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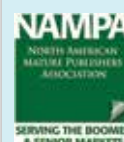
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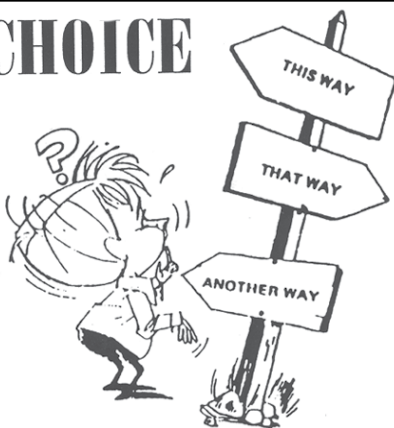
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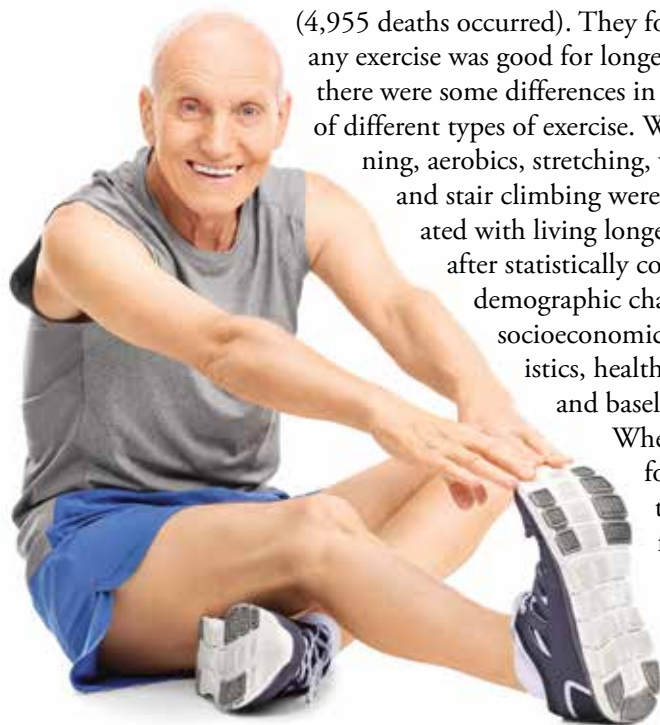
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Stat!

Medical News & Info

Benefits of Different Types of Exercise for Longevity in the U.S.

Scientists have consistently found that exercise is good for health and helps humans live longer. Researchers from the Global Sports Institute at Arizona State University asked: what exercises do people who live the longest do? The researchers used a nationally representative sample of 26,727 Americans who were interviewed in 1998 and followed for life / until the end of 2015 (4,955 deaths occurred). They found that any exercise was good for longevity, yet there were some differences in the benefits of different types of exercise. Walking, running, aerobics, stretching, weight lifting and stair climbing were all associated with living longer lives, even after statistically controlling for demographic characteristics, socioeconomic characteristics, health behaviors and baseline health.



When controlled for all exercise types, they found that stretching in particular was good.



"45 Is the New 50" as Age for Colorectal Cancer Screening Is Lowered

Prompted by a recent alarming rise in cases of colorectal cancer in people younger than 50, an independent expert panel has recommended that individuals of average risk for the disease begin screening exams at 45 years of age instead of the traditional 50. The guideline changes by the U.S. Preventive Services Task Force (USPSTF), published in *JAMA*, updates its 2016 recommendations and aligns them with those of the American Cancer Society, which lowered the age for initiation of screening to 45 years in 2018. Researchers noted a concerning increase in colorectal cancer incidence among younger individuals (ie, younger than 50 years) has been documented since the mid-1990s, with 11% of colon cancers and 15% of rectal cancers in 2020 occurring among patients younger than 50 years, compared with 5% and 9%, respectively, in 2010. Colorectal cancer (CRC) is one of the most preventable malignancies, owing to its long natural history of progression and the availability of screening tests that can intercept and detect the disease early. Overall incidence of CRC in individuals 50 years of age and older has declined steadily since the mid-1980s, largely because of increased screening and changing patterns of modifiable risk factors.

People Who Eat a Plant-Based Dinner Could Reduce Their Risk of Heart Disease

People who eat too many refined carbs and fatty meats for dinner have a higher risk of heart disease than those who eat a similar diet for breakfast, according to a nationwide study published in the Endocrine Society's *Journal of Clinical Endocrinology & Metabolism*. The study found people who eat a plant-based dinner with more whole carbs and unsaturated fats reduced their risk of heart disease by ten percent. Cardiovascular diseases like congestive heart failure, heart attack and stroke are the number one cause of death globally, taking an estimated 17.9 million lives each year. Eating lots of saturated fat, processed meats and added sugars can raise your cholesterol and increase your risk of heart disease. Eating a heart-healthy diet with more whole carbohydrates like vegetables and grains and less meat can significantly offset the risk of cardiovascular disease.





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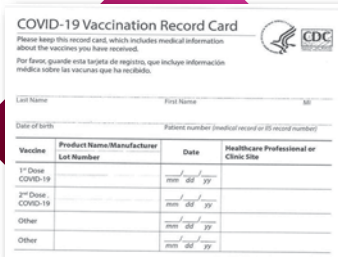


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Odds & Ends



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Please keep this record card, which includes medical information about the vaccines you have received.

Por favor, guarde esta tarjeta de registro, que incluye información médica sobre las vacunas que ha recibido.

