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Table of Contents

BRIEFS

- 6** Stat! Medical News & Info
30 Snapshot Sleuth



Features

- 15** After Death:
Alternatives to
Traditional
Burial
by Sarah (Sally) Hamer
- 18** Margaritaville: A Time-Honored
Memorial to Jimmy Buffett
by Fyllis Hockman



ADVICE

- 8** From the Bench
Remembering Those Who Have
Protected Our Constitution
by Judge Jeff Cox
- 10** Laws of the Land
The Car Wreck, the Roaches and
the Stingy Jury
by Lee Aronson
- 12** Eat Well Live Well
Protein Needs Change As You
Age
by Abigail McAlister

Columns

- 20** Tinseltown Talks
Paula Poundstone Loves to
Work an Audience
by Nick Thomas
- 22** Old Friends (Endless Love)
Like Rain on a Rooftop
by William McDonald

In Every Issue

- 24** What's Cooking?
Bring Joy Back to Family Meals
- 26** Our Famous Puzzle Pages
Crossword, Word Search & Sudoku
- 28** Save the Date
A 2 Month Calendar of Events





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July 13 - Shreveport Little Theatre's 103rd season

Laura Beeman Nugent, Artistic Director

July 20 - Bringing Back Shreveport's History

Mark and Mike Mangham with Twin Blends

July 27 - How To Stay Alert and Prevent Senior Moments

Stan Goldberg, PhD, author and lecturer

August 3 - 100 Things to Do in Shreveport Before You Die

Monica Dollar Champagne, Author

August 10 - LSU Health Shreveport Faculty Named Top Researchers

Dr. John Vanchiere, Associate Vice Chancellor for Clinical Research, and Dr. Cherie-Ann Nathan, Chair and Professor of Otolaryngology-Head & Neck Surgery

August 17 - How to Avoid Being a Victim of Cybercrime

Nick Merrill, research fellow, UC Berkeley Center for Long-Term Cybersecurity

August 24 - Car Fit: Helping You Work With Your Vehicle

Sara Walters and Wendy Evans with LSU Health Shreveport Occupational Therapy Department

August 31 - 2024/2025 Shreveport Symphony Orchestra's Season

Michael Buttermann, conductor and music director of the Shreveport Symphony Orchestra

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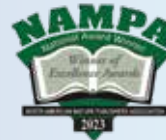
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Deadline is October 28, 2024!

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Medical News & Info

7 Simple Cardiovascular Measures Linked to Reduced Dementia Risk in Women

Women with better indicators of cardiovascular health at midlife saw reduced risk of later dementia, according to a study based on Harvard's Women's Health Study. Researchers used the data to discern how closely women conformed, during the initial study period and at 10-year follow up, to what the American Heart Association describes as "Life's Simple 7," a list of measures that indicate and predict cardiovascular health. The measures include four modifiable behaviors – not smoking, healthy weight, a healthy diet, and being physically active – along with three biometric measures of blood pressure, cholesterol, and blood sugar (AHA has since added a sleep component).

Each of the 7 known risk factors was associated with a 6% reduced risk of dementia. So, women who work to address all 7 factors can reduce their risk of developing dementia by 42%.



Do Steroid Creams Affect Bone Health?

New research indicates that higher doses of topical corticosteroids, which are commonly used to treat inflammatory skin conditions, are linked with elevated risks of osteoporosis and bone fractures associated with osteoporosis. The findings are published in the *Journal of the European Academy of Dermatology and Venereology* and are based on information from the Taiwan National Health Insurance Research Database. For example, compared with no doses, low, medium, and high cumulative doses of topical corticosteroids were associated with 1.22, 1.26, and 1.34-times higher odds of developing osteoporosis over five years. This study emphasizes that using topical corticosteroids to treat inflammatory skin conditions should be done very carefully and clinicians should be aware of these potential side effects.



Olive Oil May Lower Risk of Death Due to Dementia

A daily spoonful of olive oil could lower your risk of dying from dementia, according to a new study by Harvard scientists. More than 92,000 adults were observed over a 28-year period. The study, published in the journal *JAMA Network Open*, found there was a 28% lower risk of dementia-related death in those consuming at least 7 grams — a bit over half a tablespoon — of olive oil daily, compared with those who never or rarely ate olive oil. Researchers don't know whether olive oil boosts health or whether its use is a sign of overall healthy eating habits. It's also associated with better cardiovascular health.





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Remembering Those Who Have Protected our Constitution

In the last few months, I have written a series of articles detailing our United States Constitution and some of the Amendments to the Constitution. I have come into contact and received calls from numerous people who enjoyed these articles. I am very grateful for their feedback, as I hope people who read these articles get something valuable from them. This time of the year, we start to celebrate and remember people who served and many who sacrificed their life to protect and defend our Constitution and the freedoms each of us enjoy.

Veterans, over time, whether in peace time or war, have agreed to defend our Constitution. Often, this means they leave their families and hometowns, and are stationed in distant states or distant lands. Each day mothers, fathers, brothers, and sisters pray for their safety and pray that one day they will be reunited. Family

members are proud of the service member but can't help wondering when and where they will be reunited. Of course, if there is a war raging, each day brings a new worry and prayer.

During major conflicts, like World War I, World War II, Korea, the Vietnam War, Desert Storm, and Afghanistan, spouses were separated from their each other. Children did not have their mother or father at home. And some never came home giving the ultimate sacrifice.

In today's society, many have forgotten the sacrifice our service members have made to keep this nation free. Those that serve, no matter what branch of service, deserve our respect and our thanks for the sacrifices they have made in their lives to keep us free.

I was recently at a graduation ceremony for JAG officers in Virginia. When the General was speaking to the graduates.



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He said that a young service member was standing in a store and saw an older gentleman who had served in World War II approached by a person, and she heard the person thank the gentleman for his service. She did not hear the response, so when the other person left, she approached the gentleman and stated when someone thanked her for her service, she did not always know how to respond. She asked the gentleman how he responded. He told her he always told the person who thanked him "you are worth it."

I have always said thank you to service members for their service. Sometimes, I have not always considered the sacrifice they make to serve and defend our way of life. Until recently, I must confess, I did not know the part of the sacrifice of having a child in the armed forces.

My daughter was in that class where the General relayed the story. Her mom and I are very proud of her. We both will feel all the emotions of the many generations of parents that have gone before us. I hope one day, at the end of her service, she will be able to look back and say to me and others in this

nation who thank her "you are worth it." May we all be worthy.

Thank you all who have served and are serving to uphold our Constitution and keep our nation free!

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



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The Car Wreck, the Roaches and the Stingy Jury

Chrissy, while driving to the grocery store, was hit from behind. Although she didn't remember much of what happened after that, she was rushed to a hospital by ambulance.

But Chrissy's bad luck didn't end there.

When she was "initially admitted to the hospital, she was confined to a bed in a room full of roaches. She could not move due to extreme pain and the fact that she was on a catheter." She was only moved to a new, roach free hospital room after two days.

After she got out of the hospital, she sued Mr. Roper, the driver that had hit her. (Although the names have been changed, this is a real-life Louisiana case.) As part of the lawsuit, Chrissy said that she had to miss 3 months of work because of her injuries. The lawsuit asked that Mr. Roper be held responsible for Chrissy's lost wages.

But get this: Chrissy didn't have any lost wages. She couldn't work

for three months, