

November 2017

The Best Of Times

*"Celebrating Age
and Maturity"*

VETERANS

*Building Bonds &
Supporting One Another*



INSIDE

How Sybil Kelly
Became an **Army of One**

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Inside this Issue



Briefs

- 6 Stat! Medical News & Info
- 8 Our Featured 5 ----->
- 10 Shreveport Then & Now
- 12 Snapshot Sleuth



Features

- 15 Veterans: Building Bonds and Supporting One Another *by Kathleen Ward* ----->
- 18 How Sybil Kelly Became an Army of One *by Kathleen Ward*

Advice

- 20 Laws of the Land: Let the Good Times Roll *by Lee Aronson*
- 22 From the Bench: New Dating Violence Law Added by Louisiana Legislature *by Judge Jeff Cox*
- 24 Eat Well Live Well: Don't Overlook Food-Medication Interactions *by Abigail Scallan*

Columns

- 26 Traveltizers: In Their Shoes: Special Museums With a Personal Touch *by Andrea Gross* ----->
- 28 Tinseltown Talks: Valerie Harper Tackles Alzheimer's in 'My Mom and the Girl' *by Nick Thomas*



In Every Issue

- 30 What's Cooking? Excellent Entertaining
- 32 Get Up & Go!
- 34 Our Famous Puzzle Page
- 37 Parting Shots

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November 4

The Latest News on Hip and Knee Surgery

Guest: Dr. Chase Lobrano, Or-
thopedic surgeon

November 11

Hospice Care Services

Guest: Dr. April Patton, Hospice
care physician

November 18

Brain Rules for Aging Well

Guest: John Medina, author
and renowned developmental
molecular biologist

November 25

Folklore of the ArkLaTex

Guest: Thomas Du Bose, LSU-S
Professor

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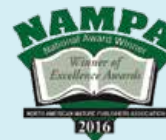
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The Best Of Times

The Best of Times was awarded **13 awards** at the North American Mature Publishers Association (NAMPA) convention which was held in Chicago in September, 2017.

Kudos to our designers, writers and contributors for an exceptional job!



FIRST PLACE

How-To Feature

"25 Apps for Seniors" by Livvy LeBlanc

Self Promotion (In house)

"What's the Buzz?"

Self Promotion (Outside Source)

Shreveport Little Theatre Ad

Self Promotion (Website)

SECOND PLACE

Briefs/Shorts (Content)

"Stat! Medical News & Info"

Briefs/Shorts (Design)

"Our Featured 5"

Annual Resource Guide or Directory (Content)

Silver Pages

Self Promotion (Awards)

Best Single Ad - Color

Best Banner

Website General Excellence

THIRD PLACE

Column Review

"Page by Page" by Jessica Rinaudo

Annual Resource Guide or Directory (Design)

Silver Pages

Stat!

Medical News & Info

• High Blood Pressure in Your 40s May Be Tied to Increased Risk of Dementia

According to researchers at Kaiser Permanente Division of Research in Oakland, California, having high blood pressure in early adulthood, or in one's 30s, was not associated with any increased risk of dementia. But having high blood pressure in mid-adulthood, or in one's 40s, was associated with a 65-percent increased risk of dementia for women. Women who developed high blood pressure in their 40s were 73 percent more likely to develop dementia than women who had stable, normal blood pressure throughout their 30s and 40s. The results were the same when researchers adjusted for other factors that could affect risk of dementia, such as smoking, diabetes and body mass index.



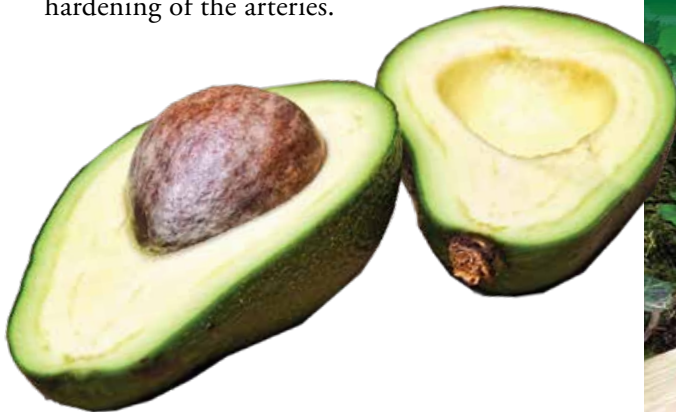
• An Age-Old Question: When Do You Need a Geriatrician?

There's no right age to switch to a geriatric specialist, but there are guidelines that can help determine whether a geriatrician – a physician who specializes in the healthcare needs of people who are aging – is the right choice for you or your loved one. Older adults should consider making a geriatrician their primary care physician if they are in their late 60s or 70s and suffer from multiple medical conditions, are experiencing functional decline or physical frailty, and have other conditions associated with aging such as dementia, depression or mobility issues. – *Division of Geriatrics, UCLA*



• Potassium Does a Body Good

According to researchers at the University of Alabama at Birmingham, foods that are rich in potassium, such as bananas and avocados, may help protect against pathogenic vascular calcification, also known as hardening of the arteries.



• Obese people who consumed one to two tablespoons of apple cider vinegar daily for three months saw a significant drop in body weight, abdominal fat, waist circumference and triglycerides. It is thought that the acetic acid in vinegar may help break down fat.

– *Study published in Bioscience, Biotechnology, and Biochemistry*



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Our Featured **5**

QUOTES ABOUT BEING *Over the Hill*



1 I'm over the hill, but **the climb was terrific!** – Graffiti

2 I don't know how I got over the hill **without getting to the top.** – Will Rogers

3 Just remember, once you're over the hill **you begin to pick up speed.**
– Arthur Schopenhauer



5 You're not over the hill until you **hear your favorite songs in an elevator!** – Unknown



4 You know you're over the hill when the only **whistles you get are from the tea kettle.** – Unknown



(Tear out and post this friendly reminder)

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- **Could an Irrevocable Trust become your worst enemy? Learn the pitfalls and traps!**
- Do you know why it may be a bad idea to put **kids names on your accounts**?
- Do you know how **preserving assets can better assure a patient's quality of care and quality of life?**
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331 Milam Street in Shreveport is home to what most people call the "downtown Post Office" and the Office Hub. What most people don't know is that underneath the current facade sits the original Elk's Building. Built in 1911, the structure had a major exterior facelift in 1955. (Photo by Jack Barham)

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Starting with the Wray Dickinson Ford Building on the far right then going down Market Street, you see the George Morris Chrysler Plymouth dealership (now a parking lot) followed by the Washington Youree Hotel (now a parking garage).
(J. Frank McAneny Photographic Collection)

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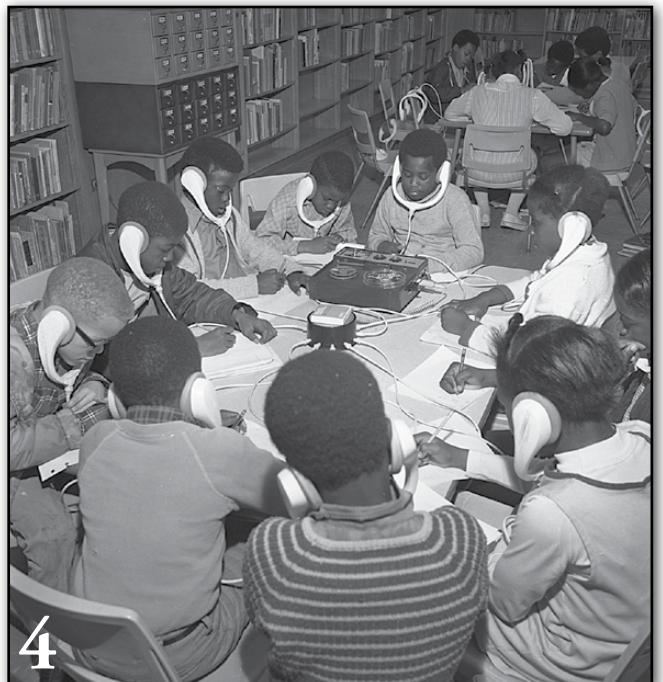
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Snapshot SLEUTH

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

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



1. Crowd standing in line at the Voter Registrar's Office, Nov. 4, 1959 (*Shreveport Times*). **2.** Youth lead a service for children at church, Nov. 15, 1953 (*Shreveport Times*). **3.** Showing crowded (and segregated) conditions in local schools, Nov. 15, 1953 (*Shreveport Times*). **4.** Eden Gardens Elementary School Classroom, March 9, 1972 (*Shreveport Times*).

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VICKIE T. RECH,
*Client Care Coordinator
and Certified Medicaid Planner™*

Vickie Rech is the Client Care Coordinator in the estate planning practice of Weems, Schimpf, Haines, Landry, Shemwell & Moore, APLC assisting clients with their long-term care planning, including qualification for Veterans Benefits and long-term care Medicaid. Mrs. Rech has achieved the designation of Certified Medicaid Planner™ through the Wealth Preservation Institute. To become a CMP™, a candidate must meet certain educational and experience requirements, successfully pass the certification exam, and agree to abide by the highest ethical/professional conduct. Mrs. Rech is the only CMP™ in Louisiana.

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VETERANS

Building Bonds & Supporting One Another

"The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the Veterans of earlier wars were treated and appreciated by their nation." President George Washington

by Kathleen Ward

They were called and answered, inspired by patriotism to serve their country. More than 300,000 veterans who served during World War II, Vietnam, Korea, the Gulf Wars and the long conflicts in the Middle East live in Louisiana.

Many of those veterans are again moved to serve when they return home. *The Best of Times* looks at five organizations where local veterans reach out to other veterans.

Air Force Association Chapter 159

The Air Force Association advocates for enlistees, veterans and their families through professional development, educational programs and other initiatives. The association's Wounded

Airman Program, in partnership with the Air Force Wounded Warrior program, provides prosthetics, financial aid, caregiver support and other help in recovery.

"Our Wounded Airman Program puts much needed assistance in the members' hands quickly," said Air Force veteran Paul La Flame, President.

"Our 474 members here in the Ark-La-Tex Chapter have served in all of our country's conflicts from the Korean Conflict to now. We have numerous members currently deployed on active duty today. We had numerous veterans who had served in World War II, but now have passed on."

"The chapter supports our veterans in the local area through our involvement in the Barksdale Global Power Museum, promoting the history of our veterans' accomplishments and sacrifices."



"Many of our members support local schools in their Veterans Day celebrations as guest speakers and in support of the local Junior Reserve Officer Training Corps programs," said La Flame.

American Legion Post 14



The American Legion, started after WWI to help veterans rebuild their lives, now has more than three million members in 14,000 posts worldwide. The Lowe-McFarlane Post 14 has more than 800 members.

"Over the years, the American Legion has been instrumental in the formation of the VA System and getting the GI Bill passed. The American Legion works with congressional leaders on a daily basis on issues that relate to veterans, active duty, National Guard and Reserve members," said Navy veteran Dennis Engdahl, Commander.

"We are a nonprofit organization, here for the benefit of our members, other veterans and service members. Our income is derived from membership dues, fundraisers, hall and facility rentals and generous donors. We make our ballrooms available for other veterans' organizations, active duty, reserve and Guard functions."

Upcoming events include the November 12th Veterans Parade at the Fairgrounds and a New Year's Eve dance with fireworks over Cross Lake. (Phone 318.635.8186 for tickets.)

The Elks Lodge 122



The Benevolent and Protective Order of Elks, U.S.A. started in the 1860s as a social organization and

became an advocate for veterans after WWII. More than 850,000 Elks belong to 2,000 lodges, with almost 1,000 members of the Shreveport chapter.

Army veteran Ed Parker is a volunteer who coordinates the Elks' support for veterans at the Overton Brooks Veterans Administration Hospital, in homeless shelters and at the War Veterans Home in Bossier City.

"The homeless vets that go to the hospital don't have any way to buy things from the hospital store, which is like a mini Walmart," said Parker. "I

buy \$500 worth of coupon books at a time and the social workers give them out at the hospital."

Parker receives funding from the Elks that can be used to help individual homeless vets, such as a bicycle to get to work or backpacks filled with hygiene items.

"Every Christmas we have a homeless veterans' Christmas dinner with prime rib," said Parker. On December 8th at 1 p.m., Elk members will join other local organizations and volunteers in placing wreaths furnished by Boone Funeral Home on the gravesites of all veterans at the 81-acre Veterans Cemetery in Keithville.



The Veterans of Foreign Wars Post 4588



Started in 1899, the VFW has become one of the most effective advocacy and support groups for veterans in history, with 1.7 million members. Bossier's Gandy-Brown VFW Post 4588 has around 200 members of all ages, with the largest number being veterans of Vietnam.

"The old perception of the VFW is that it is a place to smoke, drink and swap war stories. Not the case anymore. It is a place to 'belong' and help veterans and the local community," said Air Force veteran Ron Delaney, Post Commander.

"We help veterans file VA claims, provide support such as donations of clothing, food and limited financial support in times of dire need," said Delaney. "The funds required to support the post and programs comes from mostly fundraisers, rentals and membership fees."

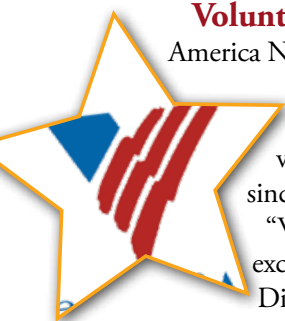
The post has dances from 7 to 11 p.m. each Saturday with a different live band "providing a clean, safe, fun and smoke-free place to dance and socialize," said Delaney. Other events throughout the year help veterans connect and promote programs "to help the children, our future leaders, understand what makes America great, proud and strong. We have a big 4th of July cookout open to anyone and local politicians," said Delaney.



Elk Lodge #122 volunteers Lisa Cade, Ed Parker and Richard Smith at the 2017 Warrior Run.



The American Legion Lowe-McFarlane Post 14 in Shreveport has more than 800 members.



Volunteers of America

Volunteers of America North Louisiana is a faith-based ministry that operates 40 programs for people in the community that need help, including veterans ages 22 to 80 from every conflict since Korea.

"We have four separate programs that focus exclusively on veterans," said Gary Jaynes, Director of Veteran Services.

"Safe Haven is a 25-bed shelter that focuses on homeless veterans" with substance abuse problems "in the hopes we can get them to engage in treatment ... with our ultimate goal of securing housing," said Jaynes.

"Veterans Transitional Living Program is a 48-bed facility more structured with a service intensive approach to (make sure the veterans are) engaged in treatment. The primary goal of this program is to find and sustain long-term housing."

"Support Services for Veteran Families assists veterans and veterans' families in finding housing. Homeless prevention typically is more limited and generally consists of assisting with past-due rental and utility assistance to avoid becoming homeless."

"Veterans' Court is our newest program in which a veteran who has been arrested and pleads guilty to a non-violent felony or misdemeanor avoids prison time. It functions much like a diversion court but exclusively for veterans." Successfully completing the program means the record can be expunged, said Jaynes.

The 2014 census recorded 21.8 million veterans who served in either peace or wartime. For each, coming home was an adjustment that could be eased by the empathy of someone who had been there.

"It means the world to them," said Shreveport's VA Clinical Chaplain Matthew J. Tisby. "They have someone who understands their plight they can reach out to. That is very important to a vet returning home." •

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How *Sybil Kelly* BECAME AN *Army of One* by Kathleen Ward

TOUCHING THOUSANDS OF LIVES THROUGH PACKAGES TO THE TROOPS OVERSEAS

*J*ack Kelly was a young soldier serving under General George Patton Jr. during World War II while his little sister was back home in Shreveport forging his name on the formal requests required for servicemen to receive packages from home.

