

September 2021

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The View Behind the Scenes During
Shreveport Little Theatre's
Centennial Season

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Inside This Issue

Briefs

- 6 Stat! Medical News & Info
- 14 Shreveport Then & Now
- 20 Snapshot Sleuth

Features

- 16 The View Behind the Scenes During
Shreveport Little Theatre's Centennial
Season
by Kathleen Ward

Columns

- 8 Eat Well Live Well
Use Dietary Supplements Wisely and Correctly
by Abigail McAlister
- 10 Laws of the Land
I Want My Money Back!
by Lee Aronson
- 12 Dear Pharmacist
5 Impressive Natural Remedies for Chronic
Constipation
by Suzy Cohen, R.Ph.
- 22 Tinseltown Talks
Claudia Wells Went Back to the Future
by Nick Thomas
- 29 Jest a Moment
Beware of Dating Health Professionals
by Nick Thomas

In Every Issue

- 24 What's Cooking?
Deliver Flavor and Nutrition Despite Busy Schedules
- 26 Puzzle Pages
Crossword, Word Search and Sudoku

**PLACES
PLEASE**
A Season to Celebrate

The Strand

2021

The Second City-Legendary Laughs
SATURDAY
SEPTEMBER 18, 2021
8PM

Postmodern Jukebox
THURSDAY
DECEMBER 2, 2021
8PM

**Rudolph The Red-Nosed Reindeer:
The Musical**
WEDNESDAY
DECEMBER 15, 2021
7PM

2022

Mutts Gone Nuts
SATURDAY
FEBRUARY 26, 2022
2PM

**Roald Dahl's Charlie and the
Chocolate Factory**
WEDNESDAY
MARCH 16, 2022
7PM

The Queen's Cartoonists
FRIDAY
MARCH 25, 2022
7PM

South Pacific
THURSDAY
APRIL 21, 2022
8PM

One Night of Queen
WEDNESDAY
APRIL 27, 2022
8PM

Waitress
FRIDAY
MAY 6, 2022
8PM

Beautiful-The Carole King Musical
TUESDAY
JUNE 7, 2022
8PM

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SEPTEMBER 4

A Season to Celebrate at the Strand Theatre

Jennifer Hill and Jodi Glorioso

SEPTEMBER 11

Louisiana Seniors Qualify for Medicare Special Enrollment

Zanuel Johnson, Medicare consultant

SEPTEMBER 18

Weight Loss Tips for Seniors

Dr. Amy Lee, author and lecturer

SEPTEMBER 25

Grounded Grandmothers

Aukie Kapeyn, author and lecturer

OCTOBER 2

How to Thrive After a Traumatic Event

Dr. Randall Bell, international disaster recovery expert

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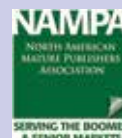
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On the Cover

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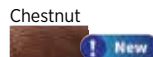
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Stat!

Medical News & Info



Social Media May Compensate for Fewer In-Person Interactions

A lack of in-person interactions is a primary driver for older people to use social media, which differs from how younger people use it to establish and maintain relationships, according to a first of its kind study of older users by a researcher at The University of Alabama in Huntsville (UAH). The study divided the older adults into Baby Boomers (age 50-74) and Traditionalists (age 75 plus). Both groups tended to list diversion and entertainment as the reasons they use Facebook, while social activity, travel and real-world leisure activities were positive predictors of using Instagram for relationship surveillance, documentation and self-promotion.

Next time you're feeling stressed, try taking a warm bath, getting in your slippers, and...taking out your colored pencils? Yes! Did you know that coloring books offer many benefits to adults? According to Cleveland Clinic, using coloring books can be a great way to relax your brain and combat anxiety. If you loved coloring as a child, chances are that a meditative coloring book could be an enjoyable way for you to unwind as an adult.



Stroke Victims Who Regularly Walk or Bike May Have Lower Risk of Death

A new study shows that people who walk or garden at least three to four hours per week, or bike at least two to three hours per week, or the equivalent after having a stroke may have a 54% lower risk of death from any cause. The study found the most benefit for younger stroke survivors. For those under the age of 75, their risk of death was reduced by 80%. The research is published in an online issue of *Neurology*®.

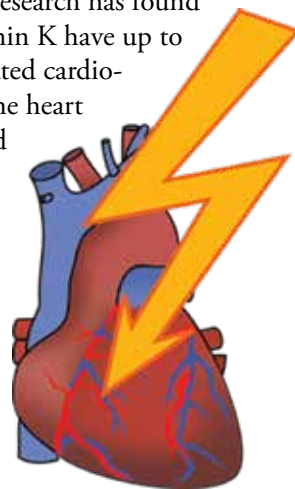


Keeping Your Brain Active May Delay Alzheimer's Dementia 5 Years

Keeping your brain active in old age has always been a smart idea, but a new study suggests that reading, writing letters and playing card games or puzzles in later life may delay the onset of Alzheimer's dementia by up to five years. The study looked at 1,978 people with an average age of 80 who did not have dementia at the start of the study. The people were followed for an average of seven years. To determine if they had developed dementia, participants were given annual examinations, which included a number of cognitive tests. During the study follow-up period, 457 people with an average age of 89 were diagnosed with Alzheimer's dementia. People with the highest levels of activity, on average, developed dementia at age 94. The people with the lowest cognitive activity, on average, developed dementia at age 89, a difference of five years. The results were similar when researchers adjusted for other factors that could affect dementia risk, such as education level and sex. The research is published in an online issue of *Neurology*®, the medical journal of the American Academy of Neurology.

