

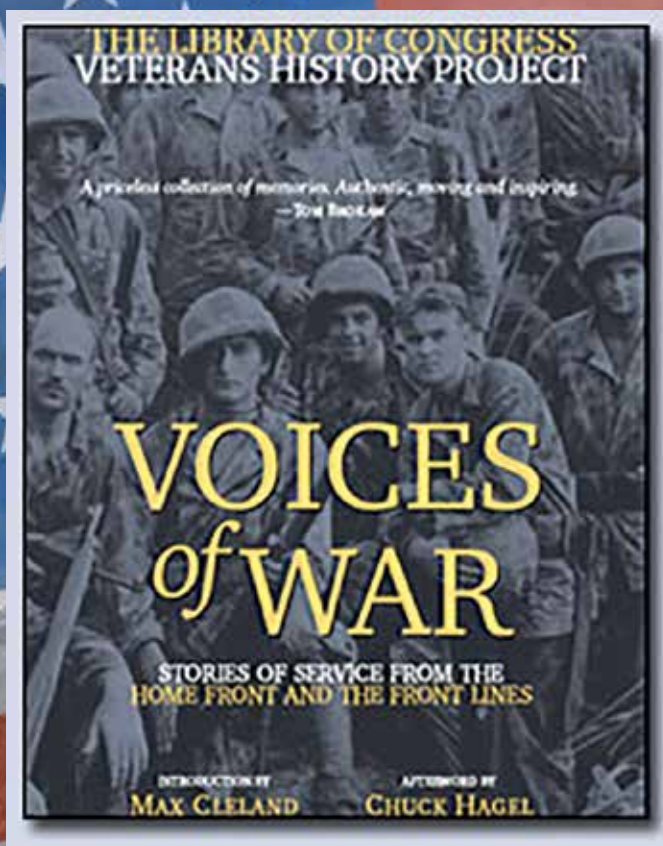
November 2020

# The Best Of Times

*"Celebrating Age and Maturity"*

## PERSONAL STORIES OF WAR COLLECTED FOR HUGE VETERANS HISTORY PROJECT

*Library of Congress's Archive of 17 U.S. Conflicts and Wars from WWI to Present*





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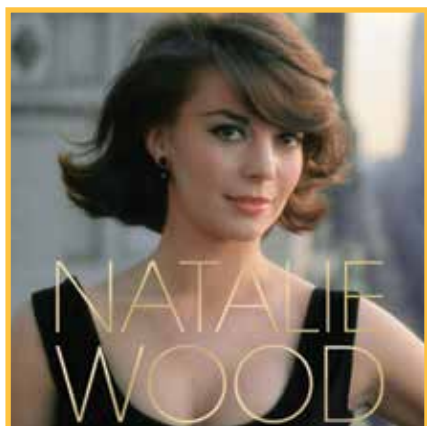
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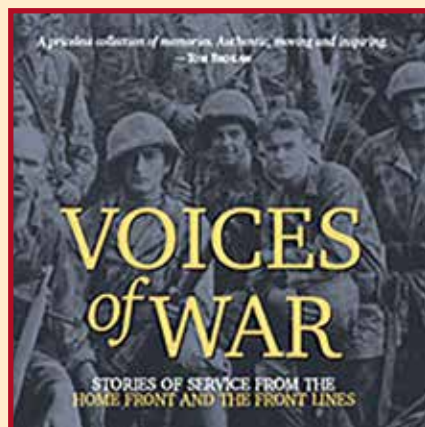
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The annual Medicare Advantage and Prescription Drug Plan open enrollment period is October 15 through December 7. To select a plan without leaving the safety of your home during this pandemic, visit [www.medicare.gov](http://www.medicare.gov) to compare plans, benefits and get estimated costs. You can also enter prescription names to ensure those medications are covered. Insurance companies that offer Medicare Advantage plans can provide you with information about their services, prescription pricing, benefits and see if your providers are in-network on their website.



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**NOVEMBER 7**

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# The Best of Times

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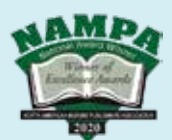
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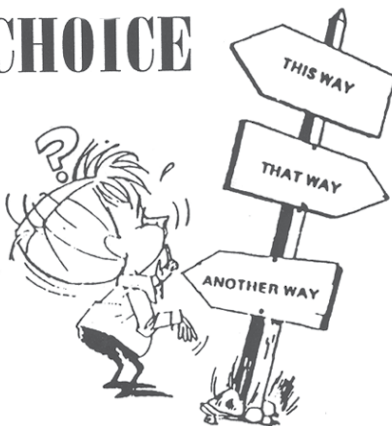
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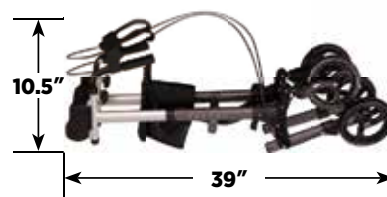
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# Stat!

## Medical News & Info



### Insomnia May Increase Risk of Cognitive Impairment

Middle-aged adults who report symptoms of insomnia and are sleeping less than six hours a night may be at increased risk of cognitive impairment, according to a study by Penn State College of Medicine researchers. Insomnia is characterized by reports of difficulty falling asleep, difficulty staying asleep or waking up too early and not being able to get back to sleep. When these symptoms occur at least 3 nights a week and for at least 3 months, it is considered a chronic disorder. Researchers found that adults who reported insomnia and obtained less than six hours of measured sleep in the laboratory were two times more likely to have cognitive impairment than people with the same insomnia complaints who got six or more hours of sleep in the lab. According to the researchers, about 25% of the adult general population reports insomnia symptoms and another 10% suffers from chronic insomnia. The results were published in the journal *SLEEP*.

### Drinking to Cope with COVID-19

Using alcohol to cope with distress was associated with increased drinking during the early stages of the COVID-19 pandemic, according to a new study in *Alcoholism: Clinical and Experimental Research*. Adults experiencing greater depression or lower social connectedness, and those with children under age 18, were among those at risk for drinking to cope. The COVID-19 pandemic brought extensive disruptions to daily life, involving elevated stress among the general public. This increased the likelihood of people using alcohol to cope, a motive linked to solitary drinking, heavier drinking, and alcohol-related problems. At the same time, social distancing and closures meant that access to healthier supports, such as counseling and recreation, was reduced.



### Vitamin D May Keep Vertigo Away

Taking vitamin D and calcium twice a day may reduce your chances of getting vertigo again, according to a study published in *Neurology*®. The study suggests that for people with benign paroxysmal positional vertigo, taking a supplement of vitamin D and calcium is a simple, low-risk way to prevent vertigo from recurring. There appeared to be greater benefit for those who were more deficient in vitamin D at the start of the study.