"I practiced until I could sign his name to seem like his," said Sybil Kelly, 88. The packages were sometimes shared, but when Kelly and her mother sent "canned turnip greens and fried cornbread, he waited until everyone was asleep and ate it under the covers."

After the war, Jack came home safe and Kelly started a 40-year career as a teacher and librarian.

Since 2012, Kelly has served as "the 1022nd Engineer Company Health and Welfare Liaison. Purpose: To ensure that the members of the 1022nd Engineer Company deployed in Northern Afghanistan receive adequate health and welfare supplies," according to her Appointment Memorandum

from Lieutenant Colonel Willard B Conley of the Louisiana Army National Guard. "Period: Until officially relieved or released from appointment."

Kelly does not receive any salary for this post nor any reimbursement for the incredible number of packages she sends out.

"To date, I have sent over 1,100 packages to individuals, chaplains and units all over the world," said Kelly. "Names come from all branches of service and I send anywhere servicemen are located outside the U.S."

In case the recipient is no longer at that location, she marks her packages "to any soldier." She doesn't limit her largesse to the 1022nd. She favors "the Louisiana National Guard units and the B-52 bomber wings from Barksdale, but I will send to any serviceman."

She receives some support from the Red River Hatters, the Tau Chapter of Alpha Delta Kappa and her family and friends, but the vast majority of the expenses and the shopping, packing and transporting to the post office she does herself. Each box requires \$17.45 for postage and is filled with things that are either unavailable or in short supply where the soldiers are stationed.

"I know what packages meant to soldiers in World War II, so I started sending packages during Desert Storm," she said. It started small, but today it is anything but a hobby. Her home is a waystation filled with food, hygiene products, books, cards and letters going out to service men and women serving overseas, and letters, awards, commendations, photos, flags and gifts coming in from those grateful recipients.

"The number one thing they want in a package is toilet paper, but I include all canned meats, potato chips, coffee, peanut butter, puzzle books, comics, fruit, shampoos, etc.," said Kelly. She also sends thousands of holiday cards and corresponds frequently with friends she has made because of her generosity.

"Servicemen and women have sent me bouquets of flowers, a plaque and flag that was flown for nine minutes, 11 seconds on September 11th over their base, a rug made from camel hair and a necklace

from stones native to Afghanistan,” she said. One of the service women she has maintained a long friendship with, Afghanistan veteran Mary Holcomb from Princeton, shocked Kelly by taking her to her bank and transferring \$1,000 to Kelly’s bank account so she could send even more packages.

The stacks of thank you notes and correspondence she has received in return for her packages is filled with gratitude. “You are the best care package sender of all time,” wrote Chaplain Todd Mallory. “I am grateful for all your packages and prayers. It means more than you could imagine,” wrote Darreka Poole from her post in Afghanistan.

The wife of one serviceman she gifted wrote to let her know that her husband “was injured in December and sent to San Diego for recovery.”

Among her most treasured gifts, are the 20 “challenge coins” she has received from grateful service members. A challenge coin is a small coin or medallion that bears the insignia of the unit.

“Traditionally, they are given to prove membership when challenged and to enhance morale ... challenge coins are normally presented by unit commanders in recognition of special achievement by a member of the unit,” according to Wikipedia.

“I am truly honored to receive this package today,” wrote Major Clint Small. “It has made its way all the way to Bagram, Afghanistan. I am here with 11 other Louisiana soldiers from the 528 Engineer Battalion from Monroe. It means the world to me (to) know that patriotism is alive and well in America today. I shared all the goodies with my soldiers and your story put a smile on our face. I cannot say thank you enough for what you do for the American soldier. You are truly a great American.”

“I know what *packages* meant to *soldiers* in World War II, so I started sending packages during Desert Storm,”





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Let the Good Times Roll

by Lee Aronson

Otis (not his real name) went to a bar down in south Louisiana called Boogie's. Rather than dancing, Otis decided to concentrate on drinking. And drink he did. He got so drunk that Boogie's bouncers had to throw him out of the bar. At which point, Otis got into his car, drove off and caused an accident injuring Opie.

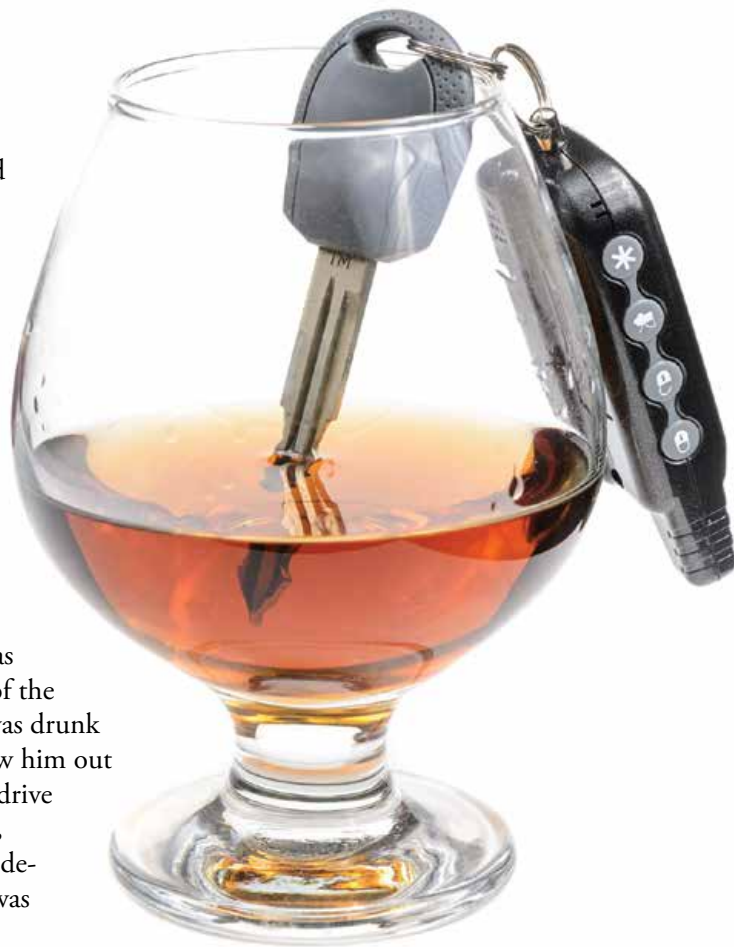
Opie's medical bills were huge, so he sued. But he didn't just sue Otis for driving drunk. Opie also sued Boogie's. Why sue the bar? Because Opie felt that Boogie's was at least partially responsible for the accident because they let Otis get way too drunk and did nothing to stop him from getting in his car and driving while intoxicated.

Boogie's went to the judge and tried to get the lawsuit against it

thrown out. The bar argued that the whole thing was all Otis' fault; if Opie wants to sue Otis, that was fine by Boogie's, but Opie's case against the bar was way too much of a stretch.

What would you do if you were the Judge?

Opie was convinced that the bar was at fault. He told the Judge that it was obvious that Otis was very drunk when he was thrown out of the bar. All of the bar employees knew Otis was drunk and the bouncers who threw him out saw Otis get in his car and drive off. To make matters worse, Otis didn't drive off onto a deserted side street. Boogie's was on a busy highway!



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Opie's lawyers found other information about Boogie's. There were surveillance cameras in the bar as well as the bar's parking lot. But when Opie's lawyers asked for the tapes, Boogie's said they had destroyed them. And that wasn't all. The bartender who had been serving Otis all night long turned out not to have a valid license to serve alcohol. Boogie's, the bar, had a permit to serve alcohol, but in Louisiana, individual bartenders must also have licenses to serve alcohol. And Otis' bartender didn't.

