

May / June 2024

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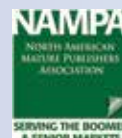
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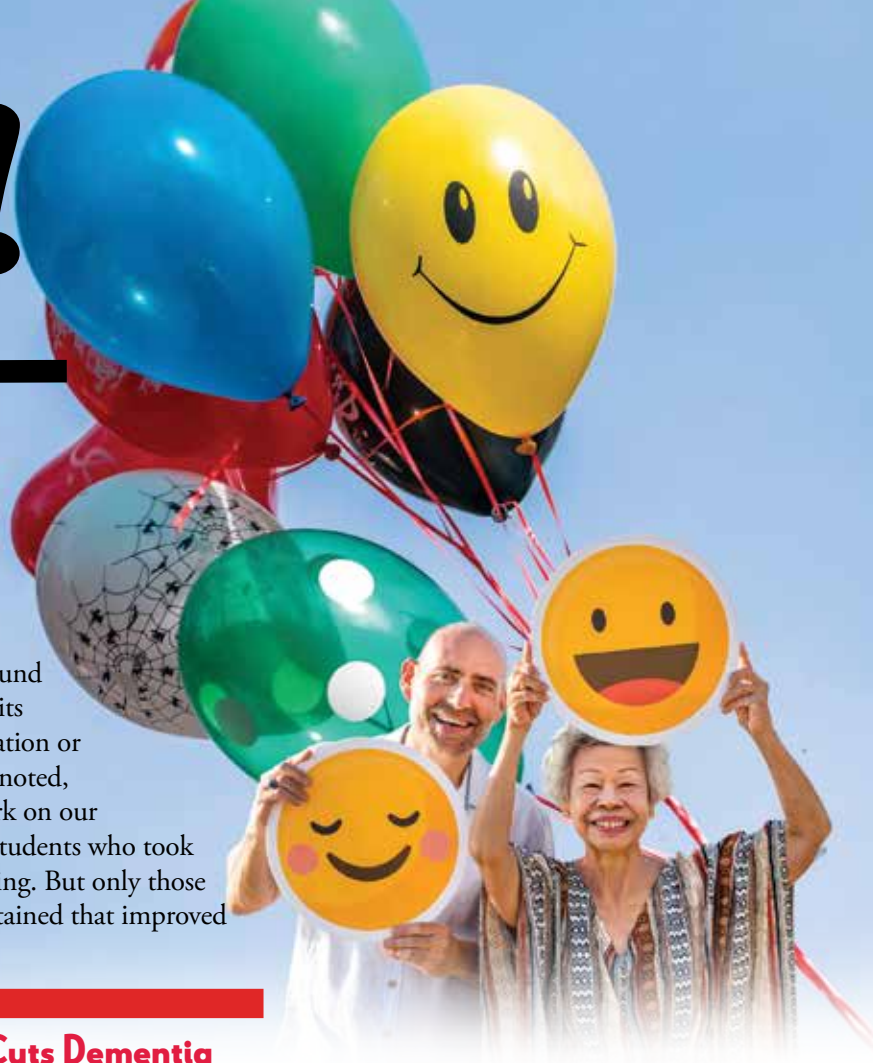


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# Stat!

Medical News & Info



## Happiness Can Be Learned

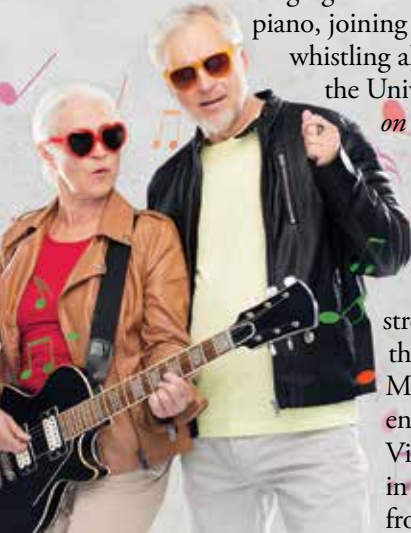
We can learn to be happy, but we only get lasting benefits if we keep practicing, a first-of-its-kind study published in *Higher Education* has revealed. The team behind the University of Bristol's 'Science of Happiness' course had already discovered that teaching students the latest scientific studies on happiness created a marked improvement in their wellbeing. But their latest study found that these wellbeing boosts are short-lived unless the habits learned in the course – such as gratitude, exercise, meditation or journaling – are kept up over the long-term. Researchers noted, just as with physical health, we have to continuously work on our mental health, otherwise improvements are temporary. Students who took the course reported a 10 to 15% improvement in wellbeing. But only those who continued implementing the course learnings maintained that improved wellbeing when they were surveyed again two years later.

## More Steps, Moderate Physical Activity Cuts Dementia

Senior women were less likely to develop mild cognitive impairment or dementia if they did more daily walking and moderate-to-vigorous physical activity, according to a new study led by the Herbert Wertheim School of Public Health and Human Longevity Science at University of California San Diego. In an online edition of *Alzheimer's & Dementia*, the team reported that, among women aged 65 or older, each additional 31 minutes per day of moderate-to-vigorous physical activity was associated with a 21% lower risk of developing mild cognitive impairment or dementia. Risk was also 33% lower with each additional 1,865 daily steps.

## Music May Bring Health Benefits for Older Adults

Whether it's singing in a choir, playing the living room piano, joining in hymns at church, or just whistling along with the radio, results from the University of Michigan *National Poll on Healthy Aging* finds that nearly all older adults say music brings them far more than just entertainment. Three-quarters of people age 50 to 80 say music helps them relieve stress or relax and 65% say it helps their mental health or mood. Meanwhile, 60% say they get energized or motivated by music. Virtually all (98%) said they benefit in at least one health-related way from engaging with music.



## U.S. Adults Eat a Meal's Worth of Calories of Snacks in a Day



Snacks constitute almost a quarter of a day's calories in U.S. adults and account for about one-third of daily added sugar, a new study suggests.

Researchers analyzing data from surveys of over 20,000 people found that Americans averaged about 400 to 500 calories in snacks a day – often more than what they consumed at breakfast – that offered little nutritional value. Snacks are contributing a meal's worth of intake to what we eat without it actually being a meal because it generally consists of carbohydrates, sugars, not much protein, not much fruit, not a vegetable. So it's not a fully well-rounded meal. The study was published recently in *PLOS Global Public Health*.



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## The U.S. Constitution and the 27<sup>th</sup> Amendment

The Twenty-seventh Amendment to the United States Constitution, the final amendment to the United States Constitution, is a strange amendment. The amendment was first proposed by James Madison. The amendment did not go anywhere for over 200 years until a passionate student who was angry about a bad grade on his homework got the amendment over the finish line and passed.

