

May 2020

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Also Inside: Handling the Stress of the Current Health Crisis

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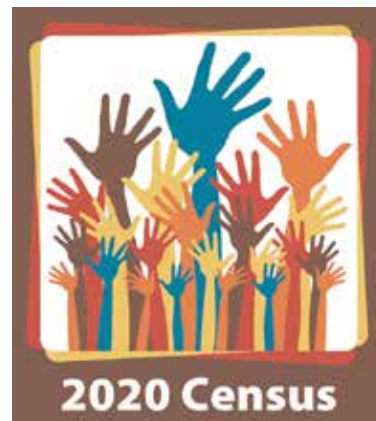
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**CONGRATULATIONS** to the winners of our April "The Best of Times Scavenger Hunt": Chris Simmons of Keithville (\$100 gift card to Ernest's Orleans Restaurant), Dianne Scott of Shreveport (\$50 gift card to Monjuni's on Louisiana) and Mary Clark of Shreveport (\$25 gift card to Brookshire's Grocery).





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**MAY 2**

**Shreveport and Bossier City's  
Amazing Music History**

*Winston Hall, area musician  
and historian*

**MAY 9**

**Having the Hard Conversations  
with Family Members**

*Stacey Hand, Dementia educator  
with Alzheimer's and Dementia  
Resource Center of NWLA*

**MAY 16**

**Understanding Nutrition Labels**

*Abigail McAlister, registered dietitian  
and nutrition agent with LSU Ag Center*

**MAY 23**

**The Yellow Fever Epidemic**

*Cheryl H. White, PhD, Professor of  
History at LSU Shreveport*

**MAY 30**

**Writing Your Life Story**

*Sarah Sally Hamer, author*

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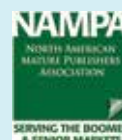
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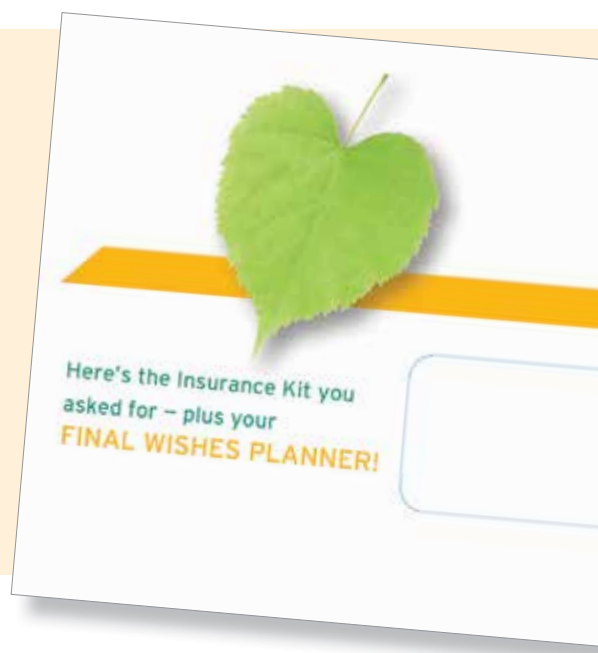
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# Stat!

## Medical News & Info



### Heart Disease Risk Grows as Women Move Through Menopause

A marker for heart disease risk considerably worsens as women transition through menopause, according to a new analysis from the largest and longest running study of women's health in midlife, the Study of Women's Health Across the Nation (SWAN). Black women experience this accelerated decline earlier in menopause than their white counterparts. According to the research team, led by scientists at the University of Pittsburgh Graduate School of Public Health, the findings add to growing evidence that menopause is a critical time for changes in cardiovascular health and underscore the importance of women and their doctors focusing on heart health during the menopausal transition. The results are reported in *Arteriosclerosis, Thrombosis, and Vascular Biology*.

### Smoking Increases Risk for Dementia and Cognitive Decline

Scientists from the Uniformed Services University (USU), Emory University and the University of Vermont have found that cigarette smoking is linked to increased lesions in the brain's white matter, called white matter hyperintensities. White matter hyperintensities, detected by MRI scan, are associated with cognitive decline and Alzheimer's disease. These findings may help explain the link between smoking and increased rates of dementia and other forms of cognitive decline.



### Older Adults Need to Stay in Touch to Avoid Loneliness During Social Distancing

As COVID-19 continues to spread across the U.S., social distancing is now the byword for prevention. But for older adults who may already be experiencing loneliness, further isolation could be bad for their health. Researchers at The University of Texas Health Science Center at Houston (UTHealth) Consortium on Aging suggested:

- Stay connected to family and friends using technology. Make phone calls on a regular basis, or use video call technologies like FaceTime, Facebook Messenger, or Skype.
- Attend virtual religious services or meetings via TV or online.
- Keep the mind and body active. Write letters to reconnect with family and friends, go for a walk or do gardening chores. You can attend a virtual exercise class. The National Institute on Aging provides a free 15-minute at-home workout.
- Participate in a remote/virtual book club. Access the local library







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# Odds & Ends

## Medicare's Updated Coronavirus Coverage

There are over 44 million people in the US on Medicare. These people generally fall into the high-risk category for coronavirus. Medicare and Medigap insurance carriers have announced that they are waiving coronavirus-related costs to help enrollees access treatment. Here's the overview:

- Some Medicare carriers are waiving fees for coronavirus testing and inpatient treatment (including hospitalized quarantine).
- Some enrollees may be able to get their necessary prescriptions filled for up to three months.
- Medicare expanded to cover some telehealth services, so at-risk enrollees don't have to physically leave their homes for various medical appointments. If vaccines become available, they will be covered by Part D plans.