Remember, all this happened in Louisiana. In Louisiana, especially in New Orleans, we love our bars. That's why Louisiana has a law that says bars can serve as much alcohol as they want. The bars won't be responsible for any injuries caused by a drunk customer; the customer decided to get drunk, so if he ends up hurting someone, it's the drunk's fault, not the bar's fault. Even if the customer ends up killing someone while driving while intoxicated.

Because this is Louisiana, this law

doesn't just apply to bars. It also applies to parties and "social hosts." At least in most cases. If the bar or social host serves alcohol to a minor, then they have a problem. If the drunk person causes damage at the bar or at the social host's party, then the bar or social host can have a problem. That's because these laws only apply to "any injury suffered off the premises." Nor do these laws apply "to any person who causes or contributes to the consumption of alcoholic beverages by force or by falsely representing that a beverage contains no alcohol."

So what ended up happening in Opie's case? The Judge threw out the case against Boogie's. Otis, on the other hand, is in a real pickle.

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



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New Dating Violence Law Added by Louisiana Legislature

by Judge Jeff Cox

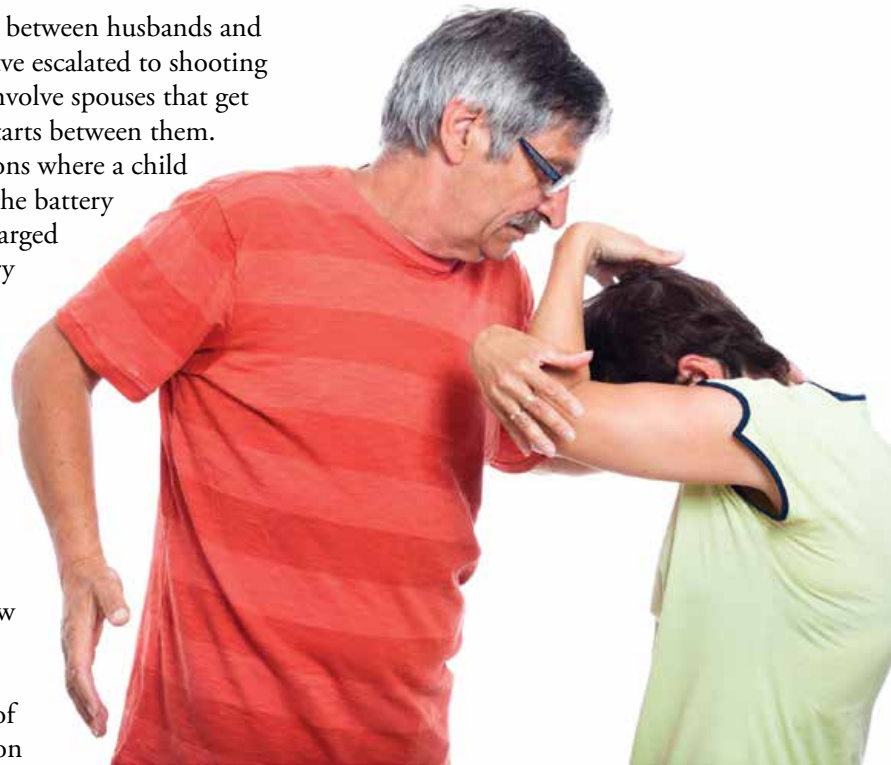
For years, we have heard about domestic violence between husbands and wives. We have seen where domestic disputes have escalated to shooting of one spouse or the other. Usually these cases involve spouses that get into an argument with each other and an altercation starts between them.

In some cases, elderly parents are involved in situations where a child or caregiver is the person who is alleged to have done the battery to the elderly parent. Although other crimes can be charged if a caregiver or child abuses an elderly person, a battery can be charged if the elderly person was battered.

In all cases, the court takes a serious stance on these types of crimes due to consequences that may arise out of a domestic abuse situation. In order for these laws to apply under Domestic Abuse statutes, the parties must live together or have lived together in the past.

This year the Louisiana Legislature passed two new statutes where the parties do not have to live together in order to be charged with domestic violence. The new Dating Violence Battery statute is found in La. R.S. 14:34.9 which states:

A. Battery of a dating partner is the intentional use of force or violence committed by one dating partner upon



AN UNBREAKABLE BOND

Stephanie Johnson has spent most of her life in service to others. After serving her country as a sergeant in the Marines and then coming home to care for her sick mother, the retired mother of two was diagnosed with a rare form of cancer called synovial sarcoma.

The cancer that had started out as a lump in Stephanie's foot would eventually claim her foot altogether. When doctors informed her that the foot would have to be amputated she was devastated, but her son DJ jumped in to provide the support she needed.

After taking a break from college to help care for his mother 24/7, DJ returned to school and earned his degree, but struggled to find a job that he really cared about. Since he was already familiar with Snell's Orthotics & Prosthetics from taking his mother to her appointments there, DJ decided to apply for a position with the company.

Now working as a prosthetic technician in the Shreveport office, DJ helps to fabricate and maintain prostheses for many of Snell's patients. However, there is one special patient who is very close to his heart, but that's understandable since they share an unbreakable bond as mother and son.



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Image by Neil Johnson Photography



the person of another dating partner.

B. (d) "Dating partner" means any person who is involved or has been involved in a sexual or intimate relationship with the offender characterized by the expectation of affectionate involvement independent of financial considerations, regardless of whether the person presently lives or formerly lived in the same residence with the offender. "Dating partner" shall not include a casual relationship or ordinary association between persons in a business or social context.

The legislature also added La. R.S. 34.9.1 which is Aggravated Assault Upon a Dating Partner.

La. R.S. 35.3, which is the Domestic Abuse Battery statute states:

- Domestic Abuse Battery is the intentional use of force or violence committed by one household member upon the person of another household member without the consent of the victim.

This type of force or violence can involve arguing whereby one party pushes the other or in more severe cases, the person hits the other person involved in the dispute. Domestic abuse can occur at any age.

These cases are taken very seriously by the law enforcement community because any call regarding fights or batteries between parties in a home or in the community can lead to serious injury or death of one of the parties. In addition, law enforcement officers are at significant risk as the parties involved in these disputes may be armed and may turn their weapons upon the officers called into these situations.

Any time an officer is called upon to intervene in a domestic abuse battery situation, and now a dating violence situation, one of the parties will usually be arrested and taken to jail. In some cases, both parties are arrested and taken to jail. When a party is arrested and taken to jail on these types of crimes, they can be held until a bond is set by a judge. Law enforcement officers want to make sure the party, or parties, alleged to have caused the trouble in the home or the community is removed from the situation so no further trouble or injury can be caused.

The best thing you can do if an argument becomes heated is to try to remove yourself from the situation. Let cooler heads prevail. If a person is suffering from a mental infirmity, try to let that person cool down if they are not threatening you in a manner that may cause serious injury. Do not continue to argue to the point that a physical altercation happens. Not all situations can be avoided, but do the best you can to avoid the situation. However, if the situation does get out of control, do not hesitate to call your local law enforcement agency. Situations where a person gets out of control and starts to push or hit can cause serious injury or death to the person on the other side of the battery. A person involved in these situations must protect themselves from abuse.



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

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Don't Overlook Food-Medication Interactions

by Abigail Scallan

When beginning a new medication regimen, it is important to be aware of all potential side effects. A medication's interaction with foods is often forgotten about in the lengthy lists of potential complications. To avoid unwanted effects, stay informed of possible food-medication interactions and keep close communication with your healthcare provider. This article highlights some of the most common food-medication interactions.

Grapefruit juice is notorious for interacting with medications. Grapefruit juice can cause abnormal metabolism of drugs in your body, which means you could have higher

or lower levels of a drug than what was intended. Grapefruit juice is the only citrus juice responsible for this abnormal metabolism due to a compound called furanocoumarin, which is responsible for altering the way a medication acts in your body. Medications known to interact with grapefruit

juice include blood pressure drugs, antihistamines, stomach acid-blocking drugs, thyroid replacement drugs, and dextromethorphan.

