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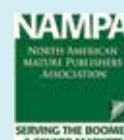
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Stat!

Medical News & Info



Vitamin D Boosts Chances of Walking After Hip Fracture

Senior citizens who are not vitamin D deficient have a better chance of walking after hip fracture surgery, according to a Rutgers-led study. The findings in *The American Journal of Clinical Nutrition* suggest that vitamin D deficiency could limit mobility in older adults. The researchers suggest that older adults take 800 international units (IU), equivalent to 20 micrograms, of vitamin D daily to prevent deficiency. Vitamin D is important for bone health, and people get it through some foods, exposure to the sun and vitamin pills.



Romance, Scent, and Sleep

Forget counting sheep. If you really want a good night's sleep, all you may need is your romantic partner's favorite T-shirt wrapped around your pillow. New research in the journal *Psychological Science* suggests that the scent of a romantic partner can improve your quality of sleep. This is true regardless of whether or not you are consciously aware that the scent is even present. This research suggests that simple strategies such as taking a partner's scarf or shirt along when traveling may have measurable effects on our sleep.



Caring for Your Loved Ones with COVID-19 at Home

Much has been reported about severe cases of COVID-19, but what about those who may be experiencing mild or lesser symptoms and are not in situations where they have to be hospitalized?

According to physicians at the University of Alabama at Birmingham, there are several precautions you can take to make sure you stay safe while caring for someone diagnosed with the novel coronavirus.

- Limit your direct exposure to your loved one with COVID-19. If possible, sleep in different rooms, use different bathrooms, and have your family member isolate him- or herself in certain rooms of the home.
- Wear a mask and stay 6 feet away from your loved one as much as possible.
- Practice good hand hygiene by washing hands frequently with soap and water.

However, that does not mean you should leave them completely isolated.

- Check on your loved one frequently to make sure he or she is doing OK.
- Make sure they are hydrating and eating.
- Make sure they are not developing concerning symptoms that might suggest inadequate oxygen levels: blue lips, blue fingers or toes, persistent headache, slow thinking or poor cognition, shortness of breath at rest, inability to talk due to shortness of breath, and high fevers.

Those who are suffering from milder forms of COVID-19 should check with their physician but may be able to take the following symptomatic approach for management:

- acetaminophen or ibuprofen for headaches and fever relief
- over-the-counter decongestants, if sinus or nasal congestion is a major symptom
- OTC cough suppressants, particularly at bedtime
- antidiarrheal agents, if diarrhea is a major component of the illness

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Practical Tips for Caregivers Facing a Pandemic

Family Features

Whether your role as a caregiver has you looking out for an elderly relative, children or both, chances are good that you've worried about how the COVID-19 pandemic may continue to affect your ability to provide necessary care.

Following the most up to date guidelines from the Centers for Disease Control and Prevention is the first step for caregivers who are looking after loved ones. As caregivers continue to adjust during the pandemic, keep these considerations in mind:

- Contact health care providers to obtain extra necessary medications and stock up on over-the-counter drugs.
- Monitor needed medical supplies related to a loved one's condition or treatments (oxygen, incontinence, dialysis, wound care, etc.) and common supplies such as tissues and cough syrup.

- Those with a loved one in a long-term care facility should inquire about any positive COVID-19 cases in the facility, testing procedures for the residents and staff members and be aware of the facility's protocol if there is an outbreak or positive tests among residents and staff.

These additional tips can help caregivers reduce the pandemic's impact:

Make backup plans. Most caregivers have plans in place for temporary assistance when things go awry, but COVID-19 is putting many of those short-term solutions to the test. It's a good time to pull in additional resources so you have extra help waiting if someone you're counting on falls ill or can't fill in as planned. A meal delivery service may be a good option if grocery shopping and meal preparation continue to be affected.

Reduce exposure. Those who take care of loved ones in their homes or are regular care providers to family members and friends have concerns about



exposing this vulnerable group to the virus. Many long-term care facilities have changed their visitation policies. You might be able to visit a loved one through a window, via a balcony or through video chat. It's also important to minimize time spent out in the community where you could unknowingly contract the virus and pass it to a vulnerable loved one.

Shop smart. Because supermarkets and stores with goods identified as “essential” are still bustling with people, it's important to minimize extra trips and wear a mask when in public. If possible, drop groceries and essentials at the door or arrange for delivery. In addition, some major pharmacies, where AARP members get special benefits on health, wellness and beauty purchases, have introduced special shopping hours for seniors and drive-thru shopping options to minimize person-to-person contact.

Reschedule wellness appointments. Not only are doctor's offices short on resources, a waiting room can be filled with germs that may cause

illness. Try to arrange for telephone or video-based appointments when possible and cancel any appointments that aren't urgently necessary.

Keep germs away. Thorough hand-washing with soap and water is critical. In addition to washing hands after eating and using the restroom, anyone entering and leaving the house should wash his or her hands. Also wipe down high-touch surfaces like doorknobs, remotes and phone keypads.

Combat boredom. Despite the good intentions of staying away, social isolation can be a real concern for seniors. Practicing social distancing is important for their health, but you can help keep them engaged by increasing phone, video and online interaction, and encouraging family and friends to do the same. If your loved one doesn't already have a cell phone, contract-free plans are available with free activation and special rates for senior users. Many long-term care facilities also offer social distancing activities for residents.
Find more caregiver resources at aarp.org/save.

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Sometimes, It is Like you See on TV

by Lee Aronson

Is this quote from reality TV or a real Louisiana case?

“Why in the world would a sister that’s got this kind of cheese, why would she give it up to a brother that ain’t working? That ain’t got a job. I mean, you know, ain’t bringing nothing to the table. What’s that about?”

Real case. And do you know who asked that question? The Judge. He followed up by asking the witness, and I quote the Judge directly, “What was your mind?”

Let me explain: Rodger Rabbit and his girlfriend, Jessica (not their real names), moved to Louisiana and bought a house together. Although they were not married and although Jessica was the only one paying for the home, the couple put both of their names on the deed to the house.

I’m sure you know what happened next: Roger and Jessica broke up and fought about who should get the house.

All of the paperwork said both Rodger and Jessica had bought the home. In all of that paperwork, there was no mention where the money came from to buy the house. Both Rodger and Jessica readily agreed that all of the money had come from Jessica. Roger had given up his job at Jessica’s request so that they could travel together.

Jessica felt that it was only fair that she should get the house. The eloquent Judge agreed with her. Were they right? Rodger didn’t think so, and he appealed.