The Twenty-Seventh Amendment states:

*No law, varying the compensation for the services of the Senators and Representatives, shall take effect, until an election of representatives shall have intervened.*

This amendment basically limits the power of the Congress to give itself a pay raise while they are serving their current term in Congress. Any pay increase the Representatives and Senators receive has to wait to take

effect until after the new Congress is sworn in every two years.

This amendment was proposed at the original Constitutional Convention in 1789. When proposed by James Madison, it came under heavy debate during the ratification process. The delegates spent several days discussing congressional salaries and decided to leave these salaries to be set by ordinary laws passed by Congress.

When the proposal passed the First Congress by a two-thirds vote in both houses of Congress, it was sent to the states to ratify the amendment. Three-quarters of the states, in existence at that time, were required to ratify the new amendment. Only six states voted to ratify the amendment within a few years. The amendment looked dead as more and more states were added and the amendment was forgotten until 1982.

Enter Gregory Watson, a sophomore at the University of Texas. He was given a homework assignment to write



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a paper on some sort of government process. While doing research, he found a chapter in a book that listed amendments that had not been ratified and chose to write his paper on this amendment, which would later become the Twenty-Seventh Amendment.

The proposal that he wrote in his paper is that the amendment had no time limit on when it could be ratified, even if it was approximately 200 years later. Evidently, he was right and the amendment was ratified by three-quarters vote of the states with the last state voting to ratify the amendment on May 7, 1992.

According to information that I read while researching and composing this article, Mr. Watson received a "C" on the paper he submitted. He was not happy with the grade as he thought it was a good paper. From my own perspective, I hope the professor that gave him a "C" at least said they were sorry when they saw Mr. Watson after the passage of this amendment.

I believe this is a great story of how our country works. One person can make a difference. Due to the research and efforts of one person, the Twenty-Seventh Amendment was ratified and the way Congress receives their raises was forever changed.

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



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## Should I Bring it With Me to the Hospital?

Fred thought he was having a heart attack, but no one believed him. So he didn't make it to the hospital until a couple of days later. The emergency room doctor confirmed that Fred really did have a heart attack and needed to be admitted to the hospital for a few days.

Fred was OK during his first day of admission, but things started to get strange during day two. Fred pulled out his IV, got out of bed and started yelling at someone who no one else could see.

The nurse got Fred back into bed and reconnected the IV. A few minutes later, Fred started chain smoking cigarettes. The nurse told Fred that there was no smoking in his room and had him put out his cigarette. That didn't last long; later in the day, Fred was caught smoking in his room yet again. The nurse confiscated Fred's cigarettes and lighter and had him transferred to the ICU where he could be more closely monitored.

The ICU reported that Fred's

behavior was getting more and more off the wall, so the nurse searched Fred's room to see if he might have "ingested anything that could have caused erratic behavior."

Do you care to guess what the nurse found?

Empty liquor bottles, cigarette butts and a rolled marijuana joint. She called hospital security, and a security officer came to the room and was overwhelmed by the stench of marijuana. At that point, the hospital pressed criminal charges against Fred. But he wasn't charged with a misdemeanor possession of drugs charge. Instead, he was charged with

a little-known Louisiana law that makes it a crime to bring contraband to a hospital.

The case went to trial and at first Fred told the Judge that he had not brought drugs to the hospital and that he rarely drank. Then he told the Judge that because he was in so much pain before he went to the hospital, he had tried smoking marijuana.

In the end, Fred was found



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not guilty. Why? Because at the time, the hospital contraband law only applied to “state owned and administered hospitals or related facilities.” But Fred had gone to a private hospital in Bossier City. Not state owned. Not state administered. Not guilty.

So the Legislature changed the law: it now applies to any hospital, not just “state owned and administered hospitals or related facilities.”

Then they made some other changes. Which is probably a good thing, because the old law defined contraband as “any intoxicating beverage or ...any narcotic or hypnotic or exciting drug of whatever kind or nature, any nasal inhalators of any variety, sleeping pills, barbiturates of any variety that create or may create a hypnotic effect if taken internally, and any firearm or other instrumentality customarily considered a dangerous weapon.” In other words, if I had taken doctor prescribed sleeping pills to a “state owned and administered hospital or related facility,” I could have ended up in jail. The same would have been true for a doctor prescribed nasal inhalator. And it might have even been illegal to bring a cup of coffee if caffeine is considered to be an “exciting drug of whatever kind or nature.”

But now the definition of contraband has been changed to “any intoxicating beverage” and “any controlled dangerous substance that has not been prescribed.” So now I can bring my sleeping pills and nasal inhalator. And coffee should also be A-OK.

But how about my gun? They changed the law about that too. In the past, the law said no guns, but now the law makes a gun contraband only if the person bringing it to the hospital is a convicted felon.



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

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## GERD and Acid Reflux

**M**ost of us suffer from occasional heartburn after we eat a heavy or spicy meal. But when the reflux is severe and frequent, this may be a sign to visit with your primary care provider. Gastrointestinal reflux disease (GERD) is a condition that affects about 20% of the population. People who suffer from GERD may experience heartburn, belching, and even bloating regularly after they eat. GERD is diagnosed by a doctor, and sometimes medications are given to help alleviate symptoms. Diet can also play a large role in how often we experience symptoms as well as the severity of reflux.

While there is no set diet for people who suffer from GERD, there are some foods that can worsen symptoms. Acidic foods, like tomato products, lemon juice, pineapple, and citrus fruits can worsen reflux. Caffeine, alcohol, mint, carbonated beverages, and chocolate are also foods that can trigger reflux symptoms. In addition, foods that are high in salt, spice, or fats, can be a source of irritation. Foods like fried foods, butter, fatty meats, potato chips, pizza, fast food, cheese, and chili powder would fall in this category. Foods that are more “reflux-friendly” tend to be lighter, leaner, and milder. Choices like oatmeal, chicken breast, peas, cauliflower, asparagus, green beans, broccoli, carrots,



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pears, apples, potatoes, bananas, nuts, melons, whole wheat bread, and brown rice are all healthy foods that are GERD-friendly. Eating foods that are high in water content, like celery, lettuce, cucumber, watermelon, herbal tea (caffeine-free), and broth-based soups, may also help dilute stomach acid. Nonfat dairy, like skim milk and fat-free yogurt, may also soothe reflux because they can serve as a temporary buffer between stomach acid and lining. Just be sure you are choosing nonfat dairy, as the choices that contain fat can have the opposite effect and cause irritation.