Certain **salt substitutes** may need to be used with caution if you are taking digoxin or ACE inhibitors. Many salt substitutes replace sodium with potassium. Increased potassium consumption can decrease the effectiveness of digoxin, which could lead to heart failure.



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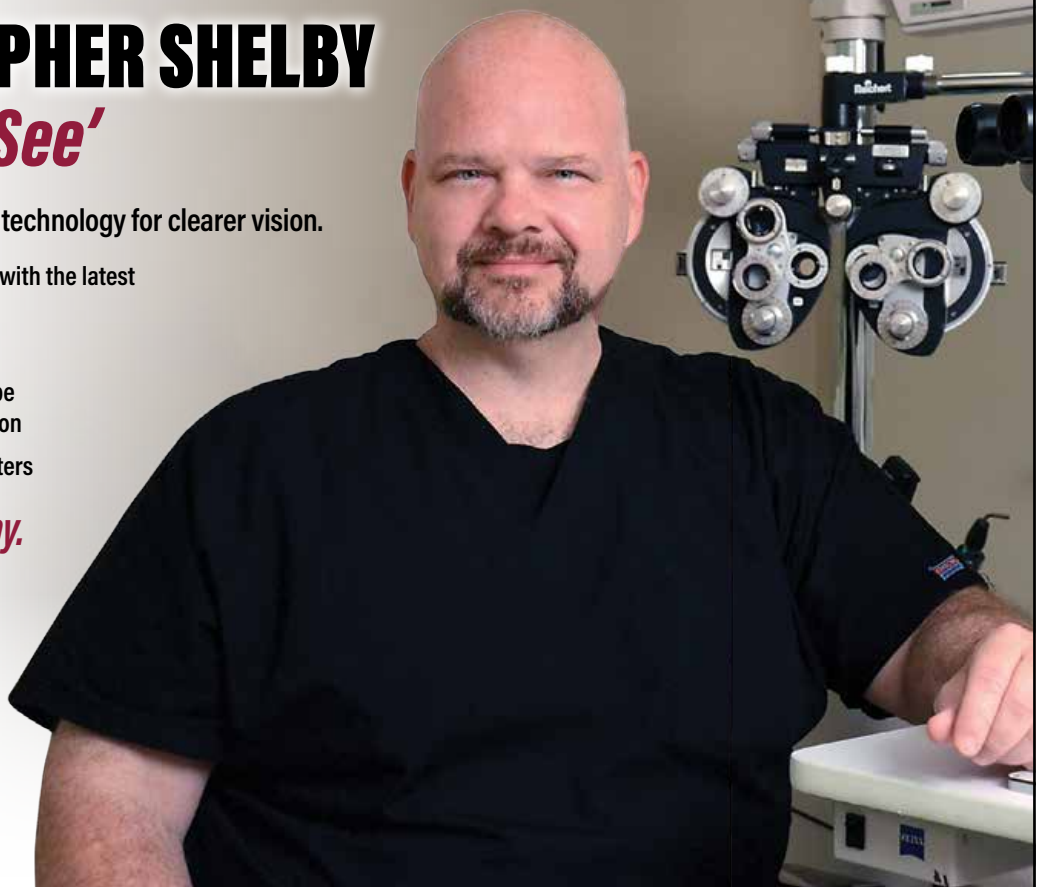
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ACE inhibitors naturally increase your blood potassium levels, and adding even more from salt substitutes can result in entirely too much potassium. This can cause irregular heartbeats and even heart palpitations. Avoiding salt substitutes is not always necessary, but care should be taken when using them. Search for natural salt substitutes that don't replace sodium with potassium, like Mrs. Dash. Also, if you have decreased kidney function, discuss the use of salt substitutes with your doctor before adding them to your diet.

Foods containing vitamin K can interact with blood-thinning drugs such as Coumadin. Vitamin K helps the blood clot, which can interact with blood thinners. But, there is good news - you don't have to completely quit consuming vitamin K. If you take blood thinners, make sure you are eating around the same amount of vitamin K each week. Consistency with vitamin K consumption is key to preventing interactions with blood thinners. So, go ahead and enjoy your turnip greens with dinner. Just make sure you are eating the same amount of vitamin K from foods every week. Good sources of vitamin K include spinach, broccoli, kale, brussels sprouts, turnip greens, collard greens, asparagus, lettuce, sauerkraut, soybeans, edamame, and blueberries. Also, be careful with multivitamin supplements that may contain vitamin K.

Foods containing tyramine are known to interfere with MAOIs and drugs used to help with Parkinson's disease symptoms. Some people experience migraines and spikes in blood pressure when consuming tyramine and one of these medications together. Tyramine is an amino acid that is found in chocolate, mature and aged cheeses, hot dogs, cured and smoked meats like sausage and salami, home-brewed or on-tap beers, fermented soy products, pickled products (eg sauerkraut), teriyaki sauce, bouillon-based sauce, soy sauce, and even some overripe fruits. Talk to your doctor if you think you may benefit from a diet limited in tyramine, as everyone is different in the way they react to this chemical in combination with medications. To limit your tyramine intake, try to eat fresh produce within two days after purchasing, avoid spoiled, fermented, pickled, or aged foods, buy fresh meats and eat them within a few days of purchase, and use extra caution when choosing, preparing, and storing foods.

Though some more common food-medication interactions are explained above, it is important to be aware that numerous medications can interact with the foods you eat. Be sure to discuss both your diet and prescribed medications with your health care provider, as an article cannot replace a comprehensive patient assessment. When starting a new medication, remember to ask your doctor about potential food-medication interactions.

Abigail Scallan is a Registered Dietitian and a nutrition agent with the LSU AgCenter for Caddo and Bossier parishes. Her main focus is adult nutrition education and promotion. She can be reached at apscallan@agcenter.lsu.edu.



Caddo Parish Early Voting November 18th Election



Early voting for the Saturday, November 18th election will be held at the **Caddo Registrar of Voters office**, 525 Marshall Street, Suite 103, at the corner of Milam and Marshall Streets across from the courthouse in downtown Shreveport during the following dates and times:

Open Friday, Nov. 3rd and Saturday, Nov. 4th
(Closed Sunday, November 5th)

Open Monday, Nov. 6th through Thursday, Nov. 9th
(Closed Friday, Nov. 10th for Veterans Day observation)

Open Saturday, Nov. 11th
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Voters should bring proof of identification such as a driver's license, governmental ID, etc. For more information or for what's on your ballot, please visit www.caddovoter.org and click on "Am I Registered?" or "What's on my Ballot?"


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IN THEIR SHOES

SPECIAL MUSEUMS WITH A PERSONAL TOUCH

Story by Andrea Gross; photos by Irv Green

It's one thing to envision yourself as a fictional person who represents a group of anonymous folks, like a soldier or farmer. It's another to imagine the thoughts of a real man or woman whose story has been well-documented. But here, in three extraordinary museums, each visitor actually takes on the identity of a particular individual whose future is still unknown.

Upon entering the museum, the participant is randomly assigned to follow a specific person who took part in an historic event. Through a combination of digital technology, three-dimensional displays and a host of diaries, documents and artifacts, he is able to see his alter-ego's actions and become privy to his thoughts.

According to the old proverb, you can't truly know someone until you've walked a mile in his shoes. These are walks you'll long remember.

A CIVIL WAR SOLDIER

I'm communing with 13-year-old Delavan Miller, a drummer boy in the Union Army of the Potomac, circa 1862. As I stop in front of a diorama depicting a typical military camp, Delavan confides that he had considered



"falling out of line." Across the room, my husband is listening to 21-year-old Eli Pinson Landers, who fought for the South. Delavan and Eli were real people, and my husband and I are using personal digital players to listen to their actual words, as recorded in letters and journals and spoken by actors.

The two boy-men fought for different causes, yet their thoughts were remarkably similar. And this — the similarities of those on both sides of the war — is the overriding lesson of the National Museum of the Civil War Soldier at Pamplin Historical Park in Petersburg, Virginia.

