

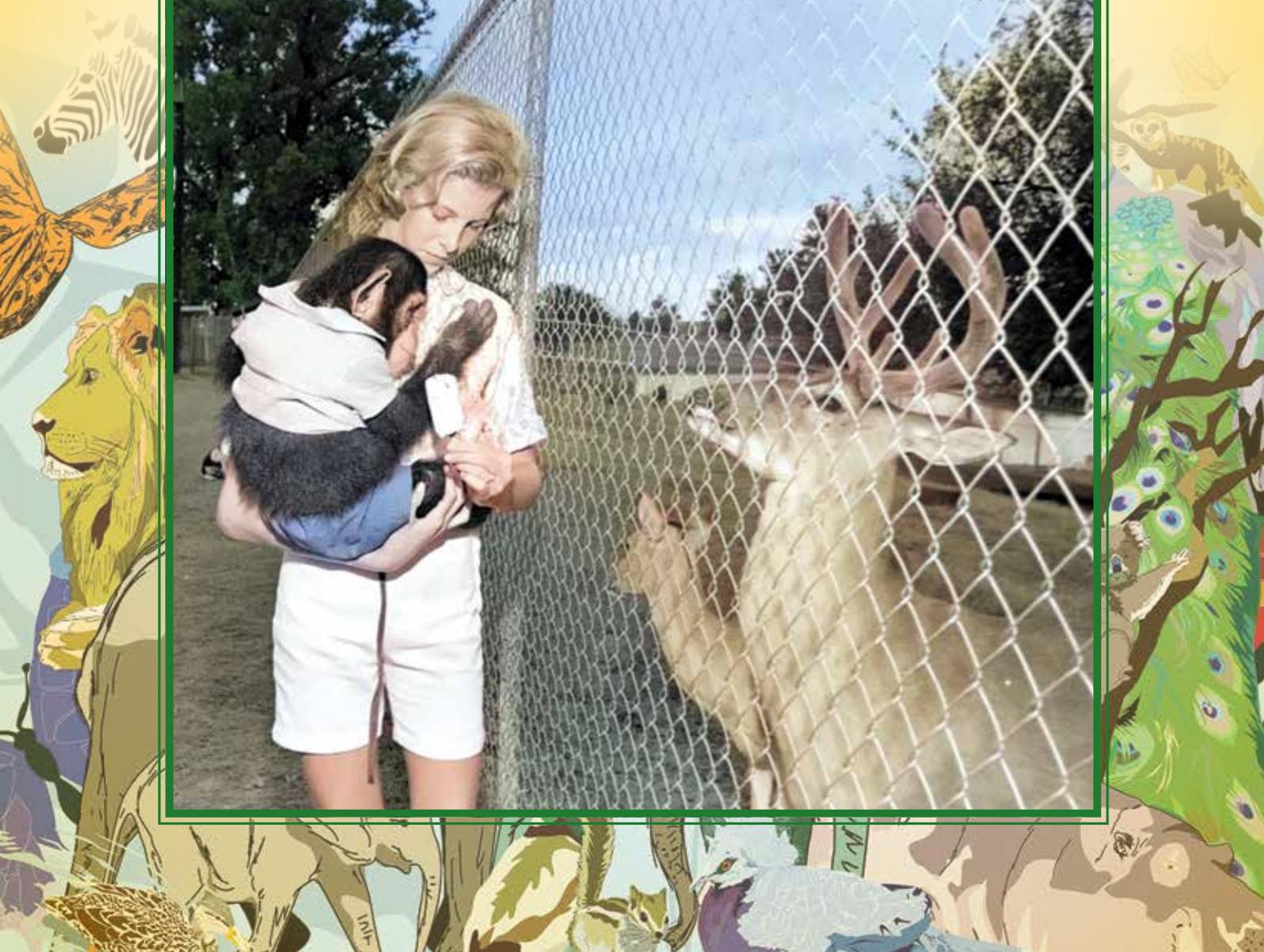
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# May Contents

## Brief

6 Stat! Medical News & Info

## Feature

17 Growing Up Hamel  
by Sarah (Sally) Hamer

## Advice

8 Laws of the Land  
The Case of the Dying Church  
by Lee Aronson

10 From the Bench  
The U.S. Constitution and the Fifth Amendment  
by Judge Jeff Cox

12 Strategies for Living  
Increase Awareness of the Little Things  
by David McMillian

14 Eat Well Live Well  
Discover the Flavor of Fresh Cilantro  
by Abigail McAlister

## Column

22 Tinseltown Talks  
Still Dreaming of Jeannie  
by Nick Thomas

## In Every Issue

24 Our Famous Puzzle Pages

26 Save the Date

29 Parting Shots



## Residential and Commercial Landscaping and Irrigation "Celebrating 38 years in business"

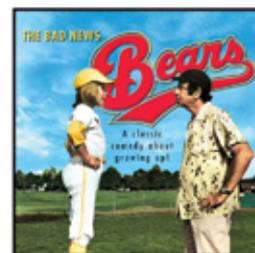
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**MAY 6**

**What Healthcare Consumers  
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*Dr. Firouz Daneshgari, a recognized  
leader in academic medicine*

**MAY 13**

**Traveling to Exciting India**

*Gary Calligas will discuss his recent  
amazing two week trip to India*

**MAY 20**

**Senior Primary Care  
Services**

*REMOTE BROADCAST  
featuring officials from Centerwell  
Primary Care Center in Bossier City*

**MAY 27**

**Destined to Fly – The Story of  
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*Sally Hoedel, author and historian*



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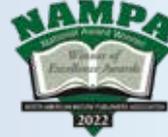
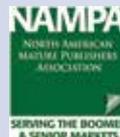
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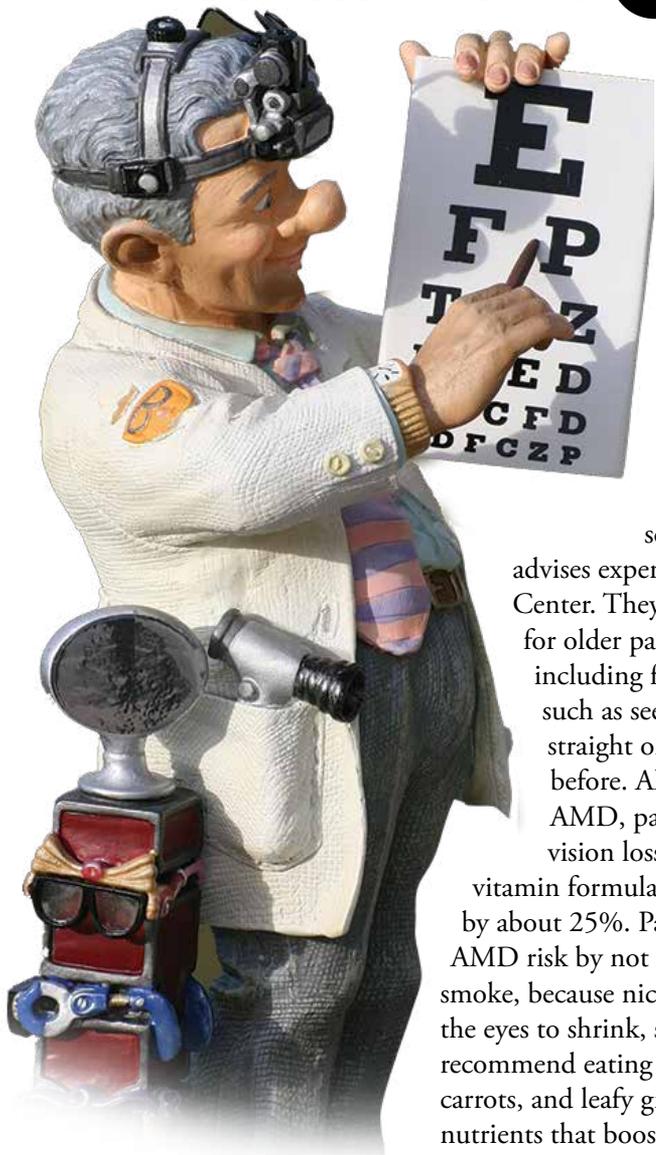
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# Stat!