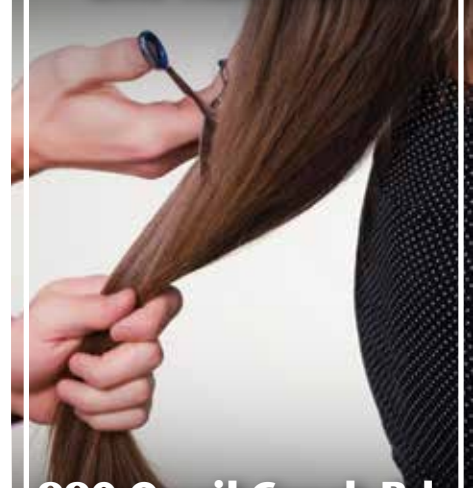
If your doctor diagnosed you with GERD, this doesn't necessarily mean you have to completely eliminate "trigger" foods. Moderation is the key! Changing your habits around how and when you eat can help, too. Try to eat smaller portion sizes, especially for foods that trigger reflux. Also do not lie down directly after eating. Staying upright helps gravity do its job of keeping acid in the stomach, so plan to sit or stand after a meal or snack. With this in mind, try to avoid eating any less than 3 hours before bed, which means no late night snacks. Exercise is essential to staying healthy, but if you suffer from reflux, avoid intense exercise a few hours after eating to prevent acid from traveling back up the esophagus. Most importantly, don't suffer in silence. If your reflux is irritating you to the point that it is impeding on daily functions, make an appointment with your primary care provider.

If left untreated GERD could cause other health issues, so it is important to keep track of symptoms and maintain consistent communication with your health provider. With a combination of lifestyle changes and following guidance from your primary care provider, GERD can be managed.

*Abigail McAlister is a Registered Dietician and nutrition agent with LSU AgCenter for Caddo and Bossier Parishes. Her focus is adult nutrition education and promotion. Contact her at [AMcAlister@agcenter.lsu.edu](mailto:AMcAlister@agcenter.lsu.edu).*



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# **LIFE IS A JOURNEY**

## **Life After Breakup, Divorce, or the Death of a Spouse:**

Finding Your New Groove When  
Dealing with Heartbreak or Grief

By Kimberly Blaker

**G**oing through a breakup, divorce, or the death of a spouse isn't easy. You've lost your lover and your confidant, cheerleader, activity partner, support system, and best friend. Such a loss can be devastating. As such, it's only natural to grieve. In fact, allowing yourself to grieve is vital to your recovery. You'll need time (and perhaps even professional help) to work through your denial, anger, bargaining, depression, and acceptance – the five stages of grief.

But even as you work through this challenging period, you can begin building a happy, full life. Working toward moving on doesn't mean you've forgotten the person you lost or your prior life. It merely means you recognize your emotional and physical well-being depends on getting back to a healthy, positive life. Yes, you'll still experience some sadness and miss the person and life you've lost. Allow yourself to feel sad as often as you need to. But, also look for at least one, if not multiple ways to uplift yourself each and every day.

Taking time for personal growth is an excellent way to raise your spirits. So focus some time and energy on self-discovery, becoming a more fabulous you, and finding new ways to enjoy life to its fullest. There's no need to forget the person and life you lost. To the contrary, cherish those great memories. But build on them by enjoying new experiences and a newfound appreciation for all life has to offer.



# Self discovery & the path to your new happy

There are so many avenues to self-discovery. The truth is you might never even reach your final destination. That's because self-discovery is really an ongoing process. As the seasons of your life come and go, you'll continually grow and change. The good news is, we live in a big, beautiful world that's full of possibilities, endless things to experience, and always new knowledge to be had. Let some of these ideas be a springboard to help you find your new groove.

**JOB OR CAREER.** Do you like what you do for a living? Or do you wish you'd gone a different direction? This might be an excellent time to consider a job or career change. Explore what kinds of work would make you happy. Just bear in mind your emotional state, and take time to think through the pros and cons of your choices. Then, once you're in a better frame of mind, you'll be ready to put your plan into action.

**LEARN A NEW SKILL.** It doesn't have to be for career growth or change, although it could be. Learning a new skill offers lots of other benefits. In fact, it's good for your brain. It increases the speed at which you learn new skills, improves your performance on other tasks, and expands your knowledge. It also reduces your risk of dementia. There are other benefits, too. Learning a new skill makes you more adaptable to change (such as you're going through now). It also provides an additional outlet to stave



off boredom and makes you a more interesting person. The great thing about learning a new skill is the multitude of choices to fit everyone's interests. There are also numerous avenues for learning new skills today. Take an online class or go for a classroom setting. You can also buy or borrow books to learn on your own, read instructional articles online, and watch Youtube videos, webinars, and more.

“Learning a new skill makes you more adaptable to change (such as you're going through now).”

**VOLUNTEER.** This is another way to expand your skills while also making the world a better place. Volunteering is also beneficial to your emotional health. According to research, those who volunteer become happier, enjoy reduced stress and gain self-esteem. It also increases your social connections. In turn, all these factors contribute to a healthier, longer life.

**NEW FRIENDS.** After a loss, making new friends is often imperative. If you're like most people in a relationship, you spent most of your free time with your partner. As a result, you may have only a small pool of friends. So get in touch with old friends and catch up. You might discover new things you have in common that rekindle your friendship. Also, make new friends through work, classes, and volunteering. There's truly something for everyone.



The great thing about learning a new skill is the multitude of choices to fit everyone's interests.



**MUSIC.** If you're a music lover, you know what a mood-booster that music can be. Yet, if you're like most people, you've listened to the same few genres of music throughout your life. So visit your library to explore different types of music, and check out a variety of CDs. Try multiple artists within each genre, since styles vary widely among any genre. You might be surprised at the music you fall in love with and have missed all your life. Beyond the more popular rock, rap, R&B, and country, there's also folk, blues, jazz, and classical. Also, don't skip over the world music section. You'll find Irish/Celtic, flamenco, reggae, Latin, Zydeco, Afrobeat, and so much more.

**MOVIES & FILM.** Everyone has their favorite movie genres. But maybe it's time to give some of those other genres a chance. Also, look for independent movie theaters where you can catch indie and foreign films. You'll often find award-winning flicks in these theaters that never make it into mainstream theaters.

**ART.** This isn't a world just for artists. Although you might discover you have a hidden talent you never realized. Think painting, drawing, sculpting, photography, printmaking, and so much more. The other option is the pure enjoyment of looking at art. Check out some art museums and galleries. You might even want to pick up a book or take a class on art appreciation to understand art at a whole new level.

**CRAFTS.** Hobbies offer a host of benefits, not to mention the crafty things you can make, keep, and give. Crafting relieves stress and depression, provides challenges, prevents boredom, and can even generate additional income. Consider wood crafts, leatherwork, needlework, glassmaking, paper crafts, and countless other options.

**TRAVEL.** Whether you choose to explore your own state, other parts of the country, or the world, you'll reap many benefits. A trip can be educational, enhances creativity, broadens your horizons, and, best of all, it's fun. You can travel by car, train, or plane. Make the most of your trips by doing the research before you go, so you hit the right weather and don't waste your visit figuring out what to do and see.