For specific carrier information visit <https://socialsecurityofficenear.me/coronavirus-medicare/>.

## Health Care Planning in Times of Pandemic

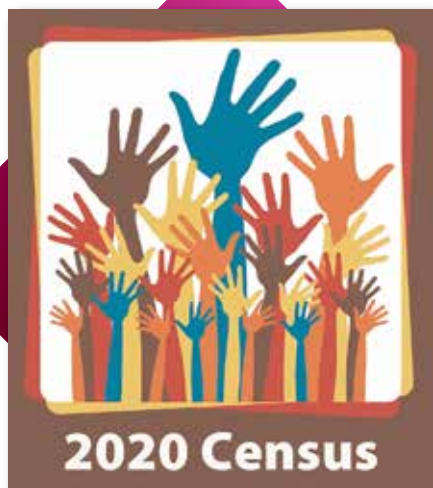
It's important to have a plan when it comes to making life or death decisions. While uncomfortable in a time of a pandemic, advance health care planning is critical. Advance care planning involves learning about the types of decisions that might need to be made, considering those decisions ahead of time, and then letting your family and healthcare providers your preferences. These preferences are often put into an advance directive, a legal document that goes into effect only if you are incapacitated and unable to speak for yourself. It also allows you to express your desires related to end-of-life care.



## 2020 Census Participation Impacts Communities

The 2020 Census is here, and your representation in Congress and the federal funding your state receives for schools, health care, roads, meals on wheels, senior services, and other vital programs are riding on everyone participating. Every person missed costs communities tens of thousands of dollars over the next decade. Your personal information is kept safe and confidential; by law, it cannot be shared with anyone. Participation is easy:

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## Handling the Stress of the Current Health Crisis



*from the American Counseling Association*

The coronavirus disease (COVID-19) has created high levels of stress and fear for many of us. The anxiety that a disease such as this can bring on can seem overwhelming to many people but learning to cope with and manage that stress is important for every one of us.

While we all have different reactions to stressful situations, there are ways for most people to reduce the negative effects that the stress of a crisis can have for us and those around us.

As you might expect, fear and anxiety over this disease is highest for those most at risk. This can include older people and those with chronic diseases and other underlying health issues putting them at higher risk. But stress can also be high for those whose work requires them to deal directly with the disease and those suffering from it. This includes not only doctors and other health care providers, but first responders as well.

The effects of stress that an infectious disease outbreak can bring on include not merely worrying about your own health and the health of those close to you, but also the changes it may bring to your life. You may find you're

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experiencing changes in eating or sleeping patterns. Everyday issues or simply concentrating may be more difficult to handle. Excessive stress can lead to a worsening of chronic health issues and may lead some to increased use of alcohol, tobacco or other drugs. Those with preexisting mental health conditions may find themselves facing new or worsening symptoms.

It's important to pay attention to high stress levels in your life and to try to reduce their effects as best you can. One starting point is to simply take breaks from all the news stories and social media reporting of the pandemic. Constantly reading or hearing about the issue only amplifies the stress you're already feeling.

It's also important to stay physically and mentally healthy. Eat regular, well-balanced, healthy meals. Get plenty of exercise (maybe your gym is closed, but the great outdoors offers plenty of opportunities for walks), stay well rested and avoid drugs and alcohol. Make time to relax, maybe reading books or watching favorite TV shows. Stay in contact with others using the phone or texting if self-isolating is being practiced.

If you find your stress is overwhelming, call your health provider. Stay in control and you'll get through this.

*"Counseling Corner" is provided by the American Counseling Association. Comments and questions to [ACAcorner@counseling.org](mailto:ACAcorner@counseling.org) or visit the ACA website at [www.counseling.org](http://www.counseling.org).*



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## Grief Strikes Us All

by Judge Jeff Cox

**T**his year has been a tough for all of us. We are fighting the Corona Virus in our state and nation. People are sick and we are losing family members and people in our community that are close to us.

This has been especially tough for me as I lost my mother at the beginning of March. She lived an amazing 91 years. And I lost one of my close friends recently. I thought that I had dealt with the issues and understood the grieving process due to the business I grew up in. But after visiting the home where I grew up and Mom and Dad weren't there, I was overwhelmed by the emotion of not seeing them there to talk to and tell them what was happening and get their advice. I then thought that grief touches us all.

We all see death on a daily basis. We see physical death where we lose

a loved one and cannot talk to them again. We also see the living death, such as in divorce or losing a close friend. Sometimes the living death is hardest because the person is alive, but for some reason the bond of friendship is broken and that person does not want to communicate with or talk to the other person. I see this in divorce court on a daily basis. There is a grieving process which takes place in both instances. This grieving process can be very difficult to handle, but we all usually come out on the other side stronger.

Most professional counselors describe grief as a several step process. First, the grieving person may be depressed and withdraw from society. The person may be moody and emotional. Second, the person may feel lost and feel their whole world has collapsed around them. Third, the person may become



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angry and ask why this had to happen. Fourth, the person starts to accept the loss. And finally, the person begins to move on with life. This process can take several months to go through depending on the person and the circumstances. It is not an overnight process and it does take time to get over the grief.

