

February 2020

The Best Of Times

*"Celebrating Age
and Maturity"*

Also Inside:

Introducing a
new feature:
Q&A Chats
with Area
Boomers and
Seniors

Are You Living an
Adventure-Starved Life?

11 WAYS
TO SHAKE
THINGS UP

Designed to be **DIFFERENT**

THE OAKS OF LOUISIANA *A senior living community designed to be different*


Shreveport's premier master-planned community for adults 55+ is a vibrant, inclusive and welcoming community truly designed to be different. With monthly lease options only, you maintain full control of your assets, financial future and health care.

Experience living in affordable luxury

- First-class services by friendly well-trained staff
- 24/7 security, dining options, housekeeping, transportation
- Meticulously landscaped campus with walking trails
- Stimulating friends in classically elegant surroundings
- Cultural events, film showings, musical performances, fitness pursuits and more

Experience an Oaks of Louisiana lifestyle ... designed to exceed your expectations.



600 East Flourney Lucas Road • (318) 212-OAKS (6257) • oaksofla.com • 

Call today to schedule your private appointment.

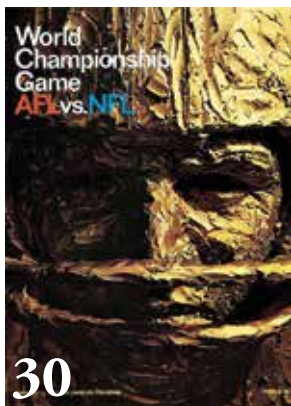
INSIDE THIS ISSUE



12

ADVICE

- 12 Counseling Corner**
Brain Fitness Can Help Fight Memory Loss
by American Counseling Association
- 14 Dear Marci**
How Should I Communicate With My Health Care Providers
by Medicare Rights Center
- 16 From the Bench**
Considerations for Negotiating Mineral Leases
by Judge Jeff Cox
- 18 Eat Well Live Well**
A Healthy Gut for a Healthy You
by Abigail McAlister
- 20 Laws of the Land**
Can the Jury See That?
by Lee Aronson



30

BRIEFS

- 6 Stat! Medical News & Info**
- 8 Cyber Safety**
- 26 Our Favorite 5**
- 35 Odds & Ends**
- 36 Snapshot Sleuth**
- 38 Shreveport Then & Now**

23



FEATURES

- 10 Q & A: Meet Bonita Hays**
- 23 Are You Living An Adventure-Starved Life?**
by Vella Mbenna
- 32 What Happens on the Ship Stays on the Ship...**
by Fyllis Hockman

COLUMNS

- 28 Page by Page**
Review of "Followers" by Megan Angelo
by Jessica Rinaudo
- 30 Flashback**
It's Just a Game! (Or is it?)
by Randall C. Hill

IN EVERY ISSUE

- 40 What's Cooking**
- 42 Puzzle Pages**
- 44 Save the Date**
- 47 Parting Shots**



32



Proudly Presented by:

Town & Country
CHRYSLER • DODGE • JEEP • RAM
www.hebertstandc.com

AARP Real Possibilities in
Louisiana

FEBRUARY 1

Legal Issues Facing Seniors

Kyle A. Moore, elder law attorney and Vickie Rech, Client Coordinator with the law firm of Weems, Schimpf, Haines, Shemwell & Moore, APLC

FEBRUARY 8

Family Health Day

Live Broadcast from Feist Weiller Cancer Center

FEBRUARY 15

Noise Management to Improve Focus and Attention

Joseph McCormack, author & lecturer

FEBRUARY 22

Spring Street Museum

Dr. Cheryl White, LSU-S professor and historian

FEBRUARY 29

The Warsaw Protocol

Steve Berry, Internationally known author and lecturer

Broadcasting every **Saturday** morning **9:05 to 10 a.m. on News Radio 710 KEEL**, a Townsquare Media radio station in Shreveport.

Streaming live on the internet at www.710KEEL.com and on Radio Pup App

Also broadcasting live on 101.7 FM

Archived programs at www.TheBestOfTimesNEWS.com and on APPLE Podcasts at The Best of Times Radio Hour

The Best Of Times

February 2020 • Vol. 29, No. 2
Founded 1992 as *Senior Scene News*
ISSN Library of Congress
#1551-4366

A monthly publication from:
TBT Multimedia, LLC
P.O. Box 19510
Shreveport, LA 71149
(318) 636-5510
www.TheBestOfTimesNews.com

Publisher

Gary L. Calligas
Gary.Calligas@gmail.com

Editor

Tina Miaoulis Calligas
Editor.Calligas@gmail.com

Design

Karen Peters, Jessica Rinaudo
Chrissie Combs

Account Executive

Patrick Kirsop
kirsop@sbcglobal.net

Webmaster

Dr. Jason P. Calligas

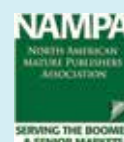
Writers

Vella Mbenna, Fyllis Hockman

Contributors

American Counseling Association,
Lee Aronson, Judge Jeff Cox,
Randall C. Hill, LSU-S Library,
Medicare Rights Center,
Abigail McAlister, Jessica Rinaudo,
Twin Blends Photography

THE FINE PRINT: All original content published in THE BEST OF TIMES copyright © 2020 by TBT Multimedia, LLC, all rights reserved. Replication, in whole or in part by any means is prohibited without prior written permission from the publisher. Opinions expressed are the sole responsibility of the contributor and do not necessarily reflect those of the publication, TBT Multimedia, its publishers or staff. Always consult properly degreed and licensed professionals when dealing with financial, medical, legal or emotional matters. We cannot accept liability for omissions or errors and cannot be responsible for the claims of advertisers.



★ YOUR CHOICE

CONFUSED?
GOD has only ONE way!!
It is found in The BIBLE!!

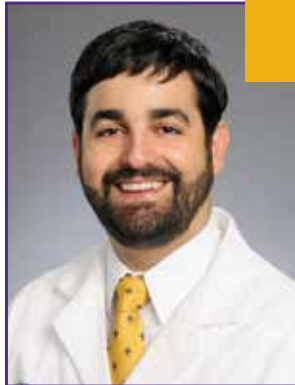
**BIBLE
STUDY
IS
IMPORTANT**



To enroll in a free,
non-denominational
Bible Correspondence
Course send
your name and
mailing address to:

**BIBLE
CORRESPONDENCE
COURSE**
2045 East 70th St.
Shreveport, LA
71105

Welcoming Dr. Jason Calligas to the Asthma, Allergy & ENT Center



Jason Calligas, MD

Ochsner LSU Health Shreveport's Asthma, Allergy & ENT Center is excited to welcome Dr. Calligas to the team at our Shreveport and Bossier City locations. Our Bossier City location offers allergy injections and treatment services. Our Shreveport location offers services from allergy injections to cochlear implants and solutions for chronic conditions. Our team of specialists treats patients of all ages.

Dr. Jason Calligas, a board-certified Otolaryngologist, provides a diverse, general ENT practice with clinical interests in head and neck cancer, endocrine surgery and chronic sinus disease. He attended LSU School of Medicine here in Shreveport, LA, and went on to complete his Internship and Residency in Otolaryngology at Emory University in Atlanta, GA. His areas of expertise and procedure experience cover all areas of ENT.

Procedures:

Otology

- Tympanostomy Tube Placement
- Tympanoplasty
- Mastoidectomy
- Management of Pulsatile Tinnitus

Pediatric Otolaryngology

- Tympanostomy Tube Placement
- Tonsillectomy
- Adenoidectomy
- Frenectomy (upper lip tie and lingual)
- Congenital Mass Excision
- Lymph Node Biopsy
- Preauricular Pit Excision

Head and Neck

- Excision of Cutaneous/Oral Oropharyngeal/Pharyngeal/Laryngeal Lesions
- Neck Dissections
- Thyroidectomy
- Parathyroidectomy
- Parotidectomy
- Laryngectomy
- Submandibular Gland Excision

Rhinology

- Septoplasty (classic and endoscopic)
- Turbinate Reduction (celon and submucosal resection)
- Functional Endoscopic Sinus Surgery
- CSF Leak Repair
- Transnasal Endoscopic Skull Base Surgery

Laryngology

- Injection Laryngoplasty
- Flexible and Direct Laryngoscopy
- Micro-Surgical Management of Laryngeal Lesions
- Laser Laryngoscopic Procedures

Schedule an Appointment



463 Ashley Ridge Blvd., Ste. 100
Shreveport, LA 71106



4440 Viking Dr., Ste. 100
Bossier City, LA 71112*
*Injections Only



318.221.3584



Together. Stronger.

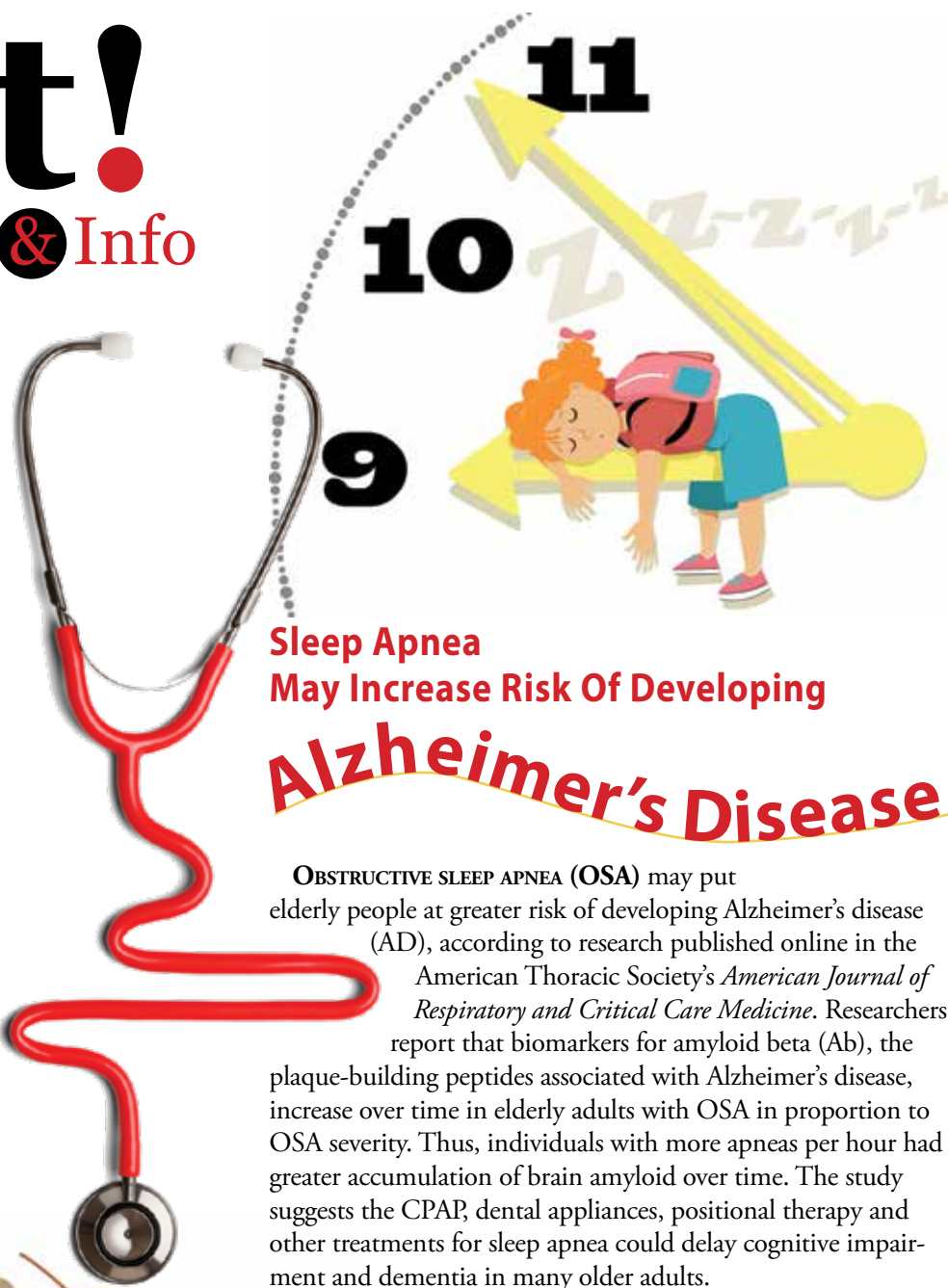
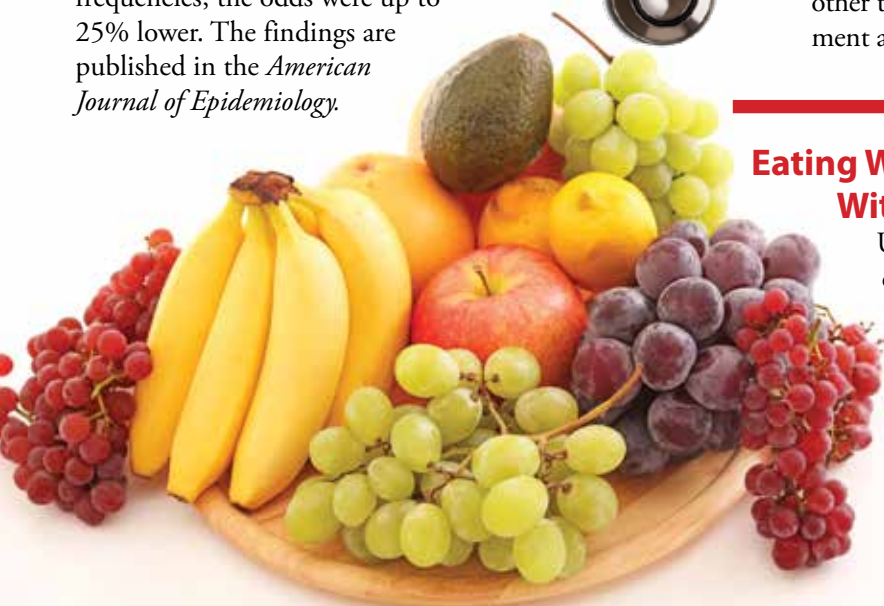
ochsnerlsuhs.org

Stat!

