

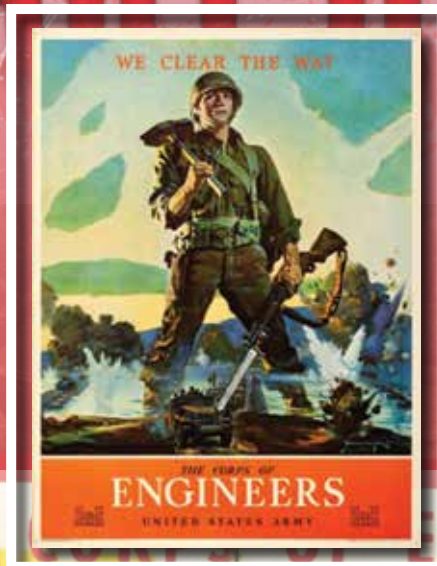
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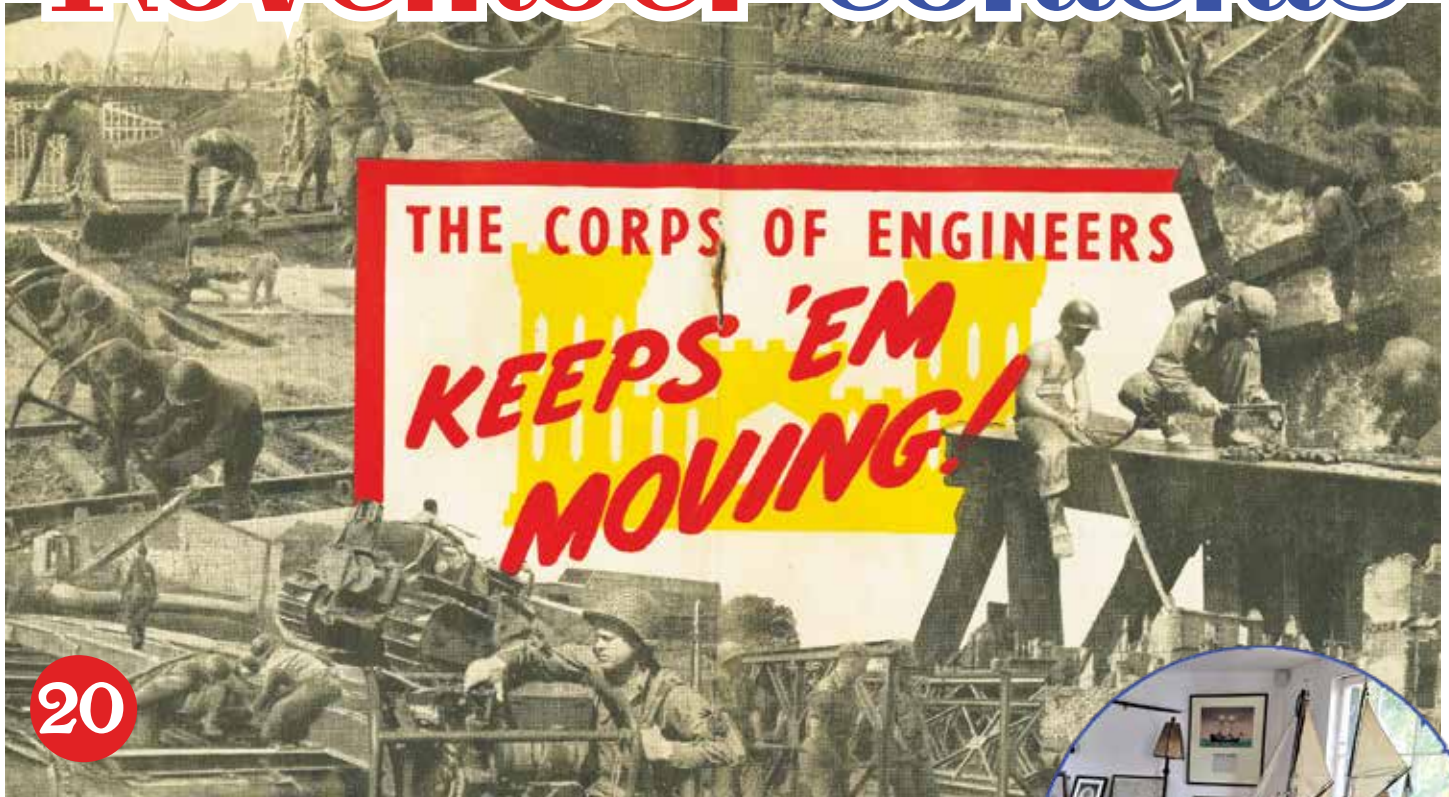
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NOVEMBER 6

Cyber Travel Scams

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NOVEMBER 20

Pain Management Without Surgery or Drugs

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David and Debra Mathews, grief experts with Spark of Life

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45th Independence Bowl

Erik Evenson, Director of Community Relations

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Publisher

Gary L. Calligas

Gary.Calligas@gmail.com

Editor

Tina Miaoulis Calligas

Editor.Calligas@gmail.com

Design

Karen Peters

Layout

Katherine Michelle Branch

Webmaster

Dr. Jason P. Calligas

Writers

Julie Stackhaus

Contributors

Lee Aronson, Victor Block,
Suzy Cohen, Judge Jeff Cox,
Family Features, Fyllis Hockman,
Noel Memorial Library at LSU-S,
Abigail McAlister, Nick Thomas,
Twin Blends Photography

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On the Cover

Veterans Day pays tribute to all American veterans - living or dead - but especially gives thanks to living veterans who served their country honorably during war or peacetime. Veterans Day occurs on November 11 every year in the United States in honor of the "eleventh hour of the eleventh day of the eleventh month" of 1918 that signaled the end of World War I, known as Armistice Day. In honor of Veterans Day we salute the unsung heroes - those who served not in combat but behind the scenes - enabling those in combat to do what needed to be done.



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The Best Of Times

The Best of Times was awarded **12 awards** at the North American Mature Publishers Association (NAMPA) convention which was held in San Diego, California in October 2021. The judges noted - "*The Best of Times* has a distinctive personality that gives equal weight to news, narratives, advice and fun. Topics, headlines and presentation are often delightful and surprising."

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

FIRST PLACE

Best Use of Color

Table of Contents (Design)

Self Promotion/Awards – 2020 NAMPA awards promo designed by Karen Peters

Best Single Ad - Black and White

Editorial Submission by Syndicated Columnist - "The Doctor is in on Your Nearest Screen" by Alan Schein

SECOND PLACE

Briefs/Shorts (Editorial) – STAT! Medical News & Info

Briefs/Shorts (Design) – Odds & Ends

THIRD PLACE

General Excellence

Travel Column – "We Can ALMOST Vacation! Get Ready with Virtual Tourism" by Kathleen Ward

Briefs/Shorts (Editorial) – Odds & Ends

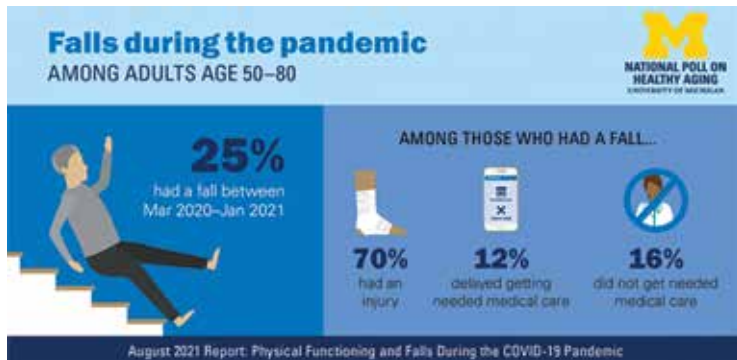
Best Overall Use of Photography

Best Banner



Stat!

Medical News & Info



Pandemic May Have Increased Older Adults' Fall Risk

The COVID-19 pandemic may have increased older adults' risk of falling and injuring themselves, due to changes in physical activity, conditioning and mobility. More than a third of people between the ages of 50 and 80 report their physical activity declined in the pandemic's first 10 months, and more than a quarter say they're in worse physical condition now than before the pandemic, according to the new findings from the National Poll on Healthy Aging. Many of these adults also reported an increased fear of falling. Fall research suggests that both reduced physical conditioning and fear of falling can increase future fall risk and reduce independence. The poll finds 25% of older adults experienced a fall between the start of the pandemic in March 2020 and January 2021, when the poll was conducted. More than a third of older adults (37%) reported being less physically active since the pandemic began.