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Date of Birth _____ Patient number (medical record or ID record number) _____

| Vaccine | Product Name/Manufacturer | Lot Number | Date | Healthcare Professional or Clinic Site |
|-------------------------------|---------------------------|------------|--------------|--|
| 1 st Dose COVID-19 | | | mm / dd / yy | |
| 2 nd Dose COVID-19 | | | mm / dd / yy | |
| Other | | | mm / dd / yy | |
| | | | mm / dd / yy | |

Keep Your COVID-19 Card Safe

After you get your COVID-19 vaccine, keep your vaccination card safe — scammers are using the COVID-19 pandemic to try to steal your personal information.

Don't share a photo of your COVID-19 vaccination card online or on social media. Scammers can use content you post, like your date of birth, health care details, or other personal information to steal your identity.

If someone contacts you to buy or sell a vaccination card, it's a scam.

If you suspect COVID-19 health care fraud, report it online or call 800-HHS-TIPS (800-447-8477). TTY users can call 1-800-377-4950.

Real ID Implementation Change

A Real ID is a driver license or state ID card that doubles as a federally recognized form of identification. It is an acceptable form of ID at airports and secure federal facilities, such as federal courthouses and military bases. Every U.S. air traveler will be required to present a Real ID-compliant license, or another acceptable form of identification such as a U.S. passport, to board a domestic flight. Louisiana's DL and ID cards bearing the gold star are Real ID compliant. The change, the last phase of implementation of the federal law, the Real ID Act, was supposed to go into effect October 2020, then postponed to October, 2021 due to COVID. With many driver's licensing agencies still operating at limited capacity, implementation has now been moved to May 3, 2023.



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Is It Really Love? Or Are You Being Catfished?

By Kimberly Blaker

The number of couples who meet online, in all age groups, continues to grow. A whopping 39% of heterosexual couples and 65% of same-sex couples who met in 2017 met online. This was reported in a new study, *"Disintermediating your friends,"* by Michael Rosenfeld, Department of Sociology at Stanford University.

According to the Pew Research Center, eighty-five percent of those who've tried online dating are under the age of 55. Two age categories, however, have seen the most growth. The 18-24-year-old group tripled to 27% in 2015 over two years. Also, the 55-64-year-old group that's tried online dating doubled to 12%. Men make up more than half of those in online dating sites and apps.

Online dating has led to numerous committed relationships and marriages. But as too many can attest, it's not all fun – and there are plenty of games. In fact, according to studies, more than half of users lie on their online dating profiles. It's often somewhat innocent (though frustrating to those who uncover the deceptions) in regards to their age, weight, or height.



But catfishers (scammers who lure people into a sham relationship) are a whole different breed. They lie about nearly everything, including posting stolen photos to beguile and seduce victims. In 2016 alone, the FBI's Internet Crime Complaint Center received 15,000 complaints under the category of romance scams and confidence fraud. Most, however, likely don't get reported. We've all heard a well-publicized story of someone losing tens or hundreds of thousands of dollars to an online catfisher. But the truth is, it's far more common than most people realize.

Financial gain, however, is just one of the motives of catfishers. While many are out to scam people of their hard-earned cash, others have different sinister intentions. Some are seeking sexually explicit videos or photos for either personal use or posting online. Some catfishers find it an effective method for identity theft. Tragically, pedophiles also catfish to groom and lure children. Even adults are sometimes catfished to cause physical harm. Some do it for revenge, to catch an untrustworthy spouse, or to live an alternate reality. In the end, regardless of the catfishers' motives, victims often experience emotional trauma, as well.

Here are some particularly eye-opening facts:

- ❖ Women make up 64% of catfishers.
- ❖ Fifty-one percent of online daters are married (though most lie and say they're not).
- ❖ At least 10% of dating profiles are catfishers.



How Do CATFISHERS CHOOSE THEIR TARGETS?

One thing about catfishers is they're pretty slick when it comes to choosing their victims. Senior citizens are frequent targets. But catfish-

ers scam people of all ages. In fact, the Federal Trade Commission found that of all fraud victims surveyed in 2016, 21% fall between the ages of 30-39. Those in their 40s and 50s are a close runner-up.

Catfishers also look for those who are desperate for love, gullible, or sympathetic. It's easy to woo, guilt, or manipulate such people in a variety of ways and feed right into the catfisher's hand.

HOW TO PROTECT YOURSELF FROM THE GET-GO

Catfishing has been around since long before the internet. But the worldwide web provides catfishers an endless supply of prey while making it easier to conceal their identity. So, whether you're in an online dating site or app and even on social media, keep your fisheye peeled and follow these precautions.

First, know the red flags to look for before you begin communicating with someone you don't know. Some catfishers provide detailed, elaborate (but deceptive) profiles. Often, though, their profiles are incomplete and vague. By providing such limited detail (other than, perhaps, a very attractive photograph), they can capture the interest of more potential victims. It also gives them the advantage to make things up as they go that best fits their victim's wants, needs, and desires.

Photos are another big clue. If they have no picture, this can be a red flag. Also, does their only photo look extremely dated? You know, the ones with that orangish hue that date back to the '70s. Or does the picture look like it came straight from GQ or Glamour? Of course, many are smarter than that. Even when the photos look kosher, they might be stolen from someone else's social media profile. So always do a reverse image search. Just right-click on the picture and select 'save image as.' Then go to Google images. Drag and drop the photo into the search bar. If Google shows identical results for the picture, do some investigative work.

