown out. Hence, no scalpers in airports.

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

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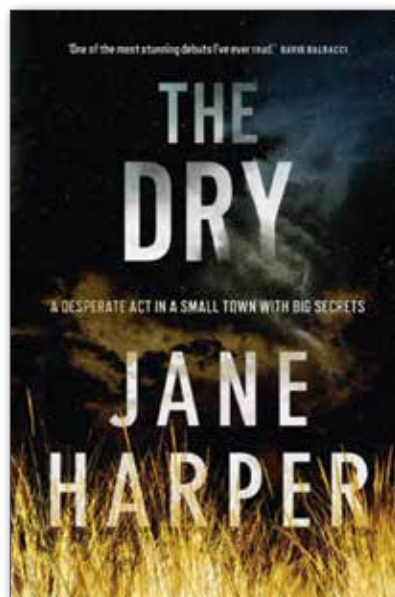
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## The Dry

by Jane Harper

The stage for Jane Harper's murder mystery novel, *The Dry*, is set in the drought-ridden land of a small community in Australia. There the parched earth has everyone on edge, and as farms begin to founder and debts begin to rise, a seeming double murder and suicide happens to the family of a well-known community member.



Rinaudo

These deaths begin to turn the community's minds to another death that occurred in the small town decades ago. After all, the man who seems to have murdered his family and then killed himself served as the sole alibi to Aaron Falk, the man who was suspected in the death of that girl 20 years prior.

After being forced out of the town after that girl's murder all those years ago, Falk, now a federal agent, returns to his home for the funeral. The ire of the community quickly turns to him as they remember a strange note that implicated him, found in the things of that dead girl after her body was discovered.

Falk quickly becomes wrapped up with the local policeman, helping him investigate the most recent murder-suicide involving his long-time friend. As the two begin to dig,

they suspect that these deaths aren't really what they seem.

What follows is a hunt for clues and answers, chasing the twists and turns of the past and present. Everyone, both the benign and the dastardly are suspect, and the trail of red herrings makes it impossible to figure out who the murderer actually is. The overbearing drought and poverty of the area are characters all their own, causing tempers to flare, fueling suspicion and creating a pressure cooker for the whole community.

The story often jumps back and forth from past to present, and while it's a bit confusing at first, it makes for some fantastic storytelling. Elements and the stories of people surrounding both crimes are slowly unveiled in a way that's both heart stopping and heart breaking.

*The Dry* is a page turner, full of memorable characters that holds on tightly to the mystery until the very end.

I flew through this book and was excited to see a second Aaron Falk novel, *Force of Nature*, is scheduled for release on February 6. You better believe I'll be getting the next one.

### Grade: A

*Jessica Rinaudo is an editor and writer who has fostered a love of reading since childhood. She lives in Shreveport with her husband and four children.*

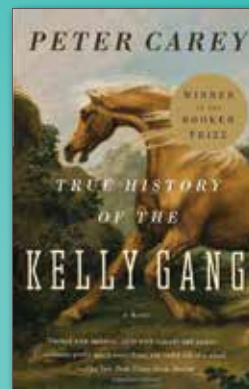
## More Books Set in Australia



A lighthouse keeper and his wife raise a baby they rescue from a drifting boat.



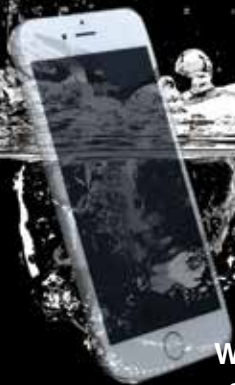
A coming-of-age mystery set in small town Australia.



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It was no laughing matter, though, when Robert injured his right ankle in 2012. "I thought it was just a sprain... Turns out it was a fracture and delaying treatment ended up destroying my ankle," he said.

When complications compromised his kidneys, "...my doctor said that either I was going to have the foot amputated, or it was going to kill me."

In 2015, when he needed a replacement for his original prosthesis, Robert consulted Clint Snell, a frequent Fertitta's customer.

"I wanted some kind of artwork on my new leg. Russell at Snell's showed me the flag and eagle design and I knew that was the one for me. My son is in the National Guard, and my father also served. Now everybody that sees my leg wants to know where I got it.

"Snell's did me good. I really appreciate them."

Robert now enjoys restored health, and the independence of standing on two good legs.



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Image by Neil Johnson Photography



# 40 Years On, Debby Boone Still Lighting Up Our Lives



**D**ebby Boone's recording of "You Light up My Life" not only became a monster hit of 1977, but went on to become one of the most popular songs of the decade.

"I have a hard time believing it's been 40 years," said Boone. The album of the same title released that year became certified platinum (1 million in sales in the U.S.), yet it was never released on CD when the new music format became popular in the 80s.



Thomas

"To celebrate its 40th anniversary we have just released the original album on CD for the first time, along with additional tracks," explained Boone. Distributed by Real Gone Music in December (see [www.realgonemusic.com](http://www.realgonemusic.com)), more than a dozen bonus songs are featured on the disc including several vintage recordings of 60s pop classics such as "He's a Rebel" and "Popsicles and Icicles."

"It's been such a long time since these were recorded – some with my sisters – I didn't even realize some had never been released before."

Boone grew up in a musical family with three sisters, two parents, and a grandfather (Red Foley) who were all singers. And while she may have been destined for a career in entertainment, it wasn't her original goal. "I've been an animal lover since I was a little girl and thought I might become a veterinarian."

That all changed when she was 14 and accompanied her father, Pat Boone, on a working trip to Japan so the family could remain together. "He made a mistake and put me in his show!" she said, laughing. "I got a taste of the work and loved it, so that's when I knew for the first time I had the ability to be an entertainer."

Just 21 when "You Light Up My Life" became a hit, Boone had to adapt to fame quickly (see [www.debbyboone.com](http://www.debbyboone.com)) and still recalls hearing the song for the first time.