Vitamin K Benefits for Heart Health

New Edith Cowan University (ECU) research has found that people who eat a diet rich in vitamin K have up to a 34% lower risk of atherosclerosis-related cardiovascular disease (conditions affecting the heart or blood vessels). Researchers examined data from more than 50,000 people over a 23-year period. There are two types of vitamin K found in foods we eat: vitamin K1 comes primarily from green leafy vegetables and vegetable oils while vitamin K2 is found in meat, eggs and fermented foods such as cheese. The study found that people with the highest intakes of vitamin K1 were 21% less likely to be hospitalized with cardiovascular disease related to atherosclerosis. For vitamin K2, the risk of being hospitalized was 14% lower. This lower risk was seen for all types of heart disease related to atherosclerosis, particularly for peripheral artery disease at 34%.





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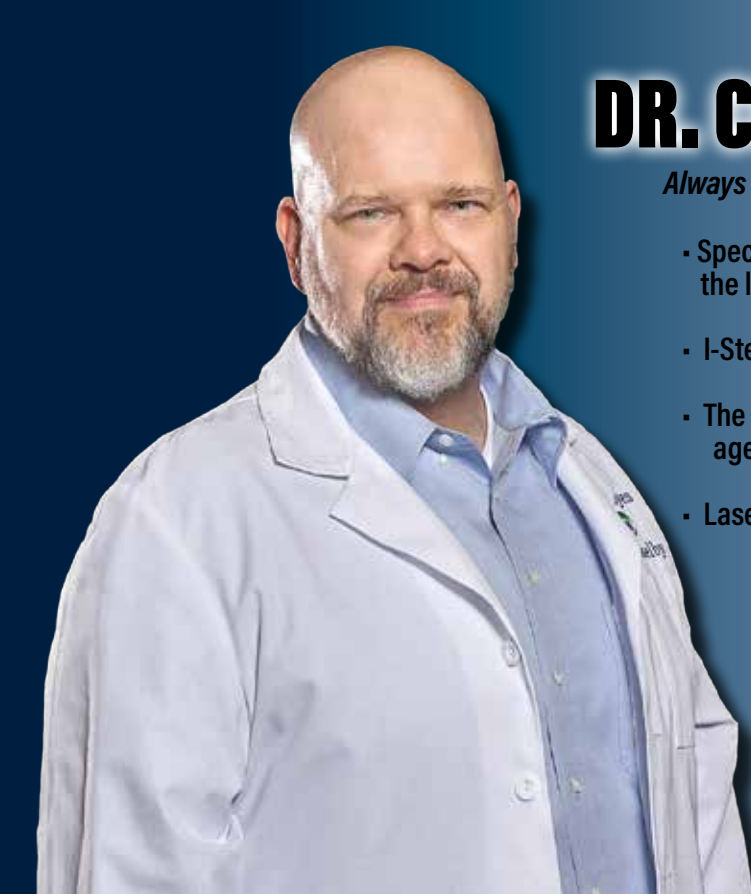
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Use Dietary Supplements Wisely and Correctly

Dietary supplements are incredibly popular across all ages. Supplements can be immensely helpful for some people when used appropriately and when exercising safety. There is still much we don't know about many dietary supplements on the market today, which is why it is important to be informed of regulations and know the steps to take to stay safe when purchasing and using them.

Dietary supplements encompass a wide variety of products, including vitamins, minerals, amino acids, herbs, and enzymes. You may see supplements in many different forms, such as powders, capsules, tablets, gel caps, soft gels, and even liquids or drinks.

Unlike medicines, dietary supplements do not require FDA approval to be sold - instead, supplement companies are responsible for ensuring their products are safe. This means that many of

the products you see on the shelves have not gone through any safety testing or approval process by the FDA. There are some FDA requirements, however, for certain supplements. If a supplement contains a new ingredient (one introduced after October 15, 1994), then the company must prove to the FDA that this new ingredient is safe. If a supplement does not have any new ingredients, a company can market and sell their product without any FDA approval. Due to this reality, it's important that we are extra cautious about using supplements to ensure they are safe for our bodies.

If you're interested in trying a new supplement, the first thing you should do is ask your healthcare provider about it. Your healthcare provider can shed some light on a supplement's safety, how to use it, and whether or not it will be helpful for you. They will also be able to determine if the supplement will



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interfere with any medical conditions or medicines you may already be taking. After talking about the supplement, your healthcare provider may even have recommendations for a good brand or type to look for.

When trying a new supplement, it's important to follow package directions as well as dosage recommendations from your healthcare provider. Many supplements contain ingredients that have strong effects on the body, so be aware of any side effects or bad reactions and be sure not to take a higher dose than advised. When it comes to supplements, more is not better, and taking too much of a supplement can even cause damage to our bodies.

It's also important to be cautious of supplement recommendations from others. Keep in mind that what might be good for one person may not be good for you. This is especially true with dietary supplements. When a friend or loved one recommends a supplement to you, while they often do so with your well-being in mind, always ask your primary care provider before trying the supplement yourself. Nothing beats advice from a licensed health professional. We are all unique in our needs, and sometimes the best intended advice can be the most harmful. The same goes for us - it's best to avoid recommending supplements to friends and family.

When used correctly and as directed by medical professionals, supplements can be helpful. Some supplements fill nutrient gaps if our bodies aren't absorbing the right amount of nutrients or our diets are lacking in a vitamin or mineral. However, keep in mind that nothing can replace a healthy, balanced diet. It's important to eat a variety of nutrient-rich foods every day to ensure that we are getting what we need. Also, the vitamins and minerals we get from foods are often more easily absorbed by our bodies than what we could receive from a supplement. Always, always, always refer to your healthcare provider if you have any questions about supplements.



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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I Want My Money Back!

Can I return my hearing aid? Yes. At least for a little while. Which is unusual in Louisiana. Normally in our state, if you buy something, you don't have the right to return it and get your money back. "All sales are final," is the general rule in Louisiana. But some stores have a more generous policy. For example, some big box chain stores have policies that give customers 90 days to return many unopened items. But that's the store's policy, not Louisiana law. So if the store decided to change their policy and stop taking returns, that would be legal.