Many people do not know what to do when a person loses a loved one. Many people go to the funeral home and do not know what to say. At the present time with Corona Virus in our communities, it is difficult to reach out and support people. Sometimes there is nothing that you can say depending on the circumstances. Sometimes nothing is better than saying something wrong. Your presence, or a card or call saying you are there, means more than any words you can say. The grieving family members need you to support them and will need someone to talk to after everyone has left and the funeral is completed. Grieving persons need a shoulder to lean on and a heart to comfort them.

If the grieving process starts because of a divorce, that person also needs friends. Typically, where a divorce is involved, friends usually stay away due to the fact that they don't want to get involved, don't know what to say, or don't want to be in the middle of the legal process. The people involved in the divorce feel all alone and feel like they have lost their best friend. Grief can sometimes be even harder in this situation as the other person is still alive and could be contacted.

Regardless of the reason for loss, grief is a process. Each person grieves in their own way. If you know someone going through the grieving process, be a friend. Listen and be there for them as it might be your turn next. If you are grieving, know the time will come when

the sun will shine bright again and life will make sense.

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



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## Sugar Substitutes for Your Sweet Tooth

by Abigail McAlister in collaboration with Kimberlyn Jones,  
dietetic intern from Louisiana Tech University.

Most of us have an undeniable sweet tooth. In fact, a majority of Americans eat about 20 teaspoons of sugar daily. While sugar still has its place in our pantry, some are looking to reduce daily intake. People may choose sugar substitutes to reduce calorie intake or avoid potential spikes in blood sugar levels.

Saccharin, commonly known as Sweet'N'Low®, is found in pink packets and is the oldest sugar substitute around; it was approved in 1958. Next came Aspartame, also known as Equal®, which is commonly known as the sweetener in the blue packet. Individuals with Phenylketonuria (PKU) should not consume products with Aspartame. Sucralose (Splenda®), found in the yellow packets, was created in 1998 by scientists who altered a sugar molecule. Stevia, commonly found in green packets, is derived from a wild herb native to South America.

Sugar substitutes can be used in

a variety of foods, including beverages, candy, frozen desserts, and baked goods. Be sure to read package instructions when using these substitutes, as they often do not provide all of the same properties of sugar or may not be suitable for certain cooking methods. Some sugar substitutes are heat stable, while others leave an unpleasant aftertaste after being heated. Saccharin, sucralose, and stevia are heat stable. Though saccharin is heat stable, it may have a strong aftertaste after being heated. Aspartame is not recommended for baking, but it can be used for sweetening beverages. As mentioned earlier, sugar still has its place in our pantry, as it has properties that sugar

substitutes simply cannot mimic. Sugar provides volume, texture, and tenderness to baked goods, so it's still important that we are using some of it when baking. Sugar substitutes range in sweetness intensity. Aspartame is nearly 200 times sweeter than regular sugar and sucralose is close to 600 times sweeter. Instead of replacing all of our sugar with a substitute, try substituting up to half with a sweetener. Always read package directions to determine the correct amount of sugar substitute to use.

Are sugar substitutes safe to eat? These products have been scrutinized for decades due



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to research from the 1970s. The most famous study on sugar substitutes observed bladder cancer in rats that consumed saccharin. This study led to a nationwide fear of saccharin. As time has gone by and research has progressed, we have since found many shortcomings to the original research. Reviewers of the 1970s saccharin study discovered specific genes in the rats studied that predisposed them to cancer. To be placed on shelves, hundreds of studies on each sugar substitute are needed to test for any potential side effects. Research also shows that the structure of these sugar substitutes cause no distress to our digestive tracts. Due to their intense sweetness, long-term exposure could alter your sugar receptors in your taste buds. Overtime, foods that used to taste sweet may no longer be satisfying to you. The bottom line is sugar substitutes are safe when consumed in moderation.

In summary, emerging research supports the safety of using sugar substitutes for those who wish to use them. There are many different selections in today's market to try, and some may already be added to foods we typically eat. Moderation and balance are key when adding sugar substitutes to your diet.



McAlister

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



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## Oil Field Cemetery

by Lee Aronson

When Ely May (not her real name) went to visit her granny's grave, something she did about every 2 or 3 years, she got quite a shock. Instead of a peaceful cemetery, she found two producing oil wells.

One of the derricks was about 40 feet from Granny's grave and one of the storage tanks was only about 10 feet from the grave. There was mud and slush everywhere. Well, not everywhere: it didn't actually cover any of the graves, but visitors had to trek through it to get to the graves.

In addition to the mud and slush, although Granny's grave was not physically disturbed, other graves were. A marble slab, once used to mark the grave of a child, was placed at the door of the oil company's office trailer and used as a step.

Elly May was pretty upset, and she ended up suing the oil company that was doing the drilling. But the oil company showed the Jury that it

had permission to drill. In fact, the owner of the cemetery and the oil company had signed a lease that actually gave the oil company permission to "disturb the dead" and "remove dead bodies."

At this point, you probably think I'm making this up. I'm not. These are the facts of a real-life Louisiana case that took place in 1940. If you were the Jury, what would you have decided?

The Jury awarded Elly May \$10,000. Remember, that's in 1940 dollars.

Care to guess what happened next? The oil company appealed, and the case went all the way up to the Louisiana Supreme Court.

The Supreme Court pointed out that although this cem-

etery was small, it had been used as a cemetery since 1892. Then the Supreme Court quoted a book called *The Law of Cadavers*, which explained that "There is a sentiment deeply seated in the human heart that a cemetery is sacred ground. Instinctively, we resent any rude invasion of, or approach to, ground set apart as





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a resting place for the dead. Deference to this sentiment and respect for the feelings of those who have deposited the remains of their relatives in burial fields usually restrain others from violating the sanctity of such places. A ruthless desecration of any cemetery shocks the moral sense of mankind."