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# VETERANS HISTORY PROJECT

## PERSONAL STORIES OF WAR COLLECTED FOR HUGE VETERANS HISTORY PROJECT

*Library of Congress's Archive of 17 U.S. Conflicts and Wars from WWI to Present*

*By Kathleen Ward*

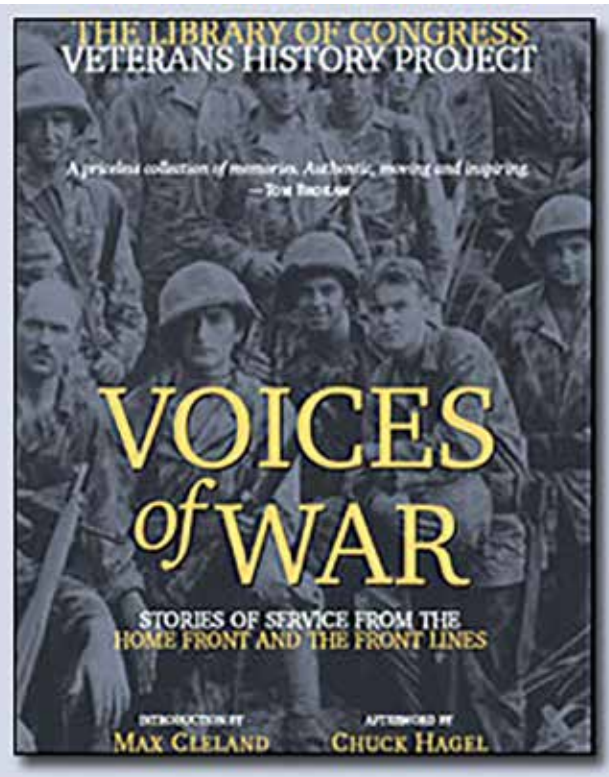
They came to schools, museums, hospitals, libraries, churches and nonprofit organizations to record their military experiences for the largest oral history project in history, part of the Library of Congress American Folklife Center Veterans History Project. Among them was former Air Force Master Sergeant Jeffrey Smith, 54, who told his story at the Overton Brooks VA Hospital.

"I was just one of millions of veterans out there, so being even a very small part of something as important as our military history gives a voice to those that didn't get to come home," he said. Smith was in the Air Force from 1985 to 2006, serving in three tours of combat duty in the Persian Gulf, as well as Bosnia and Afghanistan.

"I went to the Navy Explosive Ordnance Disposal School (NAVSCHOD) in 1985. This is not a job the military can just put you in because there is a shortage (of personnel)," said Smith. The training was intense and lasted for months. "I can say indisputably that NAVSCHOD was the most difficult thing I've ever done that couldn't kill me."

"Desert Storm was my first combat experience. Iraq was a formidable, well-trained and organized enemy. The goal was clear – liberate Kuwait. We had one of the greatest generals in American history, General Norman Schwarzkopf (who I had the honor of meeting) leading the greatest military of all time."

"I was on the team that went into Kuwait City a few days after the liberation. The lead guys would kick down the doors and find a booby-trapped entryway and I would clear the booby trap. When the Iraqis left, they booby-trapped everything," said Smith. "Improvised Explosive Devices (IEDs)



have changed modern warfare dramatically."

"Anytime we could safely interact with the locals, especially children, we would. We would give them water or food. The enemy would consider it a victory if they could kill or maim one American or American ally even if it killed or maimed one or more children. What was the most frustrating was most of the people in Iraq and Afghanistan were good, decent people. The problem was we did not know who they were. It meant we couldn't trust anyone."

Although he was happy to be back with his family, Smith's return to civilian life was tough. He and his wife Peggy, a retired Air Force veteran, have been married 26 years and have a son,

daughter-in-law and grandson (Jeff, Nan and Jayden), who live in Bangkok, Thailand.

"I still have not integrated into civilian life. Over there my mission and purpose was clear. There was loyalty and camaraderie. I was part of something I could count on." His civilian jobs did not satisfy his need to accomplish something. In one position, he was told to vote for a particular candidate. "I told him I'll vote for whoever I want. My first experience of civilian life was demoralizing."

"After a little over three years I saw an opportunity to go back to Iraq as a security contractor for the State Department. I was a Senior EOD Tech for the U.S. Embassy in Baghdad. Three to four guys and I provided EOD support for the Embassy. I felt back at home again. Even though I missed my family, I was where I was meant to be."

He later contracted with a company through the Department of Defense to "teach U.S. forces counter-IED operations



and battlefield forensics in Afghanistan,” said Smith. “Again, I felt right at home doing what I loved to do. These were very lucrative contracts (but) I felt if I kept pushing it I’d end up dead. After that contract ended I felt it was time to hang it up. So I retired.” Now a real estate agent in Bossier City, Smith devotes a lot of his time volunteering for CASA (“Court Appointed Special Advocate”).

“I’m a child advocate for children the courts have ordered to be removed from their parents for cause and placed in state custody in foster homes. I represent the interest of the child or children while the parent or parents do the things the courts think is necessary in order to get their kids back,” said Smith. “It is the most fulfilling thing I’ve done since serving my country.”

The Veterans History Project adds around 150 items each week to the 65,000 letters, artifacts, photos, scrapbooks, historical documents and videotaped interviews from U.S. veterans and contributors, all amassed in the 20 years since the project started. Legislation to establish the VHP was passed unanimously by both the House and the Senate, then signed by President Bill Clinton (Public Law 106-380).

Veterans can follow the guidelines and submit their stories themselves. Other local organizations have submitted veterans’ stories, including the American Red Cross and the Union Museum of History and Art in Farmerville. Each submission

*Jeff Smith*

*Afghanistan 2012*

*Flying over Afghanistan*



*Mentoring another soldier*



THEY SHALL GROW NOT OLD, AS WE THAT ARE LEFT GROW OLD:  
AGE SHALL NOT WEARY THEM,  
NOR THE YEARS CONDEMN.  
AT THE GOING DOWN OF THE SUN AND IN THE MORNING,  
WE WILL REMEMBER THEM.  
LEST WE FORGET.





*The Three Soldiers (also known as The Three Servicemen), a bronze statue by Frederick Hart, is part of the Vietnam Veterans Memorial in Washington, DC.*

has to conform to certain standards to be accepted.

"The Library of Congress is quite clear on their required procedures for interviewing and documenting the interviews," said Jean Jones, a volunteer with the Union Museum, who recorded videos of eight veterans, including WWII veteran M.O. Porter, who joined the Navy when he was just 15.

"The interviewer is 'off-camera' so that you only hear her voice as she questions the veteran. Finished videos were anywhere from 30 minutes to an hour long," said Jones. "The videographer made three copies of each video: one for the veteran and his family; one for the museum's archives; and one for the Library of Congress." Not all interviews are available on the VHP website, but may be available where they were recorded.