But not for hearing aids. That's because Louisiana has a special law to protect people buying hearing aids. Hearing aid customers get a 30 day right to return their purchase "if the consumer finds that the hearing aid does not function adequately for the consumer."

Obviously this wouldn't be much help

if the hearing aids have to be returned unopened, so the Louisiana law says that as long as they are returned "in the same condition, ordinary wear and tear excluded, as when purchased," then the customer can get his money back.

But not all of his money. Here's the kicker: "the seller of the hearing aid is entitled to a cancellation fee not to exceed fifteen percent of all fees charged to the consumer, including testing, fitting, counseling, and the purchase price of the hearing aid."

Here are two more things to think about if you are considering hearing aids but are worried about the cost:

- It may soon be possible to buy over the counter hearing aids. That's because a 2017 federal law told the



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FDA to write some rules that would allow for over the counter hearing aid sales. When the Feds wrote the law, they gave the FDA a deadline for writing these rules. The deadline was August 2020. In other words, the FDA had a 3 year deadline. Which they missed. But it looks like that the rules could be published soon. If they are, the new over-the-counter category of hearing aids will certainly be less expensive than custom hearing aids.

- There may be a better solution if you can't afford hearing aids. Louisiana actually has a little known program that offers free hearing aids. The program is offered through the Department of Health and is open to "poor people." But the program has a very generous definition of "poor." What I mean by that is the program does not care how much money you have in the bank. You could have \$100 in your bank account, or \$10,000 in your bank account, or even \$100,000 in your bank account. As long as your income is below a certain level, then you could be eligible for hearing aids under this program. Here's how it works: the program looks at the income of everyone in your household. If just you and your wife live in your home, then as long as the combined income of the two of you is less than \$40,600, you are eligible for the program.

Sound too good to be true? Well, I haven't told you the bad part yet. There's a waiting list. Although the program is available statewide, it is run regionally which means that every part of the state has its own waiting list. Some are longer than others. The waiting list for the northwest part of Louisiana is currently between 3 and 6 months. To find out more, you can call 1-800-256-1523 or 1-877-219-7329 extension 122.



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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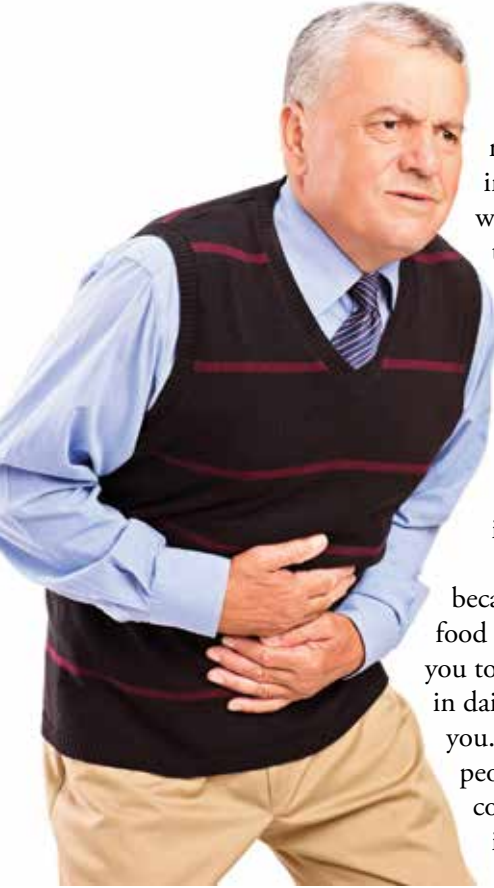
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5 Impressive Natural Remedies for Chronic Constipation



Our gut takes a beating over a lifetime, and while it's not my favorite subject (because it reminds me of my brother's colon cancer), I feel that the intestines are the place to focus if you ever want to truly regain your health. Today's article focuses on constipation because if you are not eliminating toxins properly, they will build up in your body and increase your risk for many diseases. Some people reading this today think that constipation means they cannot have a bowel movement, but that's not true. If you have small 'rocks and pebbles' coming out, that is also constipation and should be treated.

First and foremost, start drinking more because hydration will soften stools. Consider food intolerances because some foods will cause you to be constipated. For example, a diet high in dairy and rice for example is not good for you. Chronic unrelenting stress will cause some people to become constipated, and likewise it could trigger bouts of diarrhea, or alternating bouts of each. I know a person who suffered with IBS for the last 3 years, and now

that she's made a new life decision, she is completely cured! Amazing to me, and yet not really! We all know that unchecked stress leads to illness over time.

You may be wondering about medications you take, and if those can contribute to your problem. The answer is yes, and there are many drugs that cause or exacerbate a person's constipation, most commonly allergy medications, opiates and blood pressure pills. Here are some of the best things you can do to help yourself. Of course, as your doctor if it's right for you:

1. Probiotics - These help replenish lost flora in the gastrointestinal tract, and that is important to healing.

2. Ginger - This herb is calming to digestion and helps with nausea. It has an antimicrobial effect on pathogens in the gut. You can cook with this easily if you grate some fresh ginger into your recipes, or use a dash of the dried powder.

3. Fennel - This relaxes the muscles in the intestinal tract and may help relieve constipation and gassiness.



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4. Lemon zest - Get an organic lemon and grate some fresh lemon peel into your recipes. A brand new study in the journal, Foods found that supplementing meals with lemon peel reduced inflammation in the gut lining of the mice they studied.

5. Triphala - This herb is widely available in American health food stores and online. It's a combination of three different herbs (Terminalia bellirica, Emblica officinalis, and Terminalia Chebula, so we call it "triphala." It has been used for various GI ailments, including stomach pain, constipation and flatulence. Check with your doctor about triphala if you are taking medications for diabetes and hypertension because it may not be right for you.