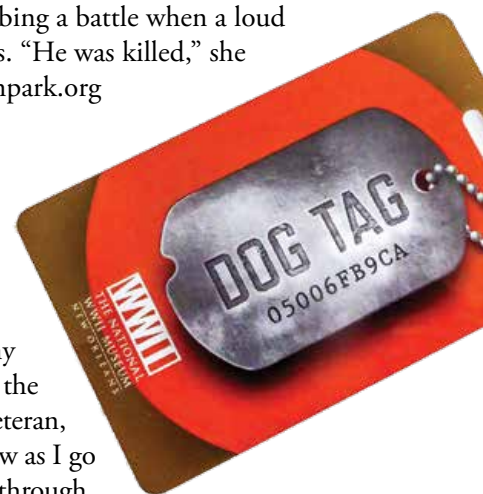
As I don my headphones and listen to Delavan describe his experiences, I suddenly hear a gasp from another visitor. Her "comrade" was describing a battle when a loud shot interrupted his words. "He was killed," she says quietly. www.pamplinpark.org

A WWII AVIATOR

I'm so busy munching a beignet that I almost miss my train. I sink into my seat on the recreated Pullman car and stare at my digital dog tag. It contains the individual story of "my" veteran, the person who I will follow as I go on a multi-media journey through World War II.

Suddenly the train stops, and I'm in the Campaigns of Courage Pavilion, a 32,000 square foot exhibition hall at New Orleans' National World War II Museum.

It contains two permanent exhibits: "The Road to Berlin,"



Left: People use digital players to listen to "their soldier" tell of his experiences during the Civil War.

Above: Each visitor gets a dog tag of a specific serviceman whose experiences he will follow while in the National World War II Museum.



Left: The Grand Staircase has become symbolic of the opulence that defined the Titanic. Right: The Titanic Museum lets visitors feel what it was like to be on the Titanic during its last night when the decks were nearly vertical, the night air was cold and the sky was filled with stars.

where people become immersed in the sights and sounds of war-torn Europe, and “The Road to Tokyo,” which leads visitors on a digital and experiential journey through the jungles of Southeast Asia and onto the beaches of the Pacific.

I begin in Europe, where, at various stops I use my dog tag to unlock the story of John Morgan. He was quite a man — a Medal of Honor winner, a POW and a member of the unit that inspired the award-winning film “Twelve O’Clock High.” I feel honored to have known Lieutenant Colonel Morgan, if only for a few hours.

I also feel incredibly lucky. I’ve accompanied three people on my museum visits, and they all survived.

My husband wasn’t as fortunate. His alter-egos left him thrice dead. www.nationalww2museum.org

For more information on these museums and the surrounding areas, go to www.traveltizers.com.



The National World War II Museum has thousands of artifacts, from small helmets to huge jeeps.

A TITANIC PASSENGER

The stars are out tonight. The weather is chilly; I pull my wrap around me more tightly.... Oh my! What’s that?” The ship shudders. I reach for a chair to keep my balance.

My name, according to the “boarding pass” I received when I entered the Titanic Museum in Branson, Missouri, is Eleanor Widener, and my Cabin Number aboard the ill-fated ship is C-80-82.

The Titanic left Southampton, England on April 10, 1912 and was due to arrive in New York seven days later. Five days into the journey and about 1300 miles northeast of its destination, it struck an iceberg. Most of the passengers drowned.

Unlike other museums that match visitors with a real person and depict history through the diaries and photographs of that person, Branson’s Titanic Museum recreates the past in its three-dimensional glory through a half-size replica of the actual ship as well as more than 4000 artifacts.

Thus, in my role as the real Eleanor, I spend what may be my few remaining hours in this world climbing the grand staircase, shivering in the cold night air, and finally sitting in a lifeboat and praying that I’ll make it to safety.

Finally the real me goes to the ship’s Memorial Hall to find out what happened to my counterpart. Eleanor survived. Her husband and son did not. In their honor, she donated more than \$3.5 million to establish a Harry Elkins Widener Library at Harvard University, at the same time insisting that all Harvard students pass a swimming test before graduation.

After all, Harry might have saved himself had he been able to swim. www.titanicbranson.com •

Valerie Harper Tackles Alzheimer's in 'My Mom and the Girl'

By Nick Thomas

Off-screen, Valerie Harper has been an inspiration to many following her optimistic defiance to a well-publicized life-threatening medical diagnosis in 2013. The star of the hit 70s TV series "Rhoda" now brings her indomitable spirit to the big screen to hearten families dealing with Alzheimer's.

Harper, Liz Torres, and Harmony Santana star in Susie Singer Carter's short film "My Mom and the Girl." Based on Singer Carter's own mother's battle with Alzheimer's, the writer, director, and



Valerie Harper (left) with Susie Singer Carter

co-producer wanted Harper to play her mother, Norma Holzer.

"I was giving a live reading of the script at the WGA (Writers Guild of America) and was asked who I could see playing my mother if I had to cast it immediately," recalled Singer Carter from Los Angeles. "I said, Valerie Harper! We didn't know each other, but she's such a good role model in real life and turned out to be perfect in this role."

Harper, too, saw the part as an opportunity.

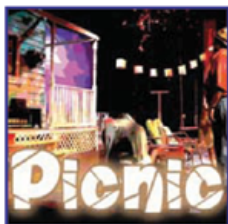
"As soon as I read the script I thought it was wonderfully written," said Harper from LA.

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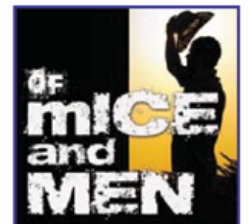
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"But Susie's script was unusual because it introduced humor. Not actual jokes, but comedic moments that could be used to soften a real life tragedy. When humor is grounded in reality, it can stir up a lot of emotion. That's when comedy is at its finest."

While some dramatic scenes of the 20-minute film are drawn from the year Singer Carter and her mother lived together, she crafted the story around one incident when her mother, followed by her caregiver, impetuously left home late one evening. As she roamed the streets of LA, an encounter with 'The Girl' (Santana) led to an interesting evening.

"This absolutely happened to my mother," noted Singer Carter. "Alzheimer's was slowly stealing away her memory, but when she met this stranger crying on the street, it pulled her 'mommy cord' and she continued to be who she was, despite the illness."

Incidents like this, says Singer Carter, can give families hope in a seemingly hopeless situation. "Doctors who work with Alzheimer's patients have told us that we have accurately portrayed what happens. So hopefully we can distribute the film to caregivers – not just of Alzheimer's patients, but to families dealing with any debilitating disease."

This is another reason Valerie Harper can identify with the film.

"My husband has been my wonderful caregiver for 5 years now, although I was only given 3-6 months," she said, referring to her rare brain cancer diagnosis. "My thing is called leptomenigeal carcinomatosis and it affects the meninges (membranes surrounding the brain). It's been difficult, but I've found the best way to get over your own tragedies is to focus on helping and supporting others."

Already a multi-award winner at film festivals across the U.S. and overseas, "My Mom and the Girl" is still on the festival circuit (see www.mymomandthegirl.com).

"Awards are nice," says Harper. "But any light we can shine on Alzheimer's – or any other devastating disease – is a win for us."

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




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The secret to a winning dessert is presentation, and the vibrant colors of red, green or black grapes lend just the right look. What's more, the juicy sweetness offsets the tartness of the lemon for an explosion of flavor perfection. Plan your next special occasion with the host of recipes at GrapesfromCalifornia.com.