Here’s what the law says: in Louisiana, when unmarried people buy a house together, they are called



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co-owners. Unless the deed says otherwise, the shares of the co-owners are presumed to be equal. For example, if the deed said that Jessica would own 70% of the house and Rodger would own 30% of the house, then that's what would have happened. But in this case, the deed didn't give any percentages at all. It just said that Jessica and Rodger were the buyers. That means that it is presumed that Jessica owns half of the house and Rodger owns the other half.

It is possible to overcome this presumption by proving that the co-owners, at the time of the sale, intended something different. Let's say that when they bought the house Jessica had told Rodger something like, "Rodger, I love you and I want to put both of our names on the house, but if we ever break up, you need to understand that this house is mine." That would be some pretty good evidence that Rodger and Jessica intended something other than a 50-50 ownership split. But Jessica had never said anything like that. In fact, as the Judge put it, Jessica told Rodger, "Look here baby, don't you worry about it. I got it. This is how we do things. I don't need you to get some cheese and pay me back on that property."

When the appellate judges looked at the case, they found plenty of evidence that at the time of the sale, Roger and Jessica were "building a life together and that they were sharing, even though [Rodger] did not contribute to the purchase price." That's not evidence to rebut the presumption that they intended to be 50-50 owners. Instead, that's evidence that supports the 50-50 presumption.

So Rodger ended up winning his appeal - 50% of the house was his and 50% was Jessica's.



Aronson

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

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Understanding Food Marketing Terms

by Abigail McAlister

A trip to the grocery store to find healthy food can seem mind-boggling when trying to distinguish what different food marketing terms mean. There are lots of terms food companies use today to help promote their products, which can leave us confused as to what these words and phrases actually mean. Listed below are some popular food marketing terms you may see on packaging and their actual meaning.

Natural: When we see a food with “natural” on the package, this means nothing artificial or synthetic has been added to or included in a food that would not normally be in the food. Foods with “natural” on the label do not take into account food manufacturing techniques like pasteurization, nutritional qualities of a food, or use of pesticides. “Natural” can also be used on meat and poultry labels if the product does not contain added color or artificial ingredients and the food is minimally processed. Keep in mind that just because a food

has “natural” on the label does not necessarily mean it is a healthy choice.

Healthy: The term “healthy” on food packaging has received more attention lately. For the first time in 20 years, the FDA is beginning to re-evaluate foods that can use “healthy” on their packaging.

Foods that use “healthy” as a marketing term on their labels must have a fat profile makeup of mostly monounsaturated fat or polyunsaturated fat or they must contain at least 10% of the Daily Value for potassium or vitamin D. Monounsaturated and polyunsaturated fats are heart-healthy fats, which is why the emphasis is on these specific fats for this labeling. Potassium and vitamin D are two of the nutrients of concern, meaning most Americans don’t consume enough of these important nutrients, which is why this is included for “healthy” marketing labeling.

Whole: There is no official regulation on labeling foods





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as “whole”. Generally speaking, foods marketed as “whole” do not have added ingredients and are not processed or are minimally processed. Examples of foods that would be considered “whole” are meat, fish, fresh produce, whole grains, and dairy.

Processed and unprocessed: When we think of processed foods, we often think of packaged products that are loaded with additives and empty calories. However, the official definition of “processed” is quite literal and may be far from what we thought. The USDA defines “processed” as any food or product that has undergone a “change of character”. This does include heavily processed food items, but it could also include healthy, fresh options that are lightly processed. For example, a piece of whole fruit would be considered “unprocessed”, while cut and peeled fruit would be considered a processed food.

Fresh: The term “fresh” may be seen on poultry labeling. Years ago, this included both fresh and frozen poultry. In 1997, the USDA changed their guidelines on poultry labeled “fresh” to mean poultry, both whole and cut, that has never been below 26 degrees Fahrenheit. Why so specific? If poultry is kept at a temperature below 26 degrees, this is when it begins to become firm to the touch, as it starts to change to ice.

As our food culture evolves and new products are created to help improve our diets, our food packaging will continue to change. While many of the marketing terms seen on food packaging can be helpful in guiding our decisions, our most useful tool for understanding the nutritional value of the foods we eat is the nutrition facts label.

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@lsu.edu.



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Learning To Relax Is A Great Idea

from the American Counseling Association

You may not think of relaxing as a skill that needs to be learned. Doesn't relaxing just happen without our really thinking about it?

Unfortunately, thanks to the current health crisis, relaxing has become more difficult to accomplish for many. While there have always been things that made us stressed or anxious, today's problems really are more serious and deep reaching.

The terrible impact of COVID-19 has affected the way each of us feels, even if we haven't been ill ourselves or know anyone who has been. It's a 24-hour a day problem that has changed the way we live and provides constant uncertainty. When something causes such on-going and long-lasting stress and anxiety, it can have a very real, negative impact on our health and mental well being.

So, that makes this an excellent time to take steps to reduce that stress and anxiety, in other words, to learn to relax. One key is learning how to distract your poor over-worked brain. With continual news reports of the pandemic, and with medical experts still far from definitive answers, stress levels stay high because you're facing something which is invisible and over which you have virtually no control.

As a first step to relaxing more, limit your exposure to the news contributing to your worry and anxiousness. Turn off those constant TV reports and stop reading the bad news stories in the newspaper. Focus your attention on other, more positive things. Music, reading a good book, or turning to an enjoyable hobby are all ways to engage your mind without adding to your stress levels. Yes, jigsaw puzzles and bread baking actually do help.

Next, being in good shape physically can also help you better handle the pressures you may be facing. Staying physically active simply makes you feel better. Getting outdoors for a pleasant walk or jog makes it harder to stay worried about today's bad news. And if you find that negative thoughts start creeping back in, stop and spend a minute taking some deep breaths and focusing on pleasant things around you rather than what you can't control.

Eat healthy, get plenty of sleep, and find more things to do in your life that you find enjoyable.

None of this will make all the anxiety and stress disappear, but it will provide some relaxation in your life to help you achieve more balance and less distress.

"Counseling Corner" is provided by the American Counseling Association.

Comments and questions to ACAcornet@counseling.org or visit the ACA website at www.counseling.org.



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adah vinson delay

JA STACKHAUS

Shreveport's Forgotten Hero

Just before Christmas of 1933, a woman died in Shreveport who had impacted thousands of families in and around the area. Yet her legacy all but died with her. Her name was Adah Vinson DeLay, and she was a tireless friend to those in need.