In summary, when your gut is given some TLC from herbs and enzymes, your whole body responds. Your skin wounds heal faster, your acne clears up, your autoimmune antibodies go down, infections become less frequent, immunity goes up, and best of all your regularity improves. If you're interested in a longer version of this article, I will email it to you just sign

up for my free newsletter at suzycohen.com

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(left) **Conoco Station** - Although it is only a memory now, this station sat at the corner of Marshall and Cotton Streets in downtown Shreveport. The building directly behind the gas station was once home to the Phelps- Estes Dance Studio. It is now home to the Ridgeway Square Apartments. The Shreveport Downtown Development Authority's office sits to the right of this spot now.

(right) **Western Auto**- The building, located directly across the street from The Standard 509, at the corner of Texas Street and Market Street, is so old that, it's very likely, horses used to be tied up in front of it. It looks like it was there in the 1920s and maybe as far back as the 1890s! Yep, 130 years ago! This building is currently being restored! Downtown Shreveport Development Corporation (DSDC), a partner of DDA in downtown rehab and development, is working to save the historic building.



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GCHKU9TEN





The View Behind the Scenes During Shreveport Little Theatre's Centennial Season

The theater is the only institution in the world that has been dying for four thousand years and has never succumbed. It requires tough and devoted people to keep it alive. — John Steinbeck

BY KATHLEEN WARD; PHOTOS COURTESY SHREVEPORT LITTLE THEATRE

There is nothing little about the Shreveport Little Theatre (SLT). In 1921, that name boldly aligned the theater with the “Little Theatre Movement”, which declared productions would be varied, modern and free from the confines of traditional theater, and named a woman (founder Julia Rogers) first director.

This nationally recognized theater survived two World Wars, two fires, the Depression and a worldwide pandemic to remain in continuous operation for 100 years. Early productions rotated between host venues until moving into its home at 812 Margaret Place in March 1927.

Rebuilt several times, SLT's last transformation was in 2011 after a \$3.3 million dollar expansion and renovation of the beautiful Rural English styled 15,200 square-foot, 170-seat theater.

SLT's dedicated group of theater professionals and volunteers, led by managing and artistic director Dr. Robert “Bobby” Darrow, stages 14 productions each year and creates many opportunities for community involvement, including SLT Academy (K-eighth grade), camps, classes, and voice and acting lessons.

The 2021-2022 ‘Main Stage’ season features a ‘60s French comedy, an ‘80s farce, a ‘70s drama, a ‘90s musical, and the 2004 musical *White Christmas*, based on the classic 1954 film and featuring 17 Irving Berlin songs.



Dr. Robert “Bobby” Darrow,
SLT Manager and Artistic Director
(photo credit: Powell Photography)

Darrow, who has a Ph.D. in Theatre and worked on Broadway, acted in SLT productions as a child. “I enjoyed music, singing, dance and ART. Once I saw a live theatrical production, which incorporated all these artistic genres, I had found my life's passion.”

In *Boeing Boeing*, Parisian playboy Bernard's life unravels when his three stewardess fiancées all visit him in Paris. In *The Foreigner*, shy Englishman Charlie visits a fishing lodge in rural Georgia pretending he speaks no English and becoming entangled in secret plots and scandals of other guests.

The *Oldest Living Graduate* is a comedy/drama about conflicts between a WWI veteran and his conniving son. The Marvelous Wonderettes: *Dream On* features 30 hits from the '60s and '70s.

Three 'Lagniappe' productions, *The Meeting* (Martin Luther King Jr. meets Malcolm X), *The Lonesome West* (two quarrelsome Irish brothers make life miserable), and *The Lady With All the Answers* (events in the life of columnist Ann Landers), make this the season with something for everyone.

"Our audience members are as diverse as our community," said Darrow. "These folks come to our theatre, suspend their personal troubles for a few hours, and become engrossed in the production and performances they are experiencing. You can hear a pin drop because everyone in the audience is collectively engaged in the story."

Darrow, who has a Ph.D. in Theatre and worked on Broadway, acted in SLT productions as a child. "I enjoyed music, singing, dance and art. Once I saw a live theatrical production, which incorporated all these artistic genres, I had found my life's passion."

Under Darrow's direction, SLT established programs that enrich the community, including "the SLT Academy for youth, an Outreach program serving four area social service agencies' clients, a readers' theatre group, and an Improv troupe," he said. His team of talented professional actors, directors, creative directors, staff and volunteers of all kinds keep the theater relevant and true to its original mission of a century ago – to entertain.

"Actors are human, humans have emotions to share and those do not change," said actor Richard Folmer, 79. Folmer and his wife, actor/choreographer/dancer Ginger Folmer, 80, met as graduate students in Theatre at Syracuse University and have appeared in numerous SLT productions since the 1970s.

Richard, who has worked with Sid Caesar, Robert Duval, Diane Keaton, Queen Latifah, Katie Holmes and Chuck Norris, is just as enthusiastic about working with SLT's casts and crews.

"Each actor is different, and I enjoy finding a way to communicate with them, to finally get what I want and what I believe the playwright wants," said Richard. Both agree theater's fundamentals remain while technical innovations enhance the experience on both sides of the curtain.

Richard Folmer, 79, and his wife Ginger Folmer, 80, have appeared in numerous SLT productions since the 1970s. Shown below when they appeared in "On Golden Pond".



"Actors have always had to study scripts to reveal characterizations, memorize their lines, work on accents, rehearse movements and blocking," said Ginger. "Dancers and singers always had special, appropriate training. Directors, musical directors and choreographers always studied scripts and scores. Choreographers always created dance movement and musical staging. Today, they can be assisted by video lessons. In terms of technical methods: lighting, sound, set construction, etc., changes are happening rapidly."