"I came home to my parents' house and my mother said Mike Curb (Executive at Curb Records) had brought a cassette of this song they wanted me to record. At that point, I had only performed with the family, so I was shocked because we hadn't talked about me doing

With a new year ahead, Boone says there are plans to **release more albums as well as plenty of live performances in 2018.**



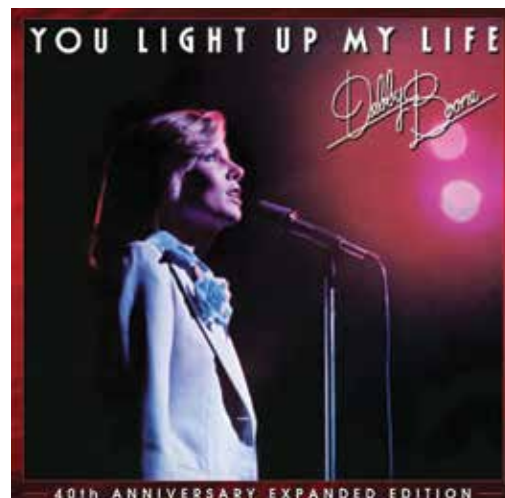
anything on my own. But I was pleased when I heard this lovely song and my parents were supportive when I flew to New York to record it."

Since that day Boone, now 61, says she's probably performed the song thousands of times with her renditions evolving over the years. "When I was younger I had a more powerful voice, but now I have a lot more maturity in my voice which I love. I think I command the lyrics better today than I did in my early 20s."

With a new year ahead, Boone says there are plans to release more albums as well as plenty of live performances in 2018. And looking back, she says she's forever grateful for the success of her big hit four decades ago.

"Some people still consider me to be a one-hit wonder with 'You Light Up My Life' even though I've had Number 1 country records and won three Grammys. But I've had a strong public persona over the years and am still performing and recording after 40 years. People remember that song, but they also remember who sang it!"

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







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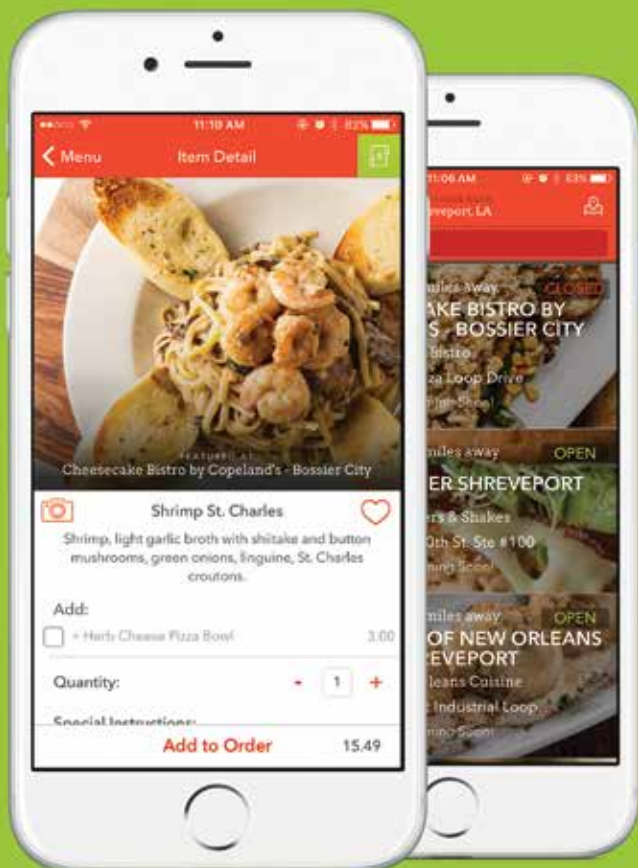
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# Our Featured **5** TIPS TO Quit Smoking



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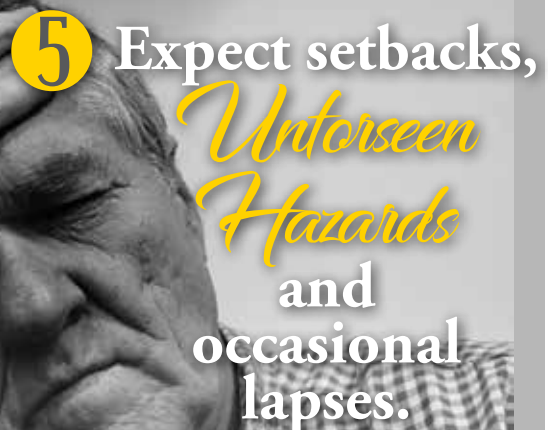


**2** Be  
prepared to  
*Start Over.*



**3** If quitting completely seems too challenging, reduce smoking. A reduction in the number of cigarettes per day can help some people reach their ultimate goal of being smoke-free.

**4** Line up  
*Support*  
in advance.



**5** Expect setbacks,  
*Untorseen Hazards*  
and  
occasional  
lapses.



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# 13 Gestures That'll Make Him *Fall in Love* All Over Again

by Kimberly Blaker







**I**t probably comes as no surprise that keeping the romance alive in a relationship requires effort. But often, when women feel their romantic relationships becoming stagnant, they blame the man in their life for not being romantic enough. So, it may be an eye-opener that 44% of men say it bothers them "a lot" that their wife or girlfriend isn't more romantic, according to a study of 80,000 participants by Chrisanna Northrup. So why not take the first big step, and give your man the romance he's craving? Try out the following ideas, and reap the reward of your man falling in love with you all over again.

**1 Be spontaneous.** Spontaneity and routine are opposites. Routine, which typically sets in once a relationship is established, often leads to monotony. What keeps relationships alive early on is the excitement of spontaneity, which lends itself to discovery about each other and new things. When couples lose that spontaneity, life becomes routine and dull. So practice spontaneity, and do things on a whim with your partner to awaken the feelings you both felt early on in your relationship.

**2 Write him a love note.** It doesn't have to be lengthy, although it could be. But just a simple "I love you" or "I can't wait to spend time with you this weekend" placed in his lunch box is sure to make his day. If you're good with words, write him a poem, or borrow one, and leave it on his pillow.



**3 Laugh at his jokes and with him.** Men love to be funny, so no matter how corny his jokes, genuinely laugh when he's trying to be funny, even if you have to laugh because he's so corny. Not only will your laughter boost his ego, but it's good for your relationship, too. But there's more. Numerous studies, including a 2015 study by Laura E. Kurtz appearing in the *Personal Relationships* journal, have found shared laughter brings couples closer together. So look for opportunities to share laughter with your partner. Watch sitcoms, go to the comedy club, hang out with other fun couples, or just be silly with each other.

**4 Physical affection.** This is such a simple gesture and can be done anytime, any place. Hold hands when you're watching TV or out and about. Kiss him on the cheek. When he's sitting at the table, walk over and give him a shoulder massage. Pat him on the butt. Walk up from behind and wrap your arms around him. There are so many ways and opportunities to show your affection.