Also, watch for broken English in their messages. If you notice odd language such as 'I will like to get to know you,' be wary. It might indicate they're from a foreign country commonly known for catfishers. On the same token, some scammers use broken English intentionally. They do this to weed out those who are intelligent enough to quickly catch on to them. Catfishers want to invest their time in those who seem to be gullible. Another reason they may intentionally use broken English is to create the illusion they lack sophistication.

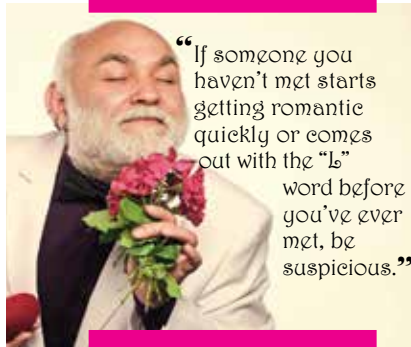
This gives them the advantage that you won't suspect they're crafty enough to be a catfisher.

On the other hand, beware that many, and perhaps most catfishers, don't show broken English. Plenty of catfishers are American, or English is their native language. Good English doesn't necessarily deem them legitimate.

When you begin communicating with someone online, ask for their full name, and beware if they won't tell you. Then do an online search for their social media profiles, job information, places they've lived, and anything else you can learn. If you can't find the person online or something doesn't seem right, cut your ties.

If someone you haven't met starts getting romantic quickly or comes out with the "L" word before you've ever met, be suspicious.

It's true, some legitimate relationships have started out this way, but it isn't the norm. It's relatively common, though, with catfishers who quickly lure you into a phony whirlwind romance. They often move quickly and begin talking about a relationship, being in love, or a future together before you've met.



Most important, regardless of how perfect or real someone seems, don't allow yourself to get emotionally involved before you've met in person. In fact, once you've done the investigative work above, try to meet for coffee as soon as possible. That way, you don't waste time or risk becoming emotionally entangled with a fraud. Some people have found themselves reeled into years-long sham relationships without ever having met their predator. They only learn after wasting years of their life and sometimes all of their savings.

What To Do If You've Been Catfished Or Suspect It

If you suspect you're communicating with a catfisher but are uncertain, gather everything you know about the person, print their profile, communications, and photos. Then share it with trusted family and friends for objective opinions.

Also, report catfishers to the dating or social media website where you met. Then file a report with the FBI at <https://www.ic3.gov/default.aspx>.



More Ways To Recognize A Catfisher

BE WARY IF:

- ❖ they're often difficult or impossible to catch on the phone.
- ❖ they're unwilling to video chat.
- ❖ they always have an excuse for why they can't meet you in person. They may claim to be out-of-state or the country. Also, they often claim, repeatedly, to be dealing with a major crisis or setback. This is to gain your sympathy, so you'll accept it without question.
- ❖ they won't provide their exact address, especially even after professing their love, an extended courtship, or asking to borrow money. (It should be noted for women's safety, however, never give your address to someone you haven't met and gotten to know well in person.)
- ❖ They try to manipulate you by shaming you, playing on your sympathy, or being overly charming, complimentary, or empathetic.

Kimberly Blaker is a freelance lifestyle writer.

She's also founder and director of KB Creative Digital Services, specializing in search engine optimization and SEO content, at kbcreativigital.com





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Betty Virginia Park: Shreveport's Playground for 100 years

Most municipal parks are named for public figures who typically contributed land or donated money for construction of facilities. Betty Virginia Park, located between Line Avenue and Fairfield, bears the names of Betty Goldstein and Virginia Steere, ages 4 and 9, respectively. Their developer fathers, Elias Goldstein and Albert C. Steere, formally opened the park in June 1922.

Then outside the city, the property was part of 40 acres that Steere purchased from Marie Cassiere, initially referred to as South Highlands Park, stretching from the park addition line to the bluff of the hill south of the lowlands. Steere carved out five acres on which he would build his home at 910 Ockley Drive.

In 1923, the South Highlands park association transferred ownership of Betty Virginia Park to the village of South Highlands. The park was open to children from South Highlands, as well as Shreveport and Caddo Parish.

While Steere built his four-bedroom, four-bath, 5,608-sq. ft. home in Greek Revival style to overlook the park from the north, Goldstein built a 19-room, Mediterranean-style mansion overlooking the park from the south at 818 Unadilla.

In 1927, Shreveport formally included Betty Virginia Park as part of its South Highlands annexation. The simultaneous acquisition of South Highlands and Cedar Grove added about six square miles to the city's jurisdiction. That year, too, the park hosted its first annual Easter egg hunt, using 10,000 eggs donated by Sheriff T. R. Hughes.

Betty Virginia Park was significantly different from parks in most cities, Shreveport boosters said. Situated in one of the most exclusive residential districts of the city, it was on the Fairfield streetcar line, and therefore easy to access by people who did not have automobiles. Picnickers were welcome and encouraged to make use of the park's two drinking fountains that dispensed ice water in summer heat. The city recreation

department offered an outdoor movie once a week and instructors presented classes in painting and basketry noted the August 12, 1928, Times.