"Technically, we have really come a long way. I can remember when you needed a broom handle to change lights! Today, just push a button," said Richard. Enter Julie Edwards, SLT's Lighting Designer.



**Julie Edwards
SLT's Lighting Designer**

"Some lighting methods have remained the same for 100 years," said Edwards. "We are still lighting from the front and some backlighting. If we are lucky, the stage will allow some lighting from the sides. We have gone from torches to gaslight to electricity and now the generation of computers and LEDs."

"I love to create lighting with colors. I also enjoy the chance to use my creativity to place 'gobos' (lighting patterns) into the lighting instruments which sets the mood in various locations in the production. I enjoy climbing ladders and scaffolding," said Edwards.



Derek Shiplov
SLT's Technical Director

Enter Derek Shiplov, SLT's Technical Director, a job first held by C. E. Byrd. "I love when the set allows an audience member to be brought into the story. My method is probably the same as a 100 years ago: to create an escape for the viewer," said Shiplov. "To give the actor a playground on which to perform their story. You balance the same age-old elements: money, time and Plan B, C or D," said Shiplov.

"My favorite part of the job is, when I'm frustrated with a slow build out and then suddenly that momentum hits and it's all pulled together – all because of amazing volunteer assistance," said Shiplov, who praises the work of volunteers Alan Mathison and Neil McNelis in building sets that bring something magical to each production.

While the stage set may define the place, the season and the time, the costumes help define the actor's character, including their socio-economic status. SLT's bulging costume department is a repository of fashion history. Costume Designer Peggy San Pedro searches thrift stores, solicits donations, makes costumes and curates thousands of antique and new garments and accessories in a huge work area/dream closet off stage.



Shreveport Little Theater

has survived two World Wars, two fires, the Depression and a world-wide pandemic to remain in continuous operation for 100 years. Here are some of the various productions it has put on over the years.



2012 - The Sound of Music



2014 - SHREK, July 2014



2014 - The Addams Family



2015 - Chicago cast



1926 - The Cajun, 1926



Richard and Ginger
Folmer on the set of
On Golden Pond



On Golden Pond set



Peggy San Pedro,
Costume Designer

"I believe the oldest item we have is a dress from about the 1900's," said San Pedro. "Most of the clothes have been donated over the years, including the accessories: hats, gloves, shoes, purses, furs, men's ties, military uniforms. Costuming departments use many of the same sewing techniques from history but

have learned to adapt them to machines."

"While many theatres have come and gone, most major American cities have at least one stable community theatre. SLT is unique in having continued to produce plays each year for 100 years," said Dr. Robert Alford, a graduate of Yale School of Drama and president of the SLT Board.

"When I moved back home to Shreveport, Candace and Edwin Higginbotham heard about me and invited me to direct *Fences* at SLT," said Alford. "This was the first play at SLT by an African American playwright and with an entirely Black cast." He will direct *The Lonesome West* in January.

The 100th season celebrations continue next year with a festive gala, a documentary depicting the fascinating 100 year history of the theatre against the background of cultural and historical events, and a pictorial history book.

"I have no doubt that Shreveport Little Theatre & Academy will continue to thrive in the decades to come," said Darrow. "Live theatre will remain relevant because it is ever changing, a reflection of life. Community theatre is a communal art form, volunteer-based, and all are welcome."

Visit www.shreveportlittletheatre.com/ to find your show and to volunteer.

Save the Date!

SLT's "Maker of Dreams" Gala will be held on Thursday, August 28 at East Ridge Country Club.

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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.mcmcmore@lsus.edu if you can help.

These pictures are from professional photographer Lawrence Lea's collection. The following is all we know.

(right) "Mac's Dairy Dream Winner", March 1973.

(below) "M.O.D. Student Delegates", October 1973. (Perhaps MOD refers to March of Dimes)



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*Claudia Wells and Michael J Fox in 1985's
Back to the Future (Universal Pictures)*



Claudia Wells Went Back to the Future

When the Los Angeles Hollywood Museum reopened in August, having closed its doors to the public during much of the pandemic, Claudia Wells was one of many guests invited to celebrate the event that included a “Back to the Future” exhibit (www.thehollywoodmuseum.com).

Wells appeared in the original 1985 movie as Jennifer Parker, girlfriend to Marty McFly played by Michael J. Fox who starred in the beloved movie trilogy. Diagnosed with Parkinson’s disease in 1991 at age 29, Fox later established the Michael J. Fox Foundation for Parkinson’s Research (www.michaeljfox.org) which was also presented with a \$5,000.00 donation during the event.

“I’m a big cheerleader for the Back to the Future trilogy,” said Wells from Los Angeles (see www.claudawells.com). “So, anything I can do to promote the movies and help support Michael I’m there with bells on.”

“Back to the Future” was Wells’ first movie role. Her scenes were brief but memorable, as was her first day on the set.

“It was the last scene of the movie with me, Michael, and Christopher Lloyd in the car,” she recalled. “I remember when he (Lloyd) got out of the car and raised up those metal glasses on his face, it ripped the old-age make-up on his forehead and we had to wait for hours for him to get the make-up redone to shoot again.”

She also recalls meeting Fox for the first time. “They were filming the Enchantment Under the Sea dance scene at a

church and I was sent around to meet Michael. He came outside, gave me a hug, and told me he was looking forward to working with me. He was very positive, upbeat, kind, funny, natural, and great fun to work with.”

But when time came to reprise her role 4 years later in “Back to the Future Part II,” Wells was unavailable due to a family illness and was replaced by Elizabeth Shue in Parts II and III.

“I’ve met fans who remember watching Part II when it came out and didn’t even notice a different actress was playing Jennifer,” Wells said. “But others told me they were screaming at the screen wondering why there was a different Jennifer.”