## Medical News & Info



### Patients With Family History of AMD Should Be Screened By 55

Patients with a family history of age-related macular degeneration (AMD), the leading cause of permanent vision loss in those older than 60, should visit an ophthalmologist by age 55 to be screened for signs of the disease, advises experts at UT Southwestern Medical Center. They also recommend AMD testing for older patients who experience symptoms including fuzzy, blurry, or distorted vision such as seeing lines as wavy instead of straight or colors more faded or dull than before. Although there is no cure for AMD, patients can receive care to slow vision loss. The physicians learned that the vitamin formula AREDS2 slowed degeneration by about 25%. Patients can also reduce their AMD risk by not smoking and avoiding cigarette smoke, because nicotine can cause blood vessels in the eyes to shrink, speeding degeneration. They also recommend eating foods such as berries, apples, carrots, and leafy green vegetables because they have nutrients that boost eye health.

### Gardening Can Save Your Life

People who garden experience many health benefits, including easing of stress and anxiety and a lowering of the risk for various illnesses, according to researchers from the Department of Environmental Studies at the University of Colorado Boulder and the University of South Carolina's Cancer Prevention and Control Program. Researchers found those who garden tend to be a healthier weight, exercise more, and eat more fibrous fruits and vegetables, which reduces risk for cancer and improves heart health.



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### Rapid Loss of Smell Predicts Dementia and Smaller Brain Areas Linked to Alzheimer's

Though we often undervalue our ability to smell compared to our abilities to see and hear, our olfactory sense provides our brain with critical information, from detecting potential dangers like smoke to recognizing the sweet smell of baking cookies. Researchers at the University of Chicago Medicine have discovered another reason to appreciate our sniffers. Not only can a decline in a person's sense of smell over time predict their loss of cognitive function, it can foretell structural changes in regions of the brain important in Alzheimer's disease and dementia. The findings, published in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, could lead to the development of smell-test screening to detect cognitive impairment earlier in patients.

## Exercise May Reduce Negative Effects of Unhealthy Sleep Duration on Longevity

Sleeping too little (less than 6 hours) or too long (more than 8 hours) is linked with a shorter life, but scientists have found that physical activity counteracts some of these negative effects. Regarding those with low amounts of physical activity, short and long sleep were associated with 16% and 37% raised risks of all-cause death. In participants with intermediate amounts of exercise, only short sleep was detrimental, with a 41% raised likelihood of all-cause death. In those with a high amount of exercise, sleep duration was not linked with risk of death. The research was published in *European Journal of Preventive Cardiology*.



## Depressed and Aging Fast

Older adults with depression are actually aging faster than their peers, UConn Center on Aging researchers report. According to researchers, these patients show evidence of accelerated biological aging, and poor physical and brain health, which are the main drivers of this association. To their surprise, the severity of a person's depression seemed unrelated to their level of accelerated aging. However, they did find that accelerated aging was associated with worse cardiovascular



health overall. People with higher levels of aging-associated proteins were more likely to have high blood pressure, high cholesterol, and multiple medical problems. The accelerated aging was also associated with worse performance on tests of brain health such as working memory and other cognitive skills. The study was published in *Nature Mental Health*.

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## The Case of the Dying Church

There was a church in Massachusetts that was dying. Or as the Judge put it, “the church’s membership began to wane” and “its financial difficulties mounted.” The remaining church members eventually voted to close the church and tried to sell its property, which included a graveyard,

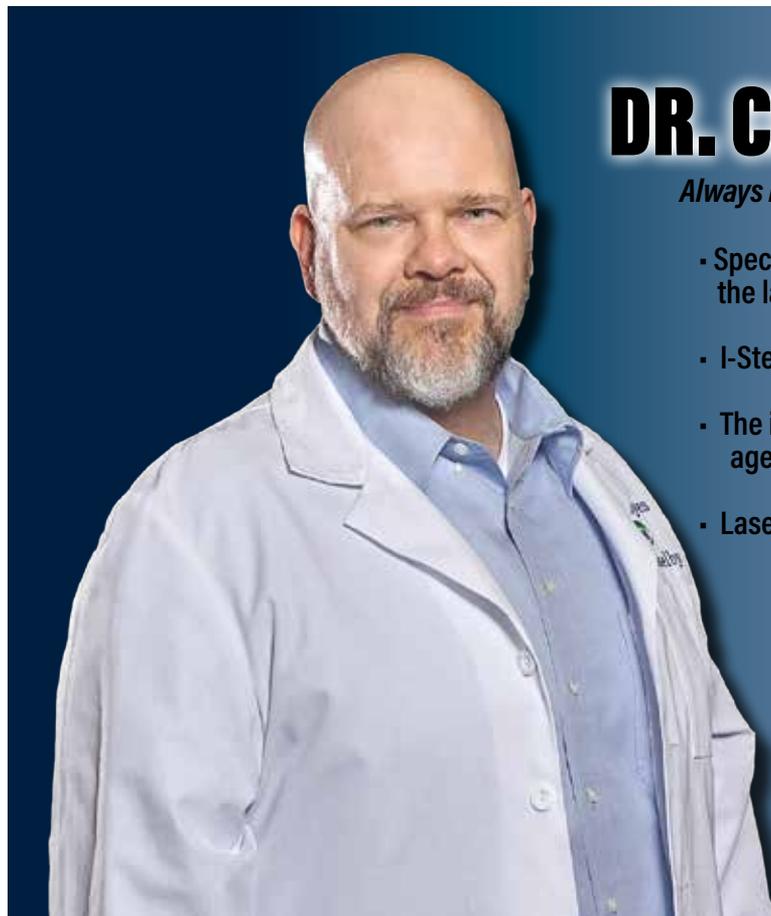
A church of a different denomination was interested in buying, but it had a problem with the graveyard because many of the people who had been buried there had been cremated. (I always thought that cremated ashes ended up in an urn on the fireplace or scattered in nature, but apparently it is fairly common for ashes to be interred in a graveyard.) The buying church’s religious beliefs did not permit cremation, so the dying church “agreed to disinter and relocate the cremains as a condition of the sale.” This was OK with some of the families of the people buried there,

but it wasn’t OK for all of the families.

At that point, the selling church was unsure what to do, so the remaining members took a close look at the rule book it had written when it first started the graveyard. Those rules did not allow for disturbing or

removing remains without the family’s permission. The dying church came up with the idea of changing its rules so that the church could remove the cremains without the consent of the families. Twelve of the families responded by suing. They did not want the remains of their loved ones moved! One of the things they told the Judge was that “people can’t just change the rules whenever they want. That’s not fair!”