Betty Virginia Park had been donated to the town of South Highlands solely as a park. The town acquired three adjacent lots, paid for by a special park tax, and bought six lots plus 15 feet of a seventh lot from Olin J. Baird, also by a voter-approved park tax. (Shreveport Journal, April 14, 1934)

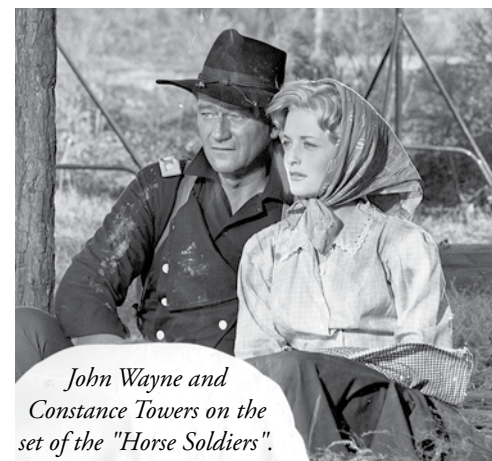
Intending to further improve South Highlands in the future and add adjacent properties, community leaders organized the South Highlands Improvement Association with Goldstein as temporary president.

Among the events at Betty Virginia Park that sound novel to today's park users are the Shreveport Anglers' Club bait casting tournament, 1940, and a sham battle between Confederate and Yankee soldiers as part of the world premiere of the John Wayne film "The Horse Soldiers" in 1959 (wherein General Grant surrendered to General Lee).

Betty Virginia and other parks, not only in Shreveport but across the country, became contested territory in the 1970s.

The city was divided over the Vietnam war – war opponents identified by long hair, hippie dress, and marijuana smoke. The city feared a summer of turmoil and conflict between protestors and Klan members.

On June 6, 1971 Commissioner of Public Safety George D'Artois and Mayor L.



John Wayne and Constance Towers on the set of the "Horse Soldiers".



(left) A. C. Steere Home, Ockley Dr., Shreveport. (ca. 1930)

(below) Home of Elias Goldstein family on Unadilla, Shreveport. (1916)



Calhoun Allen ordered a group of “longhairs” to leave Betty Virginia Park or be arrested because they had no permit. The following week, the same group gathered again. A fight began. Ordered to leave the park, the longhairs marched to other parks, were told to leave, then marched to city hall and the courthouse.

On June 13 D’Artois declared the park off limits to all groups, citing the fight when he defended his actions in court on July 21 and saying the city had no policy banning longhairs. D’Artois claimed undercover informants warned some would bring guns and homemade firebombs. Narcotics officers, and Louisiana State Police sources claimed they were concerned over increasing volume of heroin, marijuana and LSD. Plaintiffs Teresa D. Boggs, C. Pim Barnett and James Barker filed a class action suit for themselves and “all persons whose long hair and unconventional appearance causes them to be known as hippies, longhairs or freaks.”

The ordinance was vague and violated the constitutional right of free assembly and association, District Judge Ben Dawkins ruled on September 20, saying the city could not “empower a single official to refuse access on his mere whim or caprice.”

The issue seemed temporarily settled. Parks and Recreation installed a gate at the parking lot entrance on Ockley Street in July 1978 and locked it at night in response to complaints of loud radios and car stereos.

Today’s Betty Virginia Park contains 23 acres, with playground, picnic area, walking trail, recreational ball field, and a multi-purpose building. It is one of Shreveport’s most visited parks.

History du Jour tells stories drawn from northern Louisiana newspapers, some amusing, some dramatic, some tragically human, as a bend in the river, choked with logs and debris, transitioned to a city on its way to an innovative future.

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Grandparents Are Helpers

I am amazed all the time by families that come through my courtroom. I have the vantage point to see every kind of family. I see families that work through adversity together. I see families that fight each other and have a winner-take-all approach. I see families where children are caught in the middle. And each time that I think that I have seen it all, I see something new. But one thing that I love to see is the grandparents in our community.

Grandparents are helpers. They have raised their own children and now have time to focus on their grandkids. In most instances, grandparents want to make things better for their families. Grandparents will usually volunteer to help their families in any way that they can.

Grandparents, in numerous instances in family courts, will usually volunteer to help raise their grandchildren. This is particularly helpful in contentious situations or where the parents are having substance abuse problems. In previous articles, I have talked about grandparent visitation rights. Grandparents can usually provide stability in a grandchild's life as most persons that are grandparents have stability in their marriage and home.

In situations where the parents are working, some grandparents volunteer to keep their grandchildren. By doing



this, the grandparents allow the parent the opportunity to earn money and save the cost of the daycare. Parents who allow their children to be kept by the grandparents can pay the grandparent if they wish, but caution should be noted that the grandparent may have to claim this amount on their tax return and possibly no tax credit will be given to the parent.



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In addition to all the help that grandparents give to their families, grandparents can provide history and wisdom to the family unit. Grandparents can teach their grandchildren about the family and where the family originated. They can teach their grandchildren values that were passed down to their children. Grandparents can provide a grandchild with a real sense of belonging and a sense of importance within the family unit. And don't forget, grandparents can provide that all important lap or hug when things seem to be going against the grandchild or the grandchild is hurt while playing.

If you ever want to have a conversation with a grandparent, just ask them to tell you about their grandkids. Before cell phones, the picture album would come out. Now, with cellphones, they will show you photos and tell you about each grandchild. You can see the twinkle in a grandparent's eye when they start talking about their grandchildren.

In light of the time of year, I felt it was important to remember our grandparents and the help they provide. I remember both my mom and dad's influence in the life of my children and I am thankful for it. It is never too late to thank our grandparents and remember the value and help they bring to our lives and to our community each day.