Born in 1869, Adah (or Ada, as the papers often spelled it) and her brother Allen grew up in privilege as the children of a prominent landowner and Shreveport mayor. Adah was a town darling from her youth on, but her heart was never about her own glory. Even as a debutante, Adah hosted soirees and “chocolate socials” as fund raisers for Shreveport’s Charity Hospital. Active in St. Mark’s Episcopal Church and head of its ladies’ hospital guild, Adah developed a love for and association with Charity Hospital and its patrons that would last a lifetime.

In 1900, Adah married Cyril Scott DeLay, editor of *The Shreveport Times*, but his and Adah’s marriage was short lived. In 1902, Scott died, leaving Adah a widow in her early thirties. Two years later, Adah’s beloved father passed away, followed in 1914 by her mother.



Ada Vinson DeLay (used with permission from Dr. Cheryl White and Dr. Gary Joiner’s Shreveport’s Historic Oakland Cemetery Spirits of Pioneers and Heroes.)



**Blue-Eyed Baby
Boy, Parents Dead,
Seeking a Home**

Wanted, a home.
This is the plea of a little blue-eyed baby boy, who has neither father nor mother living and who is now in the care of Mrs. Ada Vinson DeLay. Any couple who will adopt this little boy is asked to call Mrs. Ada Vinson DeLay at old phone 8-1331.

Mrs. Ada De Lay, in charge of the Charity Hospital Christmas tree, asks that all contributions be sent to her Monday and Tuesday, as they have to be wrapped and prepared for the tree on Thursday. In fact, there will be a Christmas tree in each ward, and the trees will be left standing until New Year's. Miss Doster will go from ward to ward on Thursday singing Christmas carols as an accompaniment to the trees.

“

**ADAH'S HOME WAS
ALWAYS ON-CALL
AS A FOSTER HOME,
HOUSING SOME
CHILDREN FOR SEVERAL
MONTHS AT A TIME.**

Channeling Sorrow Into Joy

Adah learned to channel her sorrow into happiness and provision for others. As early as 1911, Adah began hosting an annual community Christmas tree for underprivileged children and the residents of Shreveport's Old Folks Home. By the late 1920s, over one thousand youngsters were benefiting each year. Adah would visit Shreveport's poorest neighborhoods to invite children to the event, even procuring proper clothing for them to wear to it when needed.

By 1913, Adah was providing Christmas trees and presents for the patients at Charity Hospital, another tradition she would continue for most of her life. Although often credited with purchasing the trees and presents herself, Adah was actually the organizer of the donations, although she no doubt contributed generously as well. Articles of the day reported that Adah provided trees and gifts for all of the hospital's wards, during a time when many groups donated only to the white wards.

Advocating for Orphans

While Adah developed her reputation as the Christmas Tree Lady, she also began placing unwanted and orphaned children for adoption. Although it is difficult to ascertain exactly when she began placing children, her ads seeking homes for them began appearing in *The Shreveport Times* as early as 1913. However, her first placement was even earlier and was the child of a teenaged girl whom Adah found crying in a laundry room at Charity Hospital. Adah assured the

pregnant girl of her help and found a home for the new baby boy, all somehow without the girl's family ever knowing.

In 1916, Adah tried her hand as a girls' probation officer in the hopes of keeping delinquent girls out of the "restricted area," Shreveport's legal Red-Light District that existed from 1903-1917, in what is, today, the Ledbetter Heights area. Her noble efforts lasted only a few months before she resigned, citing only that she was unable to continue her duties. The delinquents may have been more than she could handle, or the job may have interfered with her adoption work. Like her work at Christmas time, though, her work with delinquents gave Adah a stronger connection to Shreveport's downtrodden.

Adah is credited with placing 2,000 children for adoption. But where did Adah find so many children in need of homes? The brothels, which may have employed as many as 500 women when they were legalized in 1917, no doubt provided a steady stream of unwanted children early on. Also, with no government assistance available, destitute parents would sometimes surrender their children in the hope of giving them a better life. Finally, with her extensive work at Charity Hospital, where many underage and unwed mothers sought medical care, Adah had ready access to babies who needed loving homes. Sometimes people in the neighborhoods Adah visited at Christmastime called her to pick up a child who was orphaned, and at least one child, underweight and near death, was

“

**ADAH WAS UP-TO-DATE
ON THE PROGRESSIVE
ERA PROGRAMS THAT
PROMOTED THE CAREFUL
SCREENING OF POTENTIAL
PARENTS AND HEALTHY
LIVING FOR CHILDREN.**

left on Adah's porch. Adah's home was always on-call as a foster home, housing some children for several months at a time. According to one newspaper tribute at her death, Adah never took a holiday from her work and never accepted a dime as pay.

Shreveport had orphanages, most notably the Genevieve Orphanage, but orphanages in the early 1900s were not adoption agencies: they committed to raising children, not placing them. Adah took on this job herself, declining to associate with organized groups in order to pursue placement of the children as she saw fit and more quickly than she felt agencies could.

As an educated woman, Adah was up-to-date on the Progressive Era programs that promoted the careful screening of potential parents and healthy living for children. Adah worked with doctors such as R.T. Lucas, MD, a visiting pediatrician at Charity Hospital, to nurse sick babies back to health before they were placed. She personally interviewed the prospective parents, many of whom were from Shreveport, to be sure the couple could both afford and sincerely wanted the new child, even requiring references from the couple's pastor, doctor, and banker.

Sadly, there is no way to prove if

Adah really placed 2,000 children during her lifetime. Adoption records from a hundred years ago are still sealed by the courts, frustrating the few of Adah's still-living placements, now in their late 80s and early 90s, who have long sought their birth families. What records are accessible were those recorded in court property records. However, the birth parents and the child are identified by initials only, providing few clues. While Adah may be named in the document, Adah was never a direct party to the action, so digital searches of public records do not include her name. Ascertaining the precise number of adoptions she facilitated may never be known.

A Faded Legacy

With such an impact on the local community, how is it that Adah's legacy faded so soon after her death? Neither Adah nor her brother produced any heirs. Adah never affiliated with any organization nor formed one of her own. With no one to carry on her work and name, her legendary status in the community died out with her contemporaries.

Shreveport's United Daughters of the Confederacy chapter, of which Adah was a charter member, honored her in 1995 with a marker at her grave in Oakland Cemetery. So deeply in debt was Adah upon her death that there were no funds for a marker, and all her possessions were sold to pay her creditors. Gone are her diaries and personal effects and the photos of "her" children that covered the walls of her home.

Likewise, no pictures are known to exist of the spectacular community Christmas trees organized by Adah. But that's where you can help. The author hereof is

writing Adah's biography and would love to find some of those pictures – of the Charity Hospital trees, the community trees, of the children receiving presents, of adopted children with Adah. The few pictures we have of Adah are from newspaper articles and a rare one or two from books on local history. What are needed are photos from people's families, along with letters, cards, adoption records – anything relating to Adah.