Filmmakers, authors, teachers, history buffs, and academic and family historians will mine this invaluable collection for generations. "We've lost all our WWI veterans and we're quickly losing our WWII veterans," said Smith. "The wars and battles we won created this great country and I will forever be grateful and loyal to their commitment and sacrifices."

The LOC invites veterans, interviewers, persons donating a veteran's collection, teachers and students in the 10th grade and above to participate. Go to [www.loc.gov/vets/kit.html](http://www.loc.gov/vets/kit.html) for guidelines.

*Smith's videotaped story can be viewed at [www.memory.loc.gov/diglib/vhp/bib/loc.natlib.afc2001001.67313](http://www.memory.loc.gov/diglib/vhp/bib/loc.natlib.afc2001001.67313). To search for any veteran who may have contributed to the project, visit [www.loc.gov/vets/](http://www.loc.gov/vets/) and click on "Search the Veterans Collections."*

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# 7 Ways to Build Your Confidence And Reduce Your Anxiety

by Stan Popovich

**M**any people struggle with their confidence throughout their life. It can be challenging to find the courage to be yourself in today's society.

As a result, here are 7 suggestions on how to increase your self-esteem and reduce your anxiety in your life.

## 1. KNOW YOUR WEAKNESSES AND STRENGTHS.

It is important to know what skills you have in your life. Taking a skills assessment test is a great way to determine your strengths and weaknesses. Once you realize your skill sets, the next step is to focus on your talents.

## 2. ACCEPT WHO YOU ARE.

Do not get into the habit of comparing yourself to others. You are unique in this world and it is important that you realize that you can do anything you want if you put your mind to it.

## 3. REMEMBER YOUR SUCCESSES.

Some people downplay their successes and focus on those things they struggle with. Always remind yourself of your past accomplishments no

matter how small they may be. Stop focusing on the negative parts of your life and remember your past achievements.

## 4. THINK ABOUT YOUR FUTURE.

Take time to think about what you really want out of life. Do not live your life for others. Once you determine what you want to accomplish, the next step is to develop a strategy that will help you to accomplish your goals.

## 5. CREATE GOALS.

Set achievable goals on a regular basis and then take small steps to accomplish them. Make sure your goals are measurable and monitor your progress. Don't get upset if you don't accomplish all of your goals. You can always change your goals so that you can be more successful.

## 6. TALK TO OTHERS.

It is important that you talk to other successful people in order to get a better perspective of your life. Listening to other people's challenges and accomplishments can go a long way in feeling better about yourself. You can also learn how to overcome the obstacles in your life.

## 7. BE PERSISTENT.

Do not give up in achieving your goals in your life. Learn from your mistakes and try to improve on your situation. Do not make excuses on why you should quit or give up. Sometimes it takes a lot of effort to be successful. The key is to keep at it until you get what you want.

*Stan Popovich is the author of the popular managing fear book, "A Layman's Guide To Managing Fear". For more information about Stan's book and to get some free mental health advice, please visit Stan's website at <http://www.managingfear.com>*



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# Will Youree, the Missing Heir

By Lani Duke

The Twentieth Century had begun. A world of innovative technology beckoned. The adventurous William Scott Youree, only son of Shreveport's wealthiest man, was one year into an exciting job, managing a family business, a wire nail factory, just south of the border, in Monterrey, Mexico.

Will was handsome, college educated, athletic, popular, and musically talented. The world seemed to be his oyster.

Will's fantastic life ended in 1904. Historians ponder why and how.

He had come "home" to his family's mansion on Fairfield Avenue, celebrating his 31<sup>st</sup> birthday November 28 there, and stayed through the Christmas season. He died January 15. Gossip ascribes his death to a duel, an accident, a failed romance, or disease, none of those causes substantiated.

Newspaper archives reveal Will had taken over management of the factory or perhaps even had it built, after his "departure for Mexico on a prospecting trip" (The Times, Jan. 30, 1898). His prospecting was apparently so successful that he decided to stay. His mother and sister visited Will there, staying several weeks, returning with Will's father Capt. Peter Youree near the end of August.

The following spring, Will visited his parents in Shreveport for



"a few days" (The Times, Apr. 11, 1899), visiting in Harrison County, Tex., on his way back west (Marshall Messenger, Apr. 14). Capt. Youree traveled to Monterrey at the end of October (The Times, Oct. 29) and Will spent the Christmas holidays in Shreveport "with his parents, Captain Peter Youree and wife, and other relatives and friends" (The Times, Dec. 23).

He assisted his mother and sister in entertaining fifty couples for a euchre party honoring Miss Bessie Gray the following holiday season (The Times, Dec. 29, 1901) and visited again in May (The Times, May 19, 1901). A wager that they would capture a live alligator for Café International owner Henry Rohr sent Will and N.M. Stokes to eastern Mexico swamps in Tamaulipas (Hartford Courant, May 6, 1902). If the hunters brought Rohr a live four-foot-long alligator, he would serve supper to the duo and two friends for six weeks; if not, the hunters would buy all the champagne he, the hunters, and two others could drink in one night. Although there seems no record of who won, Will joined his parents and sister for a summer abroad. (The Times, May 18)

His family spent a week with Will in Monterrey that fall. (The Times, Nov. 9, 1902) Will visited Shreveport in May, (The Times May 17, 1903) then returned in late November. (The Times, Nov. 29) His sister Susie flitted

*Above: The weeping angel marks Will Youree's grave. The inscription reads - In memory of William Scott Youree. Only son of Pete Youree and Bettie Scott. Born at Scottsville, Texas Nov. 29<sup>th</sup> 1872. Died at Monterey, Mexico Jan. 15<sup>th</sup> 1904. (Courtesy Marion Marks)*

*Left: This photo is thought to be of Will and a hunting party. (Harrison County History Museum)*



in and out of the house. With all those visits back and forth, Will appeared to enjoy time with his family.

Returned to Monterrey, Will died January 15. No cause of death appeared in terse funeral announcements. Newspaper reports remain mum about the cause of death when covering the funeral at the family house at 1525 Fairfield Avenue or the railroad excursion taking Will's body to the Scottsville cemetery.

A year after Will's death, a special train carried mourners from Shreveport to Marshall to dedicate the stone chapel erected in his memory. Newspaper accounts of the excursion train and dedication service omit mentioning the cause of Will's death.

Will's grave marker is a weeping angel slumped over its pedestal, carved from white Carrera marble by sculptor Frank Teich, thought to have been carved in Naples, Italy. Its pedestal bears the sentiment "Could love have saved thou hadst not died."