In other words, turning a cemetery into an oil field is bad. But is it \$10,000 bad? Not according to the Louisiana Supreme Court, which reduced Elly May's award to \$3,000. (Remember these are values from 1940.)

More recently, a case out of Pennsylvania made its way all the way to the United States Supreme Court. In that case, a woman had bought a huge tract of land. Although she didn't know it at the time, there was a cemetery on a small part of the land. When the woman who had purchased the land discovered that people were trespassing on her land so they could visit their deceased relatives, she tried to stop them. So the town in which the cemetery was located passed a law that said the public has the right to access cemeteries located on private land during daylight hours. The woman who had bought the land found this to be horribly unfair. She had paid good money for the land. It belonged to her. How could the government force her to allow mourners onto her private property? So she sued.

The United States Supreme Court decided that the case came down to one important question: does Pennsylvania have a long history of requiring property owners to make land containing human remains open to the public? But no one at the Supreme Court could answer that. One Justice wrote: "I confess: I don't know." So the case got sent back to Pennsylvania for more hearings and briefs. The case is still undecided.



Aronson

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



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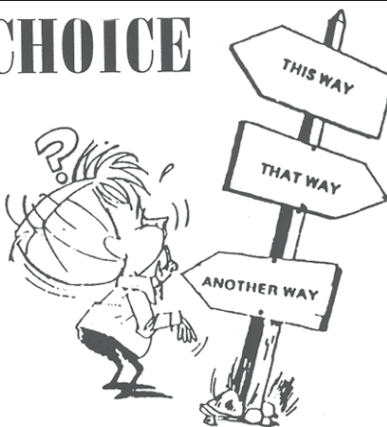
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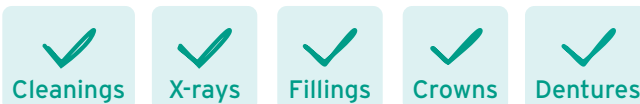
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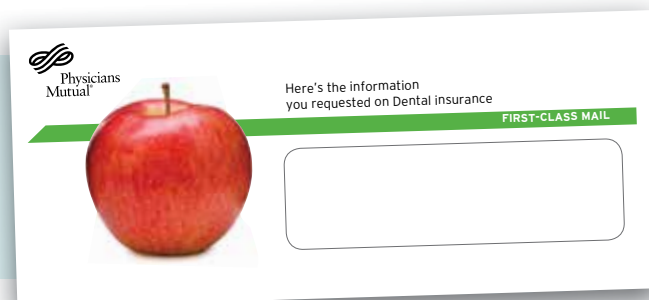
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# 7 Life-Changing Habits to Build During the Pandemic

By Karen McGregor

**S**cary times are upon us. We're staying indoors, watching the news 24/7, and we're afraid. Everyone around us is afraid. That's because fear is super-contagious. But we don't have to allow pandemic-driven fear and anxiety infect our lives. We can learn to rise above it. And when we do, we become positive influencers on everyone around us.

Overcoming fear requires you to do some intense work on yourself. But (to state the obvious) right now you have some time. Why not put it to good use? Instead of worrying and handwringing, develop some good spiritual habits to help you vanquish fear. They'll pay off now when you need it most, but will also serve you (and others) once "normalcy" returns.

I believe the ancient wisdom of the 4,000-year-old Tao Te Ching can help us identify and break the "power patterns" that undermine your influence, create dysfunctional relationships, and otherwise squelch our potential. Here are seven habits to work on right now to overcome fear and influence others in a positive way:

## Learn to grieve your losses and release your pain.

A lot of what you're feeling right now is grief. You are

grieving the loss of your life before COVID-19, and you are also grieving collectively with the rest of the world. Pain can be released through the portal of the heart. When you focus on your heart, a desire to release the pain of the past may arise. Even better, your heart knows how to do that without your mind interrupting.

Here's a simple exercise: Focus on the heart and allow the feelings of your past to present themselves. Just allow the process to unfold. Allow your body to feel and release without letting your mind get hooked into the emotion, feeding the ego needs and magnifying your power patterns. When you put your attention on your heart, you may notice that it feels warm or even hot. That is a sign you are releasing stored emotional pain.

## Start noticing your fear-based wording. And then cut it out.

Words are powerful: They can lift our spirits, or they can drag us down in an instant—and others with us. Notice the words you say and find better words to use in their place. Instead of saying, "I'm tired," say, "I'm going to have a nap, and when I wake up, I'll feel refreshed, energized, and ready to work or play."



In the time of coronavirus, the words you speak and even those you think matter greatly. Complaining phrases such as, “If only...” and “Remember when...?” are likely to come up frequently. Challenge yourself to go seven days without uttering one complaint. After managing that, go two more days without engaging in complaining thoughts.

### Find a new way to pray.

(*Hint:* Begging and pleading isn't real prayer.) It's understandable that your prayers may be colored by desperation right now. But asking, bargaining, and

engaging in transactions lead to a one-sided relationship with the Divine.

To better understand the power of prayer, I journeyed to the Poor Clares Monastery in Duncan, British Columbia. The nuns there live a solitary life of contemplative prayer. They said that prayer can be a meditative walk in nature, a feeling of deep gratitude or joy from being in the presence of a loved one, or simply saying a phrase like “thank you.” It can be saying one of many names for God. All these ways to pray have one thing in common: to illuminate a relationship with the Divine.