SEARED CHICKEN BREASTS WITH GRAPES AND ARTICHOKE

Serves: 4

- 2 boneless, skinless chicken breasts (8 ounces each), butterflied lengthwise into 4 cutlets
- salt, to taste
- pepper, to taste
- 2 tablespoons olive oil, divided
- 2 cloves garlic, minced
- 1 leek, white part only, halved and thinly sliced
- 2 tablespoons chopped fresh oregano
- 1½ cups quartered artichoke hearts, frozen, canned or jarred
- ½ cup dry white wine
- ½ cup low-sodium chicken stock
- 1 tablespoon lemon juice
- ½ teaspoon lemon zest
- 2 teaspoons butter
- ¾ cup green grapes
- ¾ cup red grapes
- 2 tablespoons chopped flat-leaf parsley

Season chicken breasts with salt and pepper, to taste. In saute pan over medium-high heat, heat 1 tablespoon olive oil. Add chicken breasts and sear 3-4 minutes per side. Remove chicken and set aside.

Add remaining olive oil to pan, along with garlic, leek and pinch of salt; cook on medium heat 2-3 minutes to soften leek.

Stir in oregano, artichokes, wine, chicken stock, lemon juice, lemon zest and butter. Simmer 2-3 minutes then add chicken back to pan, basting each breast with sauce. Add grapes and simmer 3-5 minutes, or until grapes are just soft and chicken is cooked through.

Stir in fresh parsley. Serve.



GRAPE AND GOAT CHEESE CROSTINI

Serves: 8

- 2 cups quartered green, black or red grapes
- 2 teaspoons lemon juice
- 2 teaspoons honey
- 1 tablespoon chopped fresh thyme leaves
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon extra-virgin olive oil
- 16 baguette slices, thinly cut on diagonal
- 8 ounces fresh goat cheese

In medium bowl, combine grapes, lemon juice, honey, thyme, salt, pepper and olive oil. Spread each baguette with goat cheese and top with grape mixture.

MINI PAVLOVAS WITH LEMON CREAM AND GRAPES

Serves: 6

- 4 large egg whites
- pinch of salt
- 1 cup sugar
- 2 teaspoons cornstarch
- 1 teaspoon vanilla
- 2/3 cup heavy whipping cream
- 1/3 cup lemon curd
- 1½ cups halved grapes
- chopped smoked or tamari almonds (optional)

Heat oven to 350 F. Line baking sheet with parchment paper. With electric mixer on medium speed, in large bowl, beat egg whites and salt until firm peaks form. On low speed, add sugar 1 tablespoon at a time until meringue forms stiff peaks. Whisk in cornstarch and vanilla.

Divide meringue into six 4-inch circles on baking sheet. With large spoon, make indentations in middle of each. Place baking sheet in oven and lower temperature to 300 F. Bake 30 minutes then turn off oven and leave baking sheet inside another 30 minutes. To serve, whip cream to soft peaks and stir in lemon curd. Dollop onto meringues and top with grapes. Garnish with almonds, if desired.



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Senior Center Fun - Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Caddo Council on Aging. Coffee and cookies at 9:30 AM. **FREE.** 676.7900.

- Thursday November 2: 10:00 "Recent Paleo-Indian Canoe Find" by Jeff Girard
- Thursday November 9: 10:00 "Seniors on The Go" by Vernon & Marilyn Varnell
- Thursday November 16: "Take Off Pounds Sensibly" by V. Andrews and C. Rymes
- Thursday November 30: 10:00 "Volunteers for Youth Justice" by Sandra Samuel
- Friday November 3, 10, 17: 10:00 Senior Tech Talk. Introduction to laptops, tablets and smart phones

CLASSES

Computer Classes - Classes for beginners and advanced users offered at Shreve Memorial Library neighborhood branches. Pre-registration is required. A complete listing of classes and times can be found on the library's website. To register, visit your neighborhood library branch or go to www.shreve-lib.org.

CONCERTS



A Salute to John Williams - Presented by the Shreveport Symphony. November 11, at 7:30 PM at RiverView Theater, 600 Clyde Fant Parkway, Shreveport. Revel in fantastic music by John Williams, America's greatest living composer. From Star Wars, E.T., Jaws, Harry Potter and more, this concert promises to be a delight! Tickets are \$22 - \$66. Call 318-227-8863 or visit www.shreveportsymphony.com.

EVENTS

Greek Pastry Sale - Tuesday November 21, 10 am to 5:30 pm. St. George Greek Orthodox Church Activities Center, 542 Wichita, Shreveport. Hand made pastries and frozen items. Preorders are highly recommended. For an order form, call 318.747.4478, email greek-pastrysale@hotmail.com or visit www.gosaintgeorge.org.

Holiday Bazaar - November 11, 8 a.m. to 2 p.m. at Immanuel Lutheran Church, 2565 Airline Dr., Bossier City. Shop unique and home made items and baked goods.

Hoover Watercolor Society Fall Membership Show - Broadmoor Library, 1212 Captain Shreve Drive, Shreveport. Opening reception on Saturday, November 11th from 2:00 - 4:00 p.m.

Recording of Oral History - Shreve Memorial Library, Broadmoor Branch, 1212 Captain Shreve Dr., Shreveport through November 10. StoryCorps, a non-profit organization, records the oral histories of everyday Americans, many of which are archived at the American Folklife Center at the Library of Congress. Inside of their mobile booth, a facilitator will ask the participant questions to guide them during the 40 minute interview. To reserve an interview time, call toll free 1-800-850-4406 or visiting www.storycorps.org

Veterans Day Ceremony - Friday, November 10, 4:15 to 5:15 p.m.. Bossier City Veterans Memorial, 620 Benton, Bossier City. Guest Speaker:

Chief Master Sergeant Shelley Cohen, Command Chief, 307th Bomb Wing, Barksdale. Seating limited. Lawn chairs welcome.

Veterans Lunch Buffet - November 11; 11 am - 2 pm. As a thank you for your service, veterans enjoy a **FREE** buffet. Valid with active or retired military ID. DiamondJacks, 711 DiamondJacks Blvd, Bossier City.

WAM (Wine, Art, & Music) - Wednesday, November 8, 5:30 pm - 8:00 pm. Presented by Bossier Arts Council, Boomtown Casino, Eagle Distributing, and 1800 Prime. Featuring artist Jono Goodman, wine tastings, food pairings and live music provided by Twang Darkly. Artworks by Jono Goodman will hang at 1800 Prime from November 1 until January 31. \$25 per person. For more info, please visit www.bossierarts.org or call 318-741-8310.

Shreveport Farmers' Market - Saturdays from 8 a.m. until 12 p.m. through November 18. Festival Plaza, 101 Crockett Street, Shreveport. Locally-grown fruits and vegetables, locally-raised



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SUPPORT GROUPS

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

Weight Loss Support Group - The All Women's chapter of Take Off Pounds Sensibly (TOPS) meets every Monday at 5:30 PM at Fitness Lady, 1800 Old Minden Road. Contact 318-773-5923 for more information.

THEATRE

A Comedy of Tenors - Shreveport Little Theatre, 812 Margaret Place, Shreveport. November 30, December 1, 2, 8, and 9 at 7:30 pm; December 3 and 10 at 2 p.m. It's 1930s Paris and the stage is set for the concert of

the century – as long as the producer can keep his Italian superstar and his hot-blooded wife from causing runaway chaos. Prepare for an uproarious ride, full of mistaken identities, bedroom hijinks, and madcap delight. \$18 for seniors, students and active military and \$20 for adults. Tickets can be purchased at shreveportlittletheatre.com, or call (318) 424-4439.



Elf The Musical JR. - November 30 & December 1 at 7:00 PM, December 2 at 2:00 PM & 7:00 PM., December 3 at 3:00 PM. The musical finds Buddy, a young orphan, mistakenly crawling into Santa's bag of gifts where he is transported to the North Pole. The would-be elf is raised, unaware that he is actually a human, until his enormous size and poor toy-making abilities cause him to face the truth. Performances in the Engine Room at Artstation, 801 Crockett Street, Shreveport. Tickets: \$15.00. 318.218.9978, StageCenterBoxOffice@gmail.com or visit StageCenterLA.com.