Will was far from the last to be interred in the family cemetery. The six-acre parcel set aside by William Thomas Scott, Will's maternal grandfather, is considered one of Harrison County's most significant tourist attractions. In 1982 Scottsville had a population of 245; the cemetery, 300-plus, all descendants and friends of Scott family members, Randall Hackley wrote in the Fort Worth Star Telegram of October 31, 1982.

Upkeep for both the Scott family cemetery and the adjacent plat originally set aside for slaves, comes from trusts set up by Peter Youree. They provide funding for maintenance to the chapel, as well as the Rock Spring fountain, which induced the patriarch to set up his home there in 1834, and upkeep for the family home.

*History du Jour tells stories drawn from northern Louisiana newspapers, some amusing, some dramatic, some tragically human, as a bend in the river, choked with logs and debris, transitioned to a city on its way to an innovative future.*

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## Cooking Oils and How to Use Them

by Abigail McAlister

A visit to the cooking aisle of your local grocery store can bring its challenges when trying to pick a cooking oil that suits your recipe needs. The numerous varieties of cooking oils can be overwhelming, as each type of oil has its own distinct properties when it comes to flavors, pairing, and cooking.

**Canola oil** is rich in heart-healthy monounsaturated and polyunsaturated fats. It's also low in saturated fat, which I like to call the "heart breaker" fat, because too much saturated fat can increase one's risk for heart disease. Canola oil has a light flavor, which makes it very versatile for cooking. You can use canola oil for stir-frying, sauteing, coating pans, making salad dressings, and pretty much any other recipe that calls for an oil with a lighter flavor. Canola oil has



a moderately high smoke point, which means it tolerates heat well and can be used in most recipes.

**Vegetable oil** is usually either soybean oil or a blend of other oils with soybean oil. Vegetable oil is also lower in saturated fats and higher in monounsaturated and polyunsaturated fats, but it does have a little more saturated fat than canola oil. Vegetable oil also has a neutral taste and tolerates heat well, which makes it great for a variety of different recipes.

**Olive oil** is rich in heart-healthy monounsaturated fats, as well as polyunsaturated fats. Both olive oil and canola oil rank supreme with their heart-healthy fat content. There are many different types of olive oils you may see on the shelf. Extra-virgin olive oil is made from the first squeeze of an olive, which brings a stronger aroma and flavor profile than the other varieties of olive oil. Extra-virgin olive oil is great for dressings and dipping. Lighter varieties, like virgin olive oil, pure olive oil, or light olive oil, are not as strong in their flavors and



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aroma and are often more cost-effective, which makes them great for cooking, such as sauteing or stir-frying.

**Peanut oil** is also rich in monounsaturated and polyunsaturated fats, but it's not quite as high as canola and olive oil. It is still a healthier option in comparison to oils high in saturated fats, like butter, lard, or coconut oil. Peanut oil has a high smoke point, which means it tolerates heat very well. Because of its smoke point, peanut oil is often used for deep frying. Peanut oil has a distinctive flavor, which makes for a great addition in specific dishes, like stir fries or ginger dressing.

**Coconut oil** has become more popular over the years by those who claim it has health benefits. While coconut oil does have certain nutrients that other oils lack, it's actually quite high in the "heart breaker" saturated fat and should be used sparingly. Coconut oil has a sweeter flavor, and you may see it as a vegan substitute for butter or lard. It has a very specific flavor, which can enhance certain dishes.

Though there are a variety of different types of oils, with some boasting health benefits, it's still important to practice moderation when using oils. Fats and oils, regardless of the variety, are very high in calories, so try to use them sparingly in recipes. Even the most heart-healthy oils can become a source of unnecessary extra calories if overused. Cooking methods such as deep-frying use large amounts of oil and should be avoided or saved for special occasions.

With the plethora of oils available at the grocery store these days, this gives us the opportunity to try new recipes, ingredients, and techniques. If a specific oil in the cooking aisle ever sparks your interest, read the nutrition facts label to investigate if it is rich in heart-healthy monounsaturated and polyunsaturated fats. If the nutrition label checks off these nutrition requirements, try it out! Find recipes that use the cooking oil and observe the taste and qualities of this new ingredient. You never know what you may discover.



McAlister

*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](mailto:amcalister@lsu.edu).*



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## You Want to Live Where?

by Lee Aronson

This is a true story about a house without running water and the people who wanted to live there. There was a mobile home park in rural Louisiana that was in pretty bad shape. Because its well had dried up, none of the residents could get running water.

The landowner next door decided that he wanted to expand his property, so he offered to buy all of the mobile home lots. Most of the lot owners sold cheap, but not Mrs. Daisy (all names have been changed.) That was her home, and water or not, she wasn't moving!

Eventually, after buying almost all of the other lots, the neighbor, let's call him Hoke, built and installed some water lines to all of the lots so that they would be able to get city water. He didn't have to do it, but Hoke told Mrs. Daisy that he was willing to install a water line to her lot and would supply water to her for \$45 a month, which she gladly started paying.

And then she died.

After the funeral, Hoke went to Mrs. Daisy's son, Boolie, who had inherited the property from his mom, and asked to buy the property. When the son refused to sell, Hoke used a back hoe to sever the water line to the property. Boolie asked



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Hoke to restore the water. Hoke refused, but he did once again offer to buy the lot. Rather than making the deal, Boolie sued Hoke. Boolie was convinced that Hoke had cut the water line in an attempt to force him to sell the lot.

If you were the Judge, what would you do?

Keep in mind that Hoke continued to supply water to all of the other properties adjacent to Boolie's lot. And Hoke freely admitted that he owned over 22 acres of land surrounding the mobile home park. He said that he had managed to purchase almost all of the 5 acre mobile home park and wanted to purchase Boolie's lot in the park so that he "could control the property in any way [he] saw fit."

In this real life case, the Judge said that even though Hoke didn't have to supply water to Mrs. Daisy, once he decided to do so, he couldn't just stop providing water without giving reasonable notice. Louisiana law says that "A contract of unspecified duration may be terminated at the will of either party by giving notice, reasonable in time and form, to the other party."

In other words, when Hoke offered to supply water for \$45 per month and Mrs. Daisy agreed to pay, they had a contract. And because no one mentioned how long the deal would be for, their contract was for an "unspecified duration." Which means that either Hoke or Mrs. Daisy could cancel, or "terminate," the contract.

But Hoke couldn't just hop in his back hoe and intentionally sever the water line; that's not "notice, reasonable in time and form." So Boolie, Mrs. Daisy's son, won his case. How much did he get? \$3,000. But Hoke was not ordered to restore water service to the lot.



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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## Driving Laws That Could Get You a Ticket

by Judge Jeff Cox

I was always amazed when I had to do traffic court when I was a District Judge. I would see traffic laws that are on the books that most people do not know exist. Most people are shocked when they are stopped by an officer for a traffic violation and written a ticket for violating one of these laws. In listening to some of my readers' comments at a recent group meeting, I thought I would highlight some of the laws that could cause an officer to write you a ticket.