While most of the children and patients who benefited from Adah's generosity could not have afforded cameras, hospital workers, community sponsors, and local photographers could have. Likewise, many families with whom Adah placed children kept in touch with her as their adopted children grew, and their descendants may have photos of their loved ones with her. Whatever the source, the photos are out there, and in order to keep Adah's memory and contributions to Shreveport alive, those photos need to be shared.

Please visit <https://www.facebook.com/insearchofadah/> to share your family's photos or personal stories of these Shreveport memories and of Adah. It's time that Shreveport remember its darling once more, if not for her own sake, then certainly for the sake of the thousands of local lives she so generously touched.





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Q&A

Meet Wilda Smith

Chats with Area Boomers and Seniors

Wilda Smith graduated from Jonesboro Hodge High School in Jonesboro. Upon graduation she attended the school of Radiologic Technology in Monroe, then obtained an associate degree in business and a BS in health management. She worked at Highland Hospital for 30 years. After retiring she began her own company doing medical consulting. In 2005 she became the director of the Jackson Parish Chamber of Commerce. Since January 2018 she has served as campus coordinator for the Louisiana Delta Community College Jonesboro Campus. She was married to Zack until his passing, has 1 daughter, 3 grandsons and 1 great-grandchild.

Q. What family tradition from your childhood have you continued with your own family?

A. My family would always gather for family reunions, and I have continued that in order to keep our family together.

Q. When you were a child, what did you want to be when you grew up?

A. When I was a child, I always thought that I wanted to be a coach or PE teacher; however, I made a major change in my senior year of high school and went into the medical profession. I learned that working in a medical setting was invigorating and challenging, and made me really understand how compassion for others goes a long way.

Q. What is the worst thing your parents caught you doing as a child?

A. When I was in high school, my dad had a two-door hardtop Red 57 Belair Chevrolet. He didn't let me drive it a lot, but one day, he let me take it to school. It was homecoming, we needed something from the five and dime store for our float. A girlfriend and I jumped in the car and took off to town and who should I run into but my dad. I was so nervous that I was in a lot of trouble because I was only supposed to drive the car to school and then home. I will never forget the look on my dad's face.

Q. What fun activity from your childhood has been completely ruined for kids today?

A. I really think the children of today miss out on all the fun of playing outside and riding their bicycles together, where they actually communicate with each other instead of staring at a phone. I learned so much by being physically close to my friends, and having those conversations.

Q. What gives you joy?

A. There are a lot of things in life that I could say that I enjoy, but I think my favorites are working, spending time in my yard and playing golf.

Q. What's a silly or unusual fear?

A. I have a fear of anything that has feathers on it, ex. chickens, turkeys, birds. I will not eat any kind of fowl. As a child, I was attacked by a



Queen Centaur X Wilda Smith



Commodore Smith



Wilda and family

chicken, and I have never cared for any fowl again in my life.

Q. What's your biggest pet peeve?

A. I really only have one thing I could say is a pet peeve - that is having a conversation with someone telling them what's happening, what's going on, trying to keep them in the loop, and their interrupting me and telling me what I should be doing or what we need to be doing rather than listening to the whole story.

Q. If you could change 1 thing about yourself, what would it be?

A. I think mine would be lose 50 pounds and still be able to eat everything that I wanted to eat.

Q. What's the highest honor or award you've ever received?

A. Some of the highest honors and awards that I received in my life, other than giving the birth to my daughter, was the Radiology Tech of the Year in 1987 presented by the Louisiana Society of Radiologic Technologist; being named the first female Commodore of the Shreveport Yacht Club; and being the Krewe of Centaur Queen in 2001 and Krewe captain in 2004 and 2005.

Q. How would you like to be remembered?

A. I would love for people to remember me as a happy, fun loving, straightforward, family oriented person, and knowing that I was a loyal friend.

Q. What was something you thought would be easy until you tried it?

A. A regret that I have in my life is something that I tried and could not accomplish - playing the piano.

Q. What's the best way to stay young?

A. I feel that the best way to stay young is to stay active.

Q. If you had a time machine, would you rather meet your ancestors or

your descendants? Why?

A. Now that I have my first great grandchild, I would want it to move forward so I can meet all of my descendants, and getting to know all of my great grandchildren and seeing the accomplishments of my grandsons as they get older.

Q. If you could sit on a bench in a park, who would you like sitting next to you and why?

A. If I were to ever have the opportunity to sit on a park bench and talk with anyone, it would certainly be none other than the love of my life Zack. Many times I do sit on a bench and I know that he's there with me.

Q. What is the first thing you would do if you won the lottery?

A. The first portion of it would go to God, and the other portion would be to buy all of the empty storefronts in downtown Jonesboro, redo them, and try to bring our town back to life as it was when I was growing up.



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Myrtle Beach, South Carolina

is returning to the “new normal”

By Victor Block

Myrtle Beach, South Carolina, is back.

Sun seekers are hitting the beaches, golfers are working on their drives and visitors are enjoying the appeals that each year attract some 20 million people.

Like other destinations around the country which are gradually returning to the “new normal,” there are differences from the way things were only months ago. But any inconveniences pale when stacked up against what the area has to offer.

Given the choice of more than 100 excellent golf courses, Myrtle Beach is a magnet for both low-handicap players and duffers. Beyond the fairways and greens, augmenting the sun and sand are history-rich towns, reminders of southern plantation life and captivating cultural tidbits.

Myrtle Beach sits near the middle of the “Grand Strand,” the name given to a dozen towns strung along South Carolina’s Atlantic coastline. Each has its own intriguing story to tell.

Myrtle Beach has the greatest concentration of hotels, restaurants, shopping and nightlife. Much of the action takes place along the bustling 1.2-mile boardwalk. Overlooking the scene is the SkyWheel, which transports passengers 187 feet into the air and provides a bird’s-eye view over the surroundings.

GEORGETOWN was a major Colonial sea port when it was officially founded in 1729. Some gracious homes that line oak tree-canopied streets were built before the Revolution. Exhibits at the Rice Museum relate how the rice culture evolved in South Carolina and brought extreme wealth to many planters.

PAWLEY’S ISLAND, several miles further north, became a pre-Civil War summer retreat for wealthy planters. Their homes that still stand are identified by markers which relate their history.