**5 Make his favorite dinner.** The adage goes, a way to a man's heart is through his stomach. So go all out, and cook his favorite dinner and dessert. Also, don't forget the candles, wine, and soft music.

**6 Take him on a date.** Make a plan to do something the two of you both enjoy but haven't done in a while. Better yet, plan something special he particularly enjoys that you haven't

been keen to do with him in the past. Even if it isn't your favorite activity, make the most of it, and let him know how much you enjoy seeing him happy and just spending time together. Do you need some ideas? Check out a sporting event, concert, or play. Visit a museum, or go golfing or bowling.

**7 Pay him a compliment.** Everyone loves a compliment especially from a significant other. Tell him you love how that blue shirt brings out his dreamy blue eyes. Compliment his new haircut. Or let him know how much you appreciate his handyman skills. Look for genuine reasons to compliment him often.

**8 Initiate sex.** If your partner is the primary initiator of sex, your initiation will go a long way toward making your man fall in love all over again. Men need to feel desired as much as women do, according to a survey conducted by Sarah Hunter Murray Ph.D., reported in her article "Men Need to Feel Desired by Their Partners, Too." So make it a practice to come on to your man more often.

**9 Give him a gift.** Men don't place as much importance on receiving gifts as women do. Still, it can be a very romantic and meaningful gesture when done out of the blue. Look for something he'll love such as tickets to a game, a favorite movie on DVD, or something useful for his favorite hobby or sporting activity.

**10 Show him your unconditional love.** Many women fall for and marry men with the idea they can "fix him." Over time, this results in constant badgering of a man to change, which wreaks havoc on his romantic feelings. Learn to accept your partner's shortcomings, and love him unconditionally, and you'll likely see your man's romantic side shine through.

**11 Spoon with him.** Cuddle with your man before you fall asleep and when you wake up. It'll make you both happier and improve your relationship because it releases endorphins, particularly oxytocin, the love hormone.

**12 Tell him you love him in a deep and meaningful way.** During a romantic moment, tell him, "You're my soul mate," "I want to be with you forever," "You make my life whole," or whatever it is you honestly feel for him.

**13 Give him a massage.** Even men enjoy getting pampered. Give him a foot or back massage, or have him strip down for a full body treatment. Massage is also another way to increase oxytocin and improve the romance in your relationship.

*Kimberly Blaker is a lifestyle and parenting freelance writer and blogger. You can visit her blog, [The Young Gma's Guide to Parenting](http://TheYoungGma'sGuidetoParenting.com), at [www.theyounggma.com](http://www.theyounggma.com)*

## Books on keeping the Romance Alive



*The Normal Bar: Where Does Your Relationship Fall?*  
by Chrisanna Northrup, Pepper Schwartz & James Witte

*Rekindling the Romance:  
Loving the Love of Your Life*  
by Dennis Rainey & Barbara Rainey

*Mars and Venus in the Bedroom:  
A Guide to Lasting Romance and Passion*  
by John Gray

*Courtship After Marriage:  
Romance Can Last a Lifetime*  
by Zig Ziglar

*Rekindling Romance for Dummies*  
by Sabine Walter & Pierre A. Lehu

*Hold Me Tight:  
Seven Conversations for a Lifetime of Love*  
by Sue Johnson

*The Mask of Masculinity:  
How Men Can Embrace Vulnerability, Create Strong  
Relationships, and Live Their Fullest Lives*  
by Lewis Howes