Many At-Risk Older Adults Aren't Checking Blood Pressure at Home

More than half of adults between the ages of 50 and 80 have a health condition that puts them at high risk of major health emergencies if they don't keep their blood pressure under control. But a new poll National Poll on Healthy Aging finds less than half of people in this group regularly check their blood pressure at home or in other places outside the health care system. Even among people with such health conditions who said their health providers encouraged them to check their blood pressure regularly, only about two-thirds actually did. In all, 74% of the older adults with blood pressure-related conditions said they had a home blood pressure monitor, but less than half of those with both a blood pressure-related health conditions and a home blood pressure monitor check their blood pressure at least once a week. Nearly one-fifth -- 19% -- never use the monitor.



A Sedentary Lifestyle Can Lead to More Nighttime Hot Flashes

Hot flashes, one of the most common symptoms of the menopause transition, not only interfere with a woman's quality of life, but are also associated with an array of health problems. A new study presented during The North American Menopause Society (NAMS) Annual Meeting suggests that sedentary behavior can increase the likelihood of nighttime hot flashes. The study, which includes pre-, peri-, and postmenopausal women, aimed to determine whether objectively measured sedentary behavior is a predictor of objective and subjective hot flash experience. Preliminary results of the study indicate that sedentary behavior does, in fact, predict nighttime objective hot flashes, independently of time spent participating in moderate-to-vigorous activity.

Healthy Lifestyle May Offset Genetic Risk of Dementia

Living a healthy lifestyle may help offset a person's genetic risk of dementia, according to new research. The research found that the risk of dementia was 32% lower in people with a high genetic risk if they had followed a healthy lifestyle, compared to those who had an unhealthy lifestyle. The researchers considered no current smoking, regular physical activity, healthy diet and moderate alcohol consumption as healthy behaviors. The study was led by the University of Exeter and published in *JAMA*.



Gum disease is associated with an increased risk of cardiovascular disease: the more severe the periodontitis, the higher the risk.

Keep the Stress Down

Exercising and eating right are certainly primary components of wellness. But don't underestimate the importance of keeping stress down. High stress really can interfere with your healthy eating and workout routines. Clinical dietitians from Levindale Hebrew Geriatric Center & Hospital noted that

stress can have as much of a negative impact as eating high-fat foods or not exercising and being sedentary. LifeBridge Health offered the following tips for lowering stress and staying in a happier mood – plan a trip, meditate, try smiling (even if it's forced), spend time with family and friends, get outside more, get good sleep, help others, exercise regularly, and practice gratitude.



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Independent Living

Key West

*Fanciful Funk and Frivolity Wrapped
up in Floridian History*

Article by Fyllis Hockman; photos by Victor Block



Key West, Florida is more than a place. It is a spirit, a funky energy that enters your soul and takes residence in your worldview as well as your inner vision. A state of mind more than a city; a way of life more than a place to live. It's a lifestyle, not a destination. All expressed in the absurdist poetry that is Key West, a language not spoken anywhere else in the country.

But even recognizing all this, I didn't fully have a grasp on the essence of the town until I spotted several elderly old men playing Bocce ball. I asked another observer if lawn bowling is popular because many people of Italian descent live in Key West. "Oh no," she chuckled. "It's popular because you can play Bocce with one hand and hold a drink in the other." Welcome to Key West!

Many a house bears a plaque dating

to the 1800's – and a number of other historical markers a century earlier. Old Town, the largest predominantly wood-en-housed historic district in the country – featuring almost 3000 structures -- is deserving of a truth-in-advertising award. There's a sign near Duval Street, the town's epi-center, that reads: "On this site in 1897, nothing happened." That's probably one of the only spots in Key West where that's true.

Renovated cigar factories share space with Victorian mansions laced with gingerbread trimming; upscale art galleries reside next to tacky t-shirt shops. Fashion, funk and frivolity define the town; art and shlock and whimsy co-exist on the same bar stool. And yes, those stools are there in abundance, many of which claim that **Ernest Hemingway**, the most famous Key West resident, occupied that seat as well.

And surely, his home is one of the most visited sites in the city. The tiny second-story studio in which he wrote his prestigious novels remains exactly as he left it; photos, books and furnishings recall his life there of more than a decade in the 1930's. Stuffed heads of animals he shot on safari adorn the walls. You can almost feel the presence of the quirky and fairly disturbed author everywhere. Almost as famous as Hemingway himself was his beloved six-toed cat, Snowball, dozens of descendants of whom still reside there.

An equally notable but very different personality also resided

in Key West, but only in the winter. **Harry S Truman's** (yes, S without a period is his middle name) Little White House has its own colorful history, with tales of lively poker games and "loud Hawaiian shirt" contests our 33rd president enjoyed with staff and guests. It's also rumored that he insisted on downing an early morning "shot of bourbon followed by a large glass of fresh-squeezed Florida orange juice," allegedly on the advice of his doctor. Hemingway, an ardent imbibor himself, would most certainly have approved of his neighbor's breakfast ritual, which might have made both welcome visitors at Schooner Wharf which boasts the earliest Happy Hour in town, beginning at 7:30 a.m. The theory being that you can't actually drink all day if you don't start early.

Hemingway, a hunter of game; Truman, a hunter of humor; **Mel Fisher**, a hunter of treasure. And his own museum contains treasures – both literal and figurative – for the visiting public. The intrepid fortune hunter spent 16 years seeking the wrecks of Spanish galleons that sank in 1622 off the coast of Key West. The \$450 million treasure included more than 40 tons of gold and silver as well as emeralds, Chinese porcelain and other precious artifacts. But even more fascinating than the exhibits themselves is the story of his search for the valuable cache.

So yes, these are the three attractions for which Key West is most famous, but peeling back the proverbial onion proffers many more enticing sites: the always enchanting Botanical Gardens;





Page 32, top: Hemingway House; bottom: Shipwreck Museum. Page 33, top (left): Truman's Little White House; (right) Duval Street.

the Oldest Wooden House with its original furnishings, artifacts and island history dating back to 1829; Tennessee Williams' small cottage lending insight into another literary giant, and my favorite, the Shipwreck Treasure Museum. There you get to relive the lives of wreckers – either those brave souls who saved people and ships careening off the dangerous reefs surrounding the island or greedy pirates who pillaged the lost treasures, depending upon your perspective – who played an important part of Key West's vibrant history. The resulting salvage industry is what Key West is built on. For a time, that enterprise made the tiny island the richest

city per capita in the United States.

But for me, the best way to experience the inimitably funky charm of the town is to just wander the streets, laughing your way from one t-shirt slogan to another, most of which can't be repeated in a family newspaper. And should you get hungry, be sure to stop at Blue Heaven where, in the 1930's, Hemingway, an amateur boxing aficionado, refereed matches. And even more notable, depending upon your point of view, is that a dance hall and bordello also occupied the same property. But you'd expect nothing less of Key West.

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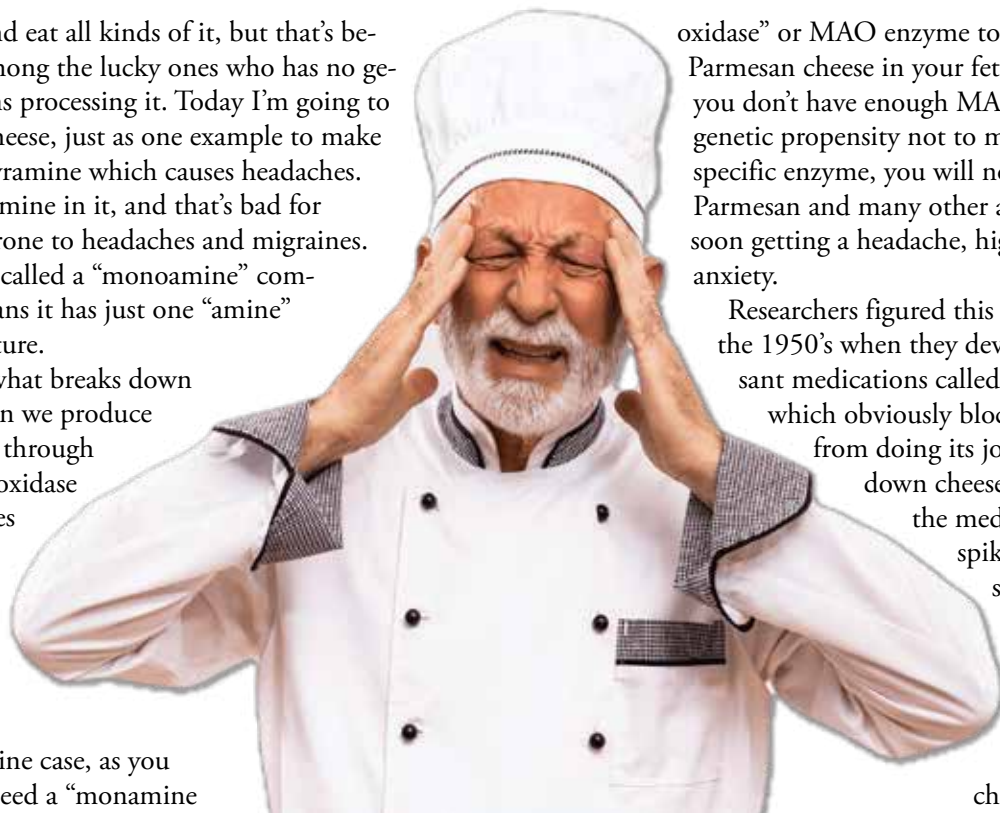
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The Migraine and Cheese Connection

I love cheese and eat all kinds of it, but that's because I am among the lucky ones who has no genetic problems processing it. Today I'm going to talk a lot about cheese, just as one example to make the case against tyramine which causes headaches.