The Judge took a close look at the paperwork that was signed when families had bought plots in the cemetery. Here’s what the paperwork said: “You are buying a right of interment and any such right conveyed is subject to regulation by the church.” That means that the church could make its own rules for the graveyard. And the sales contract also specifically stated that the sale was “subject to the regulations of the Churchyard now or hereafter in force.” In other words, the church could change the rules whenever it wanted to.



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The Judge pointed out that this was not all that unusual. There had been a similar older case in Massachusetts. In that older case, when the church sold a plot, the sales contract stated that it was “subject always to the following regulations, or such others as may be from time to time prescribed.” The judge in that case had found it perfectly legal for a sale of a burial plot to be subject to rules that could change in the future.

The furious families of the 12 cremated decedents quickly appealed. The appellate judges found that there are “many such situations where the need of a church to close and sell its property would permit, or even require any remains on that property to be relocated. The edifice may be consumed by fire, or otherwise destroyed; or it may decay; or the place may become unsuitable for such a building; or for various other reasons it may be proper to abandon or sell it. And in such cases it would be improper to leave the tombs and the remains deposited in them; obvious pro-

priety would require that the remains should be removed to some suitable place.” As a result, the appellate judges concluded “that the failing membership and financial unviability of the church make it proper to sell the church’s land and permit it to relocate the cremains as a necessary condition of the sale.”

In other words, the dying church in Massachusetts was allowed to move the cremains without the families’ permission.

But I’m not so sure that the same thing would have happened if the graveyard had been in Louisiana instead of Massachusetts. That’s because Louisiana has “a long history of maintaining the sanctity of the grave.”



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

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# The U.S. Constitution and the Fifth Amendment

I am continuing my discussion of the United States Constitution from the previous articles. Probably everyone who has seen a courtroom movie or movie involving testimony

before a Congressional Committee has heard a person state on the advice of their attorney, they are claiming the Fifth Amendment right to silence. But what does this mean and why do they claim it? In this article, I will talk about the Fifth Amendment and the protections it affords citizens of the United States.

The Fifth Amendment provides in pertinent part:

*No person shall be held to answer for a capital, or otherwise infamous crime, unless on a presentment or indictment of a Grand jury...; nor shall any person be subject for the same offense to be twice put in jeopardy of life or limb; nor shall be compelled in any criminal case to be a witness against himself; nor be deprived of life, liberty, or property, without due process of law; nor shall private property be taken for public use, without just compensation.*

The Fifth Amendment grants citizens a number of rights. The drafters of the Constitution wanted to make sure to explain the rights of a citizen due to the injustices they felt they had received at the hands



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of the British monarchy. Citizens of the colonies had been held for capital offenses, such as treason or murder, without ever having any knowledge of why they were being held. When they were arrested, they were subjected to all kinds of interrogation tactics to make them confess. In addition, citizens of the colonies could be placed in jail for lengthy periods of time without a trial or appearing before a judge. The drafters of the Constitution also placed a safeguard to make sure that property could not be taken without a court proceeding and just compensation for the property taken.

As you can see, the Fifth Amendment has a number of things to say about protections for the individual's rights. If a capital offense, such as murder or rape is expected to be charged against an individual in the United States, the evidence has to be presented to a Grand Jury. The Grand Jury makes the determination whether or not to indict the individual. The Grand Jury can either indict the person or determine there is not enough evidence for an indictment. The decision is not arbitrarily left to one person on these types of crimes.

In addition, once an individual is arrested for or investigated for any type of crime that involves government officials, meaning law enforcement officers, the person being investigated cannot be forced to testify against himself or herself. In 1966, the United States Supreme Court rendered *Miranda vs. Arizona* which stated that the right to remain silent must be presented to every individual who faces the threat of criminal prosecution. The individual under investigation must understand they have the right to remain silent and have the right not to incriminate themselves in any criminal activity. The Fifth Amendment further dictates that proceedings must take place in order to deny a person of their life or liberty. This means that any person that faces criminal prosecution is entitled to a trial, and depending on the nature of the charges, the trial will either be conducted before a judge or a jury.

Finally, the Fifth Amendment guarantees that your private property cannot be taken without due proceedings, meaning a trial or hearing, and without just compensation. Usually, these types of proceedings occur when the government needs to take property in order to construct something for public use like a highway or public use building. The drafters of the Constitution attempted to keep the government from just taking property at a whim and without compensating the owner.

As you can see the Fifth Amendment covers numerous rights that the individual citizen is guaranteed. This article only scratches the surface as numerous cases, arguments, and books have been written on the Fifth Amendment. But hopefully, the next time you hear someone claim the "Fifth", you will understand what they mean.



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



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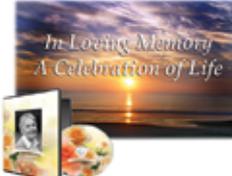
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# Increase Awareness of the The Little Things

Where has respect for one another, and for us individually, gone? Perhaps social media especially makes it extremely easy to “fire, ready, aim!” Do I ever ask myself “What am I thinking” (W.A.I.T.)? Maybe I could increase thought and awareness of “the little things;” that is really all we can do. Maybe that is enough!

I try to limit my time in “the jungle,” other than to stay informed, but as I read Facebook posts or hear people talking “politics,” either on the news or out socially, I hear people referring to “Biden, Obama, Trump,” or to “McCarthy, Pelosi, McConnell, Schumer” or some rather “descriptive term.” I hear it equally from both sides. Do we even think any more about the office these folks hold? *The President of the United States, the Speaker of the House of Representatives, or Majority Leader of the United States Senate*, past or present?



It could be the mayor of our city, or it could even be the *Manager* of the store I am in. We can disagree with politics and policies, and still respect the *office or position* held. In fact, how about just respecting a fellow human being? After all, no matter what we think of policies, politics, or position, do I stay *aware* that I am dealing with a fellow *Child of God*.

How about this; if you attended church on Sunday, did you look around and observe how folks were dressed? I see a wide range of from “Sunday Best” to short, t-shirt, and flip-flops. Don’t get me wrong, it’s good to show up at church, but have we lost total respect for a variety of behaviors and institutions we once held in esteem and importance?

There is a Proverb that says, “If everyone sweeps in front of their house, the whole street gets cleaned.” Perhaps I need to pick up my broom and get busy. At least it would bring a change to “my world,” and who knows, the street may be just a little cleaner.

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## Discover the Flavor of Fresh Cilantro

Over the years, cilantro has become more popular in the United States. It's an herb commonly found at local supermarkets, and it can be useful in seasoning your food without adding extra salt. Wanting to learn more about cilantro? Read below!

Did you know all parts of the cilantro plant are edible? It's true! The leaves and stems are known as cilantro, while the seed of the plant is the spice we know as coriander. Cilantro is commonly used in Asian, Latin American, and Caribbean cuisine. You may see it in salsa, on top of a taco, or in Thai or Vietnamese dishes. Coriander is commonly used for pickling, brining, and in curry dishes, meats dishes, sausages, and baked goods.