*Getting the Love You Want: A Guide for Couples*  
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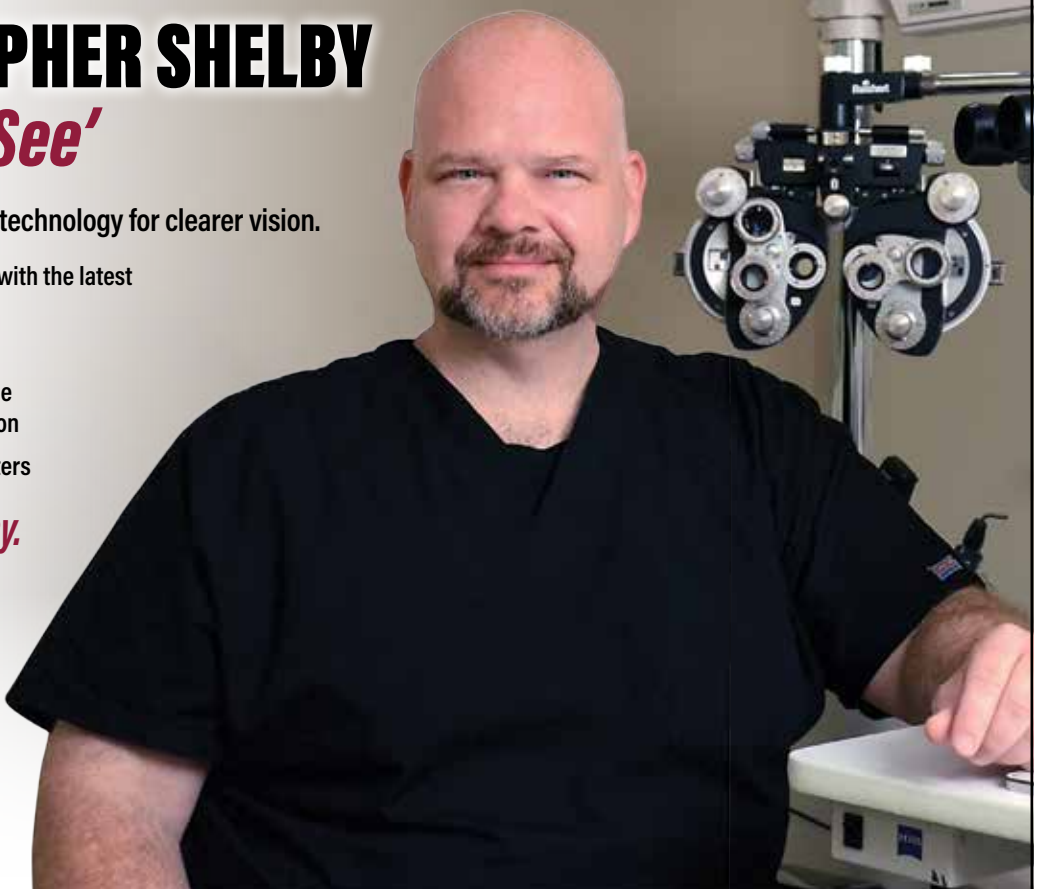
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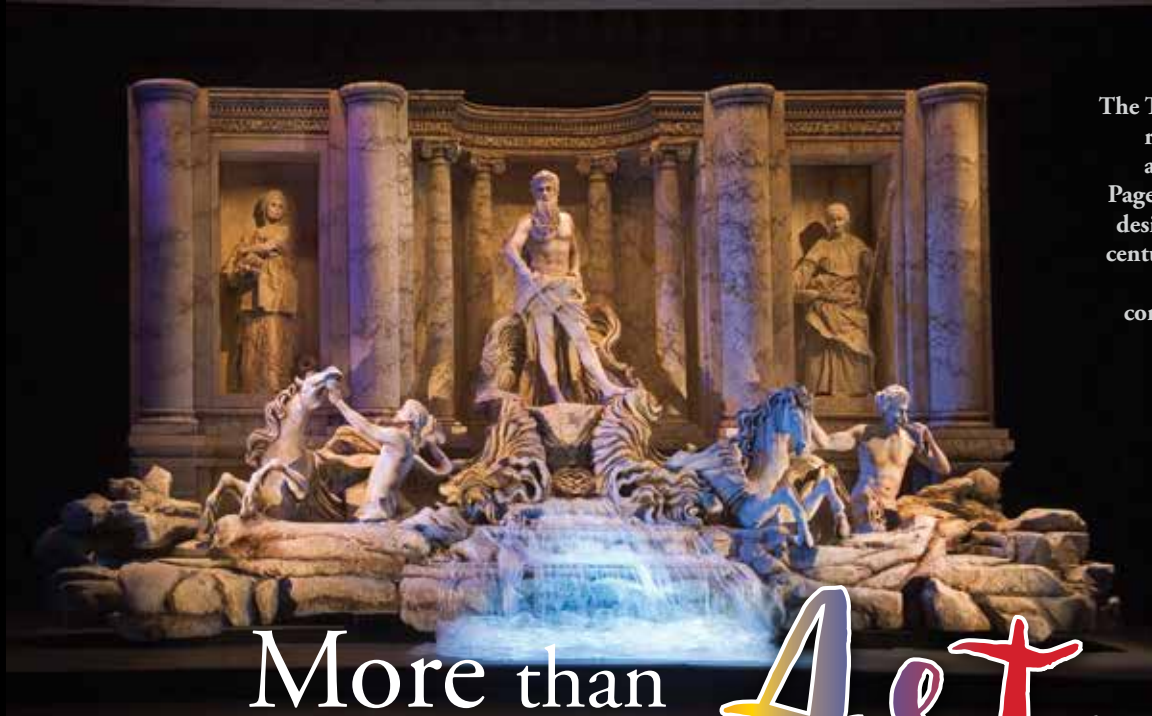
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The Trevi Fountain, here represented on stage at the Laguna Beach Pageant of the Arts, was designed by eighteenth century Italian architect Nicola Salvi and completed by sculptor Pietro Bracci.

# More than Art

## A CROSS-COUNTRY TRIP THAT OPENS OUR EYES

Story by Andrea Gross • Photos by Irv Green

**We** huddle around our computer, ready to begin mapping our summer travels. Since we've learned that locally-made hand-crafted items often reveal a lot about an area, I google "juried art fairs." In less than a second I have 1,740,000 results. Oh dear. I refine my search by looking for "the best art fairs in the United States." This time I get 6,970,000 results. Evidently, there are more "best" art fairs than there are just plain ordinary juried art fairs.

It looks like we'll have to make up our own criteria. After much discussion, we realize that we want to do more than wander through a series of booths and admire fine craftsmanship. We want to do something that opens our eyes figuratively as well as literally.

We want an Art Experience, not an Art Fair.

Here, three of the best:

### Crafts and Flowers in North Carolina

The flower bedecked float rolls slowly past Thalian Hall, a stately building that dates to the mid-nineteenth century when Wilmington was the largest city in North Carolina. The crowd cheers as the newly crowned Azalea Queen waves to her subjects, officially opening the week-long Azalea Festival.

In addition to the parade, there are musical performances, tours of historic homes and glorious gardens, and a highly-regarded craft fair which, of course, is what drew us to the festival in the first place. It features a plethora of fine, Southern-made items, and I pick up a sea-glass pendant for my daughter.

We spend most of an afternoon at Airlie gardens, where we take a self-guided tour through 67-acres of giant oaks, vibrant flowers and, to honor the man-made as well as the nature-grown, a chapel made from glass bottles and a butterfly arch made from stainless steel.

I'm charmed as much by the ambiance as by the art. After all, who can be unhappy when surrounded by smiling Southern belles, hundreds of pink azaleas,

barbecued pork and, at Airlie Gardens, graceful long-necked swans?

I tell my husband I think we should move to coastal North Carolina. He nods thoughtfully and tells me I have some barbecue sauce on my chin.

### A World of Traditions in New Mexico

I think I'm at a bazaar in India, a market in Mexico, a village in Africa. People in bright-colored traditional dress are weaving baskets, beading necklaces, stitching scarves and chatting with potential customers.

This is the International Folk Art Market, now the largest international art fair in the world. It's the first in a series of three world-renowned markets that make Santa Fe a mecca for art enthusiasts.

In mid-summer the city hosts the Traditional Spanish Market. Here regional craftsmen and women showcase craft techniques that in many cases have been passed down by those who settled the area long before New Mexico was a state.

A few weeks later more than 1,000





**Left:** The parade at North Carolina's Azalea Festival is sponsored by local organizations and businesses. **Above:** A visit to Airlie Gardens during North Carolina's Azalea Festival lets people wander among 67-acres of flowers and, when lucky, spot a graceful swan.

Native artists from the U.S. and Canada show their work at what is the oldest and most well known of Santa Fe's markets. But although the crafts, which range from traditional to contemporary, are extraordinary, the market itself is only part of a week-long festival that encourages people to understand Native life in a variety of ways. We feast on roasted mutton, watch films that depict age-old stories and tap our feet to the beat of drums.

Once again, what we thought was going to be a "craft fair" is indeed a cultural celebration.