Cheese has tyramine in it, and that's bad for people who are prone to headaches and migraines. Tyramine itself is called a "monoamine" compound which means it has just one "amine" group in its structure.

Do you know what breaks down monoamines when we produce them or eat them through cheese? A special oxidase enzyme that makes these otherwise powerful chemicals linger around too long and cause discomfort. In the tyramine case, as you can surmise, we need a "monamine



oxidase" or MAO enzyme to break down all the Parmesan cheese in your fettuccine Alfredo. If you don't have enough MAO, or you have a genetic propensity not to make enough of this specific enzyme, you will not be able to handle Parmesan and many other aged cheeses without soon getting a headache, high blood pressure or anxiety.

Researchers figured this out long ago in the 1950's when they developed antidepressant medications called MAO inhibitors which obviously block MAO enzyme from doing its job and breaking down cheese. People who took the medicine experienced spikes in blood pressure, nausea, heart palpitations and/or headaches whenever they ate foods containing tyramine (like cheese).

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No one is 100 percent sure why the tyramine triggers a migraine, but we have some ideas. We know that lowering tyramine in your diet is a good thing if you are headache prone. Another way to say this is that cheese is a migraine for some of you! That's a term I use throughout my book entitled Headache Free, available on Amazon.

The umbrella categories of foods that can trigger tyramine-related problems include those that are cured, fermented, aged, curdled or soured. These are also the same foods that are highest in histamine by the way! Here I will list a handful of popular but problematic tyramine rich foods which you should avoid if you have MAO problems:

- Cheese, all of them (especially aged ones - Brie, Bleu, Parmesan, Gorgonzola, Swiss)
- Sauerkraut
- Sourdough bread
- Red Wine
- Miso soup
- Bean curd
- Tofu and tempeh
- Soy and Teriyaki sauce
- Salami
- Pickled herring
- Tap beer

So those who are prone to tyramine headaches are those who have slow (or down regulated) MAO enzymatic pathways. For example pregnant women, those with elevated estradiol and those with genetic hindrances in their MAO pathway. If you'd like to learn about helpful hacks for this condition, or simply read the longer version of my article, please sign up for my free newsletter at suzycohen.com. Also, there is a lot of information and a low-tyramine diet available at the website for the National Headache Foundation.

This information is not intended to treat, cure, or diagnose your condition. Always



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The American Legion and The Best of Times salute our military veterans of all eras this November 11 - and every day. Thank you for serving America with honor, courage and commitment.

Does Everyone Have the Right to Get a Driver's License?

Mr. Conner (all names have been changed) had a hard time adjusting when he first moved into a nursing home. He was bored out of his mind. While he was sitting around one day, he noticed that his driver's license had expired. So, he decided to get it renewed. In order to get to the DMV, he sweet talked one of the nursing home volunteers, Becky, into giving him a ride.

Now Becky knew that this was a horrible idea. She had ridden with Mr. Conner once and decided "never again." You see, Mr. Conner, who was right-handed, had lost the use of his right arm due to a stroke. His ability to control the steering wheel was limited at best. He had swerved off the road several times the one time Becky had ridden with him. At that point, Becky told Mr. Conner that "I would drive him. You know, I told him from then on that I would drive anywhere we needed to go."

Before Becky took Mr. Conner to the DMV, she called over there and gave them a warning. When they arrived, she pulled someone who worked there aside to express her concerns.

But Mr. Conner had taken a number and when his number was called, he slowly got up and limped over to the clerk: in addition to not being able to use his right arm, he also had real trouble walking. He used a special cane and still dragged his leg behind him.

When he finally made it to the clerk's window, he told the

DMV worker that he had "driven an eighteen-wheeler for over ten years, and had driven cars for many more years than that" and that he needed to renew his expired driver's license. The clerk had a hard time understanding Mr. Conner because he talked very slowly. Mr. Conner apologized for his speech, and explained that he had suffered a stroke.

The clerk then pulled out a form and asked Mr. Conner to sign it. Because he couldn't use his arm, and perhaps because he only had a fourth-grade education, he could not do so



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without a lot of help. Eventually, with Becky holding the form steady for him, Mr. Conner made a mark on the form and, as you can probably guess, limped out of there with a brand-new driver's license.

The next day, he offered to take Jackie, one of the women who lived in the same nursing home as Mr. Conner, out for a drive. Again, you can probably guess what happened next. Mr. Conner strayed off the road and ran into a concrete embankment. Jackie was seriously injured: "aside from limited movement in her arms she is essentially a quadriplegic, and is totally dependent on others for daily care."

She and her family sued everyone in sight, including the DMV. Why the DMV? Because, according to Jackie and her family, there was no way they should have given Mr. Conner a driver's license.

If you were on the jury, would you have found the DMV at fault?

In this real-life Louisiana case, the jury said the DMV was at fault and ordered it to pay Jackie and her family a little over \$4.5 million. Here's what it came down to: "A motor vehicle officer observing a person with apparent medical or physical problems and taking no steps to require a medical evaluation or driving test in order to determine the applicant's ability to drive safely without presenting a danger on the highway and to the public at large, is operational negligence."

"Operational negligence" is legalese for really, really, bad.

Drive safe out there.

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



Readers Write



This poem may be short, but it packs a punch. Inspired by his granddaughter, Shreveport retiree Ken Aclin reminds us, much like a rose, children are here for just a little while, then poof, they're gone. Note the clever hopscotch pattern of the poem.

ROSE

by Ken Aclin

she
stopped in
her
play to
run
and hug
then
hop away

The Best of Times invites readers to submit personal essays, stories, and poems on a topic of their choice. For guidelines, terms and conditions, email editor.calligas@gmail.com.

DR. CHRISTOPHER SHELBY

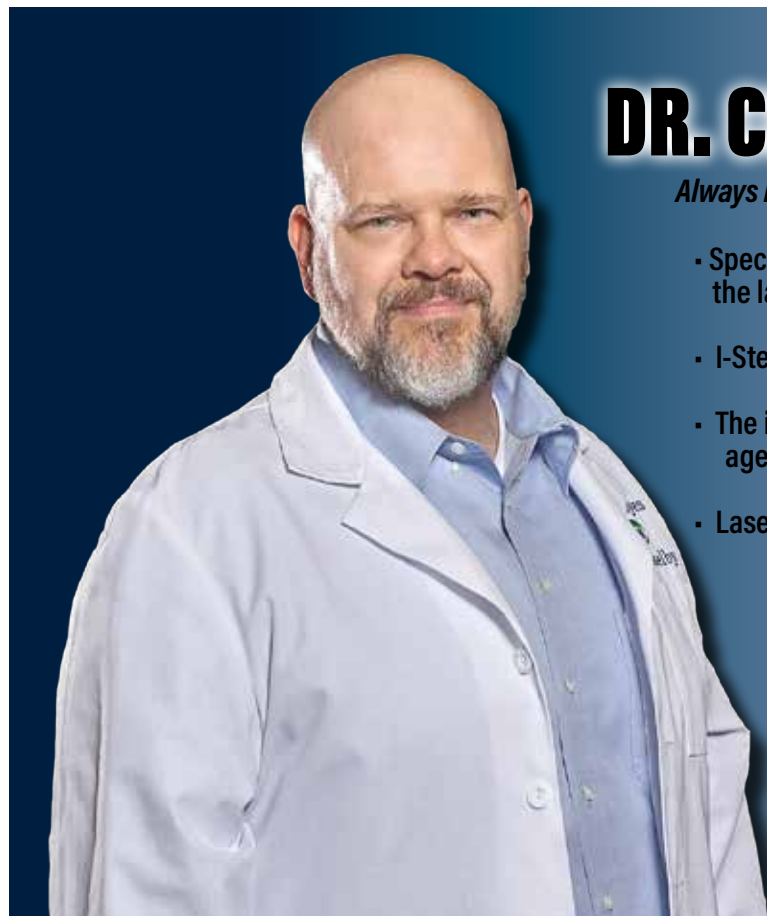
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Sweet Potatoes are a Nutrition Powerhouse

It's sweet potato season! Did you know that the sweet potato is Louisiana's state vegetable? Sweet potatoes are one of Louisiana's commodity crops. Each year, our state supplies about 20% of all the sweet potatoes consumed in the United States. The sweet potatoes grown in Louisiana are mostly grown in the south central part of the state.