Medical News & Info

Healthful Diet Tied To Lower Risk Of Hearing Loss

Investigators from Brigham and Women's Hospital have found that eating a healthy diet may reduce the risk of acquired hearing loss. Researchers examined three-year changes in hearing sensitivities and found that women whose eating patterns more closely adhered to commonly recommended healthful dietary patterns, such as the Dietary Approaches to Stop Hypertension (DASH) diet, the Alternate Mediterranean (AMED) diet, and the Alternate Healthy Index-2010 (AHEI-2010), had substantially lower risk of decline in hearing sensitivity. The team found that the odds of a decline in mid-frequency hearing sensitivities were almost 30% lower among those whose diets most closely resembled these healthful dietary patterns, compared with women whose diets least resembled the healthful dietary patterns. In the higher frequencies, the odds were up to 25% lower. The findings are published in the *American Journal of Epidemiology*.



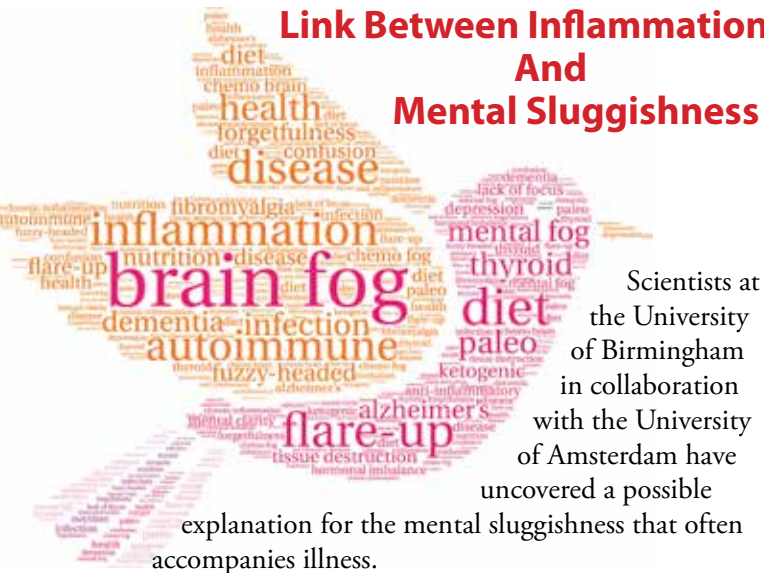
Sleep Apnea May Increase Risk Of Developing Alzheimer's Disease

OBSTRUCTIVE SLEEP APNEA (OSA) may put elderly people at greater risk of developing Alzheimer's disease (AD), according to research published online in the American Thoracic Society's *American Journal of Respiratory and Critical Care Medicine*. Researchers report that biomarkers for amyloid beta (Ab), the plaque-building peptides associated with Alzheimer's disease, increase over time in elderly adults with OSA in proportion to OSA severity. Thus, individuals with more apneas per hour had greater accumulation of brain amyloid over time. The study suggests the CPAP, dental appliances, positional therapy and other treatments for sleep apnea could delay cognitive impairment and dementia in many older adults.

Eating Whole Fruit Linked With A Reduction In Blood Pressure

University of Delaware researchers have found that eating whole fruit is linked with a reduction in blood pressure for both men and women. This could be a big deal, especially for older people. Two-thirds of Americans 65 years old and older have hypertension — high blood pressure — which increases the risk of heart disease and kidney disease. In 2014, 653 million hypertension-related prescriptions were written at a cost of more than \$28 billion.

Link Between Inflammation And Mental Sluggishness



Scientists at the University of Birmingham in collaboration with the University of Amsterdam have uncovered a possible

explanation for the mental sluggishness that often accompanies illness.

Many people with a chronic medical condition report severe mental fatigue that they characterize as 'sluggishness' or 'brain fog'. This condition is often as debilitating as the disease itself. A team in the University's Centre for Human Brain Health investigated the link between this mental fog and inflammation - the body's response to illness. In a study published in *Neuroimage*, they show that inflammation appears to have a particular negative impact on the brain's readiness to reach and maintain an alert state.

Loneliness May Be Due To

INCREASING AGING POPULATION

Despite some claims that Americans are in the midst of a "loneliness epidemic," older people today may not be any lonelier than their counterparts from previous generations – there just might be more of them, according to a pair of studies published by the American Psychological Association. The authors found that loneliness decreased between the ages of 50 and 74, but increased after age 75, yet there was no difference in loneliness between baby boomers and similar-aged adults of earlier generations. Adults over 75 were more susceptible to becoming lonely, possibly due to life factors such as declining health or the loss of a spouse or significant other.





BALENTINE AMBULANCE SERVICE

Basic and ADVANCED Life Support

- Medicare and Medicaid Approved
- Known for Quality and Caring

(318) 222-5358

3516 Mansfield Road, Shreveport, LA 71103

MACULAR DEGENERATION

Imagine A Pair Of Glasses That Can Help You See Better!

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and easier to see. Dr. Mona Douglas is using miniaturized binoculars or telescopes to help people who have decreased vision, to see better.

In many cases, special telescopic glasses can be prescribed to enhance visual performance. She can often help people read, watch TV, see the computer and sometimes drive.

Telescopic glasses cost between \$1900-\$2600. It is a small price to pay for the hours of enjoyment with better vision and more independence.

**For more information and a
FREE telephone interview call:
1-888-243-2020**

Dr. Mona Douglas, Optometrist
Shreveport . Monroe . Lafayette
www.IALVS.com





**KEEP YOUR INFORMATION
AND PASSWORDS PRIVATE**



**BE CAREFUL ABOUT
WHAT YOU POST ONLINE**



CHECK YOUR PRIVACY SETTINGS



SHOP SAFELY IN TRUSTED WEBSITES



CHOOSE STRONG PASSWORDS



**PROTECT ALL YOUR DEVICES
WITH AN ANTIVIRUS**



REMEMBER TO LOG OFF



CHECK WEBSITE URL



**CHECK E-MAILS
BEFORE OPENING THEM**



AVOID PHISHING AND SCAMS



KEEP KIDS SAFE ONLINE



**RESPECT YOURSELF
AND OTHERS ONLINE**

Send Us Your Best
Selfie!

and **YOU** Could be
Featured on the **Cover** of

*Silver
Pages*

the **FREE** Resource Directory
for Those of Us 50+ from

**The
Best Of Times**

Email your photos by February 10, along
with the names of everyone pictured, to
editor.calligas@gmail.com.



On Newstands beginning March 1.
ADVERTISERS call 318-636-5510

BEYOND DIGITAL IMAGING

106 E. Kings Hwy. STE 103 Shreveport, LA 71104

318-869-2533

Restore memories



Transfer your old home
movies into a **DVD**
VIDEO



Scan to preserve the past
or make prints for family.
The choice is yours.

From Slides, Negatives,
Old B&W negatives, Photo Albums

Photo Restorations and Printing



Memorial Videos
with quick turn
around time.



www.beyonddigitalimaging.com

Help stop
healthcare fraud
in its tracks!



VOLUNTEER

Opportunities with Louisiana Senior Medicare Patrol:

Community Events & Health Fairs

Attend community events and help educate the public about
Medicare fraud, waste and abuse. Distribute SMP
information and answer questions.

Presentations

Deliver prepared presentations (15-20 minutes) about
Medicare fraud. Host Medicare Fraud BINGO games.

To learn more, call 877-272-8720 or visit
www.stopmedicarefraud.org.

This project was supported, in part by a grant (Nos. 90MPPG0049, 90MPPG0024 & 90MP-
PG0023), from the U.S. Administration for Community Living, Department of Health and Human
Services, Washington, D.C. 20201.

Meet Bonita Hays

Q&A

Chats with
Area Boomers and Seniors



Shreveport native Bonita Hays, a retired registered nurse, was married to Wendell for 49½ years, until his passing in 2019. Her family includes 4 sons, 11 grandchildren and her rescue pup, Mia. She shares her passion for Bridge by teaching private lessons and in a small class setting.

Q. Who had the most influence on you growing up?

A. Although I adored both parents, my father was my protector! When I was about 3, I became locked in our bathroom and was screaming and crying. Our house was on pillars in the back side of the house where the bathroom was located and he had to run borrow a ladder from a neighbor, then crawl through the bathroom window and help me. It was terrifying and I did not like closed doors for many years in my childhood.

Q. What is one favorite activity from childhood you wish you could do now?

A. When our first neighbor got a television set, all the neighborhood kids would go in their house and sit on the floor in front of the tv from 3 to 4 in the afternoons, I think it was. We watched Pinkie Lee and Howdy Doody. The commercials were live and when they showed Jello Pudding being made or Wonder Bread that built bodies 7 ways, I always begged my momma to buy those at the store!

Q. What gives you joy?

A. My family and friends give me great joy. I am, by nature, a happy person. I have been very fortunate to have raised 4 wonderful sons and reap the joys of 11 fabulous grandchildren! Being an avid bridge player, my friends are largely from the Shreveport Bridge Association. What a wonderful addition to my life they have been as well!

Q. What do you do to eliminate stress in your life?

A. The same thing that can cause great stress, can also relieve stress. Bridge! The intense focus and concentration can block out everything else in the world for a few hours. It is a great game for the mind! But also, playing the piano requires my concentration and it activates those special endorphins of well being in the brain when I can play the keys to make the melodic sounds. It alleviates stress for sure!



Bonita with her parents and brother



Bonita, Wendell and Mia



Bonita on the shooting range



Bonita (center with blue top) with her family

Q. What would your perfect day look like?

A. A perfect day for me would be to wake up, exercise with my son Joe at the gym, walk my dog Mia, play bridge all afternoon and then join friends or family for a nice dinner!

Q. What is one accomplishment people might not know about you that makes you proud?

A. I have recently learned to shoot a handgun. I am proud of my accomplishments there. When I first began, it was stressful and gave me all kinds

of aches and pains because I was so tense about it. But over the months, I have become more comfortable with the gun and I really enjoy shooting at the range regularly.

Q. Name 2 things on your bucket list.

A. One thing on my bucket list is to see classical pianist Yuja Wang live. My son, Stanley is making this wish come true. Several months after my husband died, he said he wanted to take me on a trip to see Yuja Wang play. He gave me several options of locale and I chose to see her in

February in San Francisco because I've never been to California. My other bucket list item is to smoke marijuana, which I have never done. I will be patient and wait for it to become legal before I try it!

Q. If you could choose your age forever, what age would you choose and why?

A. The best age of my life would be retirement age, which for me was around fifty-five. My husband and I had raised our children and they were on their own. We were able to go to bridge tournaments, go fishing at the camp, and keep grandchildren overnight on weekends. It was before time began taking a toll on physical capabilities and more medical issues begin to arise.

Q. If you could have 1 wish granted, what would it be?

A. If I could have one wish granted, it would be for World Peace.

TUBBS GRUBBS

SINCE 1976

One day Bathtub and Shower Installation!

CALL **318-516-1034** TO RECEIVE

10% OFF

CODE: BEST OF TIMES

WWW.TUBBSBYGRUBBS.COM

COME SEE US AT PIERRE BOSSIER MALL IN BOSSIER CITY, LA

Rinchuso's

PLUMBING & HEATING INC.

Celebrating our 39th anniversary!
Thank you Shreveport and Bossier City!

REPAIRS

- Remodeling
- New Construction
- Water Heaters
- High Velocity Water Jetting
- Sewer & Drain Service
- Dishwashers & Disposals Installed

**24 HOUR
Emergency Service**
318-671-1820

607 Mount Zion Road
 Shreveport, LA 71106
www.rinchusosplumbingandheating.com
 Licensed, Bonded, Insured contractors
 LMP-125 • L.A. MECH
 CONTRACTOR #19734

Brain Fitness Can Help Fight Memory Loss

from the American Counseling Association

It's a common problem many of us encounter as we age — we forget more things and it seems to happen more frequently. It can be a frustrating experience and even a frightening one as we worry that serious issues of dementia are just around the corner.

While researchers are only beginning to understand exactly why our brains seem to be more prone to memory issues as we get older, they have, however, begun to make real progress in finding ways to help fight memory problems as we age. And the latest advice is that we all ought to begin proactively working to keep maximum brain function at a much earlier age.

Many older folks try to keep mentally active through activities like crossword or Sudoku

puzzles, and that's a good thing. But more recent research is finding that such activities simply may not be providing the level of stimulation needed for real "brain fitness."

Brain fitness starts with mental activities that truly engage your mental powers. They can take a variety of forms. Critical thinking, for example, requires you to think about a topic that you understand and agree with, and then to look at that

same subject from the opposite point of view. Can you evaluate the strengths and weaknesses of that subject from a totally different side than the one you're normally on?