## An Unparalleled Pageant in California

I am, quite literally, holding my breath, afraid that if I move so much as a millimeter I'll break the spell. I'm sitting before a larger-than-life rendition of one of Homer Winslow's most well-known paintings, Breezing Up. In reality, the oil-on-canvas painting is only slightly larger than two feet by three feet, but at the Pageant of the Arts it's recreated by real people, who are painstakingly outfitted to represent their painted counterparts down to the

smallest detail. Hand-painted art has come alive.

During an hour-and-a-half show accompanied by music and storytelling, more than 30 tableaux are presented, each by a group of models who remain motionless during their 90 seconds on stage. Then, in a quick turnaround, they are replaced by another group of people who portray another painting. The amount of work that goes into the production — from conception to building the sets, making the costumes and staging the show — is mind-boggling.

But while the pageant is the most unusual event that takes place during the Laguna Beach Festival, it's only part of the activities. During the day there's a juried craft fair that showcases 140 of the area's top craftsmen and women as well as hands-on-workshops and a variety of musical performances.

The atmosphere is festive, the ocean-side location is delightful, and the shows provide yet another art experience we'll never forget.

See [www.Travetizers.com](http://www.Travetizers.com) for specific information as to dates and contact information.



**Santa Fe's International Folk Art Festival is the largest such festival in the world.**



# Snapshot SLEUTH

## Do you recognize any of the people or events in these photographs?

*The Best of Times* has partnered with Archives and Special Collections of the LSU Shreveport Library to identify individuals and events in their collections. Please email Tina at [editor.calligas@gmail.com](mailto:editor.calligas@gmail.com) or Laura at [laura.mcmore@lsus.edu](mailto:laura.mcmore@lsus.edu) if you have any memory or comments about the image.



**1.** League of Women Voters Polio Drive, 1956. (*Northwest Louisiana Archives at LSU Shreveport*) **2.** FBI goes through Caddo Parish Voting Register, 1964. (*Northwest Louisiana Archives at LSU Shreveport*). **3.** Order of the Eastern Star, 1955. (*Jack Barham*)

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A day at leisure to explore at your own pace. We suggest an optional excursion (USD\$65/person) with lunch to the Forbidden City, the former seat of the emperors throughout the Ming and Qing dynasties. It is a true architectural masterpiece and home to the National Palace Museum. After an included lunch, proceed to the Summer Palace, a former royal retreat and now a lovely park. Then visit a Chinese Herbal Institute to learn about traditional Chinese medicine.

### Day 4 Beijing ( Breakfast, Lunch)

Today's highlight is an excursion to the majestic Great Wall (Juyongguan), one of the "Seven Wonders of the World"! Recognized by UNESCO, and get a chance to climb a portion of this 3,700-mile marvel. Then tour the iconic "Beijing 2008 Olympic Center"; which includes the famous Bird's Nest and Water Cube which now hosts many spectacular opening ceremonies and events. Although there is no tour inside these buildings, it is a magnificent architectural structure from the outside, providing a perfect photo opportunity. Visit one of the largest Jade Exhibitions in Asia enroute. After lunch, see skilled artisans work at a Cloisonné Factory.

### Day 5 Beijing fly to Shanghai, Bus to Suzhou (Breakfast, \*Lunch included only with optional tour, \*Dinner on airplane)

Today you are free to explore Beijing, or you can sign up to join one of our popular day tour programs. We will take a late evening flight to Shanghai. Upon arrival at Shanghai airport, transfer directly to Suzhou by bus. It is only about a one hour drive.

### Day 6 Suzhou / Wuxi (Breakfast, Lunch- Wuxi Style Ribs )

Suzhou is known as the Oriental Venice for its ex-

quisite canals, bridges, pagodas, and beautiful gardens. After breakfast, tour the Lingering Garden and visit the Suzhou Silk Factory to discover the processing of silk. After lunch, Wuxi is apparently best known for 'Hong Shao Pai gu' or braised spare ribs. In late afternoon, continue to Wuxi, visit the Lingshan Grand Buddha.

### Day 7 Wuxi-Hangzhou (Breakfast, Lunch, Dongpo Pork )

This morning tour the Brilliance of Lake Lihu located at Famous Lake Taihu, followed by visit a Fresh Water Pearl Farm. Continue to Hangzhou to enjoy a slow cooked Dongpo Pork.



### Day 8 Hangzhou-Shanghai (Breakfast, Lunch- Steamed Bun Xiao Long Bao)

Hangzhou, also known as the "Paradise on Earth" After breakfast, visit The West Lake, the most beautiful lake in the country. Featured lunch Steamed Bun Xiaolong Bao- (a type of steamed bun) Then, visit No.1 Tea Plantation and taste the well-known Dragon Well Tea. After lunch, drive to Shanghai. Walking along the famous Bund, lined by the colonial architecture of European design it is now the called "Wall Street of the East".

### Day 9 Shanghai (Breakfast, Lunch, Farewell Dinner- Shanghai Local Cuisine Ben Bang )

In the morning, tour Shanghai Museum, to see ancient Chinese art, furniture and jade, followed by a visit to an Emerald exhibition center. Then visit the City God Temple Bazaar, which is composed of specialty stores, selling traditional Chinese arts and crafts, medicine and souvenirs. This evening, enjoy Farewell Dinner Shanghai cuisine, also known as Hu cuisine, is a popular style of Chinese food. In a narrow sense, Shanghai cuisine refers only to what is traditionally called Benbang.

### Day 10 Shanghai- Home (Breakfast)

After breakfast transfer to the airport, departure Shanghai and head back home or extend your trip to other city in China.

### PRICE INCLUDES

Los Angeles; Chicago; Seattle International flights and airport transfer service from \$499/person;

- All transportation (Internal flight, coach);
- All deluxe hotel accommodation (based on double occupancy);
- Meals and featuring regional delicacies mentioned in the itinerary;
- All visits and admission fees including entertainment shows mentioned in the itinerary;
- English speaking guide;

### PRICE DOES NOT INCLUDE

- Land Only Tour (not including international & internal flight )
- Chinese Visa Application fees multiple entries (US passport): USD\$190/person; (Canadian passport): USD\$160/person
- Optional Tour
- Service charge & all gratuities: USD\$100/person for the entire trip, to be paid at time of booking.
- Travel insurance
- Personal expenditures

\*Nexus Holidays reserves the right to cancel or vary a tour prior to departure due to insufficient numbers, severe weather condition, major events, holidays etc.