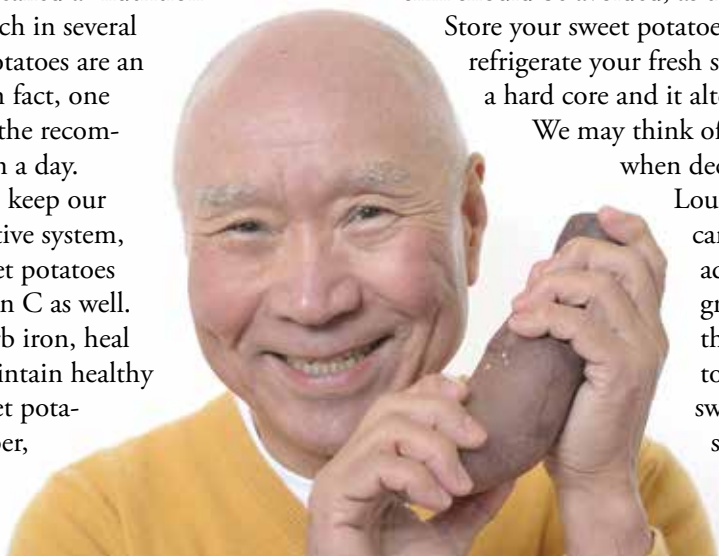
Sweet potatoes are frequently called a "nutrition powerhouse" because they are rich in several vitamins and minerals. Sweet potatoes are an excellent source of vitamin A. In fact, one sweet potato provides well over the recommended amount that we need in a day. Vitamin A works in the body to keep our immune system, eyes, reproductive system, heart, and kidneys healthy. Sweet potatoes are an excellent source of vitamin C as well. Vitamin C helps the body absorb iron, heal wounds, form collagen, and maintain healthy teeth, bones, and cartilage. Sweet potatoes also contain manganese, fiber, vitamin B6, and potassium. These sweet orange vegetables are a low-calorie food, too.

One medium sweet potato is only 103 calories. Just be mindful of what you add to your sweet potato, as those calories can add up quick!

When grocery shopping, try to find sweet potatoes that are well-shaped, firm, and have skin that is bright, smooth, and uniformly colored. Sweet potatoes with cuts or holes in the skin should be avoided, as they are more likely to decay.

Store your sweet potatoes in a dry, cool place. Don't refrigerate your fresh sweet potatoes, as this results in a hard core and it alters the taste.

We may think of sweet potato pie or casserole when deciding what to cook with this Louisiana staple, but these options can be high in calories, fat, and added sugar. These dishes are still great to enjoy in moderation, but there are countless other ways to eat sweet potatoes. Cooked sweet potatoes can be added to a smoothie. They can also be used as a substitute for some recipes that call for apples or white potatoes. Sweet potatoes are



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great in main dishes with meats. Have you ever had sweet potatoes for breakfast? Sweet potato hash is a fun spin on traditional breakfast hash and can be eaten alone or enjoyed with an egg on top. Diced, cooked sweet potatoes make tasty additions to salads, soups, and stews. A south Louisiana favorite is to serve sweet potatoes with gumbo. Many people like to bake with sweet potatoes, making muffins, breads, cakes, and cookies. Sweet potato fries are a popular snack, but try to limit fried foods, as these can be high in calories and fat.

Baked sweet potatoes can be a fun, sweet twist on a baked potato. To bake a sweet potato, first wash and scrub well under running water. Then, rub lightly with oil. Finally, place on a baking sheet and bake in an oven preheated to 400 degrees Fahrenheit for 15 minutes, then reduce the temperature to 375 degrees and bake for 1 ½ hours, or until the potato is soft. If you're wanting a sweet tasting end result, don't wrap your sweet potato in foil! Baked sweet potatoes that are wrapped in foil mimic more of a steamed potato, which means the final product will not have that distinctive sweet, syrupy flavor of an uncovered baked sweet potato. Try topping your baked sweet potato with some tasty, light toppings like low-fat vanilla yogurt or cinnamon-flavored applesauce. Savory toppings like beans, broccoli, taco toppings, chili, barbecue meat, and even eggs can be tasty on a baked or steamed sweet potato too.

Sweet potatoes are in season now, which means they are at their peak flavor and freshness. This means now is the time to eat more sweet potatoes! There are many ways to enjoy this nutritious seasonal vegetable. What's your favorite way to eat a sweet potato?

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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Criminal Trespass and Remaining after Being Forbidden

Fall of the year is here. Cooler weather is on the way and people are ready to get out of the house and into the outdoors. The leaves will start changing colors. Hunters are preparing for hunting season. Everybody is ready for the milder temperatures. People will start to explore. Some people, however, will enter on other people's land. When this happens, the person can be charged with criminal trespass. In the fall and spring, our courts start to hear more of these types of cases. Why is this a problem and what rights does the property owner have in these situations?

The Louisiana Criminal Code under Article 63 states that "No person shall enter any structure, watercraft, or movable owned by another without express, legal, or implied authorization." If a person knows or has reason to know that they are not on their own property, they can be charged with the crime of criminal trespass.

Many of our citizens, especially senior citizens, have property in our area. Each year, these citizens are overrun by persons wishing to cross their property. Under this law, a person found on your property can be charged with criminal trespass. In a situation where you find a person trespassing:

- Do not to get into a confrontation with the trespasser.
- Write down license plates.
- Get as much descriptive information as you can about the person, such as height, weight, hair color, and name if possible.

- Take a picture of the vehicle or person with your cell phone.
- Call your local sheriff's department with this information and have the Sheriff's Department send an officer to issue a ticket to the trespasser.

The problem with this crime is that it causes great aggravation to the property owner.

There is nothing worse than discovering someone who is not authorized to be on your property is on your property. Fortunately, the legislature has provided in this same code article that if a person is hurt while on your property and that person does not have permission to be on your property, the landowner will not have liability unless the condition that caused the injury on the property was intentional acts of the landowner or gross negligence. These standards create a very high threshold for the trespasser to cross before they can recover damages from the landowner or property owner.

In other situations, if a person has been warned to stay off a piece of property or has been asked to leave and refuses to leave, then that person can also be charged with a crime called Remaining after being Forbidden. This crime is found in Louisiana Criminal Code Article 63.3. In some court cases, I have read about situations where elderly parents have had problems with their children or grandchildren. They have asked these children or grandchildren to leave but they either refuse to leave or return back



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to the property. Many of these cases unfortunately involve the situation where the child or grandchild is intoxicated from alcohol or drugs. Due to the fact the person is under the influence, they pose a risk to the elderly person that lives in the home. When a situation of this nature happens, the person who owns the home, or their caregiver, can call their local sheriff's office or police department and have the person removed and charged with this crime, if necessary in order to prevent the person from returning to the property. If this situation occurs, the owner of the home or property needs to protect themselves from injury.

Criminal Trespass for a first offense carries a fine of not less than \$100 nor more than \$500 and imprisonment up to 30 days in jail. Second and third offenses of criminal trespass carry stiffer fines and jail sentences. Remaining after Forbidden carries a fine up to \$500 and up to 6 months in jail. If these crimes involve an elderly victim, serious consideration is given to jail time in order to ensure that the elderly victim is protected from the defendant. These laws are designed so that

property owners can enjoy their property in peace. Let's all remember to be respectful of other person's rights to peaceful enjoyment of their property while we enjoy the cooler temperatures of Fall.

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



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SHREVEPORT *Then & Now*

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In February 1927, F.M. Johnson built the building that you see today which is located at 919 Texas Avenue. It was a fireproof warehouse building, built at a cost of \$215,000. That was a lot of money back then. In 1939, the Johnson Furniture Company became Hemenway Johnson Furniture. They still had an elevator operator in the 90s. Today you can see artist J. Ben Moss's "Frog Prince" on the side of the building.



The Specialists Hospital Shreveport building, located at 1500 Line Avenue, has some pretty cool history attached to it! Once the site of the old P&S Hospital, that spot was also the site of the old Mayor L.E. Thomas house! A huge Magnolia tree sat out front and was said to be the oldest in North Louisiana at that time and stood on that corner for over 100 years!