**Food.** Learn new cooking or baking skills on your own or by taking cooking classes. You might also take up a new pastime of cooking your favorite cuisine. If cooking isn't your thing, you can still enjoy the savory experience. Explore a wider variety of foods. Taste a broader range of fruits and vegetables, and hit restaurants to try out cuisines you've never had before.



**Sports & Fitness.** Make exercise a regular part of your routine. This is one of the most valuable things you can do for your physical and emotional health. Oh. But you don't like the "E" word? Then consider a sport. There are so many to choose from, whether you like team sports or prefer going solo. Golf, swimming, martial arts, and pickleball are just a few of your options.



Kimberly Blaker is a freelance writer. She also owns an online bookshop, Sage Rare & Collectible Books, specializing in out-of-print, scarce, signed, and first editions; fine bindings; ephemera and more at [sagerarebooks.com](http://sagerarebooks.com). Copyright © 2023 Kimberly Blaker, All rights reserved.



**There are many books and workbooks available to help you along your journey to self-discovery. Check out some of these top-rated choices.**

***Start Where You Are: A Journal for Self-Exploration*** by Meera Lee Patel

***List Your Self: Listmaking as the Way to Self-Discovery*** by Ilene Segalove

***The Good Goodbye: How to Navigate Change and Loss in Life, Love, and Work*** by Gladys Ato

***This Time Next Year: 365 Days of Exploration*** by Cynthia Scher

***Something Gained: 7 Shifts to Be Stronger, Smarter & Happier After Divorce*** by Deb Purdy

***The Sun Still Rises: Surviving and Thriving after Grief and Loss*** by Shawn Doyle

**EDITOR'S NOTE:** Pick up your copy of *Silver Pages*, NWLA's premier resource directory for "those of us 50+" by the publishers of *The Best of Times*, at one of our many distribution sites or download your copy at [www.TheBestOfTimesNews.com](http://www.TheBestOfTimesNews.com). This year's edition contains 6 pages of listings of our area's 'Things to Do'.

## David Selby's Mom Was a Big Fan

Born and raised in West Virginia, David Selby's extensive film, television, and stage career included prominent roles in two very different TV shows in different generations: ABC's gothic soap opera "Dark Shadows" in the 60s and the prime-time soap "Falcon Crest" on CBS in the 80s.

"My mother (Sarah) loved that I was an actor," said Selby from Los Angeles, but she had no background in the entertainment world. Her upbringing in a coal mining town was a tough one, being responsible for raising her brothers and sisters.



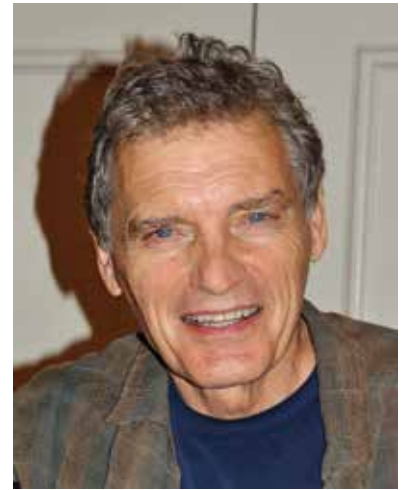
Selby as Quentin Collins on "Dark Shadows"

"She managed to graduate from high school and met my father who was raised on a farm," recalled Selby. "Mom continued to work hard at various jobs including the local Montgomery Wards, in a bakeshop, and her last job was as a bookkeeper in an office supply place. But she never liked to talk about herself – at all. Her focus was always on the family. She was also a meticulous housekeeper and did not like messes."

Tidying, says Selby, is a trait he inherited and for which his family has always ribbed him for his constant dusting, washing, and sweeping. "Sarah is among us!" he says his wife, Chip, will lovingly announce.

To honor his late mother and her influence on his life, Selby wrote "They Don't Call Me Sarah for Nothing," a short but compelling monologue he composed for Smartphone Theatre, a live stream digital performance platform presented via Zoom and created during the early pandemic months to showcase original productions. Selby's reading streamed live in March 2022 and can be viewed on YouTube ([https://youtu.be/cm7mFA\\_VF6c](https://youtu.be/cm7mFA_VF6c)).

"I would act like my mother unconsciously," he said. "The kids would say 'grandma says that' or my wife would say 'you sound like your mother.' So, I wrote 'They Don't Call Me



David Selby at the "Dark Shadows" Festival in 2011



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This project in Louisiana is supported by the Administration for Community Living (ACL), US Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$509,005.00 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the US Government.

Sarah for Nothing' because it was cathartic for me to talk about her and realize, my God, how much she meant to me."

Despite their loving relationship, young David found her constant working difficult to understand. Nevertheless, he recalled, "she always somehow managed to look like a million dollars! Even taking out the trash or going to the grocery store in our little community, she was always cautious about looking her best."

As he grew older and with no initial interest in acting, Selby planned to enroll in West Virginia University but needed tuition funds. "So, I went to Atlantic City in the summer and worked at a restaurant, then returned with a pocket full of money to pay for my first half-year's tuition. I lived at home so I could walk to class as a freshman, but didn't really know what I was going to do."

That's when an adviser for students whose names started with an 'S' spotted Selby standing in the enrollment line for classes. "He said, 'you look like you could be in theater' and it turned out he was a theater instructor," Selby remembered. "He talked me into it and, lo and behold, I began doing plays at the university right away."

After completing his degree, Selby moved to Illinois where he completed a Ph.D. in the arts, but not before moving to the East Coast and accepting his first TV role.

"I didn't finish my Ph.D. until after I was in New York doing 'Dark Shadows' – in fact, I copied my dissertation at the office where we shot the show," he recalled. His wife even took a job as an editor and then as a college English teacher so David could pursue his acting career (see [www.davidselby.com](http://www.davidselby.com)).



Selby as Richard Channin, with Susan Sullivan, on Falcon Crest

But what did his mom really think about his acting career?

"She watched every show I did, from the plays at university and summer stock to 'Dark Shadows,' 'Falcon Crest' and everything else," he says. "Aside from my wife, my mother was my biggest fan. I loved her dearly."

Nick Thomas teaches at Auburn University at Montgomery, in

Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See [www.getnickt.org](http://www.getnickt.org).



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# Nostalgic Diners

Come for the eggs, stay for the experience

By Victor Block



*Delgadillo's Snow Cap Drive-in*



*Jack's Diner*



*Marietta Diner*

**I**n 1872, in Providence, Rhode Island, a man named Walter Scott began selling take-out food from a horse-drawn wagon. Based upon his success, a local factory began building “lunch wagons.” These were followed by converted railway dining cars then, during the 1920s-1940s, by modest buildings featuring Art Deco architecture.