Not too fond of cilantro? You are not alone. There is a mixed consensus on what people perceive cilantro to taste like. People who enjoy cilantro think

it tastes fresh, citrusy, or fragrant. Others may find that it tastes soapy or dirty. Some people even think it tastes like bugs! With such mixed opinions on cilantro, researchers set out to find the reasoning behind these different tastes. They found that people who do not like cilantro have a gene that makes them more sensitive to a certain component of the herb, which causes them to taste unpleasant flavors when eating it. Those who enjoy cilantro may have a genetic mutation which causes them not to smell or taste this unpleasant component.

For those of us who love fresh cilantro and plan to cook with it, it's important to know how to store it. Cilantro is delicate and does not have a long shelf life. It's recommended to refrigerate cilantro that you will be using within a few days. If you don't plan on using it within a few days, cilantro can be frozen and thawed for later use. There are a few different ways you can store cilantro in the fridge. The first method is to store your cilantro leaves similar to fresh cut flowers. When you bring your cilantro home from the market, remove the rubber band keeping the bunch together, then place the entire bunch upright in a clean jar or glass filled with an inch of water. Then, loosely cover the leaves with



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a plastic bag and store this arrangement in the refrigerator. Storing your cilantro using this method will extend its shelf life and you may notice it keeps fresher for much longer than normal - even up to a month from when you purchased it! Results may vary based on a variety of factors. The second way to refrigerate your cilantro would be to remove the rubber band and place the bunch in an airtight container. This method is easier, but your cilantro may wilt faster than if stored using the “cut flower method.”

Before using fresh cilantro, be sure to rinse it under cold running water to remove dirt and then pat it dry. If adding cilantro to a cooked dish, add it near the end of cooking or when the dish is finished cooking. This will help preserve the flavor of the herb, as heat can break it down. If adding cilantro to a cold dish, add it several hours ahead of time to allow for flavors to blend together. If your recipe calls for fresh cilantro but you only have dried leaves on hand, note that one Tablespoon of fresh cilan-

tro is equal to one teaspoon of its dried counterpart. However, do take note that cilantro’s flavor is best when the herb is fresh and not dried.

Using herbs and spices is a great way to season our food without using salt, but sometimes it may seem overwhelming if you don’t know where to start. The best way to figure out how you like to cook with cilantro it is to experiment with it! There are certainly foods that cilantro is known to pair well with, like salsas, guacamole, salads, tacos, and dipping sauces, but the sky is the limit! Next time you have fresh cilantro in your fridge, try it in a new recipe. You never know what you’ll discover!

*Abigail McAlister is a Registered Dietician and nutrition agent with LSU AgCenter for Caddo and Bossier Parishes. Her focus is adult nutrition education and promotion. Contact her at amcalister@lsu.edu.*



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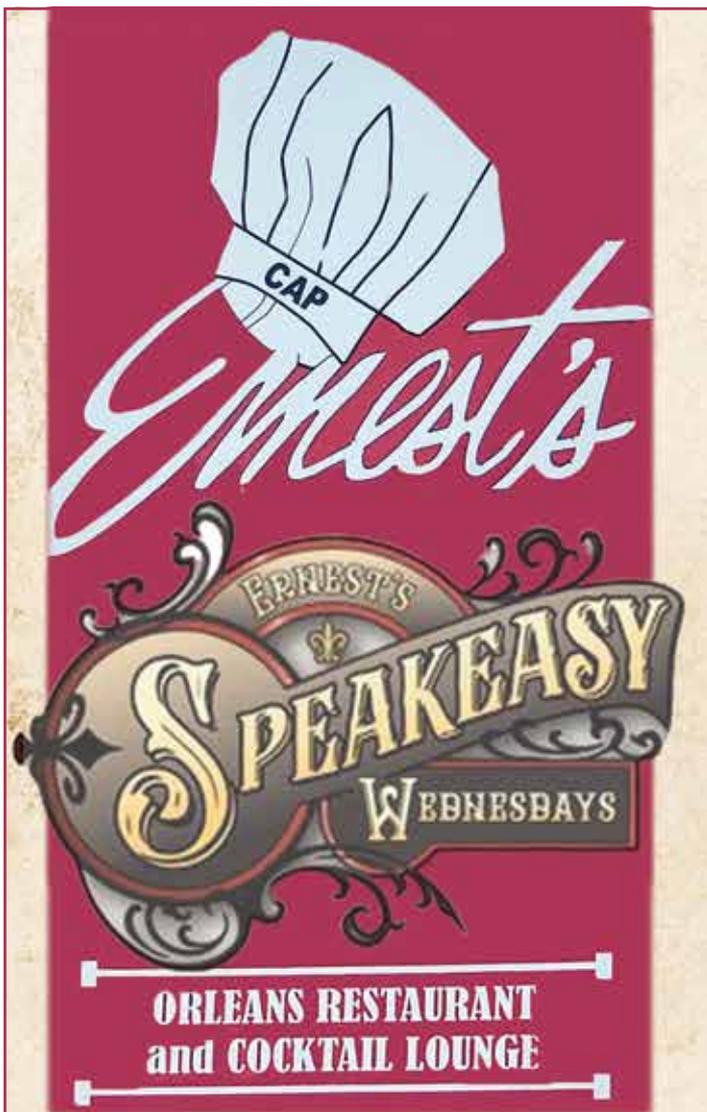
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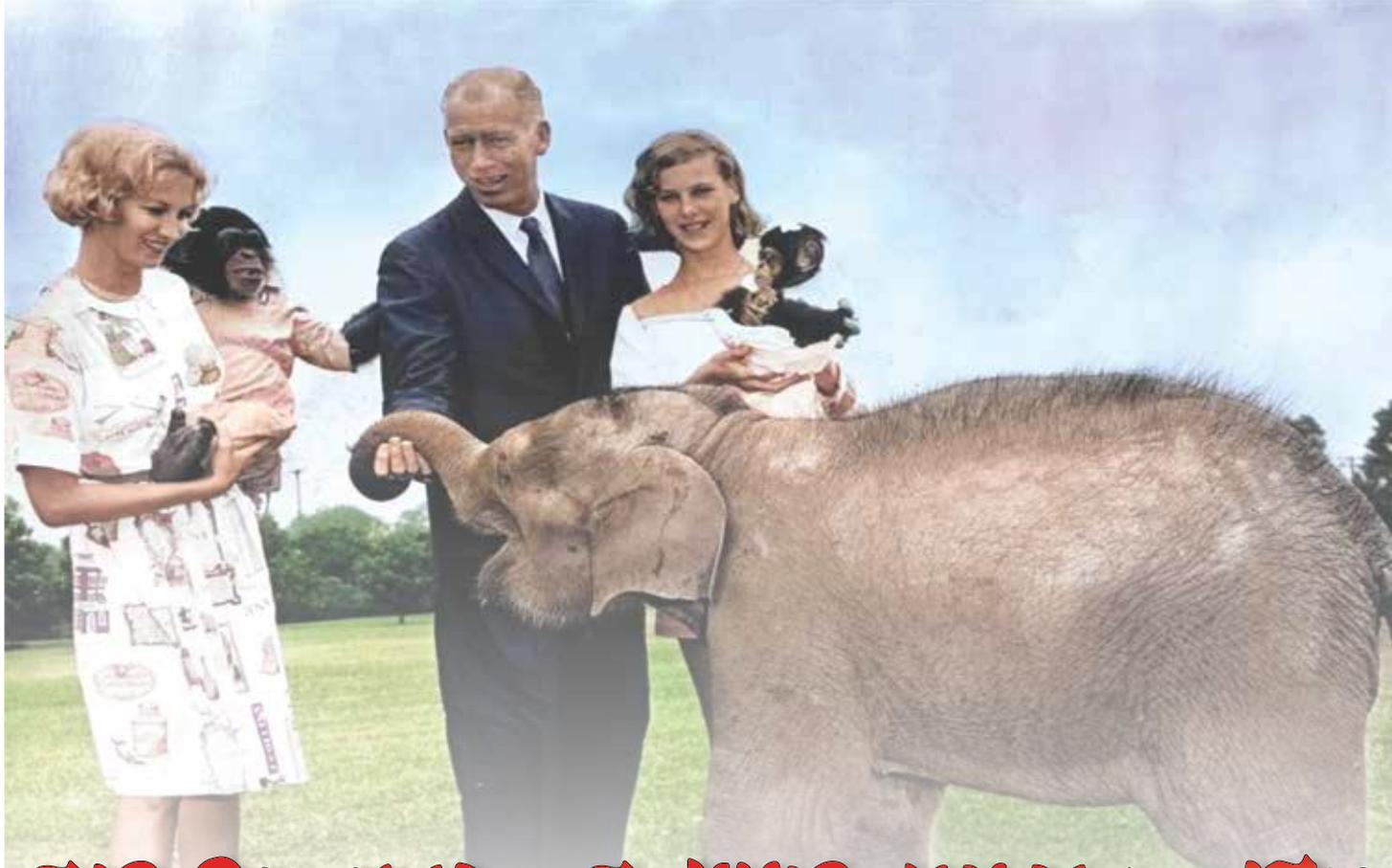
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# GROWING UP HAMMEL