You want to stimulate your brain in ways that require it to really think about finding new solutions. Locating new recipes and then working out ways to improve them is such an activity. Learning and using new vocabulary words, tack-



ELDER LAW ATTORNEY — KYLE A. MOORE

CALL TODAY TO SCHEDULE AN APPOINTMENT AT 318-222-2100

**DO YOU FEEL LIKE YOU ARE PARENTING YOUR PARENTS?
WE KNOW THIS IS A STRESSFUL TIME AND WE KNOW THAT HAVING A PLAN CAN HELP!**

● DECIDING IF THEY CAN STAY AT HOME OR IF THEY NEED
TO MOVE TO AN ASSISTED LIVING/NURSING HOME?

● ASKING THEM TO STOP DRIVING? ● WONDERING HOW TO PAY FOR THE CARE THEY DESERVE?



KYLE A. MOORE



VICKIE T. RECH
CLIENT CARE COORDINATOR
CERTIFIED MEDICAID PLANNER™

We are committed to helping seniors, individuals with disabilities, and their families to make informed choices with their long term care. We offer our clients sound legal advice and work with each family to develop an individualized plan to protect their assets from potentially devastating nursing home costs.

Whether you are planning for the future or already in the nursing home, we can help your family. Do not make these difficult decisions alone. **Schedule an appointment with us today.**

**LONG-TERM CARE PLANNING • MEDICAID/VETERANS BENEFITS
• ESTATE PLANNING • SUCCESSIONS**

WEEMS, SCHIMPF, HAINES, SHERWELL & MOORE, APLC

912 KINGS HIGHWAY, SHREVEPORT, LA 71101

| WWW.WEEMS-LAW.COM

ling a foreign language, or taking up a new hobby like art or music, are all ways to maximize brain effort and increase brain stimulation.

Brain fitness also requires recognizing that the brain is a part of your body and is affected by your fitness. It requires exercising more, eating healthier and staying fit overall. It means staying on top of potential health risks, like your blood pressure and cholesterol levels.

Doing a daily crossword puzzle may be fun and provide some brain stimulation, but really working for brain fitness means doing things to improve your reasoning, problem-solving and memory abilities, activities that are a real mental stretch. At the same time, staying fit and managing health risks are the keys that can all add up to better mental health and long, positive brain function.

"Counseling Corner" is provided by the American Counseling Association. Comments and questions to ACAcornet@counseling.org or visit the ACA website at www.counseling.org.

Regional Hospice

Locally Owned & Operated

Your Hometown Hospice

Honoring Hometown Heroes



Minden 318.382.9396

Coushatta 318.932.9465



WE HONOR VETERANS

Homer 318.927.9217

Shreveport 318.524.1046

The Best of Times

S

E

C

R

E

T

WORDS CONTEST



The Best of Times is proud to announce their "Secret Words" contest. Simply listen to TBT Radio Hour on NEWS RADIO 710 KEEL or 101.7 FM from 9:05 am to 10 am



THE BEST OF TIMES

RADIO HOUR

HOSTED BY GARY CALLIGAS

TBT "SECRET WORDS" CONTEST ENTRY FORM

Please enter me into the TBT Secret Words Contest. The secret words announced during the TBT Radio Hour are:

Saturday, February 8: _____

Saturday, February 15: _____

Saturday, February 22: _____

Saturday, February 29: _____

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email address: _____

NOTE: Don't worry if you miss a week. Archived programs can be found at www.thebestoftimesnews.com and on Apple Podcasts at The Best of Times Radio Hour.

on February 8, 15, 22, and 29. Each Saturday, host Gary Calligas will announce the secret word during the broadcast. Simply list all 4 secret words on the form at the right and mail to us by March 6 to be entered into the contest for a chance to win.

PRIZES ARE:

- ❖ **1st prize:** \$100 gift certificate to Ernest Orleans Restaurant in Shreveport
- ❖ **2nd Prize:** \$50 gift certificate to Monjunis Italian Café on 1315 Louisiana Avenue in Shreveport
- ❖ **3rd prize:** \$50 gift certificate to SALT Restaurant in the Shreveport Aquarium.

Complete the contest entry form and mail to: TBT Secret Words Contest; P. O. Box 19510; Shreveport, LA 71149-0510. Hurry! The deadline is Friday, March 6, 2020. Three winners will be randomly selected from all correct entries.

How Should I Communicate With My Health Care Providers?



Dear Marci,
I sometimes worry that I'm not communicating well with my health care providers. What are some things I can do to get the most out of my doctors' appointments?
~Nelson (Worcester, MA)

Dear Nelson,
Communication is key in building good relationships with your health care providers and getting the best possible care. To help you communicate effectively with your doctors and other providers, take the following steps:

BE PREPARED.

Before making an appointment, make sure that the doctors you are interested in seeing accept your health insurance.

Think about what you would like to ask the doctor before your visit. You may want to write down your questions and take them with you to your appointment.

Make sure to bring all relevant health insurance cards (for example, Medicare, Medicaid, Medigap, and/or Medicare Advantage cards) and documents to your appointment.

Bring a copy of your health history to your appointment, especially if it is your first visit to a particular doctor. Your health history may include a record of the

dates and results of past tests, major illnesses, hospitalizations, medications, chronic illnesses, allergies, and a family history of physical and mental illnesses.

Bring a pen and paper to your appointment so you can write down what your doctor tells you. You can also ask your doctor if you can record your conversation.

Decide if you want to bring another person, like a caregiver, to your appointment. It may be useful if you have extensive care needs or are used to someone managing your care.

SHARE INFORMATION.

Tell your doctor about any current symptoms or concerns during your visit. If there are several, consider ranking them in order of how much they are affecting/troubling you.

Tell your doctor if you are having trouble with activities of daily living, such as bathing or dressing.

Tell your doctor about other health care providers (like specialists or therapists) you have seen and any treatments they have prescribed or recommended.

Health issues can be hard to talk about, but it is important that your



Have you made [prearrangements](#) for your family, or do you still have that to do?

Leaving these decisions to your children on the worst day of their lives is a terrible emotional burden.

Call Today To Receive a **FREE** Family Planning Portfolio

Centuries Memorial
8801 Mansfield
Shreveport, LA 71108
(318) 686-4334

Hill Crest Memorial
601 Hwy. 80 East
Houghton, LA 71037
(318) 949-9415

doctor have as much relevant information from you as possible so they can recommend the best possible care.

If your doctor does not specifically ask for information that you think is important, tell them.

ASK QUESTIONS.

If you do not understand something your doctor says, ask them to explain it.

Ask the same question more than once, or ask if your doctor can explain something in a different way, if you need more time to process an answer. If you need further clarification, consider scheduling a phone conversation or speaking to a nurse or other provider.

GET IT IN WRITING.

Ask your doctor to write down what you should do between now and your next visit. This may include instructions for how to take medications, specialists you should see, and/or lifestyle modifications you should consider.

FOLLOW UP.

If you experience problems after your appointment, or if you have symptoms that get worse, call your doctor's office to schedule a follow-up appointment. You may also need to make a lab/test appointment or find out how to access your lab/test results.

Find out if your doctor uses any form of electronic communication, like email or an online portal. These can help you communicate questions and look up previous appointments and lab/test results without having to call the doctor's office directly.

~Marci

Dear Marci is provided by the Medicare Rights Center, a national, non-profit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs and public policy initiatives.

Questions About Your Medicare?

Did you know you may be eligible for Additional Benefits?

Represented by over 170 agents that have helped more than 70,000 Medicare beneficiaries, MMA has the experience necessary to help guide you or a loved one through anything Medicare related.

- Medicare Advantage
- Medicare Supplements
- Health Insurance
- Life Insurance
- Hospital Indemnity
- Medicaid

Need Additional Benefits?

- Dental/Dentures
- Vision/Hearing
- Prescription assistance
- Transportation
- Medicaid



Medicare
Medicaid
Advisors
An Insurance
Brokerage

Medicare Medicaid Advisors USA, Inc.
Office: 913-649-0300 Toll-Free: 1-877-279-7070

A Season That POPS!

2019 | 2020



2019

Richard Marx

FRIDAY, SEPT. 6 • 8 PM

Yakov Smirnoff

FRIDAY, OCT. 4 • 8PM

The Color Purple

SATURDAY, NOV. 16 • 8PM

A Christmas Carol

THURSDAY, DEC. 5 • 7PM

2020

Finding Neverland

SATURDAY, FEB. 8 • 8PM

An American in Paris

FRIDAY, MARCH 6 • 8PM

**Beautiful-
The Carole King Musical**

FRIDAY, MARCH 27 • 8PM

**You're A Good Man
Charlie Brown**

SATURDAY, APRIL 4 • 7PM

Mutts Gone Nuts

SATURDAY, MAY 2 • 2:30PM

One Night of Queen

SATURDAY, JULY 25 • 8PM

THE STRAND THEATRE
(318) 226-8555 or thestrandtheatre.com

Considerations for Negotiating Mineral Leases

by Judge Jeff Cox

In the last few months, I have heard that oil and gas is making a slight comeback in our local region. Oil companies may be trying to lease properties so they can explore for oil and gas. The oil companies will usually pay a lease bonus in order to sign a lease on the property and will negotiate a royalty to be paid if they discover oil or gas under the property. As demand for oil and gas grows, more landowners will be approached about leasing their properties. The following items may be taken into consideration by the landowner when entering into a lease with the oil companies.

First, the landowner should try to protect standing timber, ditches, drainage, crops, roads, gates, and fences. When an oil company comes on the land to explore for oil, they are usually not worried about what is on the surface. The oil company should be responsible to restore the land to as near a condition they found it in

when they started their operations. In the lease, the landowner might consider placing language in the lease that provides a licensed forester or appraiser will determine any damages to the property or timber. In addition, the oil company should be responsible for maintaining any roads and making repairs to any roads on the leased property as well as repairing ditches so the property properly drains.



Second, a landowner should consider having language in the lease that states that the oil company will be responsible for any oil or chemical spills on the property due to their operations. Landowners do not want to be left holding the bill for a cleanup if a spill occurs. Further, the landowner should consider putting in the lease that the oil company is responsible for the cleanup of any slush or salt water pits used during their operations.

Third, the landowner should consider that if the leasee drills to a certain depth, that other sands below that depth are excluded. The landowner

A JEEP CHEROKEE FOR EVERY ADVENTURE.

2020 JEEP CHEROKEE LIMITED

2020 JEEP CHEROKEE TRAILHAWK

NOW AVAILABLE AT
HEBERT'S
Town & Country
CHRYSLER • DODGE • JEEP • RAM

CUSTOMER FIRST
AWARD FOR EXCELLENCE
2018 RECIPIENT

IN THE SHREVEPORT AUTOMALL!
HEBERTSTANDC.COM 318-221-9000

also should consider that if lands outside a unit are not being used, that those lands can be excluded from the unit. This will keep the lessee from tying up other lands that can be re-leased or that can be explored for oil and gas deposits.

In addition, the landowner needs to remember that water is becoming a valuable resource. The landowner should consider including in the lease that any water that is needed for drilling operations can be used. However, any water that is found cannot be marketed and sold by the lessee on the open market as drinking water and that water wells will not be depleted or contaminated by drilling operations.

Finally, the landowner needs to consider making a reservation of other types of minerals such as sand, clay, gravel, coal, and lignite. If these are found on the land, they can be sold separately from the oil and gas lease. Some of these minerals can bring as much money as oil and gas. As such, a separate lease would be needed to cover mining of these materials.

As always, it is a good idea to consult an attorney or consultant who deals with oil and gas leases before entering any oil and gas contract. The items mentioned above are just considerations. An attorney or consultant knowledgeable in oil and gas leases can help guide you and



Cox

hopefully keep your land and minerals safe for generations to come.

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

CORRECTION

There was a typographical error in Judge Cox's January article, "Wills Must Follow Form". The statement on page 11 should have read: **The Louisiana Civil Code is very specific and does not allow joint wills by persons in the State of Louisiana.**

Our apologies for the error and any inconvenience that this error may have caused.

ON CALL

Medical Alert Systems

by **Acadian Total Security**
Home | Business | Fleet | Video | Medical

On Call by Acadian Total Security
provides help 24 hours a day,
365 days a year from Emergency
Medical Dispatch-certified EMTs and
paramedics at the touch of a button.

HOME + MOBILE GPS MEDICAL ALERT

No home phone line required.
Protects you at home or while on the go. Service is nationwide.

800.259.1234 | AcadianOnCall.com

AC DUCT CLEANERS

Allergies? Dust? Odors?

*Rid Your Home Of Dust
And Breathe Healthier Too!*

Call Now For A FREE Estimate

318-218-0770

Discounts
for Seniors
& Veterans



A Healthy Gut for a Healthy You

by Abigail McAlister

We know it's important to eat healthy for many reasons, but emerging research is finding that what we eat also influences our gut health. The gastrointestinal tract (aka our "gut") is complex and unique, and our gut's health can greatly influence our overall health.

Each person has their own unique makeup of about 100 trillion bacteria in their gastrointestinal system. This framework of bacteria is called the gut microbiome. Our gut microbiomes are originally determined by our genes but can change over time from diet and environmental exposures. Most of the bacteria in our gut is good for us and keep our immune systems strong, help digest food, produce B vitamins, and protect against disease-causing bacteria. It's important to keep the gut microbiome rich in this "good" bacteria. If there is an overgrowth of

"bad" bacteria in the gut, this can make the immune system weaker. Infections, stress, long-term antibiotic use, and eating a typical American diet low in fiber and high in unhealthy fats and refined carbohydrates can cause an overgrowth of "bad" bacteria in the gut.