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WEDNESDAY
MARCH 16, 2022
7PM

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8PM

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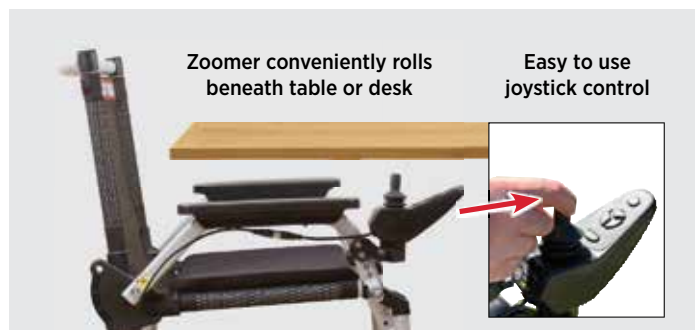
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AMERICA'S HIDDEN MILITARY HEROES

By Julie Stackhaus

BEHIND EVERY GREAT MILITARY OPERATION, there are soldiers who work behind the scenes to ensure victory in ways most folks back home never see. From veterinarians to engineers to communication handlers, there are hidden heroes who may not receive the accolades the front-line soldiers do but without whom battles would most surely be lost.

One of the most unheralded and unknown Army divisions is the U.S. Army Veterinary Corps. Formed in 1916 in anticipation of U.S. entry into war, the Corps did not develop its formal command structure until 1918. Although vehicles were also used in World War I, horses and mules were the most efficient means of transportation in the field, making veterinary services critical to the war effort. In 1918, three military veterinary schools were established in the U.S., and, in six months' time, they turned out nearly 400 officers and close to 8,000 soldier veterinarians.



Engineer Recruiting Poster WWII – credit: Etsy.com



Veterinary Corps Recruiting Poster WWI – credit: worldwar1centennial.org

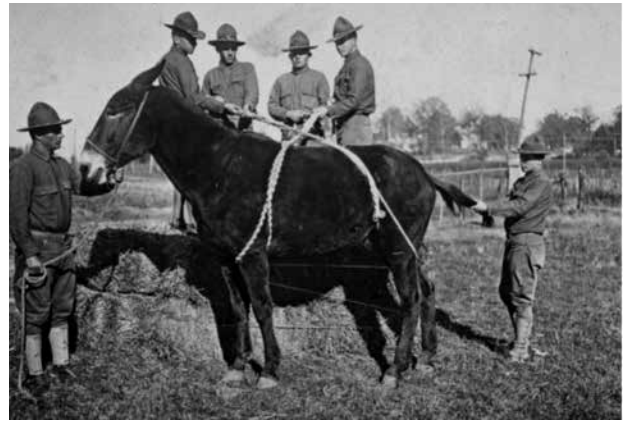
Signal Corp Recruiting Poster WWII/Korea – credit: Paulnoll.com



By the Armistice in November 1918, 15,000 military animals were in vet hospitals, which only had room for 12,000. Makeshift facilities accommodated the overflow, and by March of 1919, during war relief efforts, 20,000 animals were being treated, keeping the Corps' unique skills in high demand. Overall, an estimated 245,135 horses and mules were utilized by the military both at home and abroad during World War I and just after. Although many animals were lost, the numbers would have been much higher had it not been for the Veterinary Corps' care.

The Corps' trial-by-fire field training during the Great War led to its development of curricula that included everything from animal pathology and disease research to proper meat hygiene. Veterinary officers were thereafter trained to handle both men and animals in battle and in peacetime, making the Corps much more efficient and skilled in both veterinary and military practices. A division of the Army Medical Department today, the Corps' members may assist farmers in developing countries or provide care for medical research animals. One of the Veterinary Corps' most important duties now is handling the care of the military's bomb-sniffing dogs, which have been critical to the safety of troops serving in the Middle East.

With full automation of military transportation in the years following World War I, the need for quick access over rough terrain put more responsibility on engineers. Although often engaged in battle, the US Army Combat Engineers - better known today as the United States Army Corps of Engineers - in World War II were tasked with keeping Allied troops moving forward and Axis troops moving

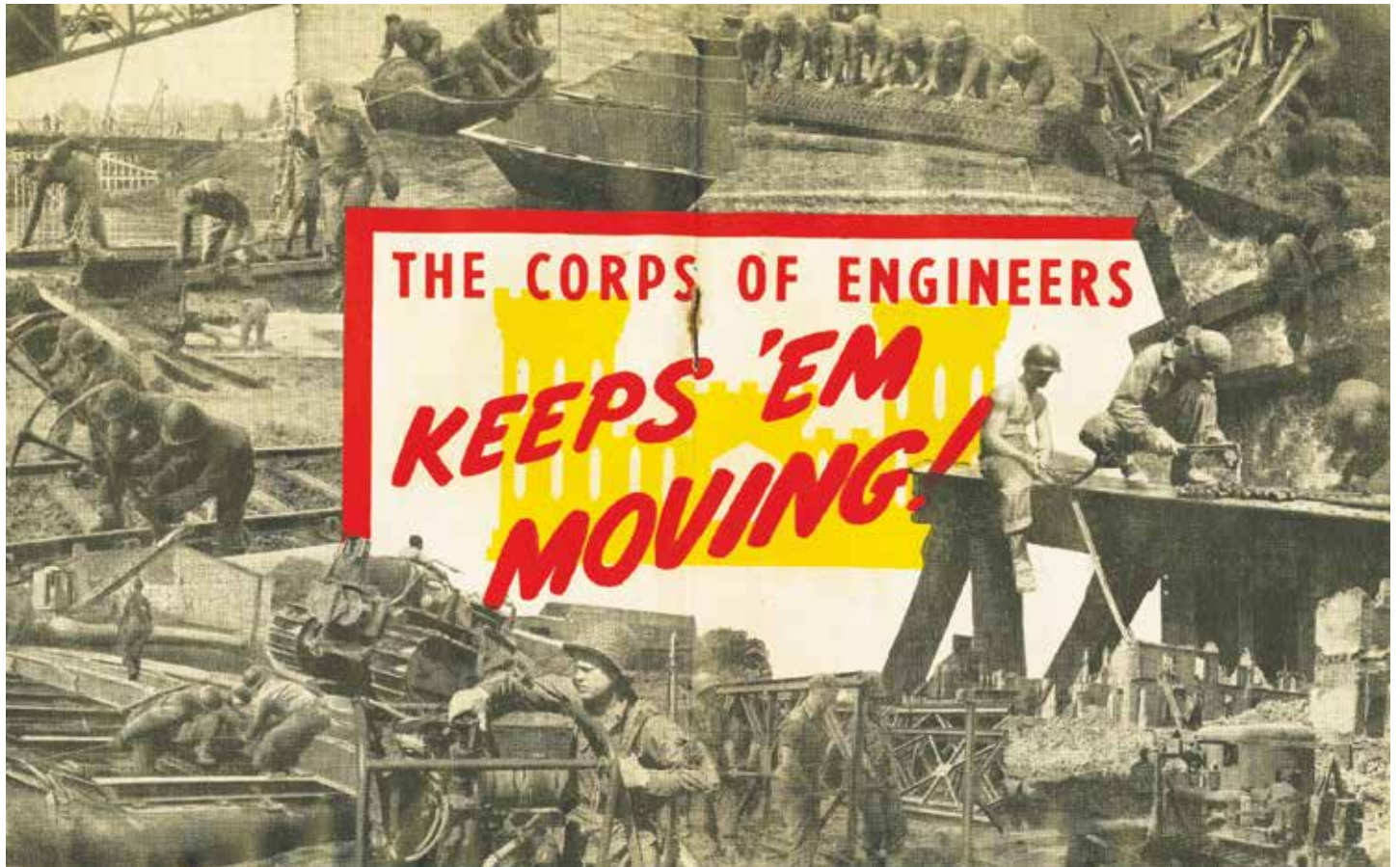


above)
Veterinary Corps
Practice Exercise
– credit:
worldwar1
centennial.org



(left)
Veterinarian in
white apron,
Veterinary
Hospital No. 8,
France - credit:
Hutchinson Family
Collection,
rootsweb.com

"Keeps 'Em Moving" informational brochure, WWII – credit: Graham Leary Collection, LSUS Northwest Louisiana Archives



backward. Building roads and bridges, clearing obstacles, and demolishing enemy supply routes were critical to Allied victory in Europe. Among the engineers' many tools were mine detectors, "satchel" charges, Bangalore torpedoes (used to demo barbed wire), and axes. Becoming an independent corps just prior to World War II, one of the Corps' first assignments was to build airfields on British holdings in the Atlantic. Once the U.S. entered the war, the Corps built installations in Europe, Asia, and at home.