By Sarah (Sally) Hamer

Photos Courtesy of Carolyn Hamel Griffen And Colorized By Twin Blends Photography

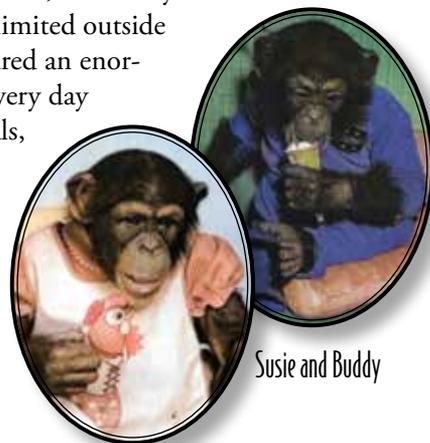
Almost every kid in the world wants to live in a zoo, right? I know that, when I was growing up, my folks took us to the Kansas City Zoo at Swope Park and I loved every minute of being there. Imagine really living in a zoo! That's what Carolyn, Milton, and Jean Hamel did for thirty years.

What was Hamel's Amusement Park began as a dairy. Mr. Hamel owned around 1400 acres of land in Southeast Shreveport and provided milk and ice cream to a large part of Shreveport. Then, in 1960, he decided to add livestock, including a few llamas, sheep, and goats as part of a petting zoo for the kids while their parents bought dairy products. Over the years, more animals arrived: peacocks, zebras, bears, a hippopotamus, two chimps, and even a baby elephant, and the petting zoo became a real-life, major zoo.

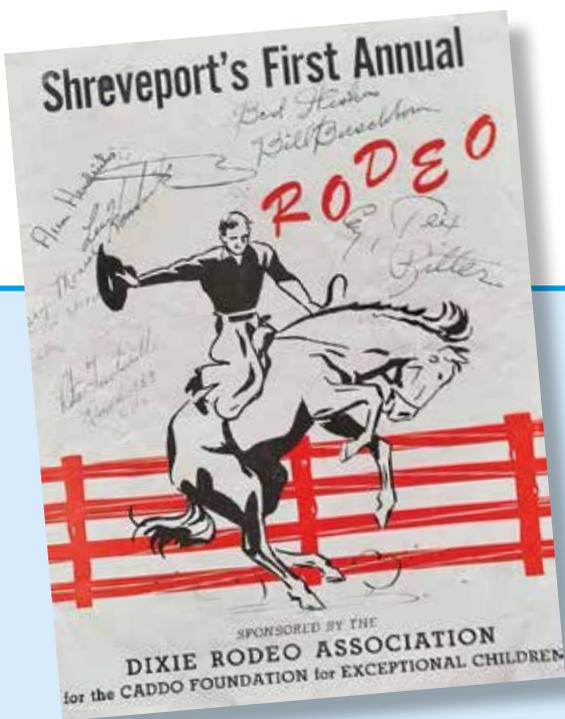


Charles Hamel

I spent a lovely afternoon with Carolyn Hamel Griffen, who told me dozens of stories about the experience. [Because it was a private zoo, the family took care of almost everything with limited outside help. "My mother prepared an enormous amount of food every day for the sixty or so animals, from making a sort of mush for the bears to cutting up fruit for Buddy and Susie, the two chimps, and huge plates of vegetables for other animals. When Lady Lemah, the baby



Susie and Buddy

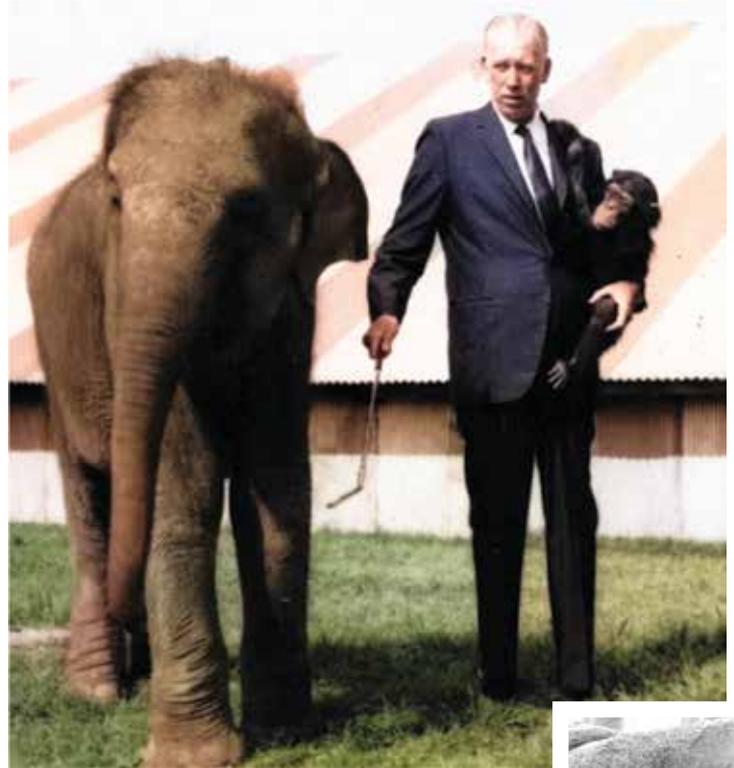


## Dixie Garden Rodeo

Not only did Charles Hamel run a zoo and an amusement park, he also created the Dixie Garden Rodeo in the early 1950s. According to Carolyn Hamel, “Almost every home had at least one horse in their back yard. So Daddy turned a couple of acres into a rodeo where everyone had a bunch of fun on Saturday nights.”