After opening of the Interstate Highway System in the 1950s, these diners saw a boom in business. Their casual atmosphere, comfort food cuisine, extended service hours and modest prices provided alternatives to higher-priced restaurants, and continue to do so. They also provide a walk down memory lane for people seeking to recapture a chapter of our country's culinary past.

*Lunch bar at Jack's Diner*



*Inside Moody's Diner*



Here's an introduction to several iconic diners that offer good food, efficient service and an immersion in part of the American story. Travelers seeking this experience may use an Internet search to find classic diners throughout the country.

Diners are popular throughout Florida. During the recent visit there by my wife Fyllis and me, we enjoyed an excellent brunch at **Jack's Diner** in Hollywood. Along with the usual menu items, it serves up southern favorites like biscuits slathered with homemade sausage gravy and pecan pie. Decorations throughout the interior transported us back to earlier years in our lives. As is true at many of these establishments, members of the waitstaff are very friendly. Female customers often are addressed as “Honey” and “Doll” and men become “Darling.”

The **A1 Diner** in Gardiner, Maine is one of the oldest still in business. When it opened in 1946, it immediately became popular among workers in the nearby paper mills. The same neon signs, vinyl booths and other décor features that greeted them continue to appeal to people today. It's popular among both locals and tourists, who drop by to enjoy stick-to-your-ribs dishes that include some Maine-specific menu items.

The **Olympia Diner** in Newington, Connecticut is another ageless eatery, in business since 1954. It has appeared in movies, commercials and public service announcements. It also has been the setting for some real-life dramas. People have met their spouse there, business deals have been made, a marriage proposal accepted and, on one occasion, divorce papers served.

The vintage bright neon light display which identifies the **Marietta Diner** in Georgia indicates that, like many such establishments, it's open 24-7 and offers a full breakfast all day – and night. Along with the usual fare, its menu includes a section listing Greek specialties. Some regulars return to enjoy the baklava and baklava cheesecake, which are popular signature dishes.

The **59er Diner** in Leavenworth, Washington has TV fame, having been featured in an episode of *Diners, Drive-Ins and Dives*. A popular retro highlight is the jukebox that can play hundreds of 1950s tunes. Another attraction is that the establishment serves eggs from its own chickens and vegetables grown in its garden. Travelers who wish to spend the night may book one of the comfortable cabins on site.



*In Jack's Diner*

As explained by **Moody's Diner** in Waldoboro, Maine, when the number of vacationers visiting the state began to grow, "it seemed like a good idea to build a couple of cabins" to put them up. Today, the 104-seat diner is augmented by 18 cottages and rooms. The property is owned and operated by three generations of its original founders.

At some diners, the aroma of freshly baked goodies attracts first-timers and convinces many to return. The **Eveready Diners** in Hyde Park and Brewster, New York prepare their own breads, cookies, cakes and pies. Those who order apple pie enjoy fruit grown in their orchard.

Every morning, bakers at the **Penrose Diner** in Philadelphia prepare goodies for that day's customers. From breakfast favorites like muffins, cinnamon buns and Danish pastries to sweet treats like cookies, cakes, and pies, their pastry case always has plenty of delicious choices. They even make their own Greek baklava from a family recipe.

There also are establishments which augment their food with fun, and none do this better than **Delgadillo's Snow Cap Drive-in** located along historic Route 66 in Seligman, Arizona.



*Vintage signs decorate many diners*

The entertainment begins with the vintage signs and license plates, pennants, trinkets and other memorabilia that decorates both the exterior and interior. Guests are greeted with a sign that reads: "Sorry, We're open," followed by all manner of pranks and jokes. Typical is a door with two handles, only one of which provides access into the building.

When the word "diner" comes to mind, your first thought might not be entertainment. However fun, along with food, is but one of the unexpected, and enjoyable, experiences that await those who drop by some of these quintessential throwbacks to times gone by.

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# Holy Ground

She'd felt him again. She didn't tell anyone. Except Pete. She told Pete everything. "I felt him, Pete. As sure as I felt him next to me all those nights, all those years until ..."

She stared out at the ocean, not ready to say it yet.

"Did he say anything?"

"No. But I felt him."

She closed her eyes, remembering. Smiled.

"Do you feel the peace?"

She thought about that. Yes, she did feel the peace. It settled over her, like a morning mist, cocooned her like a seed in the womb.

Peace.

Not of mankind.

Not of womankind.

Not of any kind she could remember. A high and holy peace, beyond the barriers of imagination.

"How have I never known peace like this before, Pete? Is it something from God? You know, to help me through all of this?"

Silence. She turned. Pete was gone. He did that – just left without a word.

She turned back to the ocean. Her husband, John, her forever partner, was an ocean man.

"You can't drink it, you can't take a bath in it but by all that God made, this ocean water will cleanse your soul."

She didn't know how long she stood there letting the soul-

cleansing water toss wave after wave at her feet. Time didn't mean anything anymore. Not since ... she couldn't say it yet. Finally, in perfect rhythm with the waves, she heaved a sigh of her own and moved slowly down the beach.

Her husband, John, her forever partner, was a beach man.

"If the ocean cleanses your soul, the beach settles your mind. It's holy ground"

He'd walk his holy ground for miles. She was always waiting at the end of those miles. She closed her eyes. Maybe, like in the movies, she'd open them and see John, strolling toward her. She opened her eyes. He was nowhere to be seen. She left.

He came to her again.

\*\*\*\*\*

"Is it normal, Pete?"

They were back on the shore.

"Everything is normal sooner or later."

A hint of quiet wedged itself between them.

"Do you hear them?"

She did hear them, what seemed like thousands upon thousands of voices, singing with immeasurable joy, love, honor, exultation and glory. Within a heartbeat, she found herself twirling in circles, like a child in a

snowfall trying to catch the flakes on her tongue, letting the voices flow through her like she was made of gauze, feeling, as Dickens put it, "as light as a feather, as happy as an angel, as merry as a school-boy, as giddy as a drunken man."

Above it all, she heard a joyous noise. Coming from her.



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Breathless, she asked, "Where are they, Pete? Who are they?"

Pete was gone. He did that – just left without a word.

She didn't know him that well. He'd come into her life not long after ... she still couldn't bring herself to say it. Her husband, John, her forever love, had so many friends she had assumed Pete was one of them, there to help her through this most confusing time.

Still catching her breath, she looked down to find herself waist deep in the soul - cleansing ocean. It did not alarm her. It warmed her. She stood, motionless, feeling the ebb and flow, the rhythm. How many times had she stood in the ocean and not felt the rhythm? But it was there, and it was there, in that moment, that the realization came to her.

Rhythm.

She almost believed she could count each grain of sand skipping across her feet in perfect rhythm with the currents tugging them toward the shore then nudging them backward to the sea, in perfect rhythm with the blood weaving its way through her body, in rhythm with the beating of her heart, in rhythm with the air moving in and out of her lungs.

Rhythm.