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

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Beans: Delicious, Versatile, and Full of Nutrients

Beans are one of the most commonly eaten and versatile foods in the world. The Dietary Guidelines for Americans recommends we eat about 3 cups of beans weekly, which equals to one ½-cup serving almost every day of the week. So why should we eat beans so often? Keep reading to learn more!

Beans provide a variety of nutrients that our bodies need to thrive, including protein, iron, folate, potassium, and magnesium. Beans also contain little to no fat, cholesterol, or sodium. Beans are especially known for their rich fiber content, weighing in at 7 or more grams of fiber per ½ cup serving. The recommendation for fiber consumption is 25-38 grams per day. Most Americans do not consistently get enough fiber in their



diets, so beans are a great way to sneak in extra fiber. Fiber can help reduce our risk for obesity, diabetes, heart disease, metabolic syndrome, hypertension, stroke, and some gastrointestinal diseases. Beans have both soluble and insoluble fiber, which play different roles in the body. Soluble fiber soaks up water when moving through the digestive tract. This helps bulk our stools and protects against diarrhea and constipation. Insoluble fiber helps get things moving in the digestive system and helps keep us regular. Consuming both types of fiber is important for our health, and luckily, beans already have both!

Eating beans along with a balanced diet may help with blood sugar control. Beans are carbohydrate-rich, but they are rich in complex carbohydrates, especially fiber, which

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are digested slower. This slow digestion helps regulate glucose and insulin levels after eating. Beans also have components that can prevent certain types of cancers. They are rich in natural antioxidants including tannins, flavonoids, and phenolic compounds that help to stop oxidation and cell damage which contribute to cancer risk. The fiber in beans is also thought to help with cancer prevention, as it may help reduce our risk for colorectal cancer.

The famous rhyme about beans may turn many away from this nutrient-packed protein, but there are some things we can do to limit the gas we experience from beans. First, try to increase beans slowly in the diet, and start to drink more water as you gradually increase the amount of beans you consume. If you are preparing beans from their dry form, use a soaking method that takes longer. Longer soaking methods lead to more gas-producing compounds being lost in the water. Also, try to change the soaking

water several times, and discard the water when soaking is finished. If you are using canned beans, rinse them before cooking with them.

Beans tend to take on the flavors of the ingredients they are being cooked with, and certain ingredients can really enhance different qualities of the food. Adding acid can increase the depth of flavor in your bean dishes. Vinegar, lemon juice, chili sauce, tomatoes, ketchup, and wine are all acids that go well with beans. Be sure to add your acid after the beans have been fully cooked, because acids stop beans from getting too tender and can make your cooking process longer if they are added too soon. Onions are another ingredient that pairs very well with beans. They can be added at any time during the cooking process to increase the depth of the flavor but adding at the last 30 minutes makes for an even stronger onion flavor. Herbs and spices are also wonderful additions to bean dishes. Keep in mind that the longer they are

cooked, the more their flavors may diminish. Salt is a popular ingredient to add when cooking beans but be cautious of the amount added and when it is added. Too much salt in our diets can lead to high blood pressure, and it should be added when the beans are cooked and almost tender because salt is known to toughen beans.

Beans are a fun, versatile food that are packed with important nutrients for our health. They are also a very economical pantry staple. As always, a balanced diet is key to reaping the most benefits from this nutritious food. For more information on healthy, balanced eating, visit myplate.gov.

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'm Not That Overweight!

My medical records say I weigh 379 pounds. Now I know I'm overweight, but I'm not that overweight. Clearly (look at my picture) a mistake has been made here.

But do patients have the right to correct mistakes in their medical records? If there's a mistake on your credit report, you have the right to dispute it. And the same holds true for medical records. In fact, the law to change your credit report and the law to change your medical records are very similar.

Here's how it works: there is a federal law that says health care providers and insurers "must permit an individual to request" that his or her medical records be "amended." The request doesn't even have to be in writing. So, if I call my doctor and tell him I want him to correct that 379 pounds notation, then he can't say something like, "I never edit my medical records. Once it's there, it's there permanently. That's my policy."

Nor can the doctor just ignore my request. Once I make a request, the doctor has up to 60 days to do something, but he doesn't necessarily have to make the change. That's because the law certainly does not give me the right to change my medical records to say whatever I want them to say.

Let's say I have high blood pressure. (Thanks, Boss.) But I don't want my medical records to say I have high blood pressure. So, I call my doctor and demand he change the records to say that



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my blood pressure is totally normal. Although I have the right to make the request, the doctor does not have to make the change if the current record is "accurate and complete." According to the law, the doctor has 60 days to either make the change or explain why he thinks the records are complete.

Not to beat a dead, overweight horse, but let's go back to my weight. If I ask my doctor to correct the number, he's got to take the request, but he doesn't have to make the change if my weight really is 379 pounds. Which it is not!

Here's another example. The Unabomber's medical records said he was mentally ill and suffered from schizophrenia. The Unabomber didn't think he was crazy: his doctors were just wrong. If he were to demand that his medical records be changed, his doctors could refuse to make the change because the diagnosis was "accurate and correct." But if a health care provider denies your request for a change, then you have the right to submit a statement explaining why you disagree with the denial for the change. That statement of disagreement must become a permanent part of your medical records. The Unabomber, as you may recall, was a big fan of written statements. Let's say the Unabomber requests his doctor change his diagnosis of schizophrenia to "mental genius." The doctor refuses to change his medical records and the Unabomber submits a 72,000-page handwritten "manifesto" as his statement of disagreement. Does the doctor really have to include the whole thing as part of the Unabomber's permanent medical record?