Nearby **MURRELL’S INLET** lives up to its reputation as the “Seafood Capital of South Carolina.” Fresh fish, crabs, oysters and clams are pulled from the surrounding waters, and fishing and pleasure boats keep the 1,400-foot-long boardwalk bustling.



*Above: Golfing is Great at Myrtle Beach
In the background: The SkyWheel overlooks Myrtle Beach*

Perched near the northern end of the Strand, **Atlantic Beach** in the early 1930s became a vacation destination for African-American families. Many residents of that community, and others, are descendants of the Gullah-Geechee people who retain their unique culture.

When early plantation owners realized that the area’s climate and tidal rivers provided perfect conditions for growing rice, they brought slaves from West Africa, where that crop had been raised for centuries. The Africans’ knowledge of rice cultivation was largely responsible for the success of planters in the southeastern states.

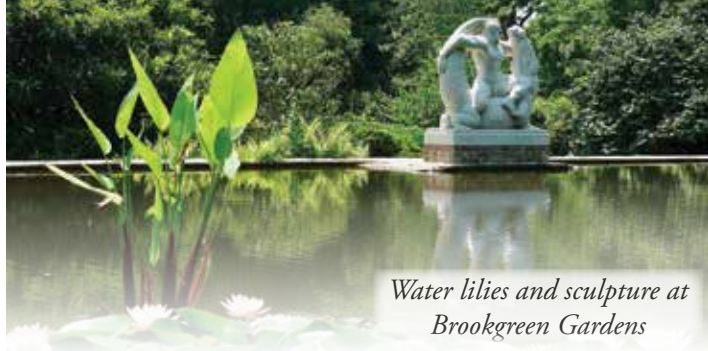
Many slaves clung to their African cultural traditions. These included ages-old rituals, arts and crafts, food and other facets of their lifestyle.

Descendants of those slaves still live where their ancestors did, in a narrow band stretching from the coastline of North Carolina to Florida. The people in the northern section of this area are known as Gullah, while those further south are called Geechee. Visitors are surrounded by reminders of this fascinating story, some in surprising places.

For example, a green on the golf course at the Barefoot Resort is nestled against the recreated ruins of a plantation home. Another course was constructed on the site of a former plantation that included an early slave cemetery. That prompted the Gullah woman who pointed it out to me to remark, “My grandfather is buried under the 10th hole.”

Brookgreen Gardens, a National Historic Landmark, also has a close connection with Gullah history. It encompasses





Water lilies and sculpture at Brookgreen Gardens

four former rice-growing estates including Brookgreen Plantation, which was built in the 18th century. The expansive lawns serve as a showcase of gardens, nature and art, including one of the best collections of American figurative sculpture in the world.

While not as grand as Brookgreen Gardens, the rice plantation named **HOPSEWEE** (**pronounced HOP-suh-wee**) has other claims to fame. Built between 1735 and 1740, the graceful home is among the oldest preservations in the country open to the public. The original owner, Thomas Lynch, Sr., was an early leader in the American Revolution, and his son was a signer of the Declaration of Independence.



Visitor Views Old Farm Equipment at Freewoods Farm

Another chapter in the history of slavery is recounted at **FREWOODS FARM**, which was the center of a community established by freed slaves after the Civil War. The 40-acre spread is the only living history museum in the country that recreates life on farms owned by African-Americans during their first decades of freedom. The land is tilled using mules pulling plows, crops are harvested by hand, and syrup and soap are made the way they were over a century ago.

The sight of farmers toiling in fields is very different from stately plantation homes. Occasional touches of honky tonk tourist attractions contrast sharply with the pervading laid-back local lifestyle.

Throw in a fascinating history and you have an idea of what awaits visitors to Myrtle Beach and the Grand Strand. Not to mention those beautiful beaches and inviting golf courses.

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Fran Drescher and “The Nanny” Reunion

by Nick Thomas

Reassembling a dozen cast members from a popular 90s TV sitcom could pose a challenge for any network, much less an individual. But it was a task Fran Drescher relished. As the nasal voiced star of the hit CBS series “The Nanny,” Drescher co-created and co-produced the show along with then-husband Peter Marc Jacobson.

“Peter came up with the reunion idea for fans stuck at home during isolation and I said right away let’s do it if everyone in the cast is available,” said Drescher from her home in Malibu.

Unable to meet collectively in a studio due to quarantine restrictions, all 12 credited actors who appeared in the 1993 pilot agreed to participate from their home in April in a “Pandemic Table Read” via a Zoom split-screen reading of that first episode, interspersed with cuts from the original broadcast.

In addition to the cast, Jacobson narrated the reading while Ann Hampton Callaway – composer and performer of the show’s catchy theme – opened with a lively rendition on piano.

Drescher admits the reunion brought memories flooding back. “To see everybody and to hear the words again made me miss the show and everyone in it so much. It gave me a lift during this terrible period. Hopefully, it did the same for fans.”

Although nearly 20 years have passed since “The Nanny” first aired, Drescher says she still remembers the pilot and the live studio audience.

“They didn’t know the characters or what to expect from us,” she recalled. “But they quickly got it and were soon anticipating laughing almost before we said the lines. They had never really experienced an outrageous character like

Nanny Fran Fine that incorporated elements

of Cinderella, Mary Poppins, and The Sound of Music’s Maria.”

Several years after “The Nanny” ended production, Drescher was diagnosed with uterine cancer. She completely recovered, but the experience steered her toward a second career to promote a “whole-body approach to wellness” and form the Cancer Schmancer Movement in 2007 (www.cancerschmancer.org). More recently, Drescher produced a series of videos called “Corona Care 4 You” featuring interviews with health experts during the pandemic.

A longtime advocate of natural foods and products, Drescher was isolated at home for weeks during the spring like much of the country and used the time to catch up on TV shows, writing, and cleaning. As Nanny Fine, her famous TV character might not have scolded Niles the Butler for using corrosive cleaning products to sanitize the Sheffield’s home in which the 90s Nanny series was set, but today she probably would.