One of the best ways to keep the gut healthy is to eat a diet high in fiber. Fiber is broken down and fermented as it travels through the intestines, which promotes a healthy pH in the colon and protects against harmful bacteria. Fiber also reduces our risk for constipation and colorectal cancer. Foods

high in fiber include fruits, vegetables, whole grains, nuts, seeds, beans, peas, and legumes.

Probiotics can promote gut health. Probiotics are "good" bacteria strains found naturally in food. They're just like the bacteria found in our gut microbiome. Eating probiotics helps add bacteria to the intestinal tract, which keeps our gut



TRI-CITY *Fun Tours*



Welcome Aboard! 2020 Tri-City Fun Tours

In 2020 let us get you to your destination in style and comfort!

- **February** – Civil Rights Trail: The Road to Progress, Alabama
- **April** – The Ark and Cincinnati Aquarium, Williamstown, Kentucky
- **August** – Beau Rivage Resort & Casino, Biloxi, Mississippi with side trip to New Orleans
- **November** – Branson, Missouri
- **December** – Nashville at Christmas, Nashville, TN

Other day trips: Texas Rangers, Dallas Cowboys, Bass Performance Hall, Dallas Summer Musicals, Louisiana Plantations, The Cane River, Arboretums and Botanical Gardens, State Fairs.

Visit www.tricitycharter.com, and click on the **Fun Tours** tab to learn more about our exciting destinations!

Bossier City Office

1323 Canyon Court

Bossier City, LA 71111

318.747-4754

Longview Office

6065 SE Loop 281

Longview, TX 75602

903.663-5514

health in balance. Probiotics also hinder the growth of “bad” bacteria in the gut and strengthen the immune system. Since each of us have our own unique microbiome, probiotics may work a bit differently for every person. There are also many different strains of probiotics, and each of them have different roles in the body. Natural sources of probiotics include yogurt, sauerkraut, some fermented vegetables, miso, pickles, tempeh, kefir, kombucha, sourdough bread, and kimchi. There are also several probiotic supplements on the market. Always ask your doctor before starting any supplement.

Prebiotics are also good for our gut microbiome. While probiotics are actual strains of bacteria, prebiotics are a type of fiber that basically serves as a fuel for the probiotics. Prebiotics can be found in vegetables, fruits, and whole grains, especially onions, garlic, artichokes, asparagus, leeks, legumes, bananas, oats, apples, and barley. Since prebiotics and probiotics work together, both are important to include in our diets. To incorporate the dynamic duo of probiotics and prebiotics in a meal, try topping yogurt with oats and bananas or eating a sandwich with pickles, onions, and sourdough bread. Since prebiotic-rich foods are good sources of fiber, start slow and gradually increase when adding to your diet to avoid an upset stomach. Also make sure you're drinking more water when increasing fiber intake.

Eating a diet rich in fiber, probiotics, and prebiotics is good for your gut, but it is equally important to be consistent with these healthy habits. Long-term habits cause lasting changes in our gut microbiome and they keep our healthy bacteria stable. If the idea of a gut-healthy diet for the long run seems too challenging, start small! Gradually incorporate more gut-friendly foods into your diet, adding one new food at a time. Every small change is a step in the right direction.

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.



McAlister



RALPH & KACOO'S

Louisiana's Seafood Restaurant

Seafood Platter





Healthy Options



Surf and Turf



Cajun Lunch Specials

Food, Drink and Sunday Brunch Specials

Happy Hour Sun-Fri, 3-6 in Laughing Gator Bar

Check our website and facebook for current specials | Open Daily 11am



Louisiana Cookbooks & Souvenirs

VISIT THE FALSE RIVER GIFT SHOP

Locations in Baton Rouge • Beaumont, TX
Lufkin, TX and Mobile Bay

Private rooms for 15 - 150 people
with audio video equipment

www.ralphandkacoos.com

1700 Old Minden Rd Bossier City • 318-747-6660

Convenient to Downtown, Casinos & Boardwalk
Buses and RVs Welcome





Can the Jury See That?

by Lee Aronson

Jackie (not her real name) was not happy with the nursing home that her mother was in. So she called the Health Standards Section of the Louisiana Department of Health, the Louisiana agency that regulates nursing homes. The regulators showed up at the nursing home and conducted an inspection that found all kinds of bad problems at this south Louisiana nursing home. Jackie's Mom ended up in the hospital, where she died.

Jackie sued the nursing home for "substandard medical care." One of the things Jackie wanted to show the jury was the inspection report done by the State regulators. Can she?

There are three different rules for situations like this. The first rule says that public records and reports can be shown to the jury. In Louisiana, nursing home inspection results are public records. Anyone can go to the regulator's office and ask to see the report. It's not a confidential document. So if this was the only rule that Louisiana had on this subject, then the jury ought to be able to see the report.

But the second Louisiana rule says that juries can't see



DR. CHRISTOPHER SHELBY

Always incorporating the newest technology for clearer vision.

- Specializing in cataract surgery techniques with the latest in multifocal and toric lenses
- I-Stent technology for glaucoma
- The implantable miniature telescope for age-related macular degeneration
- Laser treatment of floaters

Dr. Shelby sees patients at
North and Pierremont.
North: (318) 212-2020
Pierremont: (318) 212-3937
wkeyeinstitute.com



EYE INSTITUTE
NORTH • SOUTH • PIERREMONT

public reports that deal with investigations “of a particular complaint, case, or investigation.” In Jackie’s case, the regulators weren’t at the nursing home because it was time for its annual inspection. They were there because of Jackie’s particular complaint about her mother’s care.

In other words, the general rule is that public records and reports can be shown to juries. But there is an exception to this general rule: when the public record or report deals with a particular complaint, then the report can’t be shown to the jury.

It sounds like Jackie can’t show the report to the jury. But Louisiana had a third rule that is an exception to the exception: inspections done by governmental regulators, even if the inspection is done because of a specific complaint, can be shown to juries if “the surveys and related documents are directly related to the type of injury allegedly sustained by the patient at issue in the civil litigation and the deficiencies have either been admitted by the healthcare provider or have been declared valid through the appellate process established by the administrative agency in charge of reviewing surveys.”

In Jackie’s case, her mother had developed an ulcer because the nursing home staff were not turning her as often as the doctor had directed. And the survey report done by the regulators found that patients at this nursing home who were bedridden where not being turned enough. So there was no question that the surveyor’s report found incidents “directly related” to Jackie’s Mom’s injuries.

In Jackie’s case, after the regulators finished their report, they showed it to the nursing home. At which point the nursing home had two choices: it could either admit that the report’s findings were correct or appeal the report’s findings. In Jackie’s case, the nursing home choose to admit that the report’s findings were correct. So, does the jury get to see this report? Yes. It is a public report. Although it was made because of a specific investigation by a governmental regulator, it was “directly related” to Jackie’s Mom’s injuries and the nursing home admitted that the report was correct. So the third rule, the exception to the exception, applies and the Jury got to see the report.

That’s the law, but here’s my practical tip for you. Not only are nursing home inspection results public records; they are also available on the internet. Go to www.medicare.gov/nursinghomecompare/search.html. Enter the location of the nursing home and you will be taken to a list of nursing homes in the area. Click on the name of the nursing home you are interested in and you will be taken to a profile page with several tabs. Click on the tab marked “Health Inspections” and you will be taken to a page where you can select “View full report.”

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



Aronson

Highland Place

Rehab & Nursing Center

Home of Transitions Rehab
Post Acute Rehabilitation
& Skilled Nursing



Caring from the Heart

We hope you never will need the services of any rehab and nursing center, but if you do, come by and tour in person.

You will see why so many make Highland Place their choice for rehab and nursing care.

We work hard to get you or your loved one home as quickly as possible.

In Your Neighborhood **Call today for more information at (318) 221-1983.**



Angie Hayes
Administrator

Highland Place Rehab & Nursing Center

1736 Irving Place,
Shreveport, LA 71101
www.highlandplacernc.com

Main Number: (318) 221-1983

Admissions: (318) 841-8704



Highland Place welcomes all persons in need of our services without regard to race, age, disability, color, national origin, religion, marital status, gender and will make no determination regarding admissions or discharges based upon these factors. We comply with Section 504 of the Civil Rights Act.



Join us for Family Health Day

February 8, 2020

9AM - 1PM

**Feist-Weiller Cancer Center
1405 Kings Hwy**

Free Screenings and Tests Available:

- Mammograms
- Prostate Cancer (PSA)
- Lung Cancer
- Head and Neck Cancer
- Colon Cancer
- Cervical Cancer
- EKG
- Blood Pressure
- Glucose Checks

**No reservation required
Free Breakfast and Lunch
Free Health Information
Door Prizes!**

Eligibility for cancer screening is based on American Cancer Society guidelines.
Participants must meet screening guidelines available at www.lsuhs.edu/familyhealthday
Call **318.813.1485** for information.



FEIST-WEILLER CANCER CENTER

Are You Living an Adventure-Starved Life?

11 WAYS TO SHAKE THINGS UP

By Vella Mbenna



We owe it to ourselves to pursue things that give us that spark...

Have you fallen into a routine of drudgery? Do you feel stuck there? You're not alone. If we're honest, many of us will admit that we're kind of going through the motions—work, home, eat, TV, sleep, repeat—and living by default instead of design. Life isn't bad; it's just dull. Uninspired. Actually (and ironically), a bit lifeless. We shouldn't just accept our adventure-starved status quo.

Life is meant to be really lived. I've come to believe adventure is a deep human need. We read about it in books and we watch it in movies because deep down we crave it.

And we owe it to ourselves to pursue things that give us that spark, that jolt of excitement. It doesn't matter how old you are or what your income is. You can and should weave some adventure into your life.

Growing up in rural Georgia, I dreamed of travel and excitement. But after college I found myself broke, divorced, and struggling to raise my child alone. All that changed when I joined the Foreign Service and embarked on a 26-year adventure in which I lived in dangerous parts of the world,

performed high-states diplomatic work, and defended my country in the wake of deadly terrorist attacks. My career provided the adventure I had always craved.

If you too feel adventure-starved, don't worry. There are plenty of small ways to infuse totally ordinary days with life-shifting excitement—and it doesn't require a globetrotting career or a big budget. Follow these tips to create the adventurous life you're dreaming of.

1. First, commit to a self-imposed TV or social media ban.

Before you can start your adventures, you need to stop doing the stuff that sucks up all your free time and keeps you in a state of lethargy. When turning on the TV or browsing Facebook is no longer an option, you'll have to fill up your time with something. If nothing else, boredom will push you out the door.

2. Force yourself to do something that scares (yet excites) you. You'll never reach your full potential by living small. Take a risk and challenge yourself to step outside



Start an
“adventure fund”
by putting a small
amount of money
aside each month.

your comfort zone and do some things that intimidate you. Start training for a sport or sign up to be a foster parent/grandparent or go for that promotion at work or even start the business you’ve daydreamed about for years. When you challenge yourself, you’ll truly find out what you’re made of.

It’s okay to start by taking small risks. If you’re normally silent in a meeting, speak up. Or if you’re getting over a painful breakup, join an online dating service. The idea is to practice leaving your comfort zone in small degrees, until you’re ready to make a bigger leap.

3. Take a class or learn a new skill. Learning shouldn’t end once you’ve left school. Exploring our interests is what keeps us alive. You might take a coding class, or learn

to speak Russian, or learn how to scuba dive. The learning itself is an adventure, and so are the activities that naturally flow from that learning - the trips you go on to speak the new language you learn and the events that pop up when you meet new people in the classes you take.

4. Plan frequent mini adventures... When you need to shake things up a bit, choose a destination you’ve never visited within 100 miles of where you live and take a day-long road trip with your friends or family. This quenches your wanderlust without breaking the bank.

5. ...and budget for a great trip. If you dream of traveling to the exotic locales you’ve seen only in photographs, you can absolutely make it a reality someday. Start an “adventure fund” by putting a small amount of money aside each month. Over time, it will add up, and even if it takes a few years, you will one day be able to go visit those places you dream of today.

6. Expand your circle. It’s fine to socialize with a core group of friends most of the time, but don’t close yourself off from meeting new people. You never know how a new friendship or relationship could transform your life. So, go to a group or club that interests you as a way to socialize and have fun with new people.



7. Say yes to every invitation that you possibly can. As you start meeting new people, they’ll invite you to do things. Maybe they’ll ask you to be on a committee or join them in a fundraising effort. Hopefully the events themselves will be exciting, but they will also lead you to meet new people who, in turn, may invite you to do other things.

8. Don’t waste the weekends. Yes, you’re exhausted after the long week. I get it. But if you’re not careful, you’ll go into crash mode and squander the weekend “recuperating.” Don’t. Napping all weekend isn’t rejuvenating, anyway. Ever noticed how sluggish it makes you feel?

Plan ahead so that there’s a mini-adventure scheduled into every weekend. Be intentional about how you spend this rare and precious time away from work. Weekends are for trying new things, taking day trips, attending local festivals. If your spouse





Vella Mbenna is the author of Muddy Roads Blue Skies: My Journey to the Foreign Service, from the Rural South to Tanzania and Beyond. She was born in the Holmestown community of Midway, Georgia, where she grew up with eight siblings and parents who instilled in her the important values that would set her on the path to success. Throughout her youth, Vella dreamed of escaping small-town USA and traveling the world. In 1989, that dream came true when she was offered a position with the US Department of State Foreign Service. During her highly successful 26-year career as a diplomat, Vella served with honor in 13 foreign countries as well as two tours in Washington, DC. vellambenna.com.

or partner doesn't want to get out, grab the kids, grandkids or a friend and just go.