### Start meditating.

Why? Because it helps us detach from our preferences - which trigger our need to be “right” or “in control” and lead to suffering - and practice being in the present. (I call it “dropping into the holy moment of now.”) Set aside 15-20 minutes to sit quietly and focus on your breath. If your mind wanders, that's okay: The point is not to judge the thoughts that stream endlessly into your consciousness but to allow them to ebb and flow without getting emotionally hooked.

Successful meditation occurs when there is no war between your head and your heart. This state is one of the greatest gifts you can give yourself.

### Clean and declutter to create “environmental stillness.”

A messy space at home contributes to a disorganized and chaotic mind. But if we can take small steps toward establishing stillness on the outside of us, we can experience more internal peace, wellness, and harmony within. If you haven't already done so, take advantage of the extra time you have at home to clean and organize your spaces to promote balance and stillness.

Observe each room and notice what creates unsettling thoughts. Does your office lack a system for filing bills or random pieces of information? Do your bedroom clothes and accessories not have a “home”? Take inventory, commit to doing something about it, and set a date for when it will be done.





Consider signing up for a dance class — many classes are offering online streaming while dance studios are closed due to social distancing requirements.

**When you feel angry or annoyed,  
focus on gratitude.**

Tempers and tensions flare in stressful times and in tight quarters. Don't be surprised if you find yourself getting irritated with your family, with the peanut gallery comments on your social media feeds, with the endless news cycle, or anything else. When this happens, turn your focus on what you are grateful for. This can help to supplant old power patterns you've relied on for years. If you are angry with someone or arguing endlessly, remove yourself and ask, What is the gift in this moment? Without blaming or shaming anyone, feel into your heart and ask, What am I grateful for? Try to reframe challenging circumstances as opportunities and practice appreciating them. This is a form of gratitude: to be able to see the good that is present in every situation.

**Sing and dance regularly.**

In his book *The Mastery of Love*, Don Miguel Ruiz says this is a natural expression of our love-power - which is why little children sing and dance. They haven't yet developed the filters and fear that they'll be judged. You can dance and sing in the privacy of your room or as you clean your house. If you want to take it to the next level, consider signing up for a dance class - many classes are offering online streaming while dance studios are closed due to social distancing requirements.

If you allow it, your fear will go viral. Now more than ever, we all need to choose love over fear, power over powerlessness, and hope over despair. This is your

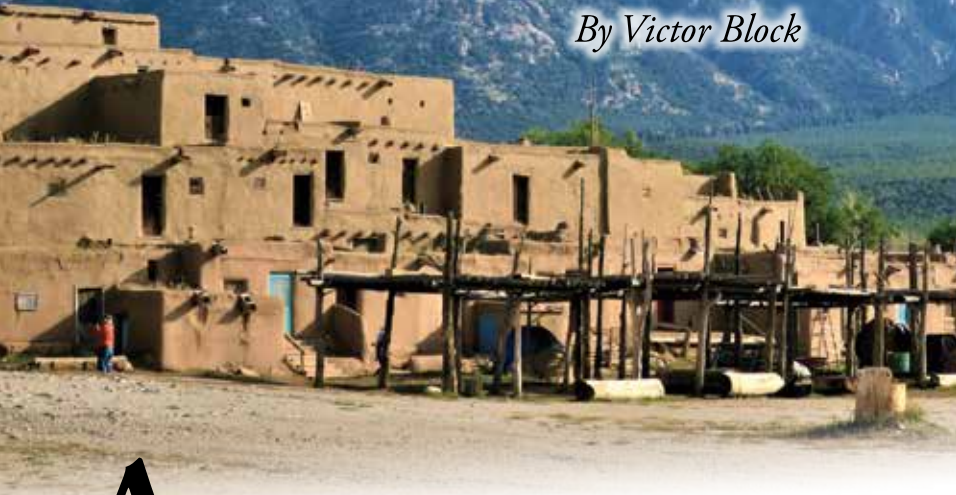
chance to, in the words of Gandhi, "be the change you want to see in the world". When you say no to fear, doing this becomes possible like never before.

*Karen McGregor is a leadership and influence expert, international keynote speaker, and the best-selling author of several books, with her most recent, "The Tao of Influence: Ancient Wisdom for Modern Leaders and Entrepreneurs", debuting in June 2020. For more information, please visit [www.karenmcgregor.com](http://www.karenmcgregor.com).*



# ART, CULTURE AND SHOPPING ARE **BIG** IN TINY TAOS, NEW MEXICO

*By Victor Block*



**A** countless number of art galleries line many streets of Taos, New Mexico. Reminders of its past as a Spanish Colonial outpost and frontier settlement are everywhere.

Trendy shops attract the attention, and dollars, of buyers. The remnants of pueblos offer evidence of the influence of Native American culture.

The tiny town of Taos is worth a visit for its setting alone. It's surrounded by high-country plains set off by towering peaks. The Rio Grande River cuts a jagged gash through the desert-like terrain.

While the population of Taos is only about 6,000, it makes up in attractions what it lacks in size. In 1540, a Spanish expedition arrived to find magnificent pueblo structures in which Tiwa (pronounced TEE-wah) Indians lived.

A period of co-existence gave way to decades of conflict, then a land grant to Spanish families led to establishment of the town that would become Taos.