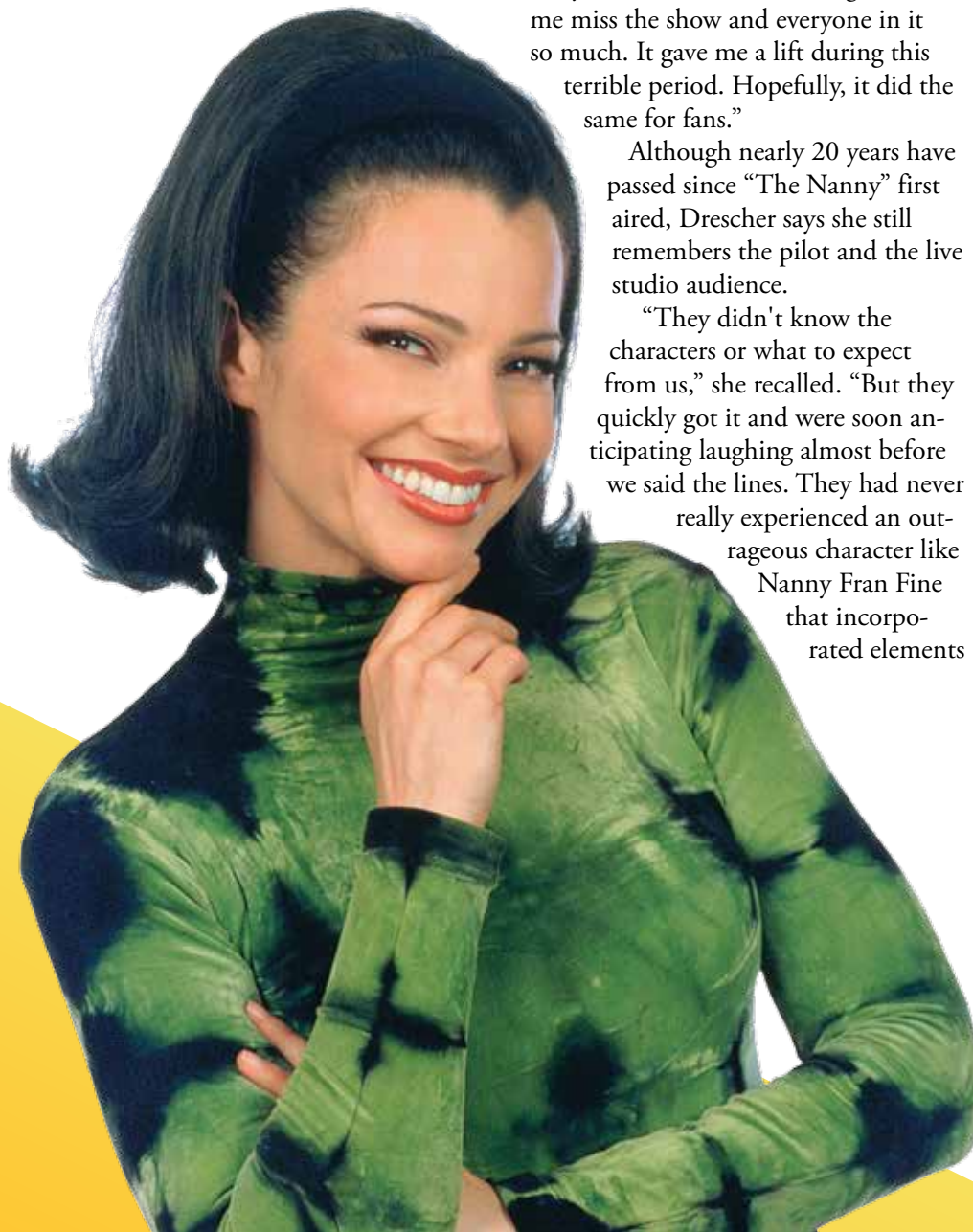
“I use 65% alcohol in a spray bottle with a little water and some peppermint oil which smells nice and has some antimicrobial properties,” she said.

Despite the forced home confinement, Drescher took it largely in her stride.

“I happen to like staying at home, so I don’t get cabin fever easily,” says Drescher who currently stars in the NBC comedy “Indebted.” But for the actress and her former husband with whom she remains close friends, their collaboration on “The Nanny” remains a career milestone. “This was our baby and we remember everything about it.”

PHOTO: Fran Drescher as The Nanny - Credit Sony Pictures Television

Nick Thomas teaches at Auburn University at Montgomery and has written features, columns, and interviews for over 800 newspapers and magazines.



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Panzanella Bagel Salad

Servings: 6

2 medium Roma tomatoes, seeded and diced

1¼ cups canned diced tomatoes, undrained

¼ cup green bell pepper, diced

¼ cup cucumber, peeled, seeded and diced

In medium bowl, mix tomatoes, canned tomatoes with juice, green pepper, cucumber, onion, cheese, vinegar and basil.

Add toasted bagel pieces; toss gently. Marinate, covered, in refrigerator 1 hour. Serve within 1 hour after marinating. Sprinkle with additional cheese and serve on bed of assorted greens, if desired.

2 tablespoons red onion, diced

2 tablespoons Parmesan cheese, grated, plus additional (optional)

1 tablespoon balsamic vinegar

2 tablespoons fresh basil, chopped

2 bagels (4 ounces each) cut into

2-inch pieces, toasted
assorted greens (optional)

Avocado Veggie Sandwich

Recipe courtesy of the Grain Foods Foundation

Servings: 2

½ ripe avocado, peeled

1 tablespoon fresh lemon juice

1/8 teaspoon salt

4 slices bread

4 slices tomato

8 slices cucumber

12 slices sweet bell pepper

2 tablespoons red wine vinegar

2 lettuce leaves

In small bowl, combine avocado, lemon juice and salt. Spread mixture evenly over two bread slices.

Place tomatoes, cucumber and peppers on covered surface. Drizzle with vinegar.

Layer lettuce, tomato, cucumbers and peppers evenly between slices of bread, creating two sandwiches.



Rotini with Sausage and Mushrooms

Servings: 8

- | | |
|---------------------------------------|--|
| 1 box (13¼ ounces) whole-grain rotini | 2 cups mushrooms, sliced |
| 1 tablespoon olive or vegetable oil | 1 cup chicken stock |
| 1 pound chicken sausage, sliced | ¼ cup parsley chopped |
| 1 cup leeks, thinly sliced | 6 leaves from tarragon sprigs, chopped |
| 1 cup green onions, thinly sliced | 1 cup Romano cheese grated |
| | Parmesan-Romano cheese (optional) |

Prepare rotini according to package directions. Drain and transfer to large bowl.

In large skillet, heat oil over medium heat. Cook sausage 2-3 minutes, or until well browned. Add leeks, onions and mushrooms; cook until tender. Add chicken stock and simmer 3-5 minutes, or until hot. Fold sausage mixture into warm pasta. Add parsley, tarragon and Romano cheese; toss again. Top with Parmesan-Romano cheese, if desired.