The Dixie Gardens Rodeo Association turned into a major event over the years, with as many as five thousand people bringing lawn chairs in 1952 to watch barrel racing, pole bending, and calf roping on a regular basis. There even was a quadrille, a choreographed dressage ride where horses “danced” to music. At some point, the rodeo was moved to the Louisiana Fair Grounds. Over the years, lots of famous people supported the rodeo, including Tex Ritter, Slim Pickens, the Hendricks family, and Jean and Bobby Clark.

All of the admission proceeds were donated to the Caddo Foundation for Exceptional Children where a building was built with the money.



Charles Hamel, Lady Lemah & Buddy

elephant arrived, she was fed bananas and hay. David P. Hippopotamus ate two bales of hay every day, with greens, lettuce, and grain also as part of his diet.” When I asked her about the other end of the equation – the enormous amounts of manure – she just laughed and said she didn’t have to worry about that, because someone else took care of it.

David P. was a baby when he arrived. But he soon acquired a couple of good friends. An African mountain sheep from the next pen would jump the fence and they would

run around the pen playing tag. When David P. was small, the mountain sheep could occasionally butt him and send him head-over-heels but, as David P. grew and was harder to move, the sheep didn’t visit as often. Another friend was a chicken who stayed close to David P. and shared food with him until evidently one day David P. had enough and ate him. “There were feathers everywhere!” Carolyn said, shaking her head.

Two black bears joined the zoo and basically ignored the crowds of children who tried to interact with them. They escaped one night and had to be tempted with some of their favorite treats, including the ice cream Mr. Hamel often fed them, before they surrendered and came back home.





Carolyn, Lady Lemah and Charles



Feeding otters



David P Hippopotamus and sheep

One of the most popular residents was Buddy, the chimpanzee. He seemed to love the attention he got but returned the favor by throwing mud and other unmentionable items at people who came too close to his cage. He even discovered a way to create the mud by flooding his cage with water and making his own ammunition. Mr. Hamel purchased another chimp, Suzy, to keep Buddy company but she seemed to like Mrs. Hamel more, spending a lot of time curled up in her lap.

In 1964, the main attraction, an eight-month-old baby elephant came to live at the zoo. Originally from Thailand, Lady Lemah (Hamel spelled backwards) weighed five-hundred pounds and stood about forty inches high. She



Carolyn and Buddy

flew halfway around the world, delighting the flight attendants, and was picked up by Carolyn and her dad in Dallas. According to Ed Freedman, *The Shreveport Journal* reporter, “A customs inspector examined the cargo to make sure it conformed to the bill of lading. She was, he declared, an elephant,” just as the paperwork said. “The customs man didn’t look in the elephant’s trunk for contraband,” sure that she wasn’t carrying any. Just as well. Her trunk was kept busy with the Hamel’s Dairy milk Mr. Hamel had brought to feed her. Lady Lemah’s welcome ceremony was so large, Mr. Hamel hired off-duty policemen to help with traffic.

The elephant quickly became attached to Mr. Hamel and followed him everywhere she could, even into the house to get a snack – usually a dozen ice cream cones from the ice cream bar inside. No one has to let her in since she’s figured out a way to turn the doorknob with her trunk.

After delighting the children of the area for years, Lady Lemah died and was buried under a tree at the north end of what is now the Charles and Marie Hamel Park in between Clyde Fant Parkway and the Red River. Carolyn believes she died of a broken heart just months after Mr. Hamel died in 1969.

“She adored him and refused to eat after he died.”

“My dad loved kids, and it gave him great joy to work with the animals there.” I asked about what they did when the animals got sick which, whether we like it or not, is a huge part of a zoo. She told me that her dad would often talk to the people who cared for the animals in any circus that came to town, asking questions and making sure his local veterinarian could be present. This

was, of course, prior to the internet, so any information really could help.

There are many more stories of the zoo, like the “surprise” zebra being born. In fact, he was named “Surprise” because no one knew he was coming. The otters, who had to be fed fish every day, were a favorite. Ostriches, bison, turkeys, burros from Mexico, all thrived from the love and care the Hamel family gave them, and from the thousands of children who loved driving down to “the country” to see them.

As the zoo grew, so did the number of people coming to visit. Eventually, Mr. Hamel built a mile-long railroad around the property so that the children could see the animals without having to walk so far. “He laid it out and practically built the track by hand,” Carolyn said. Then, in the 1970s, a building with children’s rides and a venue for birthday parties appeared, followed by the larger rides like the roller coaster, and it became Hamel’s Amusement Park. After Mr. Hamel’s death, because of the burden on the family, they offered the animals to the City of Shreveport for a public zoo, but it didn’t work out. So, the animals found homes in other zoos in the area.



But the park, which was the largest in Louisiana, stayed open for another thirty years. Including a roller coaster, a log flume ride, and the children’s barn, Hamel’s was the “go-to” area for a birthday party or holiday gathering for years. My kids certainly loved it! They even had area celebrities, like Terry Bradshaw, host get-togethers there.

Unfortunately, a tornado destroyed many of the rides in the early 1990s, bending the Ferris wheel in half. The Hamel family eventually sold the park and, because of liability concerns, the park finally closed in 1999, bringing four decades of family entertainment to an end.

Charles and Marie Hamel, along with their children, Carolyn, Milton, and Jean, gave Shreveport’s kids many years of great joy. Hamel’s was a tradition for many of us, and we miss it.

Sarah (Sally) Hamer, B.S. MLA, is a multi-award-winning author who teaches creative fiction at LSU in Shreveport. She is fascinated by how people tick and loves to explore the world around her.

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## Still Dreaming of Jeannie

No doubt many a teenage lad, and even a few adults, developed a major crush on Barbara Eden during her 5-season run in the 60s sitcom “I Dream of Jeannie.” Now 91, fans are delighted to see the actress looking so youthful and healthy.

“I have exercised all my life and now do a mild spin (stationary) bicycle and walking,” Eden said from her home in Los Angeles. “I’ve always been careful about what I eat but I’m not fanatic about it – I’m a carnivore! I try to stay away from sugar, but unfortunately I like it too much.”

As for her skincare, she does adhere to a ritual. “I use sunscreen every day and Estee Lauder line repair that I put underneath the sunscreen and underneath moisturizer before I go to bed.”

But Eden and her husband of over 30 years, Jon Eichholtz, did experience a health scare after contracting COVID.

“We caught it early and Jon was very ill,” she recalled. “Our doctor had us infused with the antibodies right away and luckily I wasn’t sick. We did catch the variant later, but it was just like a cold.”

Growing up in San Francisco, young Barbara dreamt of becoming a singer, spending two years at the local Conservatory of Music and taking singing engagements with bands around the Bay Area. But after moving to LA in the early 1950s, her stunning beauty, charm, and talent inevitably led to Hollywood.

Best known for her role as the magical genie in the popular NBC series, Eden has delighted fans for decades with appearances at TV conventions and Hollywood autograph shows. She continues to travel, speaking to audiences and showing clips of her film and TV career, and taking questions. This year, she’s already visited Georgia, Florida, and North Carolina (see [www.barbaraeden.com](http://www.barbaraeden.com)).

And while some actors who became closely associated with



one standout role may distance themselves from that character, Eden never resented her connection to “Jeannie.”