The Spanish founded Taos around 1615. Its heart was a square enclosed by adobe buildings. Today that Plaza, like the rest of Taos, reveals the lasting influences of Native American, Spanish and Anglo-American cultures and traditions that have blended into a rich tapestry.

Other threads were added for traders and mountain men, and later by artists. Painters and other creative types have been attracted to the area by its lovely landscapes, radiant light and the blending of cultures.

The Ernest L. Blumenschein Home and Museum is where the artist, and his painter wife, lived and worked during the first decades of the 20th century. Its collection includes works by Taos Society of Artists members who



*Statue outside Millicent Rogers Museum*

helped the town earn world-wide recognition as a major art colony.

Other museums also relate chapters of the intriguing history of Taos. The Harwood Museum displays works by outstanding 18th-to-21st century painters. The Couse-Sharp Historic Site is named for two painters who worked there and were original members of the Taos Society of Artists.

The story of the Millicent Rogers Museum involves the scion of a wealthy industrialist who came to Taos to recover from a failed romantic affair with Hollywood movie actor Clark Gable. Her collection includes textiles, pottery and other arts and crafts endemic to the area.

Taos also is a shopping Mecca. The challenge is how to narrow down an overwhelming selec-



tion of cowboy and cowgirl paraphernalia, Native American items and a long list of other goods.

A very different experience greets visitors to the Taos Pueblo. That historical monument is one of 19 pueblos dotted around northern New Mexico. The complex of multi-storied earthen structures is considered to be the oldest continuously inhabited place in the country, and life there goes on much as it has for some 2,000 years.

While many residents live in modern dwellings scattered about the expanse, about 150 of them continue to cling to the old ways in the original apartments. They make do without electricity or running water, and bake bread in outdoor beehive shaped ovens called hornos (pronounced ornos).

Some rooms of ground-floor apartments function as shops selling handmade jewelry and paintings. A better deal, I decided, was paying \$4 for a snack of fry bread served with a choice of powdered sugar, cinnamon or honey.

Another pleasant encounter was my chat with a teenage boy who displayed a row of arm tattoos of famous Native American chiefs. Pointing to the face at the top, he identified the image as Sitting Bull, a renowned leader who led his people during years of resistance to the United States government.

Along with the pueblo and other major sites, I came across several that lie beneath some visitors' radar yet which I deem worth a look. The little Bent House Museum was where the first American governor of New Mexico lived, and died in 1847 when he was scalped during a Native American uprising. The house contains original furnishings, and a hole dug in the wall through which some of its inhabitants escaped.

Kit Carson was a multitasking frontiersman, trapper, scout, Indian Agent and Army officer who became a legend due to stories about him that were published in news articles and dime novels. The low-slung adobe house where he lived for almost a quarter-century is a repository of artifacts that illustrate various phases and accomplishments of his career, and of life as it was when Taos was a frontier town.

*That home, and its former occupant, typify the captivating tales, historical tidbits and cultural mélange that draw visitors to Taos. Over time, those attractions convinced a cross-section of them to stay and add yet another chapter to the scintillating story of that inviting destination. ♦*



Kit Carson Home



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## Paul Petersen Remembers TV Mom, Donna Reed



By Nick Thomas

**W**hile most of us will be remembering mothers on May 10 this year, entertainers who worked as child actors in television sitcoms may also have special memories of their ‘TV mom.’ For Paul Petersen, that was Oscar winner Donna Reed, matriarch from “The Donna Reed Show.”

In 2018 for the anniversary of the show’s first broadcast, Petersen (and coauthor Deborah Herman) released “The Donna Reed Show: A Pictorial Memoir” (see [www.micropublishing-media.com](http://www.micropublishing-media.com)).

“It’s kind of an archival look back at an iconic television show,” said Petersen who, like Reed, appeared in all 275 episodes during the series run from 1958 to 1966. “I wanted the book to not only examine the people who made the show, but to put television in the historical context of the period. During the 8 years, we went through a lot including illnesses, accidents, and national incidents from that era.”

One of the most memorable was the 1963 Kennedy assassination.

“We were rehearsing and a guy from the radio station across the street called with a real quiver in his voice asking for Donna,” said Petersen who remembers answering the phone. “Donna then told us the president had been shot and it shut down the studio. We just packed up and went home for a very painful weekend.”

Most of Petersen’s memories of the show are far more pleasant, however, like the first day filming on the set.

**Donna Reed as housewife Donna Stone, Carl Betz as her pediatrician husband Dr. Alex Stone, Paul Petersen as son Jeff, and Patty Peterson as adopted daughter Trisha.**

“Donna was from a little town in Iowa called Denison, in the county right next to where my mother was born around the same year,” he explained. “When I got the job, the most excited person in my family was my grandfather who insisted on taking me to work to film the pilot. He marched right up to Donna and said, ‘Donna Belle Mullenger (her birth name) I knew your dad!’”

Reed was gracious, and remained personable and well-liked throughout the series, according to Petersen. “We all got together for lunch and were very close – uniquely close compared to other television families.”

A potentially tragic incident occurred when Paul crashed his Pontiac during the series. But Donna came to his rescue.

“The accident was my fault and for punishment I had to ride a bicycle 8 miles to work every day. But Donna and Tony (her husband) felt sorry for me and gave me a brand-new Volkswagen Bug. I loved that car!”

During the show’s run, Petersen obviously called Reed ‘mom’ while filming, but it was always ‘Miss Reed’ away from the set.