No. The federal law says the health care provider may "reasonably limit" the length of the statement of disagreement. So much for my 379 Reasons Why I Really Don't Weigh That Much.

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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'Matilda' turns 25

When British author Roald Dahl's beloved 1988 novel "Matilda" was transformed into a fantasy comedy movie a decade later, the film became hugely popular. It remains an enjoyable family movie to watch with children and grandchildren today, 25 years after its release in July of 1996.

Filled with memorable characters including a callous and dishonest family as well as a tyrannical school principal, Matilda was portrayed by adorable child



Mara Wilson all grown up - photo by Ari Scott, from publicist



Danny DeVito, Mara Wilson, and Rhea Perlman, in 'Matilda' - TriStar Pictures

actor Mara Wilson who battles and eventually overcomes adversity. It was one of four films in the 90s that made Wilson famous. Matilda, she says, was a role she was thrilled to play.

"It was my first favorite book," she told me in a 2017 interview. "The film became a touchstone for girls who grew up feeling a little awkward and out of place and could relate to the Matilda character. When I was little and people would recognize me at the airport, park, or mall, I used to think 'Why do they care?' But I've come to realize how important some films can be to people."

Despite the popularity of the spirited little actress in the additional 90s hits "Mrs. Doubtfire," the remake of "Miracle on 34th Street," and "A Simple Wish," Wilson had slipped from the public spotlight by the decade's end – an exile that was largely self-imposed.

"I grew out of that cute stage and didn't develop into the classic Hollywood beauty as I got older," she explained. "I didn't like being reduced to adjectives – you're thin or short or tall or blonde – and was no longer comfortable going to auditions. I still do some fun TV or web projects for friends and I

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love voice-over work because no one is judging how I look or how many times a week I workout!”

One actor she fondly remembers during her early career was Robin Williams during the filming of “Mrs. Doubtfire” who she says was “kind and gentle, but rather shy which is not uncommon for actors.” Not surprisingly, he was usually hilarious on the set and responded in typical Williams’ style when she told him of her fondness for musicals such as “The Sound of Music” and “South Pacific.”

“So he started singing ‘Nothing Like a Dame,’ which was funny because there he was, a man dressed like a woman singing there was nothing like being a woman!”

While her films from the 90s were largely comedic or sentimental, Wilson remains proud that her Matilda character has helped kids overcome abuse.

“They were living in abusive families or with parents who didn’t care about them, and the movie showed them there was a way out and that they could find people who cared. So it’s a comforting movie about feeling powerless, then finding power. People write to me all the time about the impact it had on their lives and I love that.”

Wilson’s autobiography, “Where Am I Now? - True Stories Of Girlhood And Accidental Fame,” was published in 2016.

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 magazines and newspapers.

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Family Features

Road trips, outdoor adventures and relaxing by the pool are some of summer's most popular activities, and all can be more enjoyable by adding favorite snacks to the mix. Next time you bask in the summer sun, bring along some tasty pecan snacks that allow you stay on track with wellness goals without sacrificing those snack-time delights. In fact, each ounce of pecans includes 3 grams of plant-based protein and 3 grams of fiber to go with 12 grams of "good" monounsaturated fat and only 2 grams of saturated fat. Visit AmericanPecan.com for more snacking tips and recipes.

Mini Pecan Lemon Berry Tarts

Servings: 24

MINI PECAN CRUSTS:

Nonstick cooking spray

2 cups pecan pieces

¼ cup butter, melted

2 tablespoons sugar

LEMON FILLING:

½ cup lemon curd

½ cup blueberries, raspberries or combination

powdered sugar, for dusting (optional)

To make mini pecan crusts: Preheat oven to 350 F. Line mini muffin tin with paper liners or spray with nonstick cooking spray.

In food processor, blend pecan pieces, butter and sugar until mixture forms coarse dough.

Scoop about 2 teaspoons pecan mixture in each muffin tin. Use back of wooden spoon or fingers to press mixture evenly along bottom and up sides of each muffin cup.

Bake 12 minutes, or until crusts are golden brown. Allow crusts to cool completely before removing from pan.

To assemble crusts: Spoon 1 teaspoon lemon curd into each mini pecan crust. Top with one raspberry or three small blueberries. Dust with powdered sugar, if desired.



Buffalo-Pecan Pimento Cheese Dip

Servings: 30

1 cup raw pecan pieces

½ pound (2 cups) sharp cheddar cheese, freshly grated

1 jar (4 ounces) sliced pimentos

2 tablespoons red hot sauce

2 tablespoons mayo

1 teaspoon kosher salt

½ teaspoon fresh cracked pepper

1 tablespoon chives, freshly chopped

veggies, for serving
crackers, for serving

Preheat oven to 350 F.

On baking sheet, spread pecans and roast 8-10 minutes, or until golden brown and fragrant, tossing once halfway through. Remove from oven and set aside to cool completely.

In bowl, combine cheddar cheese, pimentos with juice, hot sauce, mayo, salt and pepper. Stir until combined. Add ¾ of pecan pieces and mix until combined.

Place dip in serving bowl and top with remaining pecan pieces and freshly chopped chives.

Serve with veggies and crackers.