9. Get outdoors every chance you get. There's a reason we associate "adventure" with the great outdoors. That's where the mountains and oceans and rivers are. It's where you get to camp under the stars or navigate whitewater rapids or hike dark, wooded paths to the top of hills to see the sunrise. It's also where you might get caught in a thunderstorm or encounter a snake - and that's part of the adventure equation too.

Being out in nature is a little risky. That's good, though. It's hard to be adventurous inside four climate-controlled walls.

10. Find novel ways to celebrate your milestones. Big achievements - like promotions, anniversaries, graduations, or even birthdays - deserve thoughtful commemorations. Celebrate them

by doing something you've never done before. You don't have to go skydiving on your 50th birthday - unless you really want to - but you could go ziplining or save up for a trip to Costa Rica.

11. Instill curiosity and wonder in your kids and grandkids. You can teach your kids and grandkids to enjoy an adventurous life by exposing them to the world from an early age. Take them with you when you travel, introduce them to other cultures and unusual foods, and challenge them to be brave even when it feels uncomfortable to do so.

You really get out of life what you put into it. So if you're stuck in a life that's underwhelming, it's up to you to shake things up. It's never too late to infuse your one and only life with great adventure. And the passion, excitement, and joy that you discover along the way will make any temporary discomfort you feel well worth it in the end.

... challenge them
to be brave even
when it feels
uncomfortable
to do so.





Our Favorite

5

QUOTES ABOUT

Seeking Adventure

1

A man practices the art of adventure when he **breaks the chain of routine** and renews his life through reading new books, traveling to new places, making new friends, taking up new hobbies and **adopting new viewpoints.**

-Wilfred Peterson

2

Adventure isn't hanging on a rope off the side of a mountain. Adventure is an attitude to **experience everyday things.**

-John Amatt

3

We live in a wonderful world that is **full of beauty, charm and adventure.** There is no end to the adventures that we can have if only we **seek them with our eyes open.** -Jawaharlal Nehru

4

Adventure Awaits. **Go find it!**
-Unknown

5

Life begins at the **end of your comfort zone.** -Anonymous

Stand Up Straight and Feel Better

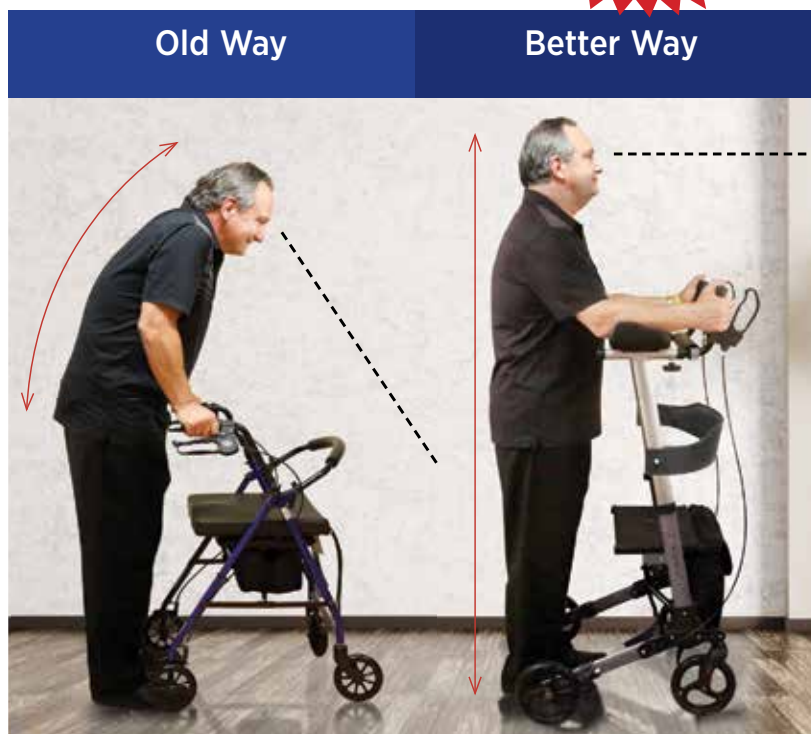
Discover the Perfect Walker, the better way to walk safely and more naturally



It's a cruel fact of life, as we age, gravity takes over. Our muscles droop, our bodies sag and the weight of the world seems to be planted squarely on our shoulders. We dread taking a fall, so we find ourselves walking less and less- and that only makes matters worse.

Well, cheer up! There's finally a product designed to enable us all to walk properly and stay on the go. It's called the Perfect Walker, and it can truly change your life.

Traditional rollators and walkers simply aren't designed well. They require you to hunch over and shuffle your feet when you walk. This puts pressure on your back, your neck, your wrists and your hands. Over time, this makes walking uncomfortable and can result in a variety of health issues. That's all changed with the Perfect Walker. Its upright design and padded elbow rests enable you to distribute your weight across your arms and shoulders, not your hands and wrists. Its unique frame gives you plenty of room to step, and the oversized wheels help you glide across the floor. Once you've reached your destination you can use the hand brakes to gently slow down, and there's even a handy seat with a storage compartment. It's sleek, lightweight design makes it easy to use indoors and out and it folds up for portability and storage.



Traditional rollators and walkers simply aren't designed well. They require you to hunch over and shuffle your feet when you walk. This puts pressure on your back, your neck, your wrists and your hands. Over time, this makes walking uncomfortable and can result in a variety of health issues. That's all changed with the Perfect Walker. Its unique frame gives you plenty of room to step, and the oversized wheels help you glide across the floor. Once you've reached your destination you can use the hand brakes to gently slow down, and there's even a handy seat with a storage compartment. It's sleek, lightweight design makes it easy to use indoors and out and it folds up for portability and storage.



Easy Folding Compact Design

Why spend another day hunched over and shuffling along. Call now, and find out how you can try out a Perfect Walker for yourself... in your own home. You'll be glad you did.

Perfect Walker II

Call now Toll-Free **1-888-348-0249**

Please mention promotion code I12632.





Followers

by Megan Angelo

What is the price you would pay to be famous (and rich)? Would you “sell out” and do whatever a corporation asks you to? Would you use those you love? Would you hurt people? Although the question is age-old, the means in which fame is achieved has changed over time. In *Followers*, Megan Angelo explores this question by examining the lives of characters who achieve fame through the internet.

Followers follows two timelines that slowly merge toward one another: that of Floss and her roommate, Orla in contemporary time, and that of Marlo, 35 years in the future. Both Floss and Marlo have achieved internet fame with millions of followers watching their every move across the globe. Floss’s climb to the spotlight is one of many ups and downs, spurred on by the ingenuity of her roommate and a willingness to do often morally questionable things to get there. Every photo is deliberate, every relationship move intentional - all with the goal of rising to the top.

Marlo’s fame exists in a world where there are no more devices, and instead people interact through an implanted chip in their wrists - because, as it turns



Rinaudo

out, all that screen time in the 20-teens has caused that generation to fall prey to a version of dementia. And unlike Floss, Marlo was born into fame, escalated when she becomes the face of a drug meant to stabilize emotions. Every moment of her life is on camera and documented. Unable to make her own life choices, she’s given story arcs by the network - told when to marry (or divorce), what to eat and drink, how to act and even when and how to create the perfect baby.

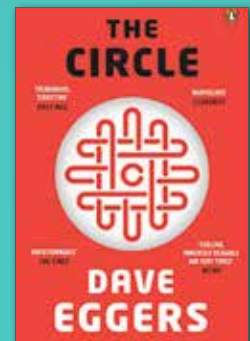
But over the course of the story, Floss, Orla and Marlo must both decide if they want that fame, and what they will do to attain or maintain it. Every choice they make directly affects the public climate and their number of followers. Innocent mistakes lead to public outcry and going against their sponsors leads to danger.

Although the premise of *Followers* may not seem like it, it often felt like a thriller. The book is more than just a story though - it’s meant to be thought provoking. How do we project ourselves online? Is our privacy important to us? And, ultimately, is sharing it all worth it?

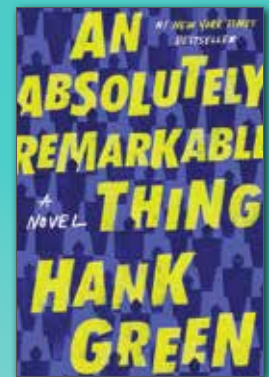
Grade: B+

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

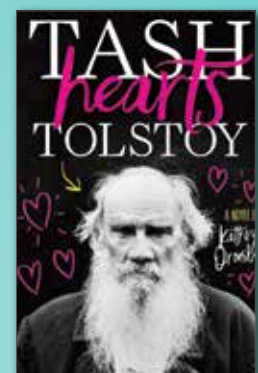
Books About the Dark Side of Online Fame



Mae lands her dream job at a high profile tech company, only to become the center of the world’s focus and lose her privacy.



April becomes a celebrity overnight when she’s the first to stumble upon and document a giant statue that is more than it seems.



An online superstar promotes Tash’s web series and she’s suddenly thrust into the spotlight and must decide what she’ll do to stay there.

Avoid Nursing Home Costs Without Buying Insurance

2:00 pm – 4:00 pm on March 12th – Thursday Afternoon

Broadmoor Branch Library in Shreveport

1212 Captain Shreve Drive - Main Meeting Room

Think it's too late?

We routinely help families already paying thousands every month
for someone in a nursing home to save 65-100% of their estate

Come and Learn:

- Ways to avoid paying \$5,500 to \$6,500 each month for a nursing home stay that could go on for years
- Ways to avoid losing your savings and even your home
- Ways a spouse can often draw up to \$3,216 per month of a nursing home patient's income or keep much more
- Ways to protect small or even very substantial estates without purchasing long-term care insurance

Estate Rescue 2020
Don't Lose an Estate Paying for a Nursing Home

Free Public Workshop — Reserve seats easily online or call:
safeplanningseminars.net/event
318.869.3133

Can you answer "Yes" to all of the questions below? If not, call and reserve your seat!

➤ Did you know that if you have a spouse who needs long-term care that it's almost always possible to save practically everything with proper planning even if they're already in a nursing home?

➤ Do you know why you **SHOULD NOT** have your children's names listed on your accounts? It's amazing how many unexpected problems it can cause!

➤ Do you know what can go wrong with a trust?

➤ Do you know why your Living Trust will likely make you ineligible for long-term care benefits, and

what to do about it?

➤ Do you know what estate planning documents are needed and, most importantly, what they need to say to help protect your estate from courts and unintended consequences?

➤ Do you know the common mistakes many families make when they have a loved one that is qualified for Medicaid that can knock them off their benefits?

➤ Did you know that the state has the right to recover money they spent on your care after you die and before it goes to your heirs? Do you know how to keep this from happening?

➤ Did you know that the nicest facilities in the area accept

Medicaid patients and that you can choose your facility, not Medicaid?

➤ Have you implemented an estate plan that not only protects assets while you are alive but also passes them to your heirs in an efficient, low-cost, and tax-preferred manner?

➤ Do you have someone to guide you in the process of obtaining the benefits you deserve who can get results?

➤ If you or a family member is in a nursing home, do you want to have someone cut through bureaucracy and red tape to help you save thousands of dollars a month on their care?

➤ Do you know about the changes in 2020?



EXPERIENCE MATTERS: For over twenty years we've helped hundreds of clients save their estates from devastating nursing home costs. ***Come hear the truth!***



It's Just a Game! (Or Is It?)

by Randal C. Hill

On November 25, 2019, three months before Super Bowl LIV was to be played on February 2, 2020, Fox TV announced that the game at Miami's Hard Rock Stadium was sold out of available advertising spots. Companies that hadn't already ponied up \$5.5 million dollars per 30-second message were out of luck.

The Super Bowl has become a spectacular yearly advertising and entertainment event...and there's even a football game thrown in for good measure! Tickets for those who want to witness the event for themselves now cost an average of \$2,500 to \$3,500 per seat.

Over the years, numerous music icons have brought a true "wow" factor to the

halftime performances and included Motown superstars (Michael Jackson, Diana Ross, Stevie Wonder, Smokey Robinson), several iconic hitmakers (Bruce Springsteen, Madonna, Aerosmith, Lady Gaga, Prince, Katy Perry, Beyoncé) and some legendary UK entertainers (Phil Collins, U2, the Rolling Stones, Sir Paul McCartney).

Today's Super Bowl draws a viewing audience of about 100 million. It's America's biggest annual sporting competition (although the World Cup soccer games draw more viewers worldwide). But, for many Americans, it's more a boisterous afternoon of fun and friendship than a sports contest. More food—and presumably more drink—is consumed on Super Bowl Sunday than any other day of the year except Thanksgiving.

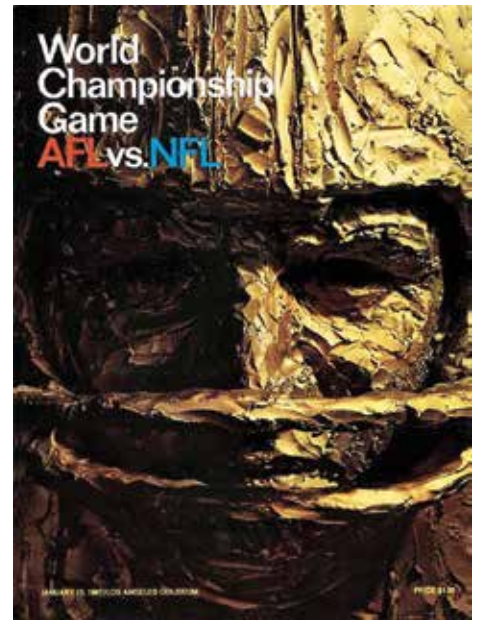
IT WASN'T ALWAYS THIS WAY.