Cheesy Black Bean Toast with Pico de Gallo (Servings: 4)

- | | |
|---|--|
| 6 Roma tomatoes, diced | ⅛ teaspoon salt (optional) |
| ½ medium onion, finely chopped | ⅛ teaspoon pepper |
| 1 clove garlic, finely minced | ½ Hass avocado, diced |
| 2 serrano or jalapeno peppers, finely chopped | 4 bolillos (6 inches) or large Kaiser rolls, sliced in half lengthwise |
| 3 tablespoons fresh cilantro, chopped | 1 can (16 ounces) seasoned low-fat refried black beans |
| 1 lime, juice only | 2 cups shredded Chihuahua or mozzarella cheese |
| ⅛ teaspoon oregano, finely crushed | |



Heat oven to 350° F.

In medium mixing bowl, combine tomatoes; onion; garlic; peppers; cilantro; lime juice; oregano; salt, if desired; pepper; and avocado; set aside.

On medium platter, split rolls. With medium spatula, spread refried beans onto each bread half; sprinkle cheese among bread.

Bake 5-8 minutes, or until cheese is melted and hot.

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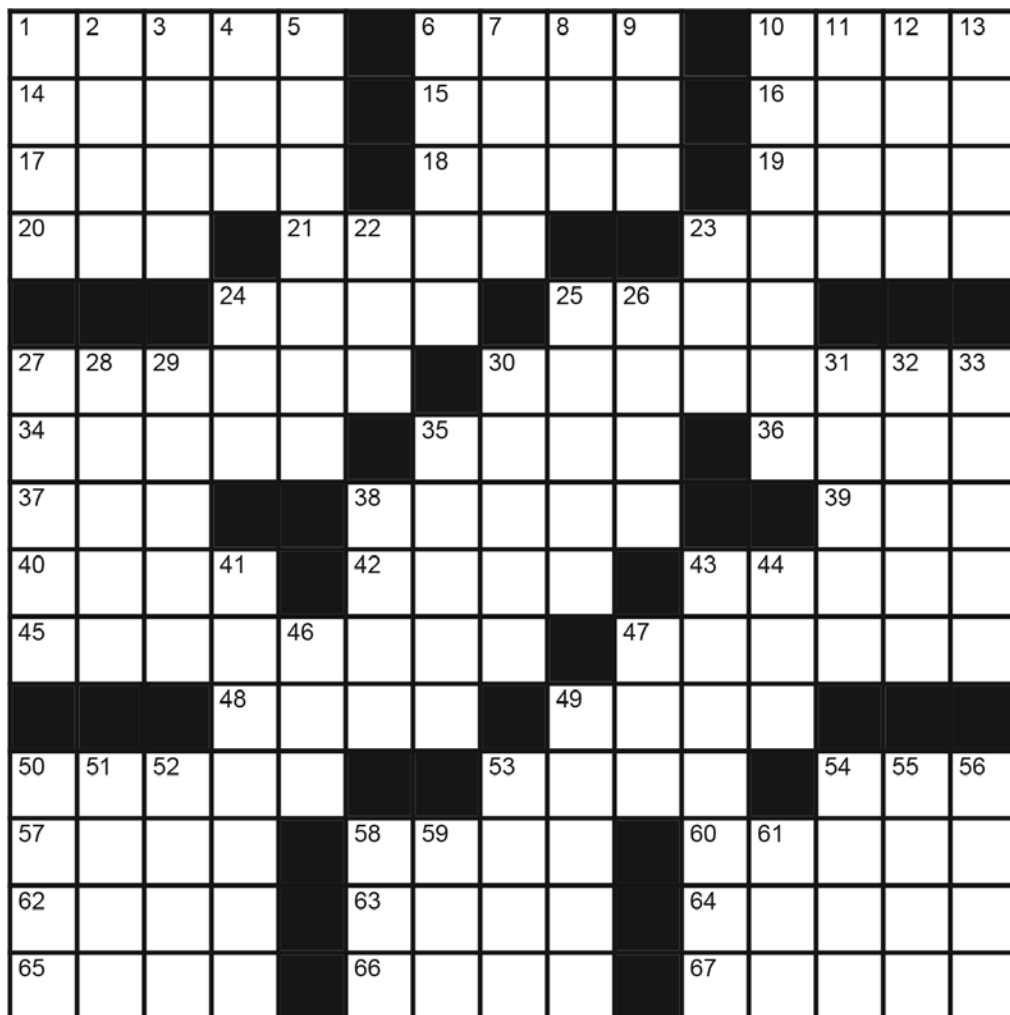
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19 Spanish sparkling white wine
20 Sweltering
21 St. Paul's architect
23 Downhill racer
24 Milldam
25 Drawn butter
27 Ratify
30 Spacecraft
34 Bank handouts
35 Six-stringed instrument
36 Identical
37 Eskimo knife
38 Model wood
39 "Wham!"
40 Stole material
- 42 Gazillions
43 Join forces
45 Dirty dogs
47 Brand new
48 Completed
49 Very dry, as wine
50 Three, they say
53 Gets into
54 Actress ____ Dawn Chong
57 Actor Grant
58 Command to a dog
60 Take forcibly
62 Kon-Tiki Museum site
63 Like some hands
64 Part of a TV transmission
65 "That was a close one!"
- Down**
- 1 Blackjack
2 Go ____ detail
3 Mob violence
4 Milk source



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- 5 Replies
6 Circus performer
7 Screen symbol
8 University conferral
9 Glimpse
10 Some protestors
11 Super berry
12 Campbell of "Party of Five"
13 Nicholas II, for one
22 Outer limit
23 Harden
24 Carry the day
25 Basic Halloween costume
26 Maui dance
27 Grads
28 Leaf
29 Animal life of a particular region
30 Military installations
31 ____ lazuli
32 Ham it up
33 Stitched
35 Heroism
38 Headquarters
41 Wisdom
43 Strange
44 Cashew, e.g.
46 Movie format
47 Still-life subject
49 Tree trunks
50 Hack
51 Hurry
52 Lothario's look
53 Big
name in computers
54 Like a churl
55 Desiccated
56 Heroic poem
58 Trendy
59 Port sign inits.
61 Seek damages