Despite bumping into other cast members of the trilogy while traveling the film convention circuit over the years, ‘the two Jennifers’ have never met (who knows what that might do to the space-time continuum!). “I’d love to meet Elizabeth because I think she’s just a brilliant actress and I was actually quite flattered when they cast her in the role.”

After an acting gap of about 20 years, Wells returned to film and television. She also opened and still runs Armani Wells (www.armaniwells.com), a menswear store in Studio City. “The store will be 30 years old in December. I am so fortu-



*The Hollywood Museum in the historic
Max Factor Building (provided by the
Hollywood Museum)*

nate to have found two different careers that are completely fulfilling.”

Wells says she was thrilled to be included in the reopening of the Hollywood Museum, especially with its ‘Back to the Future’ exhibit and its support of the Michael J. Fox Foundation.

“Michael was able to hide the disease for a number of years and I was absolutely flabbergasted when I first heard he was diagnosed,” she said. “He was so good at physical comedy and so healthy. But he has not only been an inspiration to others who have Parkinson’s but has encouraged research that will hopefully lead to a cure one day.”

Nick Thomas has written features, columns, and interviews for numerous magazines and newspapers. www.tinseltowntalks.com.



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Chopped Chicken Taco Salad

Recipe courtesy of Megan Gundy of "What Megan's Making" on behalf of Milk Means More
Prep time: 15 minutes; Cook time: 15 minutes
Servings: 4

Dressing:

- 1 cup plain Greek yogurt
- 1/3 cup buttermilk, plus additional (optional)
- 1 tablespoon fresh-squeezed lime juice, plus additional (optional)
- 3 tablespoons chopped cilantro
- 2 tablespoons taco seasoning

Salad:

- 2 pounds boneless, skinless chicken breasts
- 2 tablespoons taco seasoning
- 2 tablespoons olive oil
- 1 head leaf lettuce, chopped
- 1 avocado, chopped into bite-sized pieces
- 1 cup black beans, drained and rinsed
- 1 cup corn
- 1 pint grape or cherry tomatoes, chopped
- 1 cup shredded cheese (Monterey Jack or Mexican)

tortilla strips or crushed tortilla chips, for topping

To make dressing: In small bowl, stir yogurt, buttermilk, lime juice, cilantro and taco seasoning until combined. Taste and adjust lime juice and cilantro as needed. If dressing is too thick, add buttermilk 1 teaspoon at a time until desired consistency is reached. Refrigerate until ready to serve.

To make salad: Season chicken on both sides with taco seasoning. Heat large skillet over medium-high heat and add olive oil. Add chicken to pan and cook on both sides until outside is golden brown and chicken is cooked through. Remove to cutting board and slice into strips.

On large platter, heap chopped lettuce. Sprinkle chicken over top. Add avocado, beans, corn, tomatoes and shredded cheese. Drizzle dressing on top and sprinkle with tortilla strips or crushed tortilla chips.



FAMILY FEATURES

As we all return to busy schedules, building a plan for nutritious and easy meals can be challenging. These recipes require minimal prep and call for on-hand ingredients like dairy food favorites that provide nutrients people of all ages need to grow and maintain strong bodies and minds. Find more recipes perfect for bringing loved ones together at milkmeansmore.org.

Slow Cooker Macaroni and Cheese

Recipe courtesy of Rachel Gurk of "Rachel Cooks" on behalf of Milk Means More
(Prep time: 20 minutes; Cook time: 2 hours; Servings: 8)

- | | |
|-----------------------------------|--|
| 16 ounces elbow pasta | 1/2 cup light sour cream |
| 4 tablespoons butter | 2 large eggs, beaten |
| 3 ounces reduced-fat cream cheese | 3/4 teaspoon ground mustard |
| 2 cups whole milk | pepper, to taste |
| 12 ounces evaporated milk | 8 ounces shredded sharp cheddar cheese |
| | 8 ounces grated provolone cheese |

Cook pasta al dente according to package directions. Drain and pour into large slow cooker.

In small saucepan over medium heat, whisk butter and cream cheese until melted. Stir in milk, evaporated milk and sour cream; whisk until combined. Remove from heat; whisk in eggs, ground mustard and pepper, to taste. Stir in cheeses. Pour mixture over cooked macaroni and stir to combine cheese and pasta.

Cover and cook 2 hours on low. Switch to warm until ready to serve.



Sustainable Frittata

Recipe courtesy of Jenn Fillenworth of "Jenny With the Good Eats" on behalf of Milk Means More

Prep time: 5 minutes; Cook time: 20 minutes; Servings: 8

- | | |
|--|--|
| 12 eggs, beaten | 2 cups shredded cheese, any variety |
| ¼ cup whole milk, half and half or heavy cream | 3 cups assorted cooked vegetables and pre-cooked meats |
| ½ teaspoon salt | fresh herbs, for garnish (optional) |

Preheat oven to 450° F.

Preheat cast-iron pan or oven-safe skillet over medium heat.

In large bowl, mix eggs, milk and salt then add shredded cheese.



Add cooked vegetables and meats to pan to reheat. Once vegetables have softened, add egg mixture to pan and scramble. Let sit over medium heat 1 minute.

Carefully transfer to oven and bake 10-15 minutes. Frittata is done when eggs have set. Remove from oven and top with fresh herbs.