\*When choosing one of our amazing tour packages, please understand that you are signing up for a group tour. Although you may not want to go on certain optional tours, since it is a group tour, you are required to remain with the group. This is to ensure the over safety of all members of the tour and to ensure that the tour guide can do his/her job accordingly. Please understand that failure to do so may result in the cancellation of your hotel and airline reservation. We thank you for your understanding and feel free to contact us if you have any questions.

\*Due to the limited room availability, for in case that we may use other similar standard hotels for substitution

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## STEPPIN' OUT WITH BEN VEREEN

saturday  
sept 30, 2017 - 8 pm

## RENT

thursday  
oct 12, 2017 - 8 pm

## 3 REDNECK TENORS

saturday  
oct 28, 2017 - 8 pm

## SHOJI TABUCHI CHRISTMAS SHOW

friday  
dec 8, 2017 - 8 pm

## CABARET

thursday  
jan 18, 2018 - 8 pm

## A CHORUS LINE

tuesday  
feb 6, 2018 - 8 pm

## DIRTY DANCING

friday  
march 16, 2018 - 7 pm

## THE ALL HANDS ON DECK SHOW

saturday  
april 7, 2018 - 8 pm

## WIZARD OF OZ

sunday  
april 22, 2018 - 7 pm

## PETER PAN: A 3-D STAGE SPECTACULAR

thursday  
may 10, 2018 - 7 pm

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# SHREVEPORT Then & Now

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## Texas Street Then and Now (1900 and 2018)

The photo shows Texas Street looking east toward the Red River. Justin Gras Building balcony can be seen on the right, First Baptist Church on the left, and past that the Customs House. Streetcar tracks can be seen in the middle of the dirt road. *(Photo Courtesy LSUS Archives and Special Collections, Stockslager-Walters-Weeks Family Collection)*



## Winter's Department Store

Abraham Winter established Shreveport's first department store, The Winter Company, in 1849 at 111 Texas Street. Needing larger quarters, Winter's store moved to the 200 block of Texas in 1903. When they outgrew that location, they moved to 613-615 Texas Street where they remained until they went out of business in 1930.

The Robinson Film Center now sits next to this building.

*(Photo Courtesy LSUS Archives and Special Collections)*



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VICKIE T. RECH,  
*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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# GUILT-FREE COMFORT FOODS

FAMILY FEATURES

**W**hether planning a family feast or attending gatherings where delicious comfort foods are on the menu, you may find it harder than ever to maintain a healthy lifestyle and keep your weight management goals on track. However, with the right approach, you can still enjoy many of your favorite dishes and serve foods your guests will appreciate as much as your waistline does. The key is managing your carbohydrate and sugar intake.

This wide range of foods makes it easy to find delicious ways to indulge without feeling restricted at events. Here are several tips to help stay on track:

- Leading up to big meals or parties, snack on proteins that contain healthy fats such as nuts or grab some cubes of cheese.
- When crafting a menu, identify a savory main dish that offers a healthy serving of protein, such as this Low Carb Cranberry-Ginger Pork Roast. Finish off the meal with a Low Carb Pumpkin Pecan Cheesecake, and you and your taste buds will be very satisfied.
- When alcoholic beverages are being served, confine yourself to a glass (or two at most) of wine or one glass of spirits. Just be sure to have your spirits with club soda and a slice of lemon or lime, or a mixer made without sugar. And make sure to drink plenty of water to stay hydrated.

For step-by-step instructions for this tasty, low carb roast, watch the video and find more recipes at [Atkins.com](http://Atkins.com).

## Low Carb Cranberry-Ginger Pork Roast

Servings: 4

Prep time: 5 minutes

Cook time: 8 hours

- **Cooking oil**
- **2 pounds pork chops or roast (center rib, bone-in)**
- **¼ teaspoon salt, plus more for seasoning**
- **⅛ teaspoon freshly ground black pepper, plus more for seasoning**
- **½ chipotle pepper in adobo sauce**
- **½ cup cranberries**
- **⅛ cup sugar-free maple syrup**
- **1 teaspoon freshly grated ginger**
- **½ cup chicken broth, bouillon or consomme**
- **½ cup (4 ounces) water**
- **⅛ teaspoon guar gum or xanthan gum**
- **1 tablespoon unsalted butter stick (optional)**

Prepare skillet with small amount of oil over medium-high heat. Season chops or roast with salt and pepper then place into skillet and brown each side for about 1 minute, 4 minutes total, to help seal in moisture and give it color. Set aside on plate to cool slightly.

Finely dice chipotle pepper and chop cranberries, if desired.

In small bowl, combine syrup, diced chipotle, ginger, ¼ teaspoon salt and ⅛ teaspoon pepper. Rub mixture onto roast then place it into slow cooker.

Add cranberries and pour chicken broth down side of pan (avoiding rinsing rub from roast). Cover and cook on low 8-10 hours.

Remove roast and set on serving platter covered with tent of aluminum foil; reserving liquid.

Keep slow cooker on low and add water and guar gum or xanthan gum to reserved mixture, whisking to combine. Continue to cook on low heat until sauce thickens slightly. Once thick, enrich sauce, if desired, with butter, adding additional salt and pepper, to taste.

Serve sauce over pork roast.

**Tip:** While it is not necessary to chop cranberries (they will break down while cooking), chopping them makes sauce smoother.



## Low Carb Pumpkin Pecan Cheesecake

Servings: 4

Prep time: 25 minutes

Cook time: 50 minutes

- 2/3 cup halved pecan nuts
- 2/3 cup sucralose-based sweetener (sugar substitute), plus 1 tablespoon
- 1/4 teaspoon cinnamon
- 3/4 tablespoon unsalted butter stick
- 1/2 large egg white
- 9 2/3 ounces cream cheese
- 1/2 cup heavy whipping cream
- 6 ounces canned pumpkin, without salt
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon pumpkin pie spice
- 1 1/4 large eggs

To make crust: Heat oven to 350 F.

In food processor, combine pecans, 1 tablespoon sugar substitute and cinnamon. Process until finely ground. Toss with butter and egg white; press onto bottom of 9-inch springform pan, rounding up to cover pan seam. Bake until golden and set, 8-10 minutes. Cool completely on wire rack.