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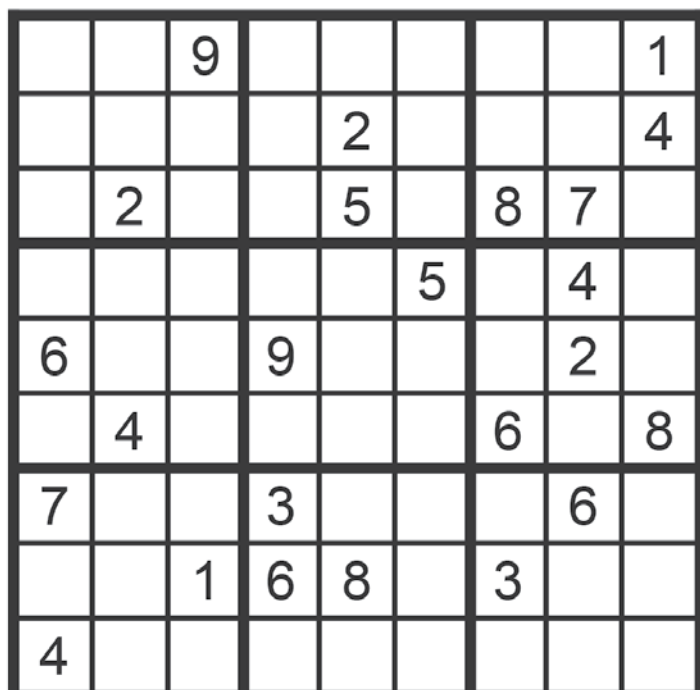
6969 Fern Loop Ste 203
Shreveport, LA 71105

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

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Sudoku

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



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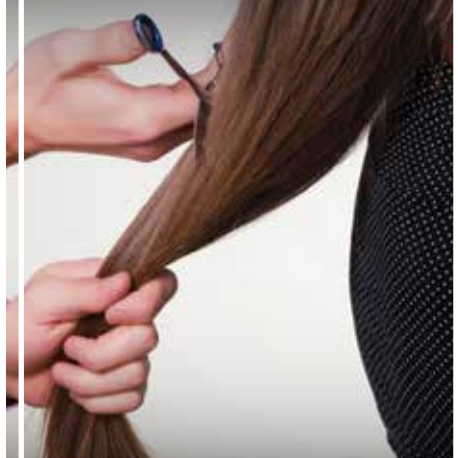
Word Search

NIGHT FOLLOWERS

AFTER NIGHT	ON THE
AND DAY	TOWN
BEFORE	OWL
BLINDNESS	PORTER
CAP	RIDER
CLOTHES	SCHOOL
CLUB	SHADE
COURT	SHIFT
CRAWLER	SHIRT
FALL	STICK
GOWN	TABLE
HAWK	TIME
LIFE	TRAIN
LIGHT	VISION
MARE	WATCHMAN
NURSE	

Sam Stroope

Hair Replacement Specialist and Hair Stylist



990 Quail Creek Rd.
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318-868-8708



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 mother has been recently diagnosed with Alzheimer's disease, does she qualify for hospice care under her Medicare benefits?

Medicare will pay 100% for hospice services for Alzheimer's disease and any diagnosis where patients are determined to have a life expectancy of less than six months. Our hospice would need to obtain a physician's order to evaluate your mother to see if she meets the hospice Medicare guidelines of a 6 month prognosis to qualify for hospice care services.



Toni Camp
 Regional Hospice Care Group
 8660 Fern Avenue, St. 145
 Shreveport, LA 71105
 (318) 524-1046
 See our ad on page 13, 32.

"What is a gasping and wheezing homeowner to do?"

As the supply ducts blow air into the rooms, return ducts pull in airborne dust especially of concern when your doors are open and suck it back into the blower. Add moisture to this mixture and you've got a breeding ground for allergy-inducing mites, and bacteria. Many filters commonly used today can't keep dust and debris from streaming into the air, and over time, sizable accumulations can form — think dust bunnies, only bigger.



Mike Thomas
 AC Duct Cleaners
 9803 Hastings Court
 Shreveport, LA 71118
 (318) 218-0770
 See our ad on page 13.

What is a "floater" and can they be treated?

A floater is debris in the vitreous fluid behind your lens. Vitreous is a clear fluid that allows light to pass all the way from your lens to your retina. Everyone has a little debris in the vitreous that floats around. When this debris passes through light it casts a shadow onto your retina and you see that as a floater. Some floaters are black dots, some look like strings and others can look like clouds that float across your vision. If we can see the floaters in the vitreous fluid and they are not too close to your retina, we can use a laser to break them up so you don't see them as much.



Chris Shelby, MD
 WK Eye Institute
 7607 Youree Dr.
 Shreveport, LA 71105
 (318) 212-3937
 See our ad on page 10.

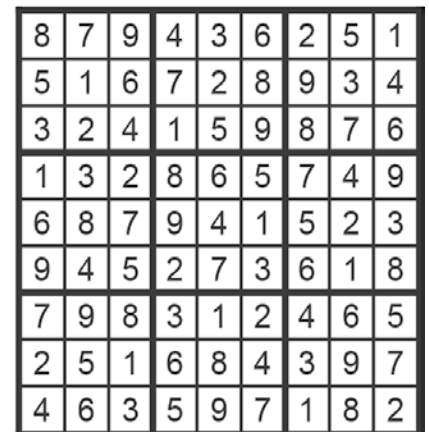
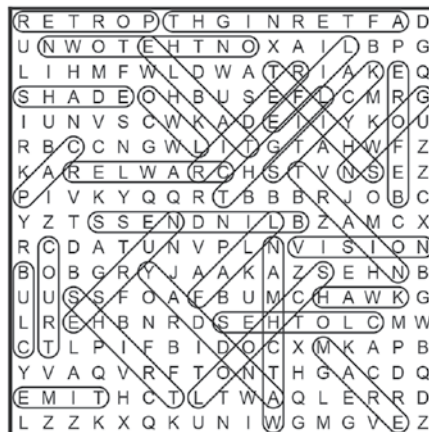
Is Osteoarthritis (OA) hereditary?

OA does have a genetic predisposition. Common forms of OA of the hands has a familial component. Obesity is a modifiable risk factor for bilateral (both) knee OA and weight loss will reduce the risk of OA in the knee. Obesity, surprisingly, does not show an increased risk of hip OA, but does show increased risk of hand OA. Whether adipose tissue releases OA-causing growth factors or hormones is not known at present, but what is known is that weight loss does have an identifiable improvement in OA of the knee.



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

PUZZLE answers (from page 28 & 29)



SHREVEPORT *Then & Now*

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Hamel's Amusement Park

Everyone remembers Hamel's Amusement Park! Originally a dairy, it became an amusement park in the 1970s. It closed in 1999.

Back in the day it was the place to have fun and be with your friends! For years it offered everyone the ride of their lives! It had go carts, a log ride, a roller coaster, bumper cars and an assortment of other rides and games. Here are a few of our blends that may shake the cobwebs off of the memories!

Be sure to check out our Hamel's Amusement Park Videos on our Facebook page! Thanks to Riverpark Church for maintaining the area and keeping it beautiful.



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