The first such game wasn't even called the Super Bowl. Played on January 15, 1967, it was officially termed the AFL–NFL World Championship Game.

But NFL commissioner Pete Rozelle wanted something a bit punchier, something easy to remember.

The Pro Bowl, perhaps, or maybe even The Big One.

The name by which it later became known originated with Lamar Hunt, the owner of the Kansas City Chiefs. He



Bart Starr

had seen his young daughter play with a bouncing toy called a Super Ball, and Hunt was inspired to propose the name Super Bowl for the contest. Rozelle declared the term too informal, but it didn't take long for Hunt's recommendation to take hold with the public.

That first game was far from being a sellout. By kickoff time, about 1/3 of the seats at the 94,000-seat Los Angeles Memorial Coliseum remained unsold, as many people grumbled that the \$12 ticket price (about \$92 in today's money) was excessive and refused to cough up the required funds.

And just how impressive was that first halftime show compared to the budget-busting, jaw-dropping extravaganzas we have come to expect now?

Judge for yourself. Two men, who each wore hydrogen-peroxide-propelled jetpacks (technically termed "rocket belts") flew around the field - barely off the ground - to show what future travel could look like someday. Two college marching bands paraded. Trumpeter Al Hirt performed. Ten thousand balloons went airborne. So did 300 pigeons, one of which left a deposit on the typewriter of young sportscaster Brent Musburger.

In that initial contest, by the way, the NFL's Green Bay Packers walloped the AFL's Kansas City Chiefs 35-10, and Green Bay quarterback legend Bart Starr was named MVP.



APRIL 5-10, 2020

THE ARK ENCOUNTER & CINCINNATI

TRI-CITY
Fun Tours

Includes: round-trip transportation aboard one of our luxury motor coaches with an onboard Tri-City Fun Tours guide, five (5) nights hotel accommodations, admission to the Newport Aquarium located near Cincinnati at Newport on the Levee, admission to the Ark Encounter and the Creation museum, and nine (9) meals – 5 breakfasts, 2 lunches and 2 dinners!



\$770/pp (double)

\$1,085/pp (single)



Departing

Tyler, TX

Longview, TX

Bossier City, LA



TRI-CITY FUN
TOURS

Bossier City, LA

Longview, TX

318.747-4754

903.663-5514

www.tricitycharter.com



Blue Danube River Cruise: What Happens on the Ship Stays on the Ship...

*The River Boat Aria
(Below) A Typical Stateroom*

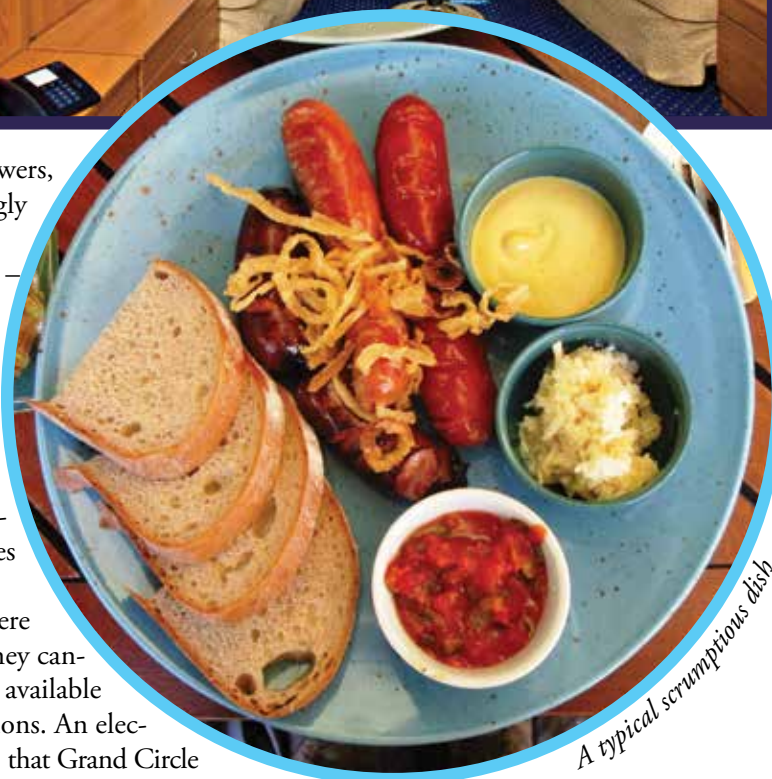
By Fyllis Hockman

Of course, the highlights of our Blue Danube River Cruise with Grand Circle Tour Company were the four European capitals we were visiting: Prague, Czech Republic; Vienna, Austria; Bratislava, Slovakia and Budapest, Hungary -- all worth writing about. And I promise to do so.

But it was the many surprises surrounding the experiences on the ship that truly enhanced the trip. Because this was our first river cruise, my husband and I had many apprehensions ahead of time. The tiny stateroom? Check. But somehow it had more drawers, shelves and hangers than I have at home and was surprisingly comfortable.

Too sedentary? Check. Being a particularly active person – the have-every-minute-programmed kind of active – although at a senior citizen level – I feared the shortish daily tour would not be sufficient. After all, the 182-passenger MS River Aria is not one of those cruise ships boasting round the clock activities. However, opportunities abound to explore every city as much – or as little – as you want.

Having primarily traveled with Overseas Adventure Travel, the much smaller, younger tour group under the auspices of Grand Circle, we also worried about traveling in a large group of older folk. And yes, GC caters to those needs. There is a slower paced tour option available for those who feel they cannot keep up with the group. Portable light-weight seats are available for those unable to stand in one spot during long explanations. An electric chair is attached to the stairs on the ship. There is little that Grand Circle



A typical scrumptious dish



Tour Group Wearing Listening Devices

Most mornings we're out and about by 9 – but one sailing day, we instead were on a deck chaise, Bloody Mary in hand, listening to commentary about the surrounding topography – wooded treetops, rolling green countryside, rural villages, terraced vineyards and an occasional abbey or castle. Life doesn't get much better than that! My concern about filling every hour with activity dissipated.

I was pried from my reading revelry as my fellow passengers hustled to the sides of the ship as we went through our first of nine locks, a feat that if you haven't experienced is worth the effort of rising from the comfort of your chaise lounge. The ship narrowly goes between barriers on both sides and is then lowered so as to access the water level on the other side.



Waiter playing dress-up

By the time we hit lock #6, no one moved. Another Bloody Mary anyone?

Because it's lunchtime, I should pause here to talk a bit about the meals – which deserve an article of their own. I looked forward to every meal knowing it was going to be surprising, lovely and scrumptious. Suffice it to say, not only are the waiters attentive and accommodating, most of them are stand-up comedians.

hasn't thought of to accompany its somewhat older clientele. But for the most part, that older clientele are a feisty group of fun-loving, adventurous travelers who are loathe to slow down. At this point, we stopped worrying.

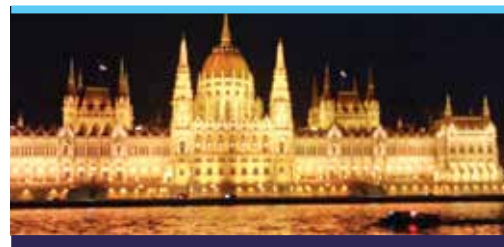
Ah, the night-time entertainment! Corny? Of course. Fun? More so. I usually avoid karaoke but here, it's just another excuse to laugh yourself silly. Rather than a contest to judge the best singers, it instead became an exercise in which group sounded the most hilariously awful. And the crew talent show? Suffice it to say that when the kitchen staff did Swan Lake, it was downhill from there. As the ship's captain said, "Whatever happens on board, stays on board!" And then there were the horse races. Don't even ask – let's just say that it involved a lot of shots. So, another boring night.

While on board, you're either learning or laughing. "Growing Up Behind the Iron Curtain" conducted by our four program directors -- all of whom hail from Romania, Slovakia, Czech Republic and Serbia -- revealed personal experiences from their teen-age years: how their families were impacted by the Soviet domination of their countries until the end of Communism there in 1989. Homes confiscated, fortunes lost, food rationed, travel prohibited, spies in communities, labor camps. Riveting.

A talk from an everyday Budapest accountant regaled us with a tale of how he once saw a needy family on the sidewalk, stopped to help and ended up saving 6000 refugees, with an organization of volunteers he compiled, over the next two years. Until stopped by the very hostile Hungarian government. I doubt there was a dry eye in the house.

When at trip's end, we were told we had to be out of our stateroom by 8 a.m. because another tour was coming aboard, the communal reaction seemed to be: WHAT? Other people in OUR cabins? With OUR crew? It seemed so wrong – but it sure says a lot about how Grand Circle makes its clients feel.

Yes, I know, I promised to tell you all about the magnificent cities we visited. Immersive history, architectural grandeur, every city an open-air museum of stunning edifices spanning multiple centuries. But I lied.



For more information, visit www.gct.com

Budapest Skyline



Support Our Seniors!

Your TAX-DEDUCTABLE \$100 donation provides a BIG BOX of food every month for an entire year.

WE NEED YOUR HELP!

Volunteer at the FOOD BANK to **PACK** food boxes for seniors.

Volunteer at the FOOD BANK to **DELIVER** the boxes to home-bound seniors.

CALL or Email me:

Libby Patterson Smith at (318) 675-2400

lpatterson@foodbanknla.org





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

What does it mean when your cataract is "ripe"?

A cataract is simply a cloudiness of your god-given lens. When you were first born, your lens was crystal clear like a glass of water. As you age it's like someone slowly pours coke into that clear glass of water, it slowly turns yellowish brown. When the symptoms of the cataract get to the point that it is reducing your quality of life, then the cataract is "ripe". It is at this point that the only way to get you seeing better is to have the cataract removed.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
(318) 212-3937
See our ad on page 20.

I'm leaving my house to my daughter – should I add her to the deed?

Usually no! Her creditors could take her share, it could become part of any future divorce or bankruptcy claim she has, or she could sell it. This won't take your name off the loan. If she later sells the house, she could have to pay staggering capital gains tax on the share she receives now, depending on the home's appreciation. In jurisdictions that allow it, a Transfer-on-Death Deed avoids probate and may help. Always review your specific case with a professional such as myself, before deciding.



Janine "JJ" Conway
Ark-La-Tex Leadership Inst.
331 Milam Street, Suite 200
Shreveport, LA 71101
(318) 299-5472
drjjconway@gmail.com
buildingwealthtogether.com

I am told once I choose hospice I cannot return to the hospital. If I choose hospice care, am I able to return to the hospital?

YES, once you select hospice care, your care and options are actually expanded, not limited. The hospice team is there to help you manage your healthcare decisions. Call Regional Hospice at 318-524-1046 any day of the week to arrange an informational visit.



Toni Camp
Regional Hospice Care
Group
8660 Fern Avenue, St. 145
Shreveport, LA 71105
(318) 524-1046
See our ad on page 13, 48.

What can I do about the price of my Medicare supplement going up so much each year?

Over time all Medicare supplements get more expensive as you get older. However, if you are relatively healthy, or have been over the past couple of years, there is a good chance you would be eligible to enroll in the exact same coverage perhaps with another company, at sometimes half the cost. Remember, a Plan F or Plan G has the same exact coverage under another company as the coverage you have now... the only difference is the premium you pay.



Dewey Burchett
Providus Financial Serv.
318-572-4662 (call
or text)
Dburchett.providus-
group@gmail.com
See our ad on page 42.

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

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



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

What can I expect after having my ducts cleaned?

You will notice an immediate difference and constantly dusting will be a thing of the past. Lingering odors will be forever gone. Your families, employees and customers can breathe cleaner, healthier air because the dust, dander and asthma causing endotoxins that result in year-round sinus problems will be removed.



Mike Thomas
AC Duct Cleaners
9803 Hastings Court
Shreveport, LA 71118
(318) 218-0770
See our ad on page 17.

Odds & Ends



OLDER ADULTS USE ONLINE PHYSICIAN RATINGS

Find a restaurant. Choose a product to buy. Online ratings and reviews from other customers can help with making decisions, and their use has exploded in the past decade. But online ratings of physicians? A new poll by the University of Michigan Institute for Healthcare Policy and Innovation shows that 43% of people between the age of 50 and 80 said they had looked up a doctor online to see how others rated him or her, or what was said in their reviews. And two-thirds of them had chosen a doctor due to good online ratings and reviews. In fact, these online ratings now carry as much weight as recommendations from family and friends. Meanwhile, only 7% of those polled said they had actually posted a review or rating of a doctor online.

SOME SENIORS ELIGIBLE FOR GLAUCOMA SCREENING

Individuals age 65 or older who are concerned about their risk of eye disease may be eligible for a medical eye exam, often at no out-of-pocket cost, through the American Academy of Ophthalmology's EyeCare America® program. Those at increased risk for glaucoma may qualify for a glaucoma exam through EyeCare America. This public service program matches volunteer ophthalmologists with eligible patients in need of eye care across the U.S. To see if you or a loved one qualifies, visit EyeCare America at www.aao.org/eyecare-america to determine your eligibility.