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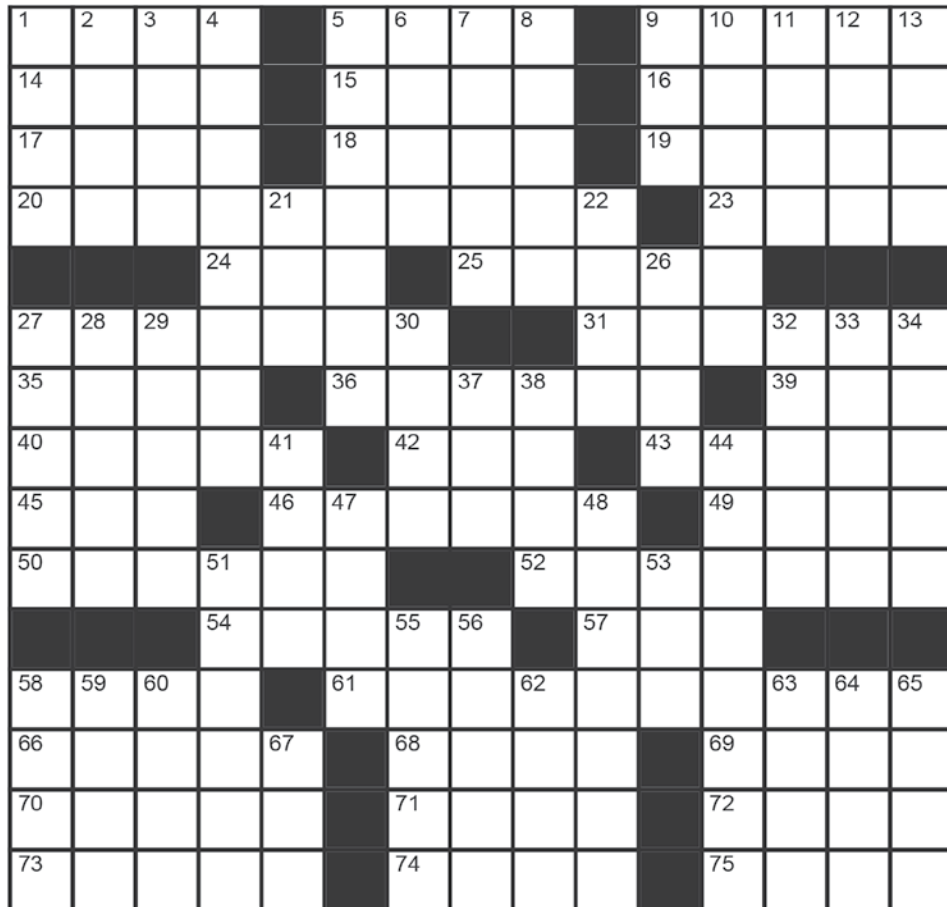
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Turn to page 29 for solutions.

Across

- 1 Hogwash
- 5 Zigs' pal
- 9 In a fog
- 14 Insect stage
- 15 Business V.I.P.
- 16 Skirt type
- 17 Physical
- 18 Taboo
- 19 Heavenly gift
- 20 Larkspur
- 23 Lasting impression
- 24 Consume
- 25 Cash in one's chips
- 27 Common fractions
- 31 Desk item
- 35 Capri, e.g.
- 36 Reserved
- 39 French vineyard
- 40 Funny-car fuel
- 42 Type of cabin
- 43 Perpendicular to the keel
- 45 Always, in verse
- 46 Neutron star
- 49 Division word
- 50 Bureau part
- 52 Nuclear ____
- 54 Kind of ink
- 57 Kind of shot
- 58 Large amount
- 61 Disagreeable
- 66 Consider
- 68 Shakespearean king
- 69 Tell it to the judge
- 70 Venomous snake
- 71 River to Donegal Bay
- 72 Tabloid twosome
- 73 Retreats
- 74 Youngster
- 75 Volcano feature

Down

- 1 Floored it
- 2 Elegance
- 3 Milky gem
- 4 Mollycoddler
- 5 Celestial points
- 6 Neural transmitter
- 7 Photo finish?
- 8 Scrub
- 9 Public works project
- 10 Last Frontier
- 11 Brass component
- 12 Sicilian city
- 13 Honeybun
- 21 Stetson, e.g.
- 22 Bubbly name
- 26 Bailiwick
- 27 Penalized
- 28 Basket material
- 29 Part of UHF
- 30 Order to a broker
- 32 Bloodhound's clue
- 33 Muse with a lyre
- 34 Buzz
- 37 Old PC platform
- 38 Lab gel
- 41 Ajar
- 44 Tooth
- 47 Pakistani language
- 48 Sport official
- 51 Contraption
- 53 In the style of
- 55 Coastal feature
- 56 Mimicry
- 58 Kind of song
- 59 Surrender
- 60 Supports
- 62 Lean
- 63 Kind of sax
- 64 East Indies tree
- 65 Domesticate
- 67 Store posting



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| Black | Large |
| Brown | Mammal |
| Bruin | Paws |
| Carnivore | Polar |
| Cave | Pooh |
| Claws | Smokey |
| Cub | Strong |
| Dangerous | Swimmer |
| Den | Teeth |
| Ferocious | Trap |
| Fur | Trees |
| Grizzly | Wild |
| Growl | Yogi |
| Hibernate | Zoo |

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 P L C A I M A B D P U E F G B I J V
 X V A Z R L M M B G V Y C K D U Z P
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|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | | 8 | |
| | | | | | | | | 1 |
| | 3 | | 2 | | | | | |
| | | 1 | | | 2 | | 5 | |
| 7 | 5 | | 4 | | 6 | | | |
| | | 8 | | | 9 | 2 | | 4 |
| | | 7 | | 8 | | 4 | | |
| | | | | | 4 | | | |
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Discover the Perfect Walker™, the better way to walk safely and more naturally