The first traffic ticket which is commonly written is for littering. Most people think of littering as throwing out trash like a coke can or hamburger wrapper. Littering can include small items like gum wrappers and cigarette butts. Officers have been especially vigilant about cigarette butts in recent months due to the extreme drought conditions we have suffered in North Louisiana. Due to several fires being started by lit cigarettes, the deputies have been watching for violators. Although it may seem like a small item, police

officers will write tickets for these violations. The fine and court costs can be high depending on what was tossed from the vehicle.

Another ticket which can be written by police officers is for tinted windows in vehicles. People like to tint the windows in their cars due to the extreme heat we have in the summers in this area. Tinting helps to keep the vehicle cooler. Tinting also helps to block the passengers and driver from view if the windows are too darkly tinted. Due to drug laws and for officer safety, laws have been passed that disallow windows to be tinted past a certain point. If the officer stops a vehicle and the

windows are too dark, a ticket can be written. If you have questions about the amount of tinting your windows have, you can take the car to a dealer and have the tinting measured on a machine. If the windows are too tinted, then some of the tinting will have to be removed or you can be written a ticket. These tickets carry fines and court costs.

One of the tickets most people don't understand is driver



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obstruction tickets. Most of these tickets are written when a driver has something hanging from their rearview mirror. I have seen tickets written for air fresheners, sunglasses, graduation tassels, and other items that a person wishes to hang from the mirror. An officer can stop the driver and write a ticket for this violation due to the fact that it obstructs the driver's view or distracts their attention from the road. This ticket includes a fine plus a court cost.

One ticket in this article that has gotten a lot of attention in the last few years is texting and driving. Texting and driving can cause a driver to be cited for a traffic violation, especially in a school zone. More accidents are caused by drivers trying to text and drive or read text while driving. Studies have shown that texting and driving can take your attention from the road for as much thirty seconds or more depending on whether the text is being written or read. States are charging bigger fines for these violations and strictly enforcing laws regarding texting and driving due to the accidents this type of violation has caused.



Cox

Although most of these tickets seem strange, they have a purpose under the law. Each one of them has been designed with public safety in mind. Hopefully by writing this article, you will be aware that these laws are on the books.

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



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# Daughter Recalls Thanksgiving with Natalie Wood

By Nick Thomas

With the holidays approaching, seasonal movie favorites will soon be inching their way into television schedules. While considered perennial Christmas entertainment fare, the opening scenes of “Miracle on 34th Street” actually take place at Thanksgiving with the annual Macy’s parade. The 1947 movie and Thanksgiving festivities hold special significance for actress Natasha Gregson Wagner.

“I don’t recall the first time my mother showed me ‘Miracle on 34th Street,’ but I remember as a child knowing she was in the cast and enjoyed watching her as a little girl,” said Gregson Wagner from Los Angeles. That child actress in the movie was her mother, Natalie Wood.

“The first time I saw my mom on the television was on one of those big old square box sets and I actually found it a little scary,” she recalled. “I even went around the back to try and figure out how she got inside!”

Thanksgiving meals with her mother remain memorable for Gregson Wagner.

“She loved Thanksgiving which was always very festive and our house was filled with a large extended family. But my mom was not a big cook so a lovely couple, Helen and Gene, would prepare the dinner every year. And the lady who helped raise



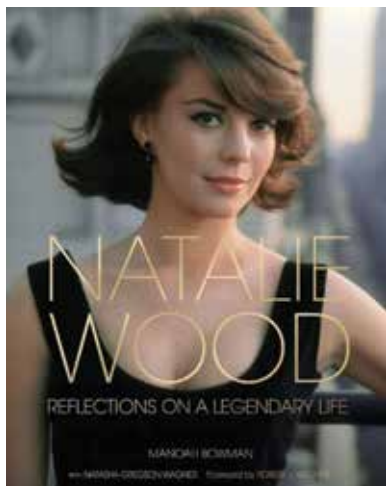
*Edmund Gwenn, Natalie Wood, and Maureen O'Hara in Miracle on 34<sup>th</sup> Street (1947)*

us, (housekeeper and nanny) Willie-Mae, would make sweet potato puree in a hulled out orange shell topped with marshmallows – delicious!”

Natasha has shared other memories of her mother by contributing personal photos and thoughts to Manohar Bowman’s 2016 book “Natalie Wood: Reflections on a Legendary Life,” as well as co-producing the 2020 TV documentary “Natalie Wood: What Remains Behind.” And two years ago, she created a line of products Natalie Wood fans might enjoy including a gardenia scented candle and perfume.

“When I was growing up, my mom always burned scented candles and gardenia was her favorite scent. Our ‘Natalie’ perfume (is) gardenia based, too, with my favorite citrus notes added such as orange blossom” (see [www.nataliefragrance.com](http://www.nataliefragrance.com)).

But with fragrances from contemporary entertainers such as Mariah Carey and Kim Kardashian dominating today’s



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market, could a perfume named after a classic film star compete?

"You'd be surprised," says Gregson Wagner. "A lot of young people seem to know who my mother was, especially if they grew up with parents watching her movies. But it's also a modern fragrance that speaks to young women. And for those familiar with my mother, it's a way to celebrate her life."

*Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 magazines and newspapers.*



*Natalie Wood and daughter Natasha Gregson Wagner (early 70s)*

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## Broccoli Cheddar Skillet Strata

*Servings: 4*

- |  |   |
|--|---|
| 2 tablespoons olive oil, divided   | 6 large eggs                                      |
| 3 cups whole-wheat baguette or other crusty bread, cut into ½-inch cubes | ¾ cup low-fat or whole milk                       |
| 1 small onion, diced   | 1½ teaspoons Dijon mustard                        |
| 3 cups chopped broccoli (about ½ head), chopped into ½-inch pieces       | ½ teaspoon salt                                   |
|  | ½ teaspoon freshly ground black pepper            |
|  | ½ cup packed, shredded extra-sharp cheddar cheese |

Preheat oven to 450 F. In 10-inch ovenproof skillet over medium heat, heat 1 tablespoon oil. Add bread to skillet and cook, tossing frequently, until golden brown, about 6 minutes. Transfer bread to plate and carefully wipe crumbs out of pan.

Add remaining oil to skillet then add onion and cook until softened slightly, 2 minutes. Add broccoli and cook, stirring frequently, until it begins to soften, 3 minutes.

In medium bowl, whisk eggs, milk, mustard, salt and pepper. Add cheese and bread; toss to combine then pour bread mixture over vegetables in skillet.