Combat Engineers were crucial to the success of D-Day as well. Engineers cleared mines off the shores of Normandy prior to invasion and cleared mines on the shores while taking heavy fire from the enemy. They stopped Nazi tanks by blowing up German bridges and erected new bridges moving the Allies further inland. They also constructed holding areas for base camps, and they hindered the German advance in the Battle of the Bulge. Without the Combat Engineers, the march to Berlin would have taken much longer and cost many more lives. Today, the Corps' many critical tasks include construction of medical facilities, operation and maintenance of military installations, and mitigation of the military's environmental impact.

Treadway Bridge Construction, Germany – credit: Graham Leary Collection, LSUS Northwest Louisiana Archives



Signal Corp photos (both) — Pinterest/US Army



While Combat Engineers pave the way for our troops, the Signal Corps keeps them in touch with each other. Founded in 1860, the U.S. Army Signal Corps was and still is primarily responsible for enabling communication among units in battle zones. After World War II, Pacific Theater communication networks were largely dismantled. When the Korean War broke out in 1950, the Signal Corps had to scramble to re-establish East Asian communication links, with Signalmen already stationed in Japan being some of the first troops sent into Korea. However, traditional wire communications did not work well in the South Korean terrain, which included narrow roads and dense trees, and because of the lack of amplification equipment. To overcome these obstacles, Signalmen relied on their own creativity, ingenuity, and skill, bouncing VHF signals off hills to extend their reach and utilizing riverbeds to maximize lines of sight. Easy targets for snipers when running wires on poles, Signalmen learned to act as their own security force as well.

By 1951, most Signalmen were receiving their training at Camp San Luis Obispo in California, but in 1965, the camp was officially deactivated. Today's Signal Corps receives its training at Fort Gordon, Georgia, learning the technology necessary to keep today's military connected. Modern tasks are hi-tech and varied and include cable installation, satellite systems operations, and electromagnetic spectrum management, as well as more traditional roles, such as radio and telecommunications operations.

From handling animals to laying bridges to running radio lines, the heroes behind the scenes of the U.S. military have a proud history of giving their all to advance the cause of freedom. Although they may not receive the glory their brothers in arms do, their dedication is no less impressive and is certainly worthy of heroes' laud when remembering all our former service people on Veterans' Day.



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Snapshot SLEUTH

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

The Best of Times has partnered with Archives and Special Collections of the LSU Shreveport Library to identify individuals and events in their collections. Please email Tina at editor.calligas@gmail.com or Laura at laura.mcmemore@lsus.edu if you can help.

(right) Cooper Road swimming pool in May 1978. (Lawrence Lea collection)



(left) The title of this image is "Freedom Riders First to Get Arrested in Shreveport, 22 July 1961." This historic photo was taken in the old bus station on Fannin Street in downtown Shreveport. (Jack Barham collection)



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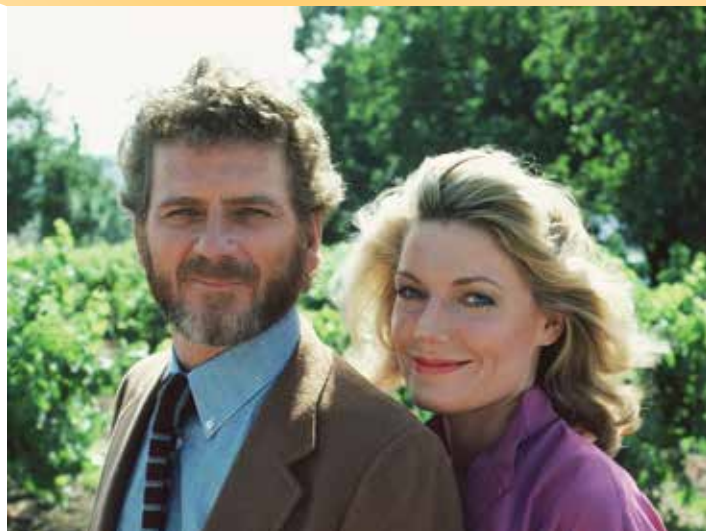
Advice from Susan Sullivan

Best known for her extensive television career that includes starring roles in shows such as “Falcon Crest,” “Castle,” and “Dharma and Greg,” Susan Sullivan is always keen to offer advice to others and that includes sharing with seniors her family’s experience with health issues.

“Exercise!”, she declared from her home in Los Angeles. “I’m 78, and about 5 years ago Connell (her longtime partner) was suffering from back issues and we began a program of high-intensity interval training. A lot of our health issues were relieved. The benefits to strength, memory, balance, and overall well-being from exercise are well-known. Of course, the difficulty is staying with it and I find the mantra ‘just show up’ helps. I know this sounds simplistic, but a little self-talk is encouraging. You see, I am also giving rather annoying advice to myself on a daily basis.”

Her passion to counsel was highlighted on-screen earlier this year in “What Friends Do (#Expendables),” a story she wrote and acted in with several longtime friends and veteran colleagues for Smartphone Theatre, a livestream digital performance platform presented via Zoom and created during the early pandemic months (free to watch at www.smartphonetheatre.com).

During the 25 minute story, the characters (portrayed by



Robert Foxworth and Susan Sullivan from the 80s CBS prime-time soap Falcon Crest (CBS publicity)

Sullivan, plus Kathryn Leigh Scott, Mitchell Ryan, and David Selby) banter back and forth with Sullivan’s art-imitating-life character offering advice aplenty.

“I wrote this play about being a senior and getting back into life,” she explained. “Like many people, I wasn’t working after the pandemic hit and was faced with two choices. Part of my brain told me to just collapse into myself – stay home, sleep late, and reread my favorite books. But another part



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urged me to remain engaged with friends and to keep my mind active. Fortunately, I listened to myself. And trust me, I don't always."

Her experience with the Smartphone Theatre production inspired Sullivan to continue writing, delving into a personal issue many will recognize.

"My father was an alcoholic and I'll be doing an upcoming Zoom monologue about our relationship," she said. "He comes back as a dog to give me advice – obviously a family trait!"

Her hope, she says, is to encourage people to explore difficult relationships they have with others, including parents.

"While we should acknowledge our parents for their positive role in our lives, very often we need to forgive a parent for what they didn't give us. Has the relationship enriched you or has it created an obstacle for you? Even people in their 70s and 80s may be still unable to forgive the shortcomings of a parent, a sibling, or even a slight from a former boss. Perhaps my story will encourage others to write their own and release some resentments, the biggest killers of love. Let them go. Oh, there I go again."

With Thanksgiving approaching, I asked Susan if her own holiday memories of growing up were difficult.

"Our family holidays were usually chaotic," she admitted. "So, there aren't a lot of good memories to share. But I will share what gets me up in the morning if you want to hear it." Naturally, I did.

"It's basically three things," she began. "I need to have something to do, something to love, and something to hope for. These, and a good cup of coffee, allow me to show up and get on with the extraordinary business of being alive!"

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.



Susan Sullivan in 2019 promoting the TV series The Kominsky Method.

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What If the Turkey Had Been Our National Symbol?

As the story goes, Benjamin Franklin wasn't a big fan of the bald eagle. According to a 2013 article on the smithsonian.com site, in a 1784 letter to his daughter, old Ben wrote rather disparagingly of the now widely recognized American emblem. Comparing the eagle to the turkey he called the latter "a much more respectable bird and withal a true original native of America."

Perhaps Franklin was displaying his aptitude for satire because he never seriously suggested installing the turkey as the National Bird. But what if we had? The entire symbolic culture of the country could have evolved very differently. For instance, wild turkeys might have appeared on U.S. coinage, banknotes, stamps, and other official symbols of America instead of the eagle.

Today, Eagle Scouts would be called Turkey Scouts, while golfers hitting a rare three holes under par would exclaim, "A double turkey!" And could Pennsylvanian NFL fans really get behind the Philadelphia Turkeys?

In the music world, Glenn Frey and Don Henley might be unknown performers today had they called themselves "The Turkeys." That doesn't evoke a peace-

ful easy feeling.

Presidential addresses would be delivered from behind a White House lectern featuring a turkey on the Great Seal of the United States – although, given the history of Oval Office occupants, that might not seem entirely inappropriate to some voters.

Even the American space program would've been influenced. When Neil Armstrong transmitted the first message from the Apollo 11 lunar module after landing on the moon in 1969, he surely would have choked on the words, "The Turkey has Landed!"

Of course, none of that ever happened. With their respective roles now firmly established in American culture, we can give thanks that both birds have served us well.

Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for many newspapers and magazines. See www.getnickt.org.