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

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

Traditional rollators and walkers simply aren't designed well. They require you to hunch over and shuffle your feet when you walk. This puts pressure on your back, neck, wrists and hands. Over time, this makes walking uncomfortable and can result in a variety of health issues. That's all changed with the Perfect Walker. Its upright



FREE
Utility Bag, Cane
and Beverage
Holders

design and padded elbow rests enable you to distribute your weight across your arms and shoulders, not your hands and wrists, which helps reduce back, neck and wrist pain and discomfort. Its unique frame gives you plenty of room to step, and the oversized wheels help you glide across the floor. The height can be easily adjusted with the push of a button to fit anyone from 4'9" to over 6'2". Once you've reached your destination you can use the hand brakes to gently slow down, and there's even a handy seat with a storage compartment. Plus the Perfect Walker includes Stand Assist™ handles which make standing from a sitting position simple and easy. Its sleek, lightweight design makes it easy to use indoors and out and it folds up for portability and storage.

Why spend another day hunched over and shuffling along. Call now, and find out how you can try out a Perfect Walker for yourself... and start feeling better each and every day in your own home.

- Stand-assist handles
- Comfortable Seat
- Folds easily
- Adjustable Backrest
- Optimized Center of Gravity
- Easy-brake Wheels

Plus, now you can choose between royal blue or rich bronze

Perfect Walker™

Call now Toll-Free **1-888-691-7192**

Please mention promotion code **115215**.

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Answers from the Experts



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

What are the advantages of home care?

Research shows that elderly adults recover faster, with fewer complications at home than in a hospital. Being at home allows older adults to stick to their routines in familiar surroundings and maintain a sense of normalcy in their lives.

By managing their health conditions at home, elderly adults may be able to avoid unnecessary hospital visits.

Home care allows seniors and their families to enjoy their time together, knowing that the senior is well cared for.

There are many other advantages to home care as well, including:

- Peace of mind knowing that you or your loved one is receiving the best care available
- Personalized one-to-one care
- Caregivers who encourage independence and foster a sense of self-worth
- Companionship and engagement for older adults

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.

Is Osteoarthritis (OA) hereditary?

OA does have a genetic predisposition. Common forms of OA of the hands has a familial component. Obesity is a modifiable risk factor for bilateral (both) knee OA and weight loss will reduce the risk of OA in the knee. Obesity, surprisingly, does not show an increased risk of hip OA, but does show increased risk of hand OA. Whether adipose tissue releases OA-causing growth factors or hormones is not known, but what is known is that weight loss does have an identifiable improvement in OA of the knee.

What is Glaucoma?

Glaucoma is high pressure in the eye that damages the optic nerve. It is usually painless and causes vision loss very slowly over time. If caught early enough, it is easily treated with drops, laser and/or surgery. Glaucoma is one of the most important reasons to have routine eye exams once you are over 55.



Maria Gildon,
Client Services Manager
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 Shreveport, LA 71106
 (318)424-5300
 See our ad on page 25.



Toni Camp
 Regional Hospice Care
 Group
 8660 Fern Avenue, St. 145
 Shreveport, LA 71105
 (318) 524-1046
 See our ad on page 21, 32.



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



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

PUZZLE answers (from pages 26 - 27)

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SHREVEPORT *Then & Now*

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"City of Shreveport" Steamboat 'Returns' to its Original Docking Location

Steamboats played a major part in Shreveport's early growth. In the late 1800s and early 1900s, steamboats on the Red River, loaded with cotton, were a common sight. Believe it or not, steamboats used to run down the middle of Clyde Fant Parkway! Well, of course Clyde Fant Parkway was part of the river back then, but just imagine it. Steamboats docked just on the east side of the railroad tracks on Commerce Street. To give everyone an idea of what it would look like today to see one on the mighty Red, we thought we would bring one of them back to meet the Sam's Town boat.

This is the approximate location that steamboats like the "City of Louisiana" and "La Belle" docked at back in the late 1800s and early 1900s. The Red River completely covered up the area that would later be the Clyde Fant Parkway area! You can see it now sits right in front of the Sci-Port Discovery Center!



DECLARE YOUR INDEPENDENCE FROM SIN

"If we confess our sins, he is faithful and righteous to forgive us the sins, and to cleanse us from all unrighteousness." 1John 1:9 World English Bible

"Be subject therefore to God. Resist the devil, and he will flee from you." James 4:7 WEB

"Now why do you wait? Arise, be baptized, and wash away your sins, calling on the name of the Lord." Acts 22:16 WEB

God loves you and has a wonderful plan for your life.



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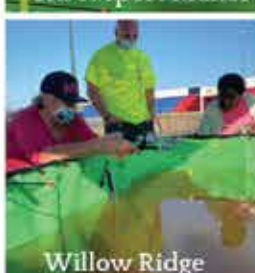
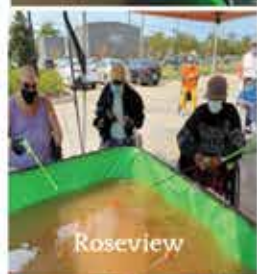
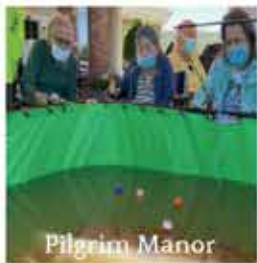
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