To make filling: Reduce oven heat to 325° F.

In large bowl, combine cream cheese, 2/3 cup sugar substitute and cream. With electric mixer at medium speed, beat until smooth. Add pumpkin puree, vanilla and pumpkin pie spice, mixing to combine. Beat in eggs, one at a time, until just combined.

Pour batter over crust. Bake until just set, 45-50 minutes. Turn off oven and let stand 10 minutes; transfer to wire rack and cool completely.

Cover and refrigerate until chilled, 4 hours or overnight. Slice and serve.



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# February Get Up and Go

## CADDO COUNCIL ON AGING

### • Senior Center Fun

Friday, **February 2, 9, 16, 23**

9:30 a.m. refreshments;  
10:00 a.m. Senior Tech  
Talk. Introduction to  
Laptops, tablets and smart  
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Center, 3101 Fairfield  
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Council on Aging. **FREE**.  
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Songbook • Feb. 24

## CONCERT

### • The Hollywood Songbook

**February 24** at 7:30 p.m.

Presented by Shreveport  
Symphony Orchestra at  
RiverView Theater, 600 Clyde

Fant Parkway, Shreveport.  
Erich Bergen, star of the  
movie *Jersey Boys* and TV  
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lights up the stage with an  
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songs from the big and small  
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Call 318-227-8863 or visit  
shreveportsymphony.com.

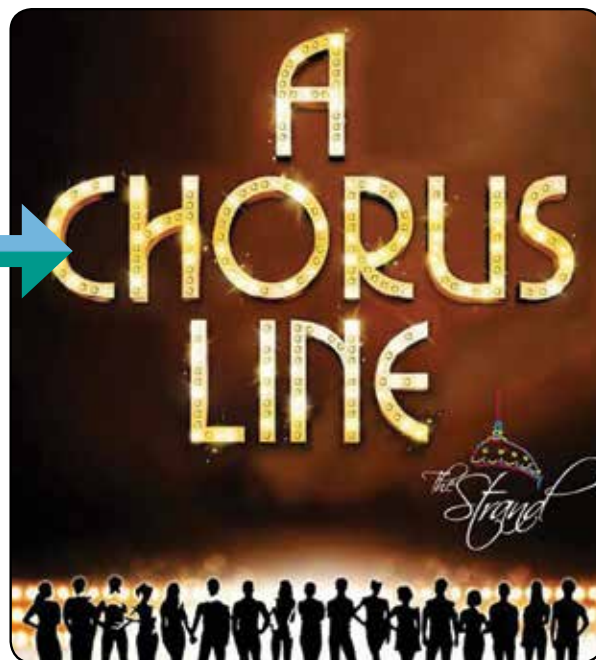
## EVENTS

### • 50s Dance

American Legion on Cross  
Lake and the Krewe of Elders  
are sponsoring a 50's Dance  
on **February 17** from 6:30  
til 10:30 p.m. Entertainment  
provided by Flashback. \$5  
cover charge, cash bar, food  
for purchase. Prizes awarded  
for best dressed and dance  
contests. For more info  
call American Legion at  
635-8186.

### • Bridge Lessons

Easy Bridge. 4 **FREE** lessons.  
Book cost - \$10. Mondays



A Chorus Line • Feb. 6


beginning **February 12**, 6:30 to 8:30pm  
at Shreveport Bridge  
Association, 7625 East  
Kings Highway, Shreveport.  
Taught by ACBL Certified  
Instructor Bonita Hays. To  
register contact Kathy Plante  
at 318.798.2538 or email:  
kplante@uno.edu.



50s Dance, Feb. 17


### • Family Health Day

Feist-Weiller Cancer Center  
will host Family Health  
Day on **February 24** at  
1405 Kings Highway,  
Shreveport from 9 a.m. to  
1:00 p.m. **FREE** breakfast  
and lunch, **FREE** health  
info and seminars, **FREE**  
health screenings, including  
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checks, and screenings for  
cancers of the prostate,  
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available at FeistWeiller.  
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more information, call 318-813-1485.

### • Health and Wellness Expo 2018

KTAL-NBC6 and local non-profit "Fit for Life" will host a one-day expo dedicated to health, wellness, fitness and nutrition on Saturday, **February 17** from 9:00 a.m. to 5:00 p.m. at the Shreveport Convention Center in downtown Shreveport. Admission is **FREE**. A variety of medical, health, and wellness providers will offer valuable information, demonstrations, workout classes and giveaways. Keynote speakers will offer beneficial information on a variety of topics throughout the day. *The Best of Times* is one of the key sponsors. They will be broadcasting their weekly Saturday morning radio



Health Expos, Feb. 17 & 24

talk show "live" from the Expo beginning at 9 am. For additional info, call (318) 294-0445.

### • Nursing Home Care Seminar

Presented by Gilsoul and Associates on **February 17**, 2:00 to 4:00 p.m. at Shreve Memorial Library, Broadmoor Branch, 1212 Captain Shreve Drive, Shreveport. Learn ways to pay for nursing home care. **FREE** For reservations call 318-524-9966.

### MEETING

#### • Ark-La-Tex Genealogical Association Meeting

Saturday, **February 10** from 1:00 to 3:00 p.m. at the Randle T. Moore Center, 3101 Fairfield Ave (corner of Fairfield Ave and Kings Hwy), Shreveport. Guest speaker Margaret Ford, Retired Lawyer and Family Historian, will present "Researching the Ferrell Family – Georgia to Claiborne Parish" (Overcoming the challenges of researching an African American family). **FREE** and open to the public. For information call 746-1851

or email jjohnson747@suddenlink.net.

### Support Group

#### • Caregivers' Memory Loss Support Group

Support group for those caring for loved ones suffering from memory loss related illnesses. 5:30 – 6:30 p.m., on the **first Thursday of every month** at Harrell Library at The Glen (Access via Main Entrance on Flournoy Lucas Road). free. For information call 798-3500 or email info@theglensystem.org.

### THEATRE

#### • A Chorus Line

Tuesday, **February 6** at 8:00 p.m. Strand Theatre, 619 Louisiana, Shreveport. A Chorus Line is a true-to-life depiction of performers and their struggle to achieve greatness on the Broadway stage. Tickets are \$72.50, \$59.50, and \$45.50. Call 318-226-8555 or visit thestrandtheatre.com.