How had she not noticed this before? She began to sway, gracefully, like a reed sways in the breeze, in perfect rhythm with the ocean zephyr sifting through her hair, in perfect rhythm with the clouds slipping across the sky, in perfect rhythm with the pull of the sun and the moon and the stars.

Rhythm.

Of the rain and the snow and the leaves tumbling from their summer home.

Rhythm.

Everything in existence in perfect rhythm, like an exquisite timepiece, an impossibly orchestrated universe. How had she lived as long as she had and not noticed it? Something new to wonder about as she waded from the ocean onto the beach, singing, well more like whispering, "We are standing on holy ground and there are angels all around." Not exactly the way it was written, but close enough. John would approve.

She closed her eyes, hoping when she opened them she'd see her husband strolling toward her. Just like in the movies. She opened her eyes. He was nowhere to be seen.

She left.

And he came to her again.

\*\*\*\*\*

Back on the beach with Pete.

"Did I tell you we spent our last New Year's Eve on top of a mountain?" She didn't wait for an answer. "Just before midnight, we wrapped a blanket around us and stood outside and looked up at the stars and promised we'd love each other every day from then on as though it was our last day together. I mean, we always loved each other but it wasn't until ..." she still couldn't say it ... "this happened that I realized how much of each other we'd missed over the years. Life just got in the

way of love. Good Lord, Pete, we wasted so much time."

"Maybe lost would be a better word. You lost so much time."

And then there was no more time. No slumbering past. No revolving years. No broad wings of time. No beginning. No middle. No end.

"Pete?"

He was gone. He'd be back.

As many times as she needs me, Pete thought. Some took to it right away. Others took ... well ... longer. He smiled. Even he forgot now and then. There is no longer. No beginning, no middle, no end. Not here.

On the other side of life, where there is a beginning, a middle and an end, John ran his fingers over a photo of his forever love. He would have gladly taken on her illness as his own, her pain as his own.

Her death as his own.

Is it possible for love to bind two souls so tightly as to transcend all boundaries, even those between here and hereafter? Could she still feel him? Still feel his forever love? He was sure she could. As sure as the ocean cleansed his soul and the beach, his holy ground, settled his mind.

*"From "Old Friends (Endless Love) available exclusively at Amazon.com*





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# Refresh Spring Menus with *Sweet and Savory Favorites*

## FAMILY FEATURES

Whether your favorite springtime meals take you to the patio or have you throwing open the windows to let fresh air in, enjoying the sunshine and warmth with sweet and savory dishes is a perfect way to celebrate the season. Better yet – bring loved ones together with recipes that are as easy to make as they are delicious for refreshing taste without the hassle. Visit [EnvyApple.com](http://EnvyApple.com) to find more patio-perfect recipe inspiration.

### Classic Apple Lattice Tart

*Servings: 8-10*      1 egg  
 2-3 sheets puff pastry   1 tablespoon milk  
                                       dough                      1 tablespoon cin-  
 5 Envy Apples                namon sugar ice  
 2 tablespoons sugar       cream, custard or  
 1 teaspoon finely grated cream, for serving  
                                       lemon zest                (optional)  
 1 Tbs cornstarch

Preheat oven to 365° F.

Use two sheets semi-thawed pastry to line fluted tart pan approximately 10 inches, pressing and trimming neatly to fit; chill 15 minutes.

Peel, core and thinly slice apples into large bowl; sprinkle with sugar, lemon zest and cornstarch then toss well to evenly coat.

Arrange apple slices in pastry-lined tart pan, laying flat.

Beat egg with milk. Brush egg wash around pastry rim.

Cut ½-inch strips from remaining pastry sheet and make lattice pattern over apples, crimping edges once lattice is completed.

Brush tart with egg wash and sprinkle with cinnamon sugar.

Bake 35-40 minutes, or until pastry is golden. Allow to cool at least 15 minutes before slicing. Serve with ice cream, custard or cream, if desired.



### Stilton Cheese Pizza

*Yield: 1 pizza*

1 tablespoon pizza sauce  
 1 tablespoon sweet chili sauce  
 1 store bought pizza crust  
 ½ cup mozzarella cheese, divided  
 ⅓ cup stilton cheese, divided

Preheat oven to 450° F.

Combine pizza sauce and sweet chili sauce. Spread sauce over pizza crust.

Sprinkle with half of the mozzarella cheese and half of the stilton cheese.

Cut apple in half then core and slice into thin wedges. Arrange apple over cheese then top with remaining cheese.

Cook pizza 7-10 minutes until pale golden and starting to bubble. Add prosciutto and cook 2-3 minutes until golden and bubbling.

Serve with fresh arugula and basil. Sprinkle with toasted walnuts, if desired.

1 Envy Apple  
 4 slices prosciutto  
 fresh arugula leaves, for garnish  
 fresh basil, for garnish  
 toasted walnuts (optional)







## Apple, Bacon and Brie Cheese Toasties

Servings: 2

1 tablespoon butter	4 slices cooked bacon
4 slices sourdough bread	1 Envy Apple, peeled, cored and thinly sliced
1 teaspoon honey mustard, plus additional for serving (optional)	1¾ ounces brie cheese, sliced side salad (optional)

Butter one side of each bread slice.

Lay out two slices bread, buttered sides down. Top with honey mustard then layer with two bacon slices, apple slices and brie cheese slices. Top with remaining slices bread, buttered sides up, to create two sandwiches.

Heat grill pan or frying pan and cook sandwiches until golden brown on each side and cheese is beginning to bubble.

Cut sandwiches in half and serve with side salad or extra honey mustard, if desired.

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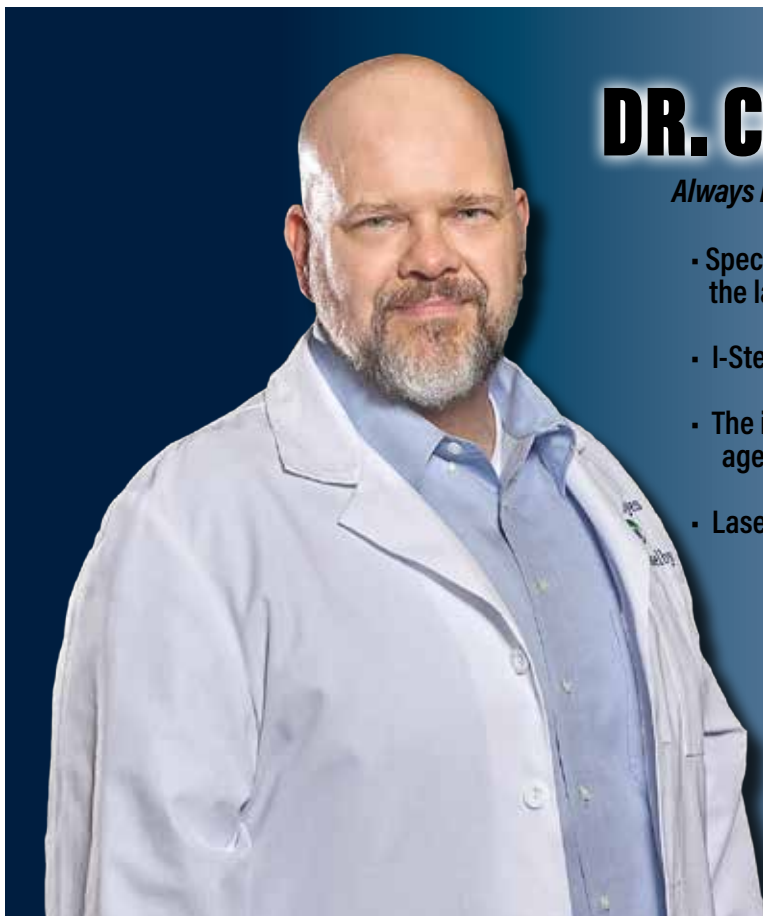
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# WORD SEARCH