AZALEA ESTATES

ASSISTED LIVING
AND
RETIREMENT COMMUNITY

When it's time to make a decision on Assisted and Retirement living, be sure you make the right choice... Consider Azalea Estates.



516 E. Flournoy Lucas Rd.
Shreveport, LA 71115
Call Lorrie Nunley or Tori Self
318-797-2408
www.azaleaestates.com



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 these images.



Family on a passenger train, circa 1953. (J. Frank McAneny)



Area police officers with comedian Brother Dave Gardner, March 1961. (J. Frank McAneny)



Race car driver Herschel Buchanan with Bledsoe Motors Executives. 1952.



Group of men at G. C. Dykes Motor Company, 221 E. Texas, Bossier City, taking delivery of new Chevrolets, January 19, 1953. (J. Frank McAneny)



The Best of Times

Complete issues are available for
FREE download or viewing at our
award-winning website.
www.TheBestOfTimesNews.com



**LEX
PLANT
FARM**

"We love every blooming thing"

- ✿ Trees and shrubs
- ✿ Annual bedding plants
- ✿ Soils and mulches
- ✿ Fertilizers, insecticides, and pesticides
- ✿ Pottery and statuary



We sell to individuals, businesses and other landscaping companies.

Discounts offered from 10% to 25% for landscapers and lawn care specialists.

We also specialize in special orders and hard to find items.

9045 East Kings Highway 🌿 Shreveport, LA 71115
318-797-6035

THE SHREVEPORT LITTLE THEATRE

98th SEASON 2019-2020

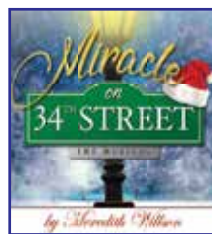
Shreveport Little Theatre... American Theatre at its best!



September 5-15, 2019



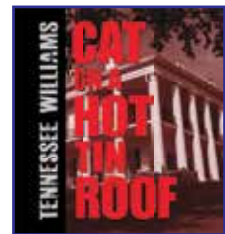
October 17 -27, 2019



December 12-22, 2019



Feb. 27 - March 8, 2020



April 16 - 26, 2020

ALL FIVE MAINSTAGE SHOWS

For only: \$109 (adults) or \$105 (seniors, students, active military)
a savings of \$10 off individual ticket price



SHREVEPORT LITTLE THEATRE
www.shreveportlittletheatre.com

FOR MORE INFORMATION

Call (318) 424-4439

or online at www.shreveportlittletheatre.com

Or visit our Box Office 812 Margaret Place

Noon - 4 p.m. Monday - Friday





SHREVEPORT
SYMPHONY
ORCHESTRA

MICHAEL BUTTERMAN,
MUSIC DIRECTOR

WILLIS-KNIGHTON MASTERWORKS SERIES

Beethoven's 7th Symphony

Sat, February 29, 7:30 PM
 RiverView Theater
 Michael Buttermann, conductor

MILHAUD *Le boeuf sur le toit*
 MILHAUD *La creation du monde*
Orchesis Dance Company
 BEETHOVEN *Symphony No. 7*

Celebrate the 250th anniversary
 of Beethoven's birth with his
 lively *Symphony No. 7*,
 appropriately dubbed
 "The Apotheosis of the Dance."




www.shreveportsymphony.com
 318.227.TUNE (8863)



WILLIS-KNIGHTON HEALTH SYSTEM

LAURA AND ED
CRAWFORD




SHREVEPORT *Then & Now*

Photos blended and used with permission by Mike and Mark Mangham of Twin Blends Photography. Vintage photos courtesy of LSUS Library, Archives and Special Collections. For more photos visit www.facebook.com/twinblendsphotography.



Retro Down Town Cafe, located at 420 Marshall Street around the corner from the Caddo Parish Courthouse, is the perfect name for a perfect spot. This location has been home to several cafes over the years, Southern Grill Cafe, Ablons Restaurant and now Retro Cafe. (Vintage photo courtesy Shreveport Times Collection)



“To you, it’s the **perfect lift chair**.
To me, it’s the **best sleep chair** I’ve ever had.”
— J. Fitzgerald, VA



You can’t always lie down in bed and sleep. Heartburn, cardiac problems, hip or back aches – and dozens of other ailments and worries. Those are the nights you’d give anything for a comfortable chair to sleep in: one that reclines to exactly the right degree, raises your feet and legs just where you want them, supports your head and shoulders properly, and operates at the touch of a button.

Our **Perfect Sleep Chair®** does all that and more. More than a chair or recliner, it’s designed to provide total comfort. **Choose your preferred heat and massage settings, for hours of soothing relaxation.** Reading or watching TV? Our chair’s recline technology allows you to pause the chair in an infinite number of settings. And best of all, it features a powerful lift mechanism that tilts the entire chair forward, making it easy to stand. You’ll love the other benefits, too. It

helps with correct spinal alignment and promotes back pressure relief, to prevent back and muscle pain. The overstuffed, oversized biscuit style back and unique seat design will cradle you in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. **It even has a battery backup in case of a power outage.**

White glove delivery included in shipping charge. Professionals will deliver the chair to the exact spot in your home where you want it, unpack it, inspect it, test it, position it, and even carry the packaging away! You get your choice of stain and water repellent custom-manufactured Duralux with the classic leather look or plush microfiber in a variety of colors to fit any decor. **Call now!**

The Perfect Sleep Chair®
1-888-683-1513

Please mention code 112631 when ordering.



REMOTE-CONTROLLED
EASILY SHIFTS FROM FLAT TO
A STAND-ASSIST POSITION



Long Lasting DuraLux



DuraLux II Microfiber



Because each Perfect Sleep Chair is a custom-made bedding product, we can only accept returns on chairs that are damaged or defective.

© 2020 firstSTREET for Boomers and Beyond, Inc.

Better Balance for Every Day

Resolve to make nutritious eating a priority



FAMILY FEATURES

Discovering a better version of yourself is all about striking balance. That's especially true when it comes to making smarter food choices that you can maintain over time.

A sustainable, long-term healthy eating approach emphasizes variety and balance. Start planning a low-carb menu filled with high-fiber carbohydrates, optimal protein and healthy fats. Find more recipes like these for Salmon and Asparagus Sheet Pan or Spicy Crispy Chickpeas and ideas for a balanced, low-carb approach to eating well at Atkins.com.

Salmon and Asparagus Sheet Pan

Servings: 2

1 bunch thin spear asparagus
1 tablespoon, plus ¼ teaspoon, extra-virgin olive oil
⅛ teaspoon salt, divided
2 salmon fillets (4 ounces each), no more than ¾-inch thick

Heat oven to 425° F.

Wash asparagus and remove woody ends. Place on rimmed baking sheet and toss with 1 tablespoon olive oil and pinch of salt. Arrange in single layer, leaving space for salmon. Place salmon skin-side down on sheet. Brush with remaining olive oil and season with remaining salt and pepper. Place in oven and bake 12 minutes.

In small bowl, combine mayonnaise, lemon juice, mustard and garlic.

Remove sheet pan from oven, sprinkle asparagus spears with cheese and cook 3 minutes, or until fish reaches 145° F and asparagus spears are tender and beginning to brown on tips.

Plate one fillet and half the asparagus, drizzle each plate with about 2 tablespoons mayonnaise sauce and serve.

1 pinch black pepper
3 tablespoons olive oil-based mayonnaise
1 tablespoon lemon juice
1 teaspoon Dijon mustard
¼ teaspoon minced or pressed garlic
1 tablespoon grated Parmesan cheese



Spicy Crispy Chickpeas

Servings: 8

1 can (15½ ounces)	¾ teaspoon salt
chickpeas	½ teaspoon garlic powder
1 tablespoon ghee (or clarified butter), melted	¼ teaspoon chili powder
	¼ teaspoon chipotle chili powder

Heat air fryer to 390 F 3 minutes.

Using fine mesh sieve, drain and rinse chickpeas. Use towel to gently pat chickpeas dry, removing skins. In small bowl, toss chickpeas with ghee and salt.

Cook in single layer in air fryer 6 minutes. Pause and shake bowl; cook 6 minutes. Pause and shake bowl; cook 3 minutes.

In separate small bowl, sprinkle chickpeas with spices and toss to evenly coat. Chickpeas can be stored in open container at room temperature up to 3 days.

Golden Milk

Servings: 3

1 cup canned unsweetened coconut milk	1½ teaspoons ground turmeric
1 cup plain unsweetened almond milk	¼ teaspoon ground cinnamon
1 cup water	¼ teaspoon ground ginger
1 tablespoon coconut oil	½ teaspoon ground black pepper
	10 drops liquid stevia extract

In small pan, whisk coconut milk, almond milk, water, coconut oil, turmeric, cinnamon, ginger and pepper. Warm over medium heat until hot but not simmering, about 7 minutes. Remove from heat, whisk in sweetener and serve.



MAKE EVERY DAY
A BOOK LOVERS DAY
WITH BETTER VISION



PLANCHARD EYE & LASER CENTER

LOCATED INSIDE WILLIS KNIGHTON BOSSIER
2400 HOSPITAL DRIVE SUITE 100
BOSSIER CITY, LA

CALL (318) 212 7860 TO MAKE YOUR
APPOINTMENT TODAY

Call Today & Schedule Your Tour!

Cedar Hills

Senior Apartment Homes

We pride ourselves in excellence and aim to provide all our residents with the gold standard in senior living. With rent based on income, and all utilities included, our seniors can enjoy luxury living worry free. Come home to Cedar Hills.
"Where apartments become homes and friends become family."

7401 St. Vincent Ave 318-861-6915 (Ext 2)

PUZZLE pages

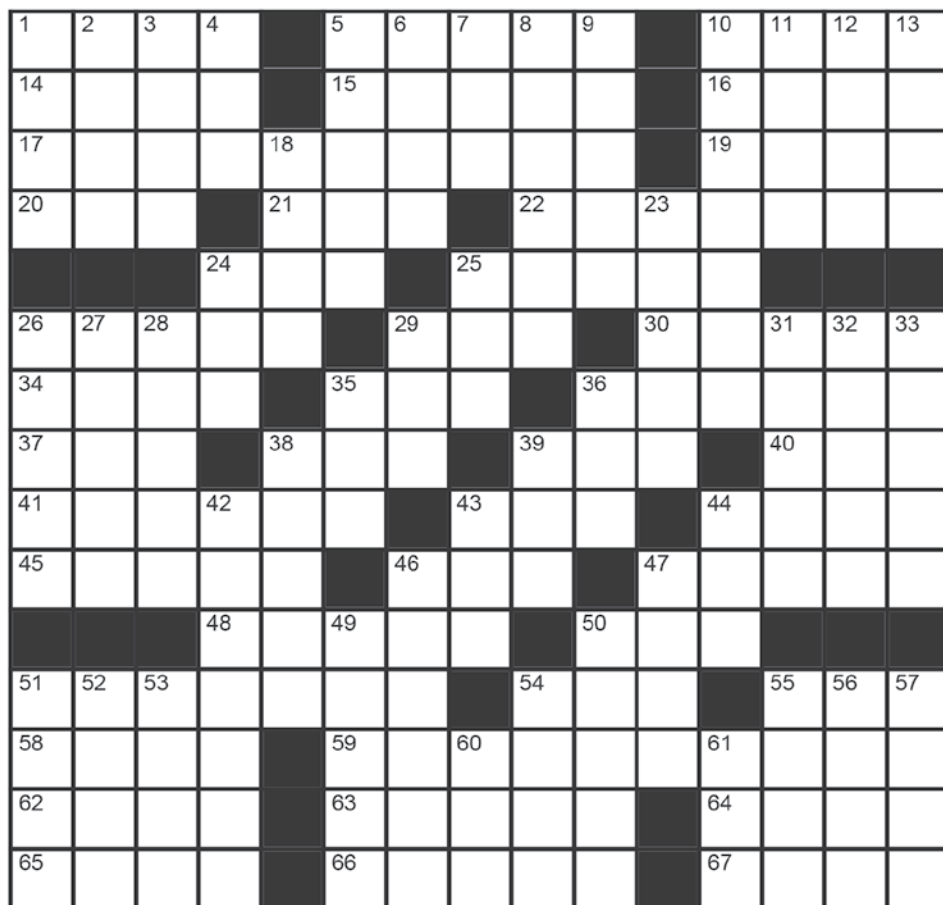
Turn to page 47 for all puzzle solutions.