Cover with foil and bake 10 minutes then uncover and continue baking until strata is set in center, 5 - 8 minutes. Remove from oven and let sit 5 minutes.

To serve, scoop out portions with large spoon or cut into wedges.

## Cauliflower "Risotto" with Shrimp and Peas

*Servings: 4*

- 2 tablespoons olive oil
- ½ cup chopped shallot
- 3 cups cauliflower rice
- ¼ teaspoon salt, plus additional, to taste
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons, plus 1 teaspoon, all-purpose flour
- 1¾ cups 1% low-fat milk
- ¾ cup freshly grated Parmesan cheese, divided
- 1 pound medium shrimp (26-30 count per pound), cleaned and tails removed
- 1½ cups fresh or frozen peas
- 2 tablespoons fresh basil leaves, cut into ribbons

In large, nonstick skillet over medium heat, heat oil. Add shallot and cook until softened, 2 minutes. Stir in cauliflower rice, ¼ teaspoon salt and pepper; cook 2 minutes.

Sprinkle flour over cauliflower and stir to incorporate then add milk and cook, stirring occasionally, until it comes to gentle boil. Stir in ½ cup Parmesan cheese until incorporated then add shrimp and peas.

Return to simmer. Continue cooking, stirring occasionally, until shrimp are pink and no longer translucent and sauce has thickened, about 5 minutes. Season with additional salt, to taste, then garnish with basil and remaining Parmesan cheese.





## Mushroom Stroganoff Soup

*Servings: 4*

2 tablespoons  
olive oil  
2 medium shallots  
(about  $\frac{2}{3}$  cup),  
chopped  
1 package (10  
ounces) white  
button mush-  
rooms, trimmed  
and sliced

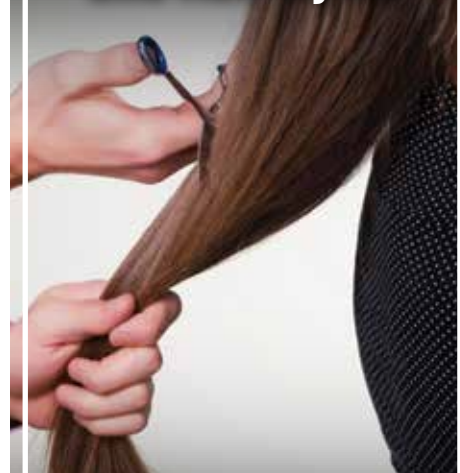
In soup pot over medium heat, heat oil. Add shallots and cook, stirring occasionally, until softened, 2 minutes. Add button mushrooms and cremini mushrooms, increase heat to medium-high and cook, stirring occasionally, until mushrooms release liquid and begin to brown, about 8 minutes. Stir in garlic and cook 30 seconds. Add broth, Worcestershire sauce, mustard,  $\frac{3}{4}$  teaspoon salt and pepper; bring to boil. Add egg noodles and boil gently, uncovered, until noodles are nearly tender, 5 minutes.

In pitcher or medium bowl, whisk milk,  $\frac{1}{3}$  cup sour cream and flour until flour dissolves. Ladle  $\frac{1}{2}$  cup broth from pot into milk mixture and whisk well then pour milk mixture into pot. While stirring, bring to gentle boil then lower heat and simmer until thickened, 2 minutes. Season with additional salt, to taste.

Serve garnished with dollop of remaining sour cream and parsley.

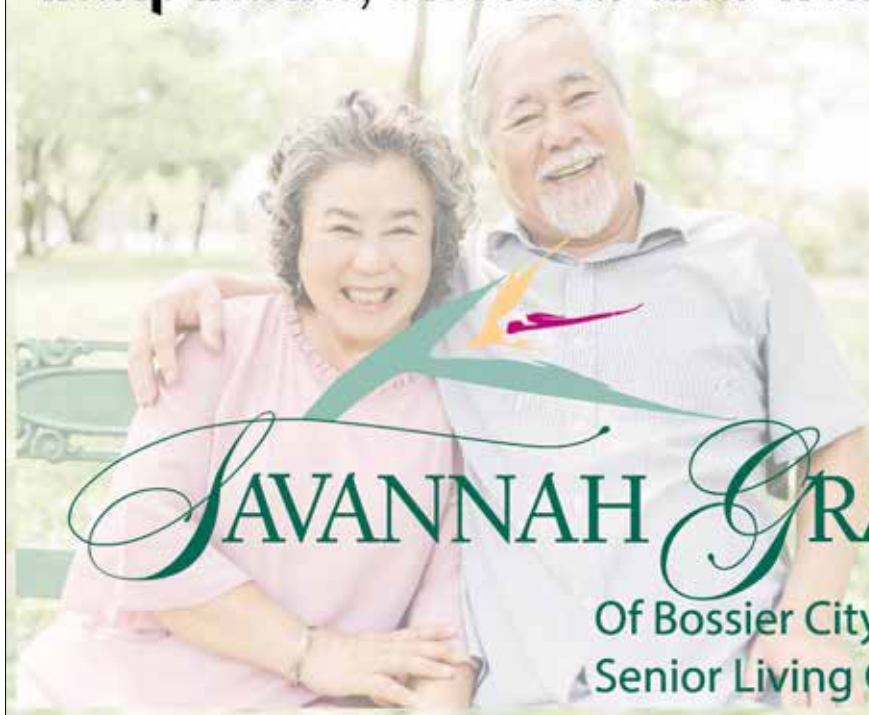
1 package (10 ounces) cremini mushrooms, trimmed and sliced  
2 garlic cloves, minced  
4 cups low-sodium chicken or vegetable broth  
1 tablespoon Worcestershire sauce  
1 teaspoon Dijon mustard  
 $\frac{3}{4}$  teaspoon salt, plus additional, to taste  
 $\frac{1}{4}$  teaspoon freshly ground black pepper  
1 cup whole-wheat egg noodles  
1 cup 1% low-fat milk  
 $\frac{2}{3}$  cup sour cream, divided  
2 tablespoons all-purpose flour  
2 tablespoons chopped fresh parsley