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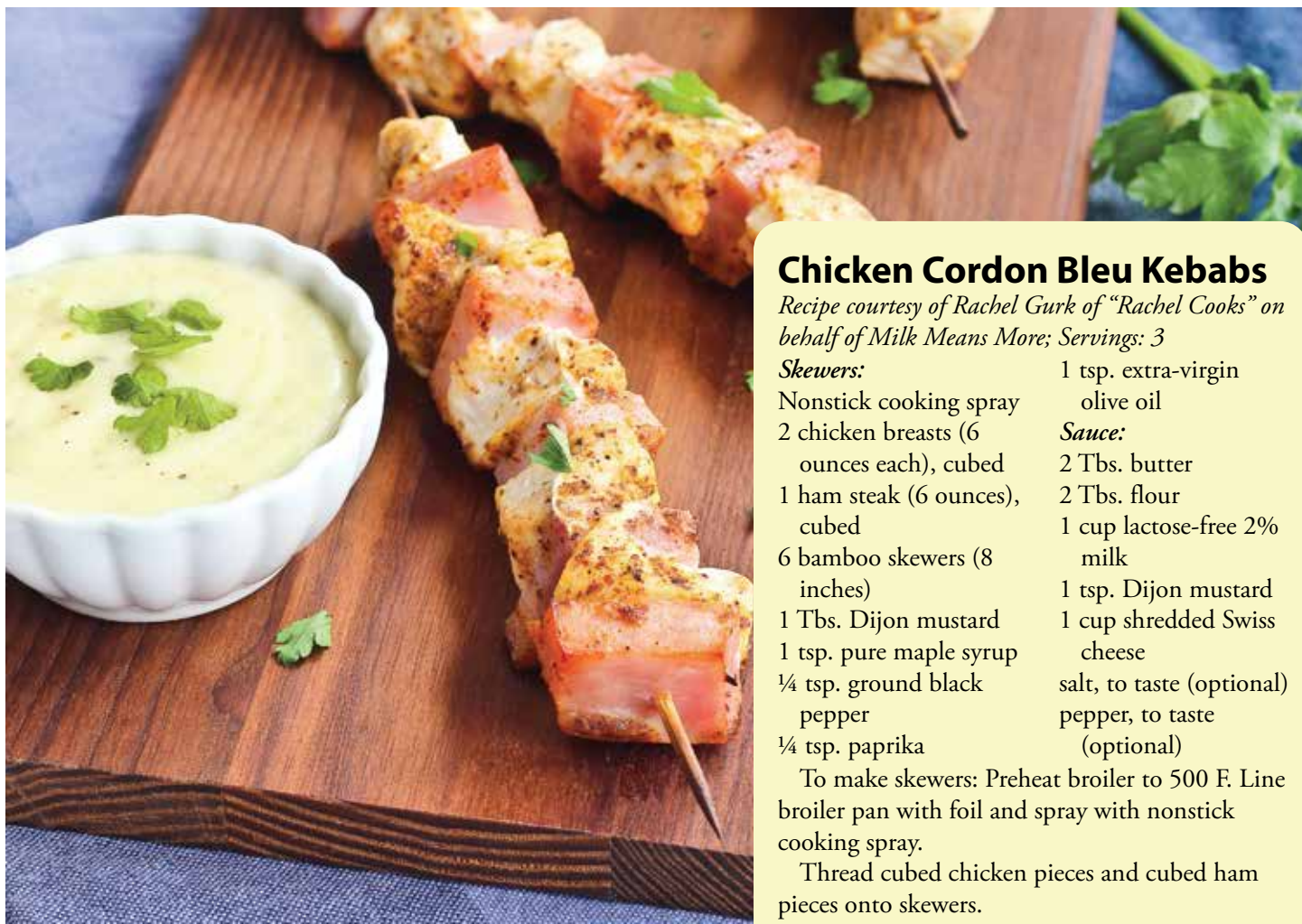


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Quick, Nutritious Recipes to Make Family Meals Easy

Enjoy dairy dishes without the discomfort



FAMILY FEATURES

Dairy foods – key ingredients in many at-home meals – provide nutrients for people of all ages to grow and maintain stronger bodies and minds. However, some bodies are unable to break down the sugar found in milk, known as lactose, which causes an upset stomach and a heavy, bloated feeling. Rather than avoiding dairy and missing out on beneficial nutrients, people with lactose intolerance can enjoy real dairy products that are naturally low in or don't contain lactose without the stomachache with foods like lactose-free milk, hard and aged cheeses, and yogurt with live and active cultures. These easy-to-make meals offer lactose intolerance-friendly options. Visit MilkMeansMore.org to find more delicious dishes that fit a lactose intolerant meal plan.

Chicken Cordon Bleu Kebabs

Recipe courtesy of Rachel Gurk of "Rachel Cooks" on behalf of Milk Means More; Servings: 3

Skewers:	1 tsp. extra-virgin olive oil
Nonstick cooking spray	
2 chicken breasts (6 ounces each), cubed	Sauce:
1 ham steak (6 ounces), cubed	2 Tbs. butter
6 bamboo skewers (8 inches)	2 Tbs. flour
1 Tbs. Dijon mustard	1 cup lactose-free 2% milk
1 tsp. pure maple syrup	1 tsp. Dijon mustard
¼ tsp. ground black pepper	1 cup shredded Swiss cheese
¼ tsp. paprika	salt, to taste (optional)
	pepper, to taste (optional)

To make skewers: Preheat broiler to 500 F. Line broiler pan with foil and spray with nonstick cooking spray.

Thread cubed chicken pieces and cubed ham pieces onto skewers.

In small bowl, combine Dijon mustard, maple syrup, black pepper, paprika and oil.

Brush mustard mixture on skewers.

Broil about 5 minutes, flip and cook 5 minutes, or until chicken is cooked through.

To make sauce: In small saucepan over medium heat, melt butter. Whisk in flour and cook 1 minute, whisking constantly. Gradually add milk, whisking constantly. Add Dijon mustard. Continue cooking 5 minutes, or until thick. Reduce heat to low and stir in cheese, whisking until melted.

Add salt and pepper, to taste, if desired.

Serve chicken and ham kebabs with sauce.



Chicken, Spinach and Feta Casserole

Recipe courtesy of Marcia Stanley, MS, RDN, on behalf of Milk Means More; Servings: 4

- | | |
|--|---------------------------------|
| 1 package (10 ounces) frozen chopped spinach, thawed | 2 tablespoons butter, melted |
| 3 eggs, slightly beaten | 2 teaspoons dried minced onion |
| 2 cups cottage cheese | 1 teaspoon dried oregano leaves |
| 1½ cups chopped cooked chicken | ¼ teaspoon salt |
| ¾ cup crumbled feta cheese | ¼ teaspoon pepper |

Preheat oven to 350° F.

Place spinach in colander. Use back of large spoon or rubber spatula to press moisture from spinach.

In large bowl, combine spinach, eggs, cottage cheese, chicken, feta cheese, flour, butter, onion, oregano, salt and pepper.

Spoon into greased 1½-quart casserole dish. Bake, uncovered, 45-50 minutes, or until set near center (160° F). Let stand 5 minutes before serving.

One Pan Mac and Cheese

Recipe courtesy of Sheila Johnson of "Eat 2 Gather" on behalf of Milk Means More

- | | |
|----------------------------------|---|
| Water | 1½ cups shredded sharp white cheddar cheese |
| 2 tsps. salt | 1 cup shredded Parmesan cheese |
| 2 cups dry macaroni noodles | salt, to taste |
| 2 cups lactose-free whole milk | fresh cracked pepper, to taste |
| 2 eggs | |
| 2 Tbs. butter, clarified or ghee | |

Add water and salt to 3-quart saucepan; cook noodles according to package directions. Drain and add noodles back to pan.

Measure milk into large measuring cup. Add eggs and whisk.

Toss noodles with clarified butter, turn heat to medium and pour in milk-egg mixture. Add cheeses and stir until melted. Bring to low boil about 3 minutes; sauce will thicken and become creamy. Add salt and fresh cracked pepper, to taste.