“Why would I want to step away from it?” she asked. “I’m lucky to have very polite fans and have loved meeting them over the years in so many cities.”

Beyond her “Jeannie” role, Eden’s entertainment career has been extensive with over 25 film roles, appearances in numerous TV movies and series, and a vast stage career that includes touring major U.S. cities in the beloved play, “Love Letters,” first performing it with “Jeannie” co-star Larry Hagman.

Hagman dealt with alcohol problems while working on “Jeannie” and could be difficult on the set.

“Larry was his own worst enemy but was always wonderful to me,” she said. “He acted out with the crew and would be difficult with male guest stars came on the show. But we had a good rapport and worked together very well. I toured with him in ‘Love Letters’ and he was just wonderful.”

Eden is also an author, releasing her best-selling autobiography “Jeannie out of the Bottle” in 2012. Two years ago, she also published her first children’s book, “Barbara and the Djinn,” which perhaps not surprisingly features a young girl named Barbara and yes, a genie.



*above - Barbara Eden as Jeannie (NBC)*

*left - Barbara Eden with her new children's book*

*(photo credit: M J Cheshire)*

*page 23 - Barbara Eden (photo credit: Michael Caulfield)*

“The little girl magically travels to different places and meets different people learning what is most important in life which is kindness and understanding,” she explained. “I’ve loved to read ever since I was 3 or 4 when my mother and aunt would read to me. I thought how sad that children today just look at their phones and computers, so I wanted to give them a book to hold that can take them on an adventure using their imagination. It’s a great book to give to the grandchildren.”

While she has no plans for more books, Eden may appear on stage again for those still dreaming of seeing “Jeannie” in person.



“I don’t have any dates, but I’d love to do ‘Love Letters’ again,” she says. “It’s gratifying that people still want to see me perform and hear me talk about my career.”

*Nick Thomas teaches at Auburn University at Montgomery in Alabama and has written features, columns, and interviews for numerous magazines and newspapers. See [www.getnickt.org](http://www.getnickt.org).*

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## WORD SEARCH

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

### Recipe Words

- |         |          |
|---------|----------|
| Bake    | Julienne |
| Baste   | Knead    |
| Blanch  | Marinade |
| Blend   | Mince    |
| Boil    | Mix      |
| Brule   | Mull     |
| Chop    | Poach    |
| Dice    | Puree    |
| Dredge  | Roux     |
| Drizzle | Sauté    |
| Flambé  | Scramble |
| Garnish | Sear     |
| Glaze   | Simmer   |
| Grate   | Stir Fry |
| Infuse  | Whisk    |

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

## Across

- 1 Type of reader
- 5 Business leader
- 10 Barrel
- 14 Isaac's firstborn
- 15 Rinse, as with a solvent
- 16 Wheel connector
- 17 Lemur feature
- 19 It may be proper
- 20 Like some scientists
- 21 Invitation request
- 22 Wild dog of Australia
- 23 Harvard rival
- 24 Foreboding
- 26 Like a haunted house
- 29 Racetrack betting option
- 33 Luau dances
- 34 Substantial
- 35 Witchy woman
- 36 Rich Little, e.g.
- 37 Flowering tree
- 38 Two-wheeler
- 39 Table part
- 40 Day of "Pillow Talk"
- 41 Red Sea nation
- 42 Computer device
- 44 Most attractive
- 45 Affectedly creative
- 46 Ocean predator
- 47 Fool
- 50 Kind of proportions
- 51 High ball?
- 54 Help in a holdup
- 55 Capital of Ethiopia
- 58 Lose steam
- 59 Dreamlike state
- 60 Done with
- 61 Aroma
- 62 Swarms
- 63 Partner of means

## Down

- 1 Salon offering
- 2 Where Bhutan is
- 3 Touch down
- 4 Kind of shot
- 5 Slight
- 6 Drink garnish
- 7 Swallow
- 8 Colorado native
- 9 Conducted
- 10 Eyetooth
- 11 Neural transmitter
- 12 Garden pest
- 13 Game of chance
- 18 Snares
- 22 Resist
- 23 Calendar span
- 24 Tough tests
- 25 Acarid
- 26 Soft whitish calcite
- 27 Indian coin
- 28 Plaintive piece
- 29 Not so hot
- 30 Doorbell
- 31 Movie shots
- 32 Insurance worker
- 34 Unite
- 37 Water under the bridge
- 38 Phi \_\_\_ Kappa
- 40 Rowboat
- 41 "The Beast of \_\_\_ Flats" (1961 sci-fi bomb)
- 43 Teasing repartee
- 44 Calamities
- 46 Poppy product
- 47 Defense acronym
- 48 Footnote note
- 49 Pianist Peter
- 50 Periphery
- 51 Hot rock
- 52 Heed
- 53 Blocks
- 55 Toward the tiller
- 56 Rightful
- 57 Fiddle stick

1	2	3	4		5	6	7	8	9		10	11	12	13	
14					15						16				
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58						59							60		
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# SUDOKU

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

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

# SAVE the Date

## CADDO COUNCIL ON AGING

### ■ Presentations

CCOA will be offering the following programs in April. All programs are presented at Caddo Council on Aging/Valencia Community Center, 1800 Viking Drive, Shreveport. at 10:00 a.m. (unless otherwise noted). For additional information call 318.676-7900. **FREE.**

- Thursday, May 4 - "Trekking Through Nepal", Ann Shidler
- Thursday, May 11 - "What is Happening at Shreveport Memorial Library", Felicia Wright
- Thursday, May 18 - "Dementia", Stacey Hand
- Thursday, May 25 - "Opioid Awareness and Prevention," Chris Fort

## CLASS

### ■ Learn to Play Bridge

The Shreveport Bridge Association is offering a fun summer opportunity. EasyBridge! **Beginning Saturday June 3 at 1 p.m.** at the Bridge House at 7625 E. Kings Hwy. The first 4 lessons are **FREE!** Registration is recommended

so that enough books can be ordered. Cost of the book is \$20. For more information or to register, call Bob Touchstone at 832-917-3003 or Bonita Hays at 318-470-7653.

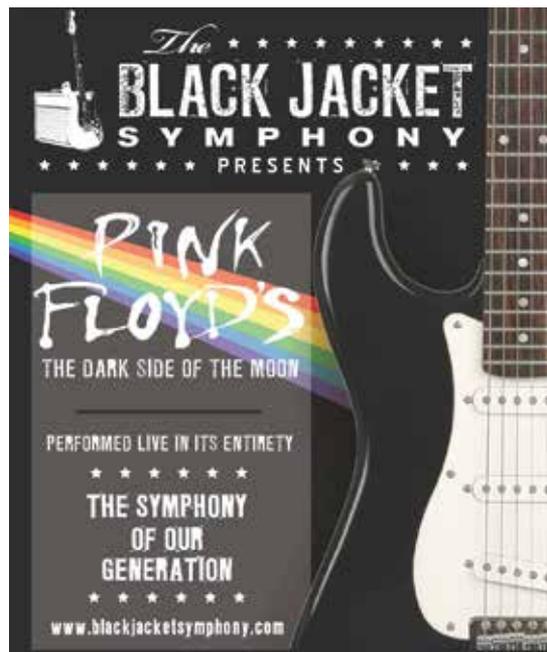
## CONCERTS

### ■ Beethoven's Fifth Symphony

Presented by the Shreveport Symphony. **Saturday, May 6 at 7:30 p.m.** at Shreveport Riverview Theatre, 600 Clyde Fant Parkway in downtown Shreveport. Pre-concert talk begins at 6:40 PM. The season comes to a dramatic and rousing close with Beethoven's Symphony No. 5 and Prokofiev's Piano Concerto No. 2 with Wideman Gold Medalist Crystal Jiang. Tickets are \$20 - \$63. Call 318-227-TUNE (8863) or visit [www.shreveportsymphony.com](http://www.shreveportsymphony.com).