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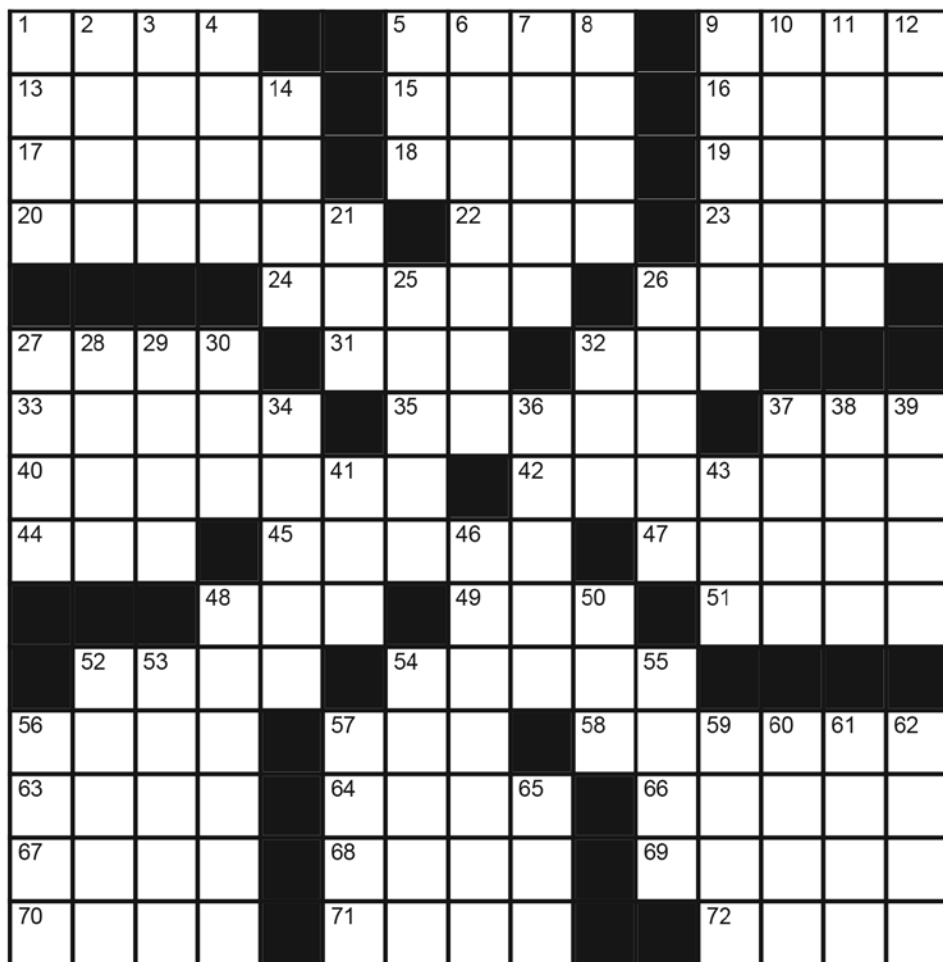
Turn to page 29 for all puzzle solutions.

## Across

- 1 Future's opposite
- 5 Car with a bar
- 9 Verse writer
- 13 Partner of pains
- 15 Surrounded by
- 16 Kind of child
- 17 Barbaric
- 18 Air current
- 19 Jetty
- 20 It has its faults
- 22 "\_\_\_ the season..."
- 23 Plumb crazy
- 24 Half of a 60's quartet
- 26 Pub serving
- 27 News bit
- 31 Eventually
- 32 Royal wish
- 33 Discourage
- 35 Staircase post
- 37 Party preparation
- 40 Lamp
- 42 Assistants
- 44 Baseball stat
- 45 Perhaps
- 47 Broods
- 48 Cup part
- 49 Sleazy paper
- 51 Heart of the matter
- 52 Pace
- 54 Taxi feature
- 56 Lacking hair
- 57 Stranded motorist's need
- 58 Russian capital
- 63 Ardent
- 64 Bill Clinton's birthplace
- 66 Unwilling
- 67 1995 triple Grammy winner
- 68 Herbaceous plant
- 69 Divine saying
- 70 Additionally
- 71 Fly traps
- 72 Audition

## Down

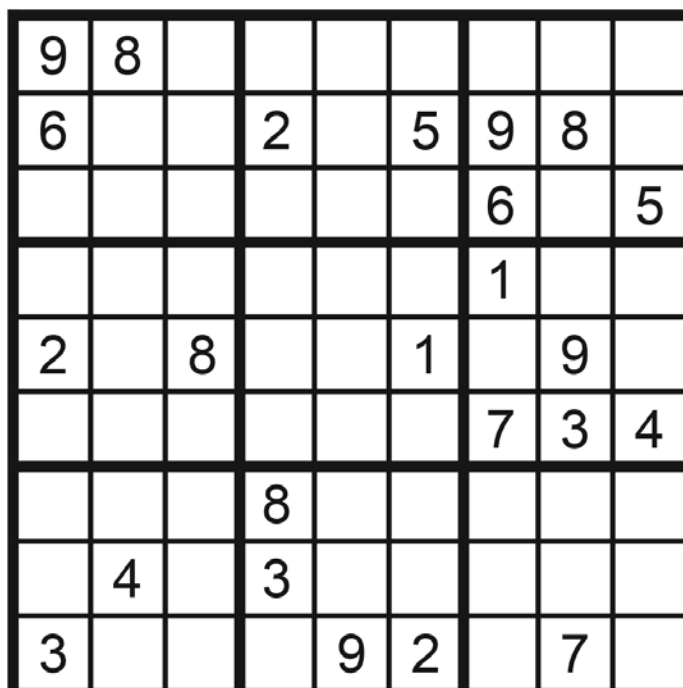
- 1 Contract
- 2 Small field
- 3 Give the cold shoulder
- 4 Romeo or Juliet
- 5 Kind of partner
- 6 Ape
- 7 Short skirts
- 8 "What are the \_\_\_?"
- 9 Clothing and upholstery fabric
- 10 Burger topper
- 11 Vote into office
- 12 Beginner
- 14 Berth place
- 21 Put into words
- 25 Actress and director Marshall
- 26 Surveys
- 27 Inactive
- 28 Eye drop
- 29 It's active in Sicily
- 30 Ran into
- 32 Envision
- 34 Send, as payment
- 36 It may be cracked
- 37 Where to find a hero
- 38 Exasperates
- 39 Call to attention
- 41 Farm butter
- 43 Smooth-coated dog breed
- 46 Eatery
- 48 Brain-teaser
- 50 Jewel
- 52 Mallet
- 53 Assumed name
- 54 Bond player
- 55 Throw, as dice
- 56 Cornerstone
- 57 Spring event
- 59 Lampblack
- 60 Hamster's home
- 61 Mayberry man
- 62 Journalist's word
- 65 German river