“It wasn’t until four years after the show ended when I was in my mid-20s and we were at Chasen’s restaurant that I remember her learning across the table and saying, ‘Paul, I think it’s time you started calling me Donna!’”

Having a close ‘second mom,’ could have created friction between Petersen’s real mother and the actress.

“I remember in an interview my mother said, ‘how could I ever compete with Donna Reed?’ But she understood I had an ongoing professional relationship with Donna that sometimes required spending more time with her than my actual mother.”

“Donna was my de facto mother and guardian on the set, a pretty safe person to leave your kids with,” added Petersen. “She was an Iowa bred farm girl, the oldest of five children, who had lived through the depression and came out to California to be a Hollywood star and succeeded. She was a wonderful role model.”

*Nick Thomas teaches at Auburn University at Montgomery and has written for over 800 newspapers and magazines. See [getnickt.org](http://getnickt.org).*



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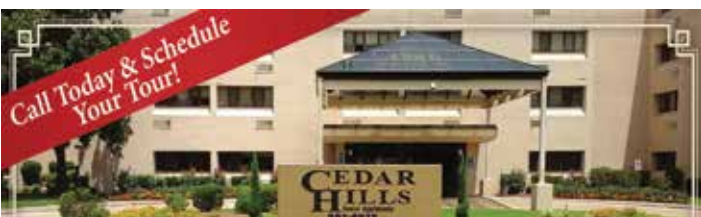
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## Mexican Mushroom-Beef Blend

*Makes: 8 cups*

- 1 medium yellow onion
- 8 ounces fresh button or crimini mushrooms
- 1 pound lean ground beef
- 1 tablespoon olive oil
- 2 cans (15 ounces each) black beans, drained
- 1 package (1 ounce) reduced-sodium taco seasoning mix
- 1 can (15 ounces) crushed tomatoes
- 1 can (11 ounces) yellow kernel corn, drained

In food processor, pulse onion and mushrooms to coarse texture. Set aside.

In large frying pan, brown ground beef. Drain fat. Set aside.

In same frying pan, heat oil. Add mushroom mixture and saute 3-4 minutes, or until most moisture has been released. Add black beans and mix.

Add beef, taco seasoning, tomatoes and corn to black bean and mushroom blend. Mix and cook until heated through.







## Mexican Lasagna

*Servings: 6-8*

Nonstick cooking spray

16 yellow corn tortillas

6 cups Mexican Mushroom-  
Beef Blend

1 cup shredded, low-fat

Mexican cheese blend

sour cream (optional)

chopped cilantro (optional)  
salsa (optional)

Heat oven to 350 F. Spray bottom of 9-by-13-inch baking dish with nonstick cooking spray. Place four corn tortillas on bottom of dish and layer 2 cups Mexican Mushroom-Beef Blend on top. Repeat layers, ending with tortillas as top layer. Top with cheese.

Bake uncovered 25 minutes, or until cheese melts and lasagna is heated through. Top with dollops of sour cream, cilantro and salsa as desired.

## Blended Tacos

*Makes: 8 tacos*

1 cup sour cream

6 tablespoons cilantro,  
chopped

2 tablespoons lime juice

8 yellow corn tortillas

2 cups Mexican Mushroom-  
Beef Blend

diced avocado (optional)

shredded lettuce (optional)

shredded cheese (optional)

salsa (optional)

In small bowl, mix sour cream, cilantro and lime juice. Cover and refrigerate.

Warm tortillas in microwave or on stovetop according to package directions. Spoon  $\frac{1}{4}$  cup Mexican Mushroom-Beef Blend into each tortilla. Top with sour cream mixture and avocado, lettuce and cheese as desired.



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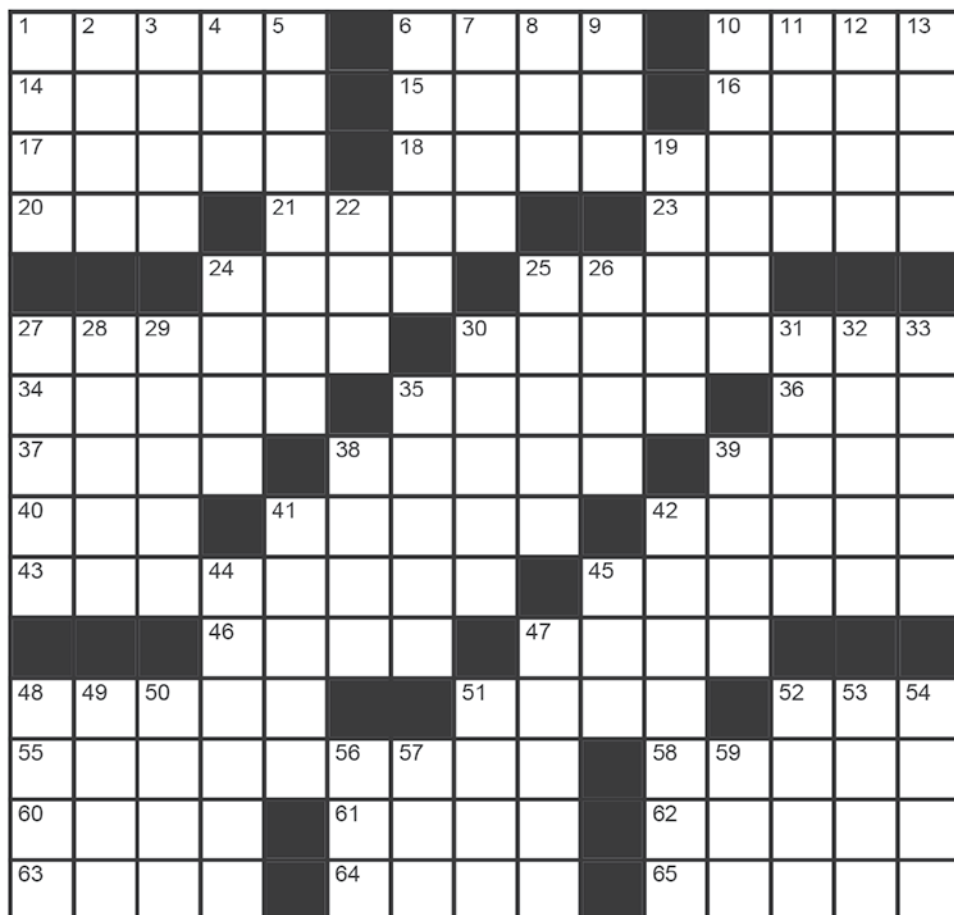
Turn to page 30 for all puzzle solutions.