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Word Search

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

Exercise

Aerobic	Run
Calories	Ski
Club	Sprint
Cool Down	Stairs
Elliptical	Stretch
Energy	Sweat
Fit	Swim
Goal	Target
Gym	Trainer
Hike	Treadmill
Jog	Walk
Mat	Warm Up
Muscle	Water
Routine	Weights
Row	Workout

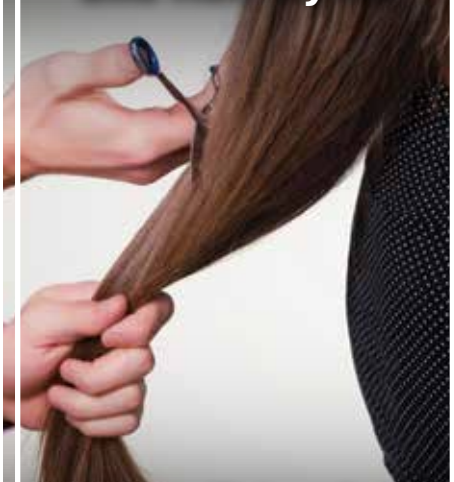
Y E D P M M D X V T W S W S I B K H
 B M F I O Y C U R H N E S B U L C J
 M U W E I G H T S O H I Q R A D J V
 V S N R N U I A S G W R R W U G U T
 F C Z T C F T C P N X O K P G W L B
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 S T A I R S K G T A A O T S I C R I
 S E L R G G E I R Z A L H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

Sudoku

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

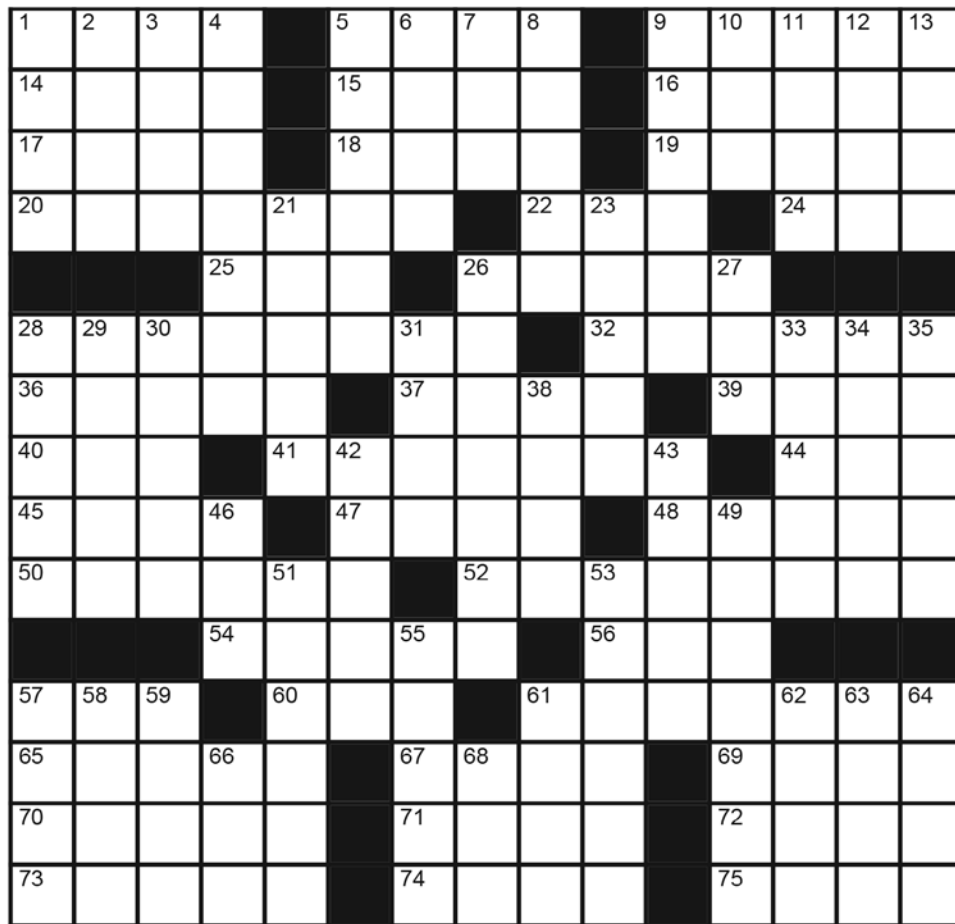
6	4		8		7	3		
		7						8
		8		6		1		
9				1				
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	1							6
			2	5				
					6			
		5	7	4	1	2	9	

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- | | |
|------------------------------|---|
| Across | Down |
| 1 Exclamation of surprise | 1 Colossal |
| 5 Fine-tune | 2 Hearty party |
| 9 Loses color | 3 Old flatboats |
| 14 Scale down | 4 Dinner course |
| 15 Jewish calendar month | 5 Nirvana |
| 16 Give the slip | 6 Earthen pot |
| 17 Varieties | 7 Cashew, e.g. |
| 18 Chorus member | 8 Skip the big wedding |
| 19 Marsh plant | 9 Heavy stone tool |
| 20 Tapioca source | 10 ____ Maria |
| 22 Deposit | 11 Disney dog |
| 24 Craving | 12 Border |
| 25 Apple picker | 13 Glimpsed |
| 26 Yo-Yo Ma's instrument | 21 Dispatch boat |
| 28 Attack | 23 Arm bones |
| 32 Rub the wrong way | 26 Ribbed |
| 36 Irritations | 27 Baseball's Mel |
| 37 Away from port | 28 Some Romanovs |
| 39 New Mexico resort | 29 Come to pass |
| 40 Query | 30 "American Idol" singer-songwriter Clay |
| 41 Acorn dropper | 31 Bit of filming |
| 44 Groove | 33 Fortuneteller's card |
| 45 Regrets | 34 Contemptible one |
| 47 Potpie ingredients | 35 Fragrant compound |
| 48 Bullwinkle, for one | 38 Hebrides tongue |
| 50 Spanish title | 42 In pieces |
| 52 Hard working union member | 43 Ant, in dialect |
| 54 Hospital cry | 46 "My boy" |
| 56 Treat like a dog? | 49 Flightless bird |
| 57 Frequently, in verse | 51 Basic unit of money in India |
| 60 Bake sale org. | 53 Highest point |
| 61 Street machines | 55 Flippant |
| 65 Feather in one's cap | 57 Memorable |
| 67 Booty | 1995 hurricane |
| 69 Clothes presser | 58 Head for the hills |
| 70 Falcon's home | 59 Go sour |
| 71 Resentful | 61 "Listen!" |
| 72 Cash in Ghana | 62 It comes in black and white |
| 73 Advances | 63 Extinct bird |
| 74 Oxen's harness | 64 Short cut? |
| 75 Basketball feature | 66 Central |
| | 68 Seek the affection of |