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Across

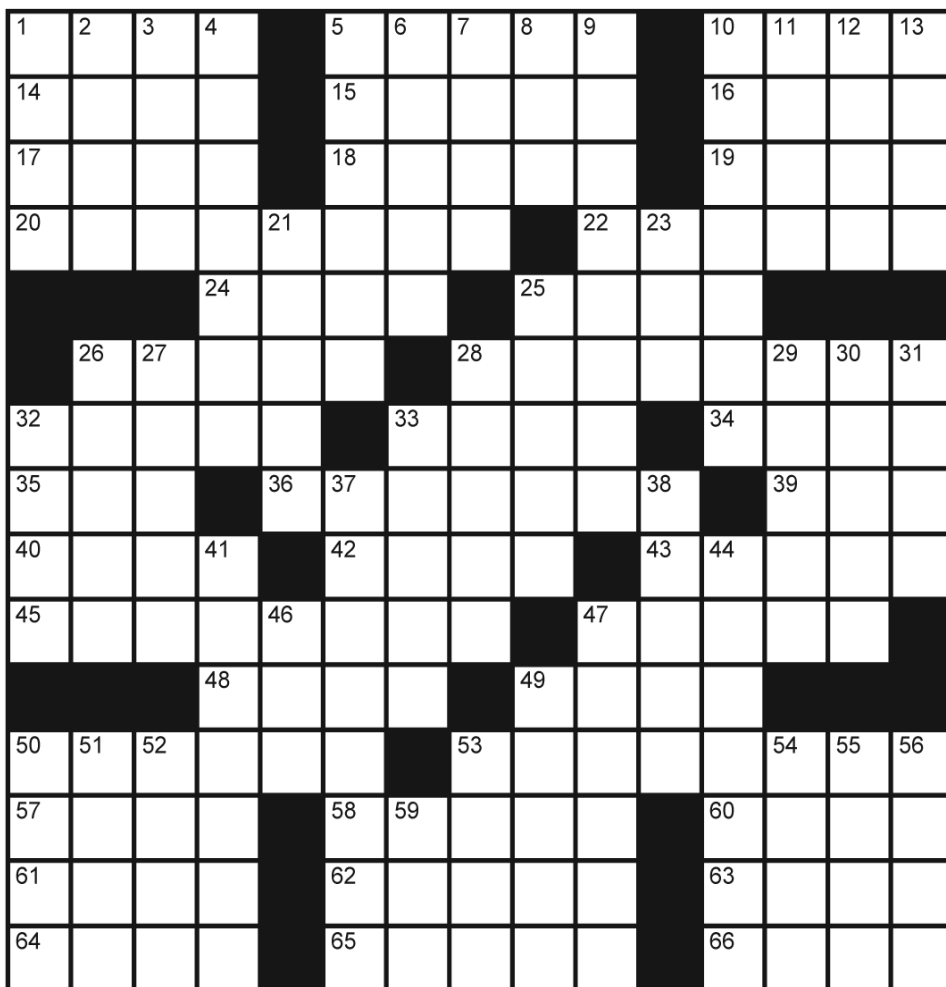
- 1 Heroic tale
- 5 Postpone
- 10 Pond organism
- 14 Form of ether
- 15 One of the Great Lakes
- 16 Veil
- 17 Kind of bomb
- 18 Related maternally
- 19 Apple throwaway
- 20 Stick-to-it-iveness
- 22 Kind of monkey
- 24 Snoopy
- 25 Bard's river
- 26 Sacred hymn
- 28 Cell phone extras
- 32 Ceasefire
- 33 Off-pitch
- 34 "Peter Pan" role
- 35 Loafer
- 36 Manual laborers
- 39 Ten-percenter (Abbr.)
- 40 Sixth Jewish month
- 42 Yearbook entries
- 43 Nirvana attainer
- 45 Sense organ
- 47 Utopian
- 48 Security for a debt
- 49 Insipid
- 50 Strong point
- 53 More flashy

- 57 Part of the eye
- 58 Neptune's realm
- 60 Field of study
- 61 Actor Connery
- 62 Postal scale unit
- 63 Trapper's prize
- 64 Once, long ago
- 65 Distributed
- 66 To be, in old Rome

Down

- 1 Spot in the Senate
- 2 Feed the kitty
- 3 Thug
- 4 Farmer's calendar
- 5 Religious belief
- 6 Family member
- 7 Donkey's cry
- 8 Parking place
- 9 Unnerve
- 10 Dialects
- 11 Mekong River land
- 12 Mentor
- 13 Pub offerings
- 21 North Atlantic food fish
- 23 Skip preceder
- 25 Monroe's successor
- 26 Puritan
- 27 Poison plant
- 28 Birch relative
- 29 Nebraska city
- 30 Fit for a king
- 31 Paving stone
- 32 Ski lift
- 33 Common

The Best of Times Crossword (answer on page 38)



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- refrigerant
- 37 Lobby
- 38 Rock bottom
- 41 Dependent
- 44 Bureaucratic

- stuff
- 46 Kind of chart
- 47 Pressed
- 49 Abreast (of)
- 50 Cogitate

- 51 Always
- 52 Afternoon socials
- 53 Dispatched
- 54 Angers

- 55 Sushi fish
- 56 Grade
- 59 Pool tool

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Les Bons Temps Dance Club held their Fall Dinner Dance at the home of Eddie and Debbie Glassell on October 7.



Virginia Chastain, Rebecca Miller, Linda Dowling, and Connie Pearson



Bettie and IV Hastings



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FALL SOCIAL

Johnny and Dianne Brock hosted their annual Fall social for their First Methodist Sunday School class at their ranch in east Texas on October 8.



Carolyn Griffith, Carolyn and Jerry Webb, with Pastor Pat Day



Johnny Brock, Mary Lou Shaffer, Ken Womack, and Brandi Upchurch

AQUARIUM PEEK

A sneak peek into the new Shreveport Aquarium was held on September 21.



Mickey Quinlan with Robert and Debbie Grand



Connor Dean, Aquarium General Manager Lisa Leach, and Dr. Alan Little

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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.

In considering a nursing home for future placement of a family member, I am told that I should review the home's most recent state survey. Where can I obtain one?

Survey results are posted online at www.medicare.gov/NHCompare. You may search the site by city, zip code, or the name of the particular homes. It will give you a comparison of each home to the state and national averages of issues cited. If you do not have Internet access, you may ask the nursing home staff to see the survey since homes are required to display a copy of their most recent survey in a public area.

When should I have cataracts taken out?

Cataracts are a normal part of aging. Not everyone who has cataracts will need to have them removed. As cataracts progress, they cause decreased vision, glare problems, trouble reading, and loss of contrast sensitivity. We suggest having cataracts removed when your best corrected visual acuity drops to 20/50. They should also be removed if other symptoms are causing problems with daily activities of life such as driving, reading, or seeing fine details. Call us at 212-3937 for an evaluation TODAY.

I have a rotator cuff tear. Do I need surgery?

It depends. Rotator cuff tears are a common source of shoulder pain, which increases in incidence with advancing age. A person can have a rotator cuff tear without experiencing pain. (The incidence varies from a reported 5% to 40%.) 40% of tears will enlarge, and of these, 80% will be symptomatic. 20% of patients remain symptom free for a 5 year period. There is no evidence that delaying surgery to attempt a non-operative treatment protocol adversely affects results. If you have significant weakness and/or a large tear, surgery may be advisable sooner. MRI's are valuable tests to determine tear anatomy and degree.



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LA MADELEINE OPENING

The VIP grand opening and ribbon cutting ceremony for the new la Madeleine Country French Cafe in Shreveport was held on October 16.



Rodney and Melissa Shaver with Stella and Ben Walker



Oliver Jenkins, Ty Fichtner, John Cahill, and Michael Corbin



Arlena Acree and Ellie Ward

RANCHLAND REUNION

KWKH Ranchland Reunion was held on October 16 at Ernest's Orleans Restaurant.



Vernon Kay, Jim Hawthorne, Bess Maxwell, and John Lee



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