Across

- 1 Stubborn sort
- 5 Banana tree
- 10 Border
- 14 Heroic poem
- 15 More artful
- 16 Picture of health?
- 17 Popular resort
- 19 Raconteur's offering
- 20 Inseparable
- 21 Cygnet's father
- 22 Came out
- 24 Frick collection
- 25 Fearless
- 26 Caste member
- 29 Actress Tina
- 30 Ammonia derivative
- 34 Burden
- 35 Treat like a dog?
- 36 Spectacles
- 37 Kitchen pest
- 38 Quiche, e.g.
- 39 Fortune
- 40 Heating alternative
- 41 Keep
- 43 Indefinite number
- 44 Gaucho's weapon
- 45 Dehydrate
- 46 Snare
- 47 Poker pot
- 48 Designer's concern
- 50 Ignited
- 51 Government building
- 54 Film director's cry
- 55 Blood letters
- 58 Parsley or sage
- 59 Oktoberfest wear
- 62 Shrinking Asian sea
- 63 Swap
- 64 Curds and ____
- 65 Musical mark
- 66 Shoe parts
- 67 Wildcat

Down

- 1 Office message
- 2 ____ reflection
- 3 Kind of wolf
- 4 Superlative ending
- 5 English race place
- 6 Spill the beans
- 7 Make public
- 8 Bloody Mary additive
- 9 Fragrance
- 10 Far-out
- 11 Party pooper
- 12 Battering wind
- 13 Gave the once-over
- 18 Light brown
- 23 Oust
- 24 Handbills
- 25 Wager
- 26 Squirrel away
- 27 Baltimore's ____ Harbor
- 28 Eccentric
- 29 Retainer
- 31 Bullion unit
- 32 Passed out
- 33 Bacon piece
- 35 Grenade part
- 36 Farm mother
- 38 Lab tube
- 39 Pants part
- 42 Football play
- 43 Distant
- 44 Took the bait
- 46 Ravel classic
- 47 Kin's partner
- 49 Young male horses
- 50 Angling equipment
- 51 "Rush Hour" star, 1998
- 52 Prefix with dynamic
- 53 Kind of fall
- 54 Relinquish
- 55 Pasty-faced
- 56 "It's ____ real!"
- 57 Black stone
- 60 Metric unit of volume
- 61 Rice University mascot



Copyright ©2020 PuzzleJunction.com

New Plans Now Available in Caddo, Bossier, Webster, Red River, and Surrounding Parishes.

Is your **Medicare supplement** cost going up each year?

Did you know that if you have a "Plan F" or "Plan G" Medicare Supplement that you may be eligible to get approved for the same exact coverage for a much cheaper rate? (If you have not had any major health issues in the last couple of years)

People will often say, "Well, Company X is always good about paying, I never get any bills." And they would be RIGHT! (They are contracted with Medicare)

But all Medicare Supplement companies are good about paying medical bills because they are required by law to do so.

Just like with car insurance...two people could be the same age, gender, have the same driving record, and the same coverage, but one person pays drastically more than the other. One particular company may have the best rates now, but several years from now, that can and will change.

If you would like to see if you qualify, just give me a call for a quote.

DEWEY BURCHETT

Providus Financial Services

318-572-4662 (CALL OR TEXT)

Dburchett.providusgroup@gmail.com



Word Search

EMOTIONS

ANGER	HYSTERIA
ANGST	INFATUATION
ANXIETY	JEALOUSY
AWE	JOCUNDITY
BENEVOLENCE	JOY
BLISS	JUBILANCE
CHOLER	LOVE
COMPASSION	PANIC
CONCERN	PASSION
DEVOTION	PATHOS
ELATION	PITY
ENVY	REMORSE
FEAR	REVERENCE
GRIEF	SORROW
HATRED	VENERATION

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

Copyright ©2020 PuzzleJunction.com

Sudoku

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

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

Copyright ©2020 PuzzleJunction.com

Sam Stroope Hair Replacement Specialist and Hair Stylist



**990 Quail Creek Rd.
(Inside Element Fitness)
Shreveport
318-868-8708**

SAVE the Date



Driver Safety Course • Feb. 12

CONCERT

● **Beethoven's 7th Symphony**
Saturday, February 29, 7:30 p.m.
at Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. You'll be transported to 1920s Paris by these jazz and Brazilian-inspired scores by Milhaud, uniquely brought to life by Grambling's Orchestris Dance Company. Then, celebrate the 250th anniversary of Beethoven's birth with his lively Symphony No. 7, appropriately dubbed "The Apotheosis of the Dance". Tickets are \$20 - \$63. Call

318-227-TUNE (8863)
or shreveportsymphony.com.

COUNCILS ON AGING

● **Bossier Council on Aging** 706 Bearkat Drive, Bossier City
• Weekly Dances - Every Thursday evening from 7 to 9:30. \$6/person. Call 318-741-8302 or visit www.bossiercoa.org for more info or to learn which band is playing on a particular date.
• Coffee and Conversation - Every Friday at 10:30 a.m. Speaker and topics can be found at www.bossiercoa.org.

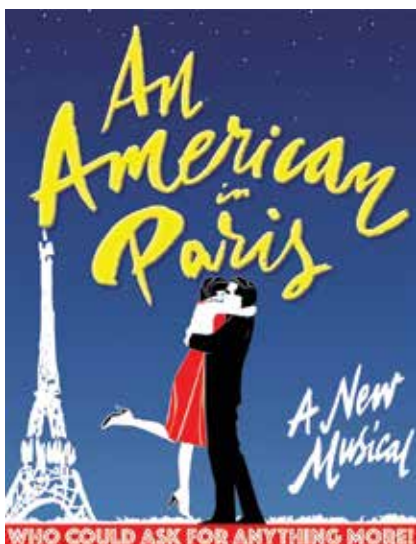
● **Caddo Council on Aging**
Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. 9:30 a.m. Coffee and cookies; 10 a.m. program. **FREE**. Call 676.7900 for more information.
• Fridays, February 7, 14, 21, 28. 10 a.m. Senior Tech Talk. Introduction to Laptops, tablets and smart phones
• Thursday, February 6. 10 a.m. "Scams", Joni Blythe, Citizens National Bank
• Thursday, February 13. 10 a.m. "Rheumatology & Rheumatic Conditions" Dr. Robert E. Goodman
• Thursday, February 20. 10 a.m.

"Gardening Questions & Answers", Dr. Joe White, Horticulturist
• Thursday, February 27. 10 a.m. "After the Mardi Gras"

EVENTS

● **AARP Safe Driving Class**
Hosted by Caddo Parish Sheriff's Office. noon to 4 p.m. on Wednesday, February 12, at the Northwest Regional Re-Entry Facility, 1121 Forum Drive in Shreveport. This 4-hour refresher course is for drivers 50 and over and may qualify participants for an automobile insurance premium discount. Class size is limited and pre-registration is required. Payment should be made at the time of the class. The cost is \$15 for AARP members and \$20 for non-members. Make cashier's check or money order payable to AARP or pay in cash with the exact amount. To register contact Deputy Vickie Johnson in Community Programs at 681-0870.

● **C-Change Primer**
An engaging program hosted by the



An American in Paris • March 6

\$18.99 ALL-YOU-CAN-EAT
CAJUN BUFFET
SATURDAYS | 4:30PM - 10PM

Tax and gratuity are not included. See Rewards Club for details. | I-20, Exit 20A | 1-318-678-7777 | 1-866-552-9629 | www.diamondjacks.com



G A M B L I N G P R O B L E M ? C A L L 1 - 8 7 7 - 7 7 0 - 7 8 6 7

Shreveport Garden Study Club that uses visual data, charts and photographs to provide an accessible overview of the science behind climate change and a clear-eyed assessment of the potential risks ahead. Kathleen Biggins, the founder of C-Change Conversations, will present on Monday, February 10 from 10-11 a.m. in the LSU-S University Center Theatre, One University Place, Shreveport. **FREE** and open to the public. To reserve a spot, go to climatechange-shreveport.eventbrite.com



Feb. 27-29; March 1, 6-8

● Family Health Day

February 8, 9 a.m. - 1 p.m., Feist-Weiller Cancer Center, 1405 Kings Highway, Shreveport. **FREE** health screenings and tests. No reservation required. **FREE** breakfast and lunch. **FREE** health information. Door Prizes. Call 318-813-1485 for more info.

MEETING

● Ark-La-Tex Genealogical Association Meeting

Saturday, February 8, 1 to 3 p.m. at the Cedar Grove/Line Ave Branch Library, 8303 Line Ave, Shreveport. Guest speaker is Chandra Lester, Family Historian. She will speak on the research she has done to find her military ancestors. In addition, Ms. Margrett Ford will brief on the Smithsonian National Museum of African-American History and Culture located in Washington, D.C. This program is **FREE** and open to the public. For information call 746-1851 or visit www.altgenealogy.com.

● Creative Art Connection Monthly Meeting

630 Barksdale Blvd., Bossier City in The Annex. Monday February 10,

6:00 – 8:00 pm. Bossier Parish Community College Instructor Lily Thompson will be demonstrating art using thread. Refreshments and social time will precede demonstration. Public is invited. **FREE**. For more information call 318-861-3324.

MARDI GRAS

● Parades

- Krewe of Barkus and Meoux Pet Parade: Sunday, Feb. 9. Festivities begin at noon; parade marches at 3 p.m. 2000 Reeves Marine Center, Bossier City
- Krewe of Centaur: Saturday, Feb. 15 beginning at 3:30 p.m. The parade begins at Lake street, follows Clyde Fant Parkway south from downtown Shreveport, turns right onto Shreveport-Barksdale Highway and ends in the Broadmoor neighborhood at East Kings Highway Park.
- Krewe of Gemini: Saturday, Feb. 22 at 3:30 p.m. The parade begins at Lake street, follows Clyde Fant Parkway south from downtown Shreveport, turns right onto Shreveport-Barksdale Highway and ends in the Broadmoor neighborhood at East Kings Highway Park.
- Krewe of Highland: Sunday, Feb. 23 at 2:00 p.m. The parade begins at the intersection of Gregg Avenue and Gilbert Drive and follows a circular route through the historic Highland neighborhood.

THEATRE

● "An American in Paris"

Friday, March 6 at 8 p.m. at the Strand Theatre, 619 Louisiana Ave, Shreveport. Don't miss this Tony Award-winning musical about an American soldier, a mysterious French girl and an indomitable European city, each yearning for a new beginning in the aftermath of war. Also honored as "Best Musical" winner by Drama League Award and Outer Critics Circle Award, this beautiful, all new production was inspired by the Academy Award-winning 1951 film, *An American in Paris*, and features music and lyrics by George and Ira Gersh-

win. Tickets are \$75, \$62, \$47, \$25 Student. For tickets call (318) 226-8555 or visit thestrandtheatre.com.

● "Finding Neverland"

Saturday, February 8 at 8 p.m. at the Strand Theatre, 619 Louisiana Ave, Shreveport. *Finding Neverland* tells the incredible story behind one of the world's most beloved characters: Peter Pan. Based on the critically acclaimed Academy Award winning film. \$75, \$62 \$45, \$25 Student. For tickets call (318) 226-8555 or visit thestrandtheatre.com.

● "The Marvelous Wonderettes"

Presented by the Shreveport Little Theatre. February 27, 28, 29, March 6, and 7 at 7:30 p.m., and March 1 and 8 at 2 p.m. This smash off-Broadway hit takes you to the 1958 Springfield High School prom where we meet four girls with hopes and dreams as big as their crinoline skirts! As we learn about their lives and loves, the girls serenade us with classic '50s hits including "Lollipop," "Dream Lover," "Stupid Cupid," and "Lipstick on Your Collar." In Act Two, the Wonderettes reunite to take the stage and perform at their ten-year reunion. We learn about the highs and lows the girls have experienced in the past decade. Featuring over 30 classic '50s and '60s hits, *The Marvelous Wonderettes* will keep you smiling in this musical trip down memory lane! Season member reservations begin on Tuesday, February 11. Tickets go on sale to non-members on February 18. Tickets are \$25. Call (318) 424-4439 or email boxoffice@shreveportlittletheatre.com.

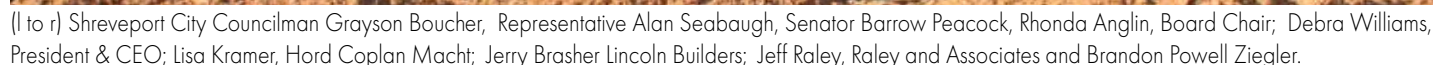


Mardi Gras Parades



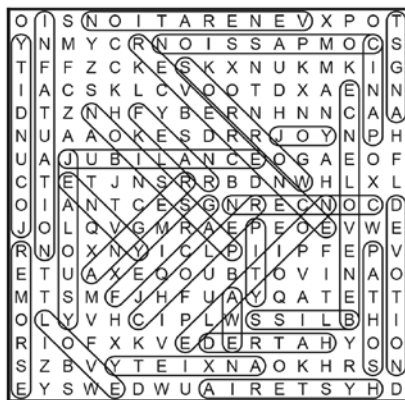
ARTHRITIS & RHEUMATOLOGY CLINIC
ROBERT E. GOODMAN, MD
Board Certified Rheumatology

740 Jordan Street • Shreveport, LA • 71101
318.424.9240 • arthdoc.com



Row 1: Cassandra Key and Chuck Thompson, Renzi Center; Mary O'Neal, Caddo Career Center; Ginny Hines, Red River School; Susan Fortenberry and Ariel Stewart, Shreve Memorial Library. Row 2: Rose Mary Martin, DAR Chapter; Shady Darzeidan, Renzi Center; Wes Pepitone, Veteran's Home; Allan Stoll, Jr., St. George Church; Alison Hughes, Red River Parish Schools; John Tuggle, Shreve Memorial Library.

(from page 42 & 43)

February 2020 **47**

Regional Hospice

When a higher level of care is needed at *home* we can help you find the
missing piece!

Did you know
Regional Hospice provides?

- Nurse visits scheduled and available as often as needed
- RN available 24 /7 including holidays and weekends
- Full time Physician available 24/7
- Full time Respiratory Therapist on staff
- Aide services for bathing, personal care, and feeding
- Social Worker to assist with resources
- Chaplain to provide spiritual support
- Medical equipment delivered to your home
- Medications provided and delivered to your door

Shreveport
318.524.1046

Minden
318.382.9396

Homer
318.927.9217

Coushatta
318.932.9465

Locally Owned and Operated

home: patient's home, nursing home, or assisted living



WE HONOR VETERANS