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

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Account	Loan
Amount	Manager
ATM	Money
Bills	Overdraft
Borrow	Payment
Camera	Pin Number
Cash	Savings
Check	Security
Coins	Signature
Currency	Statement
Deposit	Teller
Endorsement	Transfer
Fund	Vault
Interest	Window
Line	Withdrawal

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

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

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

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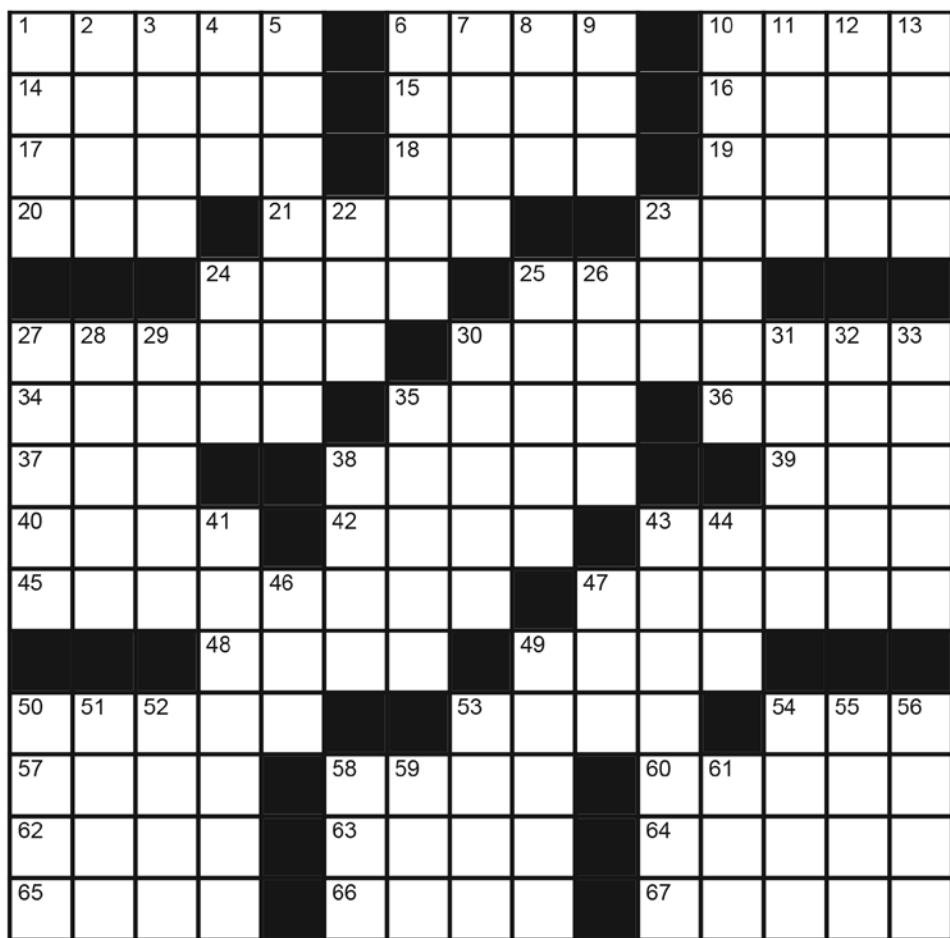
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Y0066_21WKPR_C



Crossword

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Solutions on page 36

Across

- 1 Speck in the ocean
- 6 In the thick of
- 10 Amorphous mass
- 14 Primed
- 15 Lymph bump
- 16 Rake
- 17 Combat gear
- 18 Warner Bros. creation, briefly
- 19 Toward dawn
- 20 Day break?
- 21 Parroted
- 23 Kind of ray
- 24 Oklahoma city
- 25 Dressed
- 27 Tranquil
- 30 Computer generated copy
- 34 Spencer of film
- 35 Gift tag word
- 36 Maori war dance
- 37 Sphere
- 38 Fore-and-aft-rigged vessel
- 39 Pub fixture
- 40 Beaks
- 42 Song of praise
- 43 Migratory birds
- 45 Versions
- 47 Stock units
- 48 Steel ingredient
- 49 Brew
- 50 In flames
- 53 Perjurer
- 54 La Brea goo
- 57 Baby elephant
- 58 Sign in a store window
- 60 Destiny
- 62 Perpetually
- 63 Party pooper
- 64 Manner of speaking
- 65 Alluring
- 66 No Einstein
- 67 Recesses

Down

- 1 Farsi-speaking land
- 2 Antitoxins
- 3 Light source
- 4 Shogun's capital
- 5 Dictatorship
- 6 Chipped in chips
- 7 Kind of ring or swing
- 8 Promising words
- 9 Easy chair site
- 10 Scope
- 11 Student aid
- 12 Evict
- 13 Kind of blocker
- 22 Bakery item
- 23 Isle of ____
- 24 Common Market letters
- 25 Sing like Bing
- 26 Not stiff
- 27 Backgammon piece
- 28 Missed the mark
- 29 Jewish spiritual leader
- 30 School dances
- 31 Horse opera
- 32 Imperial decree
- 33 Records
- 35 Errol of "Robin Hood" fame
- 38 Spot remover?
- 41 Use a wok
- 43 Pickle
- 44 Musical gift
- 46 Hot temper
- 47 Yellow, for one
- 49 Numbers game
- 50 Whizzes
- 51 Best-loved, these days
- 52 Holly
- 53 Starring role
- 54 Small combo
- 55 In a frenzy
- 56 Butts
- 58 Kooky
- 59 Country club figure
- 61 Commotion

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Y0040_GHHHXDHEN_21_C



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

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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.



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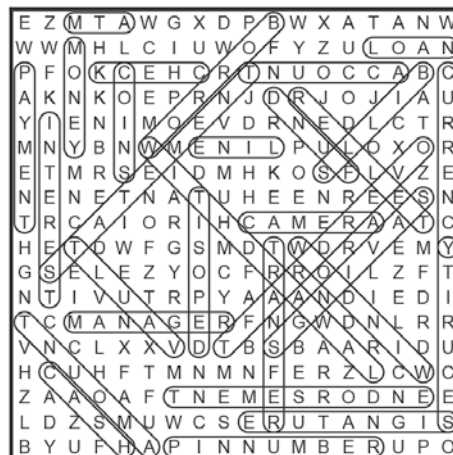
My mother has been recently diagnosed with Alzheimer's disease, does she qualify for hospice care under her Medicare benefits?

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



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 See our ad on page 34, 40.

PUZZLE answers (from pages 32 & 34)



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

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Odds & Ends



Wreaths Across America Day

The Shreveport Garden Study Club has joined with the National Wreaths Across America Day to host a local ceremony on Saturday, December 18, 2021 at the Greenwood Cemetery located at 130 East Stoner Avenue at 11:00 a.m., followed by the placement of wreaths on the 800 veterans who are buried at this cemetery. This ceremony is open to all who would like to attend. The mission is to remember the fallen, honor those that served, and teach the next generation about the value of freedom. Since 2017, Wreaths across America and its national network of volunteers have placed over 1.5 million veterans' wreaths at 2,200 locations across the US. If you would like to donate a wreath, mail a \$15 check to: Wreaths Across America - GROUP ID: LA0075P, P. O. Box 53095, Shreveport, LA 71135 or via their website at www.wreathsasscrossamerica.org/LA0075P.

What is Hospice Respite Care?

Respite care is short-term relief for in-home hospice caregivers. Medicare benefits pay for patient transport and up to five consecutive days of inpatient care at a Medicare-approved nursing facility or hospital. You can get respite care more than once, but only on an occasional basis. Hospice respite care enables the caregiver to rest and recover from the demands of daily in-home care. Respite care is also appropriate when a patient's medical condition warrants a short-term inpatient stay for pain or other symptoms that cannot be managed at home. For more details, contact your hospice care provider.



Medicare's Open Enrollment

You can enroll in Medicare health and drug plans from until December 7. Get ready for Medicare's Open Enrollment with these 5 tips:

- Check your mail for important notices from Medicare or Social Security.
- Review your current Medicare coverage, and decide if your current Medicare coverage will meet your needs for the year ahead.
- Review your 2022 "Medicare & You" handbook for information about Medicare coverage and Medicare plans in your area.
- Preview 2022 health and prescription drug plans. Compare coverage options and shop for health plans at medicare.gov.
- Get personalized help in your community. You may be able to find free information and events online, or get help from health insurance counselors in your area by phone, like your State Health Insurance Assistance Program at www.shiphelp.org.

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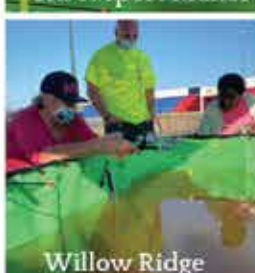
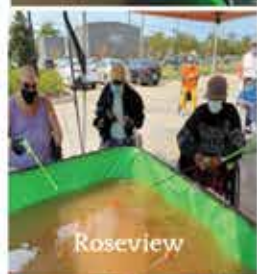
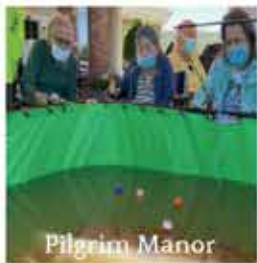
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Minden 318.382.9396

Homer 318.927.9217

Coushatta 318.932.9465

Shreveport 318.524.1046

1st Place Winner



Cypress Point