### ■ Jam on the Red Concert Series

Jam on the Red will be held at the Shreveport Aquarium on **Thursday,**



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**May 4, May 11, May 18 and May 25 at 5:30 pm.** Experience the electrifying sounds of some of the most talented regional pop and rock artists. Admission is **FREE.**

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- May 11: Jimmy Wooten
- May 18: Seth Bradford
- May 25: Josh Love

### ■ The Black Jacket Symphony

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## EXPO

### ■ Senior Health Expo

Sponsored by Centerwell Senior Primary Care and The Best of Times. **Saturday May 20, 8:30 to 11:30 a.m.** at Centerwell Primary Care Center, 2900 East Texas, Suite 100, Bossier City. **FREE** admission, parking, health care screenings, tours and copies of the 2023 edition of *Silver Pages* resource directory. Flu, Pneumonia, and COVID-19 vaccines will be available. Information on healthcare and other topics from exhibitors. Presentations on various medical topics. Numerous door prizes. For more info call 318-606-6737.

## MEETING

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

**Saturday May 13 from 1 to 3 PM** at the Broadmoor Branch Library, 1212 Capt Shreve Dr., Shreveport. Guest speaker is Ronald Key, Ph.D., Coun-

selor; Founder of Woody's Home for Veterans. His topic is "Providing Shelter and Rehabilitation to Military Veterans with Mental Disorders". **FREE** and open to the public. For info call 746-1851 or visit [www.altgenealogy.com](http://www.altgenealogy.com).

## MOVIE

### ■ "Bad News Bears"

**May 16 at 10:30 a.m.** Robinson Film Center, 617 Texas Street in downtown Shreveport presents a Silver Screening of "Bad News Bears". Silver Screenings feature a matinee and luncheon for senior citizens showcasing a classic film on the third Tuesday of each month. The movie begins at **10:30 a.m.** and is followed by a buffet lunch. Cost is \$16 for movie and lunch. For persons 60 and older, there is a senior discount of \$5, compliments of AARP Louisiana. *The Bad News Bears* is a 1976 American sports comedy film directed by Michael Ritchie and written by Bill Lancaster. It stars Walter Matthau as an alcoholic ex-baseball pitcher who becomes a coach for a youth baseball team known as the Bears. Alongside Matthau, the film's cast includes Tatum O'Neal, Vic Morrow, Joyce Van Patten, Ben Piazza, Jackie Earle Haley, and Alfred W. Lutter. For information or tickets, visit [www.robinsonfilmcenter.org](http://www.robinsonfilmcenter.org) or call (318) 459-4122.



WILLIS-KNIGHTON MASTERWORKS SERIES

## Season Finale: Beethoven's Fifth Symphony

**Saturday, May 6—7:30 PM**

RiverView Theater  
Michael Buttermann, conductor  
Crystal Jiang, piano

ANNA CLYNE *Pivot*  
PROKOFIEV Piano Concerto  
No. 2  
BEETHOVEN Symphony No. 5

The SSO's 2023-23 season comes to a dramatic and rousing close with Beethoven's Symphony No. 5 and Prokofiev's Piano Concerto No. 2 with Wideman Gold Medalist **Crystal Jiang**.

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# Answers from the Experts



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

## *My shoulder hurts. Should I play through the pain?*

Over 12 million people visit a doctor's office for a shoulder problem annually. Athletes are particularly prone to shoulder injuries due to repetitive, cumulative stress/injuries. Injuries occur during sports, as well as every day home and work activities. Most shoulder problems involve muscles, tendons, and/or ligaments and can be treated effectively with exercises, medications, physical therapy, etc. Steady pain, limitation of motion, difficulties with work activities of daily living or difficulty with sleep should alert you to seek an orthopedic surgeon for help in diagnosing and treating your shoulder pain.



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

## *Are your home care services covered by Medicare, Medicaid or Insurance?*

At this time we are not covered through Medicare, Medicaid or other regular medical insurances. We do accept long-term care insurance policies and private pay. Many times the local council on aging office will provide their local seniors with free care services. Veterans or their spouses can request free home care services through their local VA office or hospital. We are currently a preferred community care provider with several local agencies along with the VA medical center.



**Keith Carter, CEO/Owner**  
Always Best Care  
4700 Line Avenue, Suite 111  
Shreveport, LA 71106  
(318)424-5300  
See our ad on page 11.

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

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



**Chris Shelby, MD**  
WK Eye Institute  
7607 Youree Dr.  
Shreveport, LA 71105  
(318) 212-3937  
See our ad on page 8.

## PUZZLE answers (from pages 24 - 25)

P	A	L	M		M	O	G	U	L		C	A	S	K	
E	S	A	U		E	L	U	T	E		A	X	L	E	
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O	D	O	R		T	E	E	M	S		W	A	Y	S	

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

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

# Parting Shots

Caddo Council on Aging hosted a “Brunch and Bingo” fundraiser for Meals on Wheels on Saturday April 1st at Eastridge Country Club.



Zoe Sampson, Vickie Rech, and Kyle Moore



CCOA Executive Director Monica Wright and Sam Medica



Brian Byrd and Mary Alice Rountree



Patricia Thompson, Sophie Duke and Sheryl Little



Robert and Debbie Grand with Earlene Boddie (center)



Volanda Cole, Ciera McGlothorn, Alisha Shine, and Angeleca Enlow

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**4.35% APY\***  
**24 Month CD**



\*APY = Annual Percentage Yield. \*Minimum opening balance is \$1,000. APY = Annual Percentage Yield. 12 month APR is 3.97% and 24 month APR is 4.26%. A penalty may be imposed for early withdrawal. Other terms and conditions may apply. Rates are subject to change. Federally Insured. Member NCUA.



**To help protect citizens** from identity theft, AARP Louisiana Fraud Watch Network and the Caddo Parish Sheriff's Office held a FREE Shredding event where participants brought unwanted documents that contained sensitive information to be destroyed on April 15<sup>th</sup> at Sheriff's Safety Town.



AARP volunteer Alicia Coles welcomes Kay York



Jennifer Fountain brings items for technician Tomar Reese to shred



Stephanie White is assisted by AARP Volunteer Emma Shepard

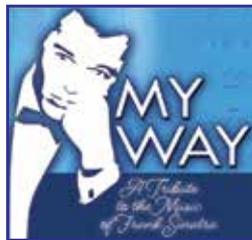
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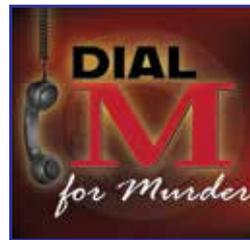
September 1-10, 2023



Oct. 27 - Nov. 5, 2023



December 8-17, 2023



Feb. 23 - March 3, 2024



April 19 - 28, 2024

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