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

## Treasure Island

- |             |                  |
|-------------|------------------|
| Beach       | Island           |
| Billy Bones | Jolly Roger      |
| Buccaneer   | Logbook          |
| Cabin Boy   | Long John Silver |
| Cannons     | Marooned         |
| Cape        | Musket           |
| Captain     | Mutiny           |
| Chest       | Parrot           |
| Coast       | Pirates          |
| Compass     | Pistol           |
| Cove        | Schooner         |
| Crew        | Ship             |
| Cutlass     | Skeleton         |
| Gold        | Spyglass         |
| Hispaniola  | Treasure         |

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

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

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

# CROSSWORD

**Across**

- 1 "Ta-ta!"
- 5 As well
- 8 Expires
- 12 Open, in a way
- 14 Tough test
- 15 Certain tide
- 16 Blunder
- 17 Jail
- 18 Tibetan monk
- 19 Collector's goal
- 20 Skedaddled
- 22 Watered-silk materials
- 24 Reduced a sail
- 26 Creative work
- 27 Brewed drink
- 28 A state of conflict
- 32 Basilica part
- 34 Juicy fruit
- 35 Blast maker
- 36 Foul mood
- 37 Businessman (slang)
- 38 Kind of support
- 39 Beehive State native
- 40 Stuff to the gills
- 41 Main Web page
- 42 Sheets and pillowcases
- 44 Evergreen
- 45 Encourage
- 46 Vague idea
- 49 Rub elbows

- 52 Disease cause
- 53 Microwave
- 55 Awestruck
- 56 Surefooted goat
- 58 Came to
- 60 Yield
- 61 Litter's littlest musical group
- 63 Custodian's collection
- 64 Coloring material
- 65 Joins

**Down**

- 1 Swear
- 2 Word with ear or peace
- 3 Diminish
- 4 Buffoon
- 5 Walked (on)
- 6 Common deciduous tree
- 7 Athletic competitions
- 8 Sign up
- 9 Close
- 10 Notre \_\_\_
- 11 Watering holes
- 13 Fluff up
- 14 Newspaper's \_\_\_ page
- 21 Filmmaker Spike
- 23 Cry of pain

1	2	3	4				5	6	7		8	9	10	11
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60						61					62			
63						64						65		

- 25 Toward sunrise
- degree?
- forerunner
- 50 S-shaped
- 26 Speak from a soapbox
- 32 Chip in
- 41 Gun for hire
- molding
- 28 Pretend
- 33 \_\_\_ Piper
- 43 Thrusts
- 51 Torso
- 29 Tabloid
- 34 Thick soup
- 44 On behalf of
- 52 It may be
- 30 A single time
- 36 Stand in
- 46 Call in a bakery
- dominant
- 31 Advanced
- 37 Warbler
- 47 Kind of layer
- 54 Vets' concerns
- 38 Actress Spelling
- 48 Au naturel
- 57 Purchase
- 40 Copter's
- 49 Mediocre writer
- 59 "Awesome!"

## AZALEA ESTATES

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# SAVE the *Date*



## CADDO COUNCIL ON AGING

### ■ Presentations

CCOA will be offering the following programs. **FREE.** For more info call 318.676-7900.

• **Tuesday, May 7, 14, 16 & 23, 9:30 – 11:30 a.m.** at St. Mark's Cathedral Church, 908 Rutherford Street, Shreveport. Featuring: "Balance Does Matter", presented by Marie Morgan & Susanne Tinsley. Participants will learn techniques to prevent falls and improve their balance, coordination and strength. Call Caddo Council on Aging at 318.676.7900 to register.

## EVENTS

### ■ Ark-La-Tex Genealogical Association Fair

**Saturday, June 8** from 12 to 4 p.m. at the Broadmoor Branch Library, 1212 Capt. Shreve Dr., Shreveport. Experts in all areas of family research will be on hand to demonstrate, discuss and provide tips on finding your ancestors. This event is **FREE** and open to the public. For more info call 746-1851 or visit [www.altgenealogy.com](http://www.altgenealogy.com).



### ■ Artini

The 14th annual ARTini fundraiser for the Bossier Arts Council will be held on **Saturday, June 8** at 7 p.m. at Sam's Town Casino and Hotel, 315 Clyde Fant Parkway in downtown Shreveport. Tickets include entrance to the event, a hand-painted Martini glass, live music, catered food, and Martinis from some

of the areas most popular restaurants and bars. Tickets are \$85 and can be purchased by visiting [www.bossierarts.org/artini](http://www.bossierarts.org/artini). For more info call 318-741-8310.

### ■ GloFests at the Bakowski Bridge of Lights

Join the Shreveport Regional Arts Council (SRAC) on the **first Friday of every month (except July when it is held on July 4), 7:30 p.m. to 9 p.m.** at Riverview Park, 601 Clyde Fant Parkway, Shreveport. Featuring light shows on the Bakowski Bridge of Lights, an arts market, food truck court, street performances, and more! Park in the Bally's Garage or across the street between Sci-Port and the J. Bennett Johnston Visitor Center. For more info, visit [www.shrevearts.org](http://www.shrevearts.org). **FREE.**

### ■ Le Tour des Jardins

Hosted by the Northwest Louisiana Master Gardeners. This year's garden tour will take you through six beautiful private gardens throughout Shreveport and Bossier. Tour hours will be **9:30 a.m. to 4:30 p.m. on June 1, and 12:30 p.m. to 4:30 p.m. on June 2.** Advance tickets are \$10 and can be purchased at any Citizens National Bank, online at [www.nwlamg.weebly.com](http://www.nwlamg.weebly.com) or by calling the Master Gardener office at (318) 408-0984. Tickets may also be purchased at any garden on the days of the tour for \$15. Proceeds benefit projects of the NWLA Master Gardeners.