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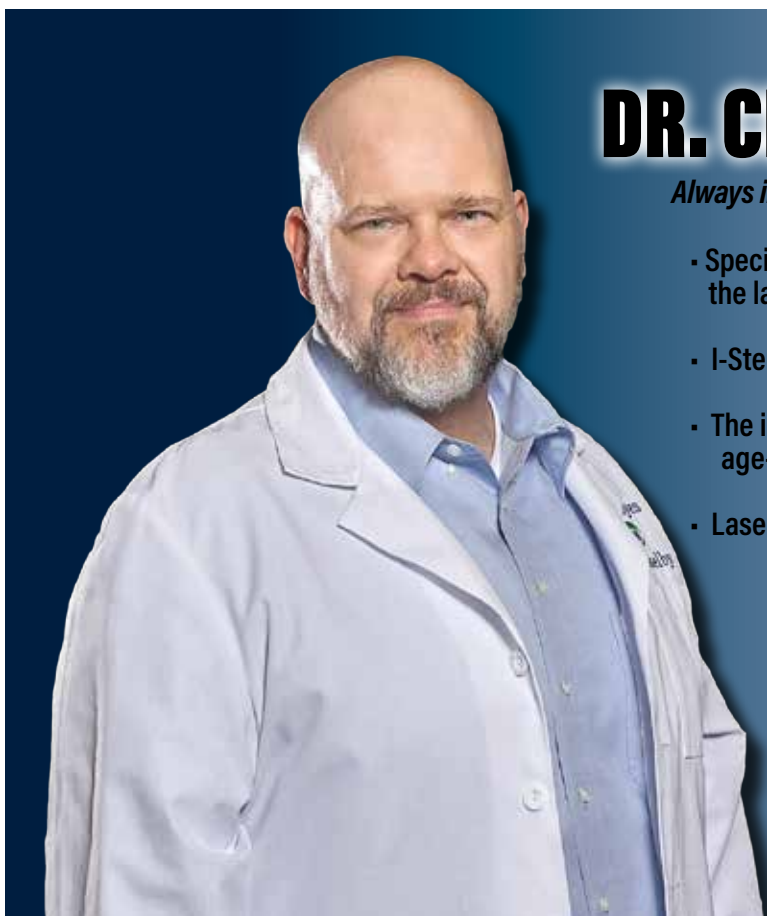
J X B H B K Y P A Q F F T X Q M S K  
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A M I E F I Y W Z E E M I A C R D E  
I S R E T F A R D N G E P T E X I R  
R E J J Z R L R O I V R N A D O E E  
O L Z E Q E O V K M M G Z I I C R F  
T A X W R H G P Q U R W M L G A S E  
I S I E D C Z O E R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

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## Word Search

### OCCUPATIONS

Auditor	Nanny
Baker	Nurse
Barber	Pilot
Butcher	Referee
Cook	Reporter
Dentist	Salesman
Drafter	Soldier
Engineer	Surgeon
Farmer	Tailor
Gardener	Teller
Janitor	Tutor
Jeweler	Veterinarian
Lumber Jack	Waiter
Mechanic	Web Designer
Miner	Welder




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# SHREVEPORT *Then & Now*

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## **ROUNTREE OLDS CADILLAC**

Although the building at 1308 Texas Avenue is still there, Rountree moved around the time I-20 came to town in the mid 1960s. (Shreveport Times Collection.)

## **TEXAS AVENUE GARAGE**

Another victim of I-20 coming through town. It was located at 1328 Texas Avenue on the NE corner of Texas Avenue and Gary Street. The building is no longer there.



## *Lord, are you talking to me?*

**"In the beginning was the word, and the word was with God, and the word was God."**

John 1:1 WEB

**"Your word is a lamp to my feet, and a light for my path."** Psalm 19:105 WEB

**"Many more believed because of his word."**

John 4:41 WEB

Enjoy the peace that comes from sharing your life with Jesus. God loves you and has a wonderful plan for your life.



Non-profit

**Help Bring Jesus Into Someone's Life-Please Donate At [wellword.org](http://wellword.org)**

**The Well of the Word Media Mission, P O Box 52231, Shreveport, La 71135**





# 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 15, 32.

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

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



**Chris Shelby, MD**  
WK Eye Institute  
7607 Youree Dr.  
Shreveport, LA 71105  
(318) 212-3937  
See our ad on page 27.

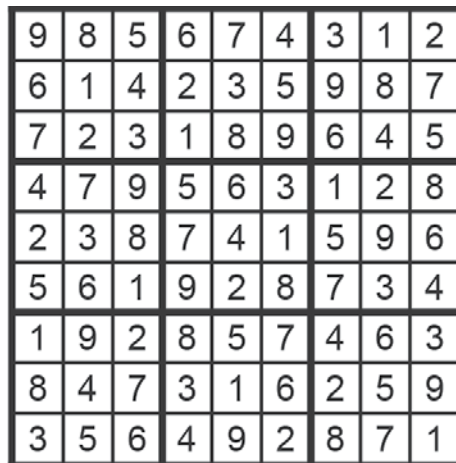
*I broke a bone last year. Do I have osteoporosis?*

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



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

## PUZZLE answers (from pages 26 & 27)





## Your New Partner in Good Health

**2 locations in the Bossier City and Shreveport area opening soon!**



Visit us on Facebook for activities and events

Partners in Primary Care offers a unique approach to wellness after 65, with a dedicated Care Team trained to meet the unique health care needs of seniors. Become a patient today and enjoy convenient, one-stop primary care designed to proactively address both physical and mental health, as well as a deep commitment to personal safety at every location.

**Call 504-688-3453**  
to schedule an in-person VIP tour or  
visit [SeniorFocusedLouisiana.com](http://SeniorFocusedLouisiana.com) for a  
virtual grand opening.

Monday - Friday, 8am - 5pm



**Partners in  
Primary Care.**

**Visit our Discovery Experience at Pierre Bossier Mall**

Providing access to the entire community is important to us. We accept Aetna and Humana Medicare Advantage plans, and are also finalizing participation with many other plans.

Partners in Primary Care does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-320-2188 (TTY: 711). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-877-320-2188 (TTY: 711). GCHKS5DEN



# \$50 monthly allowance for groceries

The Healthy Foods Card provides money to purchase approved food at participating stores



For qualified members the Humana Gold Plus SNP-DE H1951-041 (HMO D-SNP) includes a Healthy Foods Card to help pay for groceries at participating stores.

- Each month, the Healthy Foods Card is automatically loaded with \$50; unspent dollars don't roll over to the next month.
- Shop at participating stores, including Walgreens, Walmart and others, for approved foods and drinks.
- Scan the barcode on the back of the Healthy Foods Card at the checkout to pay for purchases.

## Call a licensed Humana sales agent



**SHREVEPORT HUMANA OFFICE**  
**318-383-5969 (TTY: 711)**  
Monday – Friday, 8 a.m. – 5 p.m.

## Humana.

Humana is a Coordinated Care plan with a Medicare contract and a contract with the Louisiana program. Enrollment in this Humana plan depends on contract renewal. Applicable to Humana Gold Plus SNP-DE H1951-041 (HMO D-SNP). **At Humana, it is important you are treated fairly.** Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion. English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-877-320-1235** (TTY: 711). **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-320-1235** (TTY: 711). **繁體中文 (Chinese):** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-877-320-1235** (TTY :711)。

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H1951-041-000-2021

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