#### • The Lyons

**February 1-3** at 7:30 p.m.; **February 4** at 2:00 p.m. Presented by Stage Center at Central Artstation, 801 Crockett, downtown

Shreveport. The Lyons is a dark comedy about a family grappling with the impending death of its patriarch. Tickets are \$18 for adults; \$15 students. For tickets call 318-218-9978 or [www.stagecenterLA.com](http://www.stagecenterLA.com).



Golden Pond, Mar 1-11

#### • On Golden Pond

Shreveport Little Theatre, 812 Margaret Place, Shreveport. **March 1, 2, 3, 9, and 10** at 7:30 p.m.; **March 4 and 11** at 2:00 pm. On Golden Pond is the love story of Ethel and Norman Thayer, who are returning to their summer home on Golden Pond for the forty-eighth year. They are visited by their divorced, middle-aged daughter and her fiancé, who go off to Europe, leaving his teenage son behind for the summer. \$18 seniors; \$20 adults. Tickets can be purchased at [shreveportlittletheatre.com](http://shreveportlittletheatre.com) or call (318) 424-4439.



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## PUZZLE pages

*Turn to page 36 for solutions.*

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

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

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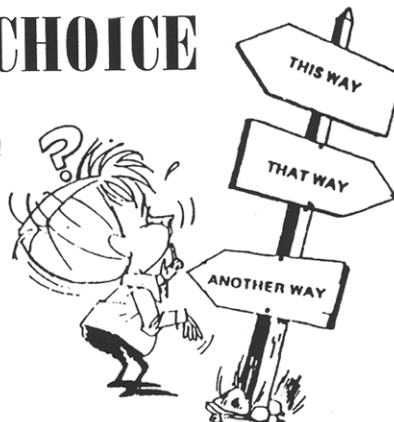
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W V Y W R B W M N R S T R I C K S  
I E L A P I G E N I N A H E D P E  
S A Z Z K R K E P D W H E J U G J  
E Z B A I T Q U L E Q D A T J U J  
C N M Q R P B Q B A W Q O R R B O  
R D U Q F O O P S E L N T O A E K  
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X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

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## Just Kidding

Badger	Lampoon
Bait	Mimic
Bamboozle	Mock
Banter	Poke Fun
Bug	Pull A Leg
Dupe	Put On
Fool	Razz
Harass	Rib
Hoax	Ride
Hoodwink	Spoof
Jape	Tantalize
Jest	Taunt
Joke	Tease
Josh	Trick
Kid Around	Wisecrack

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See our ad on page 38.

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**Vicki Ott**  
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(318) 221-1983  
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*I have heard of a new lens implant for cataract surgery that will eliminate glasses. Does Medicare pay for it?*

This is an exciting time to have cataracts. There is a new Multifocal Lens Implant called Restor that allows a wide range of vision without glasses. 80% of patients who have received the lens never have to use glasses, ever! Medicare and/or insurance covers part of the lens and surgery, the rest will have to be paid out of pocket. If you think you have cataracts and would like to learn more about the Restor Lens, call us at 212-3937.



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318-212-3937;  
See our ad on page 23.

*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.



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(318) 949-9415

### Puzzle Answers

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

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

36 February 2018

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# parting ●● ●●●shots

## ST. GEORGE

St. George Greek Orthodox Church of Shreveport capped off their centennial year on New Year's Eve with a "Hat's Off to the Future" celebration, highlighted by a luncheon and burying of a time capsule.



Sam Fashho



Dr. Spiro Cosse



Dr. Philip Lahaye



Rev. Ioannis Krokos and Sophie Duke

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## HOMAN

Computer Instructor Sarah Lee (left) with student Christine Homan at the Hamilton South Caddo Branch Library Computer Party. Christine is an active 103 year-old who drives herself to classes.



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## GARDENERS

The Northwest Louisiana Master Gardeners award grants to organizations and municipalities that support beautification and horticultural education within the community. This year's recipients are (l to r):

Row 1: Rose Kelly of Herb Society; Emilie Harmeyer of Shreveport Green; Lucy Medvec of Catholic Charities; Connie Garsee of Woodlawn Leadership Academy; Bonnie

Woods, Megan Register, Kurston Smith of Logansport FFA

Row 2: Jeannette Hotard of Herb Society; Lauren Jones of Shreveport Green; Joyce Spears of DeSoto Grace House; Patti Brannan of Shreveport Garden Study Club; Jeannie Crnkovic of Bossier 4-H; Alan Bagley of Logansport FFA; David Henington and Logan Sledge of Centenary College

Row 3: Anthony Kennedy of DeSoto's Grace House; Amy Haire of Mansfield Elementary; Jon Corkern of American Rose Society; Jennifer Drygas of First Baptist Church School



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<b>Nexium™</b> \$927.16 <small>Typical US Brand Price for 40mg x 100</small>		<b>Esomeprazole™</b> \$90.00 <small>Generic Price for 40mg x 100</small>	<b>Advair™</b> \$1203.13 <small>Typical US Brand Price for 250-Minim x 100</small>		<b>Salmeterol &amp; Fluticasone Propionate™</b> \$160.00 <small>Generic Price for 250-Minim x 100</small>
<b>Premarin™</b> \$458 <small>Typical US Brand Price for 1.625mg x 60</small>		<b>Conj. Estrogen™</b> \$51.00 <small>Generic Price for 1.425mg x 60</small>	<b>Evista™</b> \$772.37 <small>Typical US Brand Price for 40mg x 100</small>		<b>Raloxifene™</b> \$92.00 <small>Generic Price for 40mg x 100</small>
<b>Abilify™</b> \$2994.49 <small>Typical US Brand Price for 150mg x 110</small>		<b>Aripiprazole™</b> \$92.00 <small>Generic Price for 150mg x 110</small>	<b>Zetia™</b> \$994.42 <small>Typical US Brand Price for 40mg x 100</small>		<b>Ezetimibe™</b> \$87.00 <small>Generic Price for 40mg x 100</small>
<b>Celebrex™</b> \$743.17 <small>Typical US Brand Price for 100mg x 100</small>		<b>Celecoxib™</b> \$79.00 <small>Generic Price for 100mg x 100</small>	<b>Januvia™</b> \$1151.87 <small>Typical US Brand Price for 100mg x 60</small>		<b>Sitagliptin Phosphate™</b> \$146.00 <small>Generic Price for 100mg x 60</small>

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