■ **Le Tour des Jardins Garden Bazaar** will be held during Le Tour des Jardins

(see above for dates and times) at the Red River Research Station in South Bossier city, featuring food trucks and vendors. While there, enjoy a tour of the Louisiana Super Plants gardens, a project of the Northwest Louisiana Master Gardeners. Mark Wilson, Northwest Louisiana Horticulture Extension agent will be on hand to discuss Louisiana Super Plants and answer any questions. Tickets can be purchased at this location using credit/debit cards. Proceeds benefit projects of the NWLA Master Gardeners.

### ■ Shreveport Regional Bridge Tournament

**June 26 - 28** at First Baptist Church Activities Building, 523 Ockley, Shreveport. 2 sessions/day at 10 a.m. and 2:30 p.m. The tournament will feature Gold Rush Pairs (no player over 750 MP), Open Pairs and a bracketed Swiss Team on Friday only. Single Sessions are permitted. Snacks and coffee will be served daily. Lunch is \$15 cash. Table fees are \$15 per person/per session for members; \$17 for non-members. The Swiss Team is \$140 per team and includes lunch. This is a cashless tournament - credit cards only. Use entry express at <https://tournaments.acbl.org>. For more information contact the tournament chair Paula Johns at [paulajoh2@bellsouth.net](mailto:paulajoh2@bellsouth.net). Partnership chair Earlene Boddie at [earleneboddie@gmail.com](mailto:earleneboddie@gmail.com).

## ENTERTAINMENT

### ■ Shreveport Symphony

Performances are held at Riverview Theatre, 600 Clyde Fant Parkway, downtown Shreveport. For tickets visit [www.shreveportsymphony.com](http://www.shreveportsymphony.com) or call 318-227-TUNE (8863). Tickets start at \$20 - \$69.

• **Season Finale: Beethoven & Rachmaninoff on May 4, 7:30 p.m.** Pre-concert talk begins at 6:40. The lush romanticism of Rachmaninoff's Second Piano Concerto gives way to the groundbreaking "Eroica" Symphony by Beethoven.



## FARMERS' MARKETS

### ■ Bossier Farmers' Market

Every Saturday through November 20, 9 a.m. - 1 p.m. at 2950 E. Texas St., Bossier City on the south side of Pierre Bossier Mall. Featuring over 75 vendors, live music, face painting, and food trucks. **FREE** admission and **FREE** parking. For more information visit [www.BossierCityFarmersMarket.com](http://www.BossierCityFarmersMarket.com)

### ■ Shreveport Farmers' Market

June 1 through August 24, from 7:30 a.m. - 12:30 p.m. at Shreveport's Festival Plaza, 101 Crockett St, Shreveport. Featuring homegrown produce and products, crafts and food trucks. **FREE** admission and **FREE** parking. For more information visit <https://redriverrevel.com/farmers-market>.

## MEETINGS

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

Saturday, May 11 from 1 to 3 PM at the Broadmoor Branch Library, 1212 Capt. Shreve Dr., Shreveport. Guest speaker is Leigh Scott Lewis, Educator. Her topic is: "Orphan Trains - Mass Transplanting of Orphaned and/

or Abandoned Children". For more information call 746-1851 or visit [www.altgenealogy.com](http://www.altgenealogy.com). **FREE** and open to the public.

## MOVIES

### ■ Silver Screenings

Silver Screenings feature a matinee and luncheon for senior citizens showcasing a classic film on the 3<sup>rd</sup> Tuesday of each month at Robinson Film Center, 617 Texas Street in downtown Shreveport. Movie begins at 10:30 a.m. and is followed by a buffet lunch. Cost is \$16 for movie and lunch. For information or tickets, call (318) 459-4122 or visit [www.robinsonfilmcenter.org](http://www.robinsonfilmcenter.org).

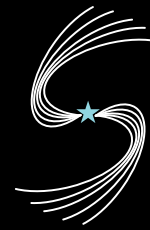
• *Yours, Mine & Ours* - May 9 at 10:30 a.m. A 1968 American family comedy drama. Navy officer Frank Beardsley (Henry Fonda) is struggling to raise his 10 children in the wake of his wife's death. Frank begins dating Helen North (Lucille Ball), a widowed nurse with eight children of her own. The two are reluctant to pursue a relationship. But with the help of a mutual friend, Darrel Harrison (Van Johnson), the two eventually fall in love and form one big, unconventional family.

• *Casablanca* - June 18 at 10:30 a.m. A 1942 American romantic drama. Filmed and set during World War II, it focuses on an American expatriate (Humphrey Bogart) who must choose between his love for a woman (Ingrid Bergman) and helping her husband (Paul Henreid), a Czechoslovak resistance leader, escape from the Vichy-controlled city of Casablanca to continue his fight against the Germans.

## WORKSHOP

### ■ First Wednesday Alzheimer's/ Dementia Caregiver Workshops

Monthly educational mini workshops for caregivers of those with Alzheimer's and dementia. Presented by The Bridge Alzheimer's & Dementia Resource Center at 851 Olive St., Shreveport on 1st Wednesdays at 11 a.m. For more information visit [www.alzbridge.org](http://www.alzbridge.org) or call 318-656-4800. **FREE**.



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## BEETHOVEN & RACHMANINOFF SAT., MAY 4 AT 7:30 PM

RiverView Theater  
Michael Buttermann, conductor  
Alessio Bax, piano

RACHMANINOFF  
Piano Concerto No. 2  
BEETHOVEN  
Symphony No. 3, "Eroica"

The lush romanticism of Rachmaninoff's Second Piano Concerto gives way to the groundbreaking "Eroica" Symphony by Beethoven.

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# Answers from the Experts



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

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

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



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

*Are your caregivers considered self-employed and where can services be provided?*

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**Keith Carter, CEO/Owner**  
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(318)424-5300  
See our ad on page 9.

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

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



**Chris Shelby, MD**  
WK Eye Institute  
7607 Youree Dr.  
Shreveport, LA 71105  
(318) 212-3937  
See our ad on page 7, 25.

## PUZZLE answers (from pages 26 - 27)



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

# Snapshot SLEUTH

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

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



*Top left photo - This photo is from the Lawrence Lea Collection and was in a jacket labeled "Martin Ballard." The photo, taken between May and September 1976, appears to be in front of the old Shreve Memorial Library on Edwards and Travis. We'd like to know who the other man raising the flag is and what might have been the occasion that prompted the picture.*



*The other 3 photos were from 1971 and are from the same film sleeve in the Lawrence Lea Collection and is cryptically identified. The orchestra apparently has a name that looks like "Lonasome Orchestra". One of the music stands is labeled "Shreveport Symphony" and another is labeled "Civic". One of the chairs is stamped on the back with "Highland Baptist".*





K I L P A T R I C K ' S

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