## Across

- 1 Desert sight
- 6 Big tournament
- 10 Infinite
- 14 Imbibe
- 15 Secret message
- 16 Early Peruvian
- 17 Thick
- 18 Worked up
- 20 Droop
- 21 Catch-22
- 23 List of candidates
- 24 Look over
- 25 Competent
- 27 Voters' problem
- 30 Flowering vine
- 34 Settle a debt
- 35 Sow seeds
- 36 Amscrayed
- 37 Suspend
- 38 Slow down
- 39 Throw
- 40 King topper
- 41 Threefold
- 42 Bowling alleys
- 43 Instructing
- 45 In a glowering menacing manner
- 46 \_\_\_ canal
- 47 Ship's small boat
- 48 French romance
- 51 Revenuers
- 52 Shred
- 55 Sinai or Arabian, e.g.
- 58 Throat dangler
- 60 Outback birds
- 61 In the distance
- 62 Kind of column
- 63 Two tablets, maybe
- 64 Before hall or crier
- 65 Fine-tune

## Down

- 1 Bookie's quote
- 2 Carpet layer's calculation
- 3 Squeal
- 4 Election winners
- 5 Incomplete
- 6 New Jersey county
- 7 Ceremonial splendor
- 8 Shogun's capital
- 9 Court divider
- 10 Reddish blue
- 11 "Finnegans Wake" wife
- 12 "Vamoose!"
- 13 Something to spin
- 19 Cay
- 22 Bit of sunshine
- 24 Buck
- 25 Conscious
- 26 A prayer
- 27 Buddhist who has attained Nirvana
- 28 Tranquility
- 29 Sleep disorder
- 30 Lingo
- 31 Practical joke
- 32 Oil supporter
- 33 On pins and needles
- 35 Word processing command
- 38 Vigor
- 39 Sagan of "Cosmos"
- 41 Sticker
- 42 Legal proceeding
- 44 Sail
- 45 Little League coach, often
- 47 Long (for)
- 48 Mimicked
- 49 Exec's note
- 50 Heavy load
- 51 Blemish
- 52 Ancient alphabetic character
- 53 Hipbones
- 54 Get ready for a trip
- 56 Posed
- 57 Roswell sighting
- 59 Solemn promise



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## 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](mailto:Dburchett.providusgroup@gmail.com)



## Word Search

CATCHING SOME DOUBLE Zs

ABUZZ	MEZZO
BLIZZARD	MIZZEN
BUZZARD	MOZZETTA
BUZZER	MUZZLE
DAZZLE	PIAZZA
DIZZY	PIAZZ
DRIZZLE	PIZZA
EMBEZZLE	PUZZLE
FIZZLE	QUIZZICAL
FRAZZLE	RAZZ
GIZZARD	SCUZZY
GRIZZLY	SIZZLE
GUZZLE	SNAZZY
JACUZZI	TERRAZZO
JAZZ	WHIZZ

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

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## Sudoku

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

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

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## Sam Stroope Hair Replacement Specialist and Hair Stylist



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



# SHREVEPORT *Then & Now*

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*Above:* Cane River Lake was formed from a portion of the Red River when it changed course. It runs throughout the Natchitoches' historic district.

*Right:* Front Street in downtown Natchitoches overlooks the river walk.



## PUZZLE answers (from page 28 & 29)

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

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

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



# Answers from the Experts



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

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

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



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

***Why should we talk to our heirs about our will?***

When Mom first tried to talk to me about her will I refused! It hurt to think about losing her. After handling Dad's affairs, I now emphasize to my clients that clearly communicating your desires about your will, insurance policies, IRAs, and other assets is one of the most loving things you can do. It minimizes stress, reduces clerical errors from grieving heirs, and increases the likelihood your wishes are followed. A fee-only financial planner, such as myself, can help you put together a legacy plan covering this and more.



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

***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 10.

***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

***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 28.

***What can a homeowner do to help the situation?***

I tell everyone the most important thing is using a good quality pleated paper filter and changing it regularly. The old grocery store type filters simply keep larger particles from clogging the AC System. They are not designed to help you breathe better.



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



# Regional Hospice

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382.9396	927.9217	524.1046	932.9465

*White Glove Service  
At Your Fingertips*

*WeHonorVeterans.org*



WE HONOR VETERANS