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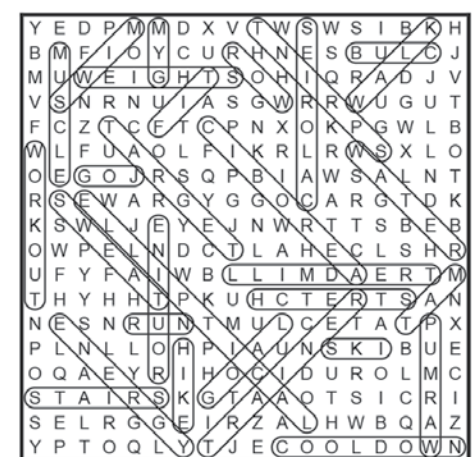
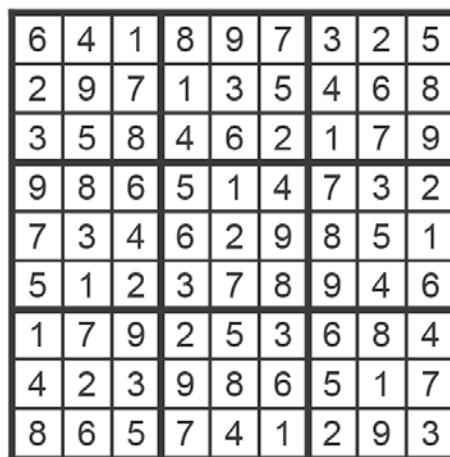
My mother has been recently diagnosed with Alzheimer's disease, does she qualify for hospice care under her Medicare benefits?

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.



Toni Camp
 Regional Hospice Care
 Group
 8660 Fern Avenue, St. 145
 Shreveport, LA 71105
 (318) 524-1046
 See our ad on page 11, 40.

PUZZLE answers (from pages 26-27)



Beware of Dating Health Professionals

Single seniors embarking on the dating scene may be tempted to start a relationship with a health professional. But beware! Here are some reasons why that may not be a good idea:

Beware of dating radiologists, they can see right through you.

Beware of dating podiatrists, you may get off on the wrong foot.

Beware of dating cardiologists, they may discover your heart isn't in the right place.

Beware of dating chiropractors, they have too many back issues.

Beware of dating allergists, their affection might be seasonal.

Beware of dating pediatricians, they have little patience.

Beware of dating acupuncturists without a license to practice. They're pointless.

Beware of dating retired gynecologists, they just can't deliver anymore.

Beware of dating plastic surgeons, they'll always be looking for new faces.

Beware of dating geriatricians, it gets old after a few weeks.

Beware of dating orthopedic surgeons, they'll never let you set them straight.

Beware of dating audiologists, they'll dump you and claim it was a sound decision.

Beware of dating hypnotherapists, you may be entranced but only subconsciously.

Beware of dating brain surgeons, they know they can always change your mind.

Beware of dating proctologists. Sure, they can work things out, but it won't be fun.

Beware of dating dentists, they'll never be comfortable around you if you have a Bluetooth.

Beware of dating dermatologists, that would obviously be a rash decision.

Beware of dating ophthalmologists, their jokes will be cornea than yours.

Beware of dating nurses, they'll want to start seeing other people TID with meals.

I dated a nurse. And married her. She's still in recovery.

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



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2021 Resource and Information EXPO

THURSDAY SEPTEMBER 16
3:00 PM TO 5:30 PM

Riverview Hall

600 Clyde Fant Parkway in Shreveport, Louisiana

- **FREE Admission & Free Parking**
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 - **FREE Copies of the 2021 Edition of "Silver Pages", Annual Resource Directory**
-  **Gala Celebration of the 30th anniversary of "Paint Your Heart Out" Shreveport will begin at 5:30 p.m. which will include a COMPLIMENTARY meal for attendees staying for the celebration**

To exhibit, email your request to gary.calligas@gmail.com by September 6, 2021. (Exhibit spaces are subject to availability)

Pre- Registration and Special Door Prize Entry Form

(Must be present to win door prizes)

Name: _____

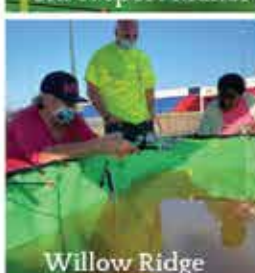
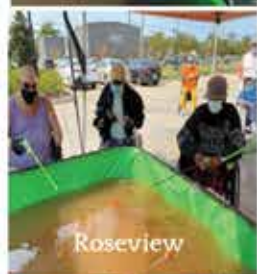
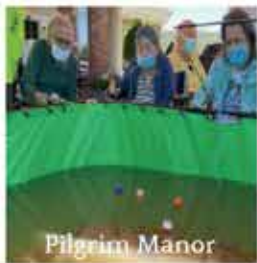
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City: _____ State: _____ Zip: _____

Telephone: _____ E-mail Address: _____

Email the above information to seniordayexpo@gmail.com by September 13, 2021 with subject line: "2021 Resource and Information EXPO Registration" to pre-register for the Expo and be eligible to win a special door prize! Or, you may mail your registration form to: 2021 Resource and Information EXPO, P. O. Box 19510, Shreveport, LA 71149-0510.

Important Notice to Attendees: Due to the COVID-19 pandemic, attendees must wear masks, follow social distancing guidelines, and comply with other COVID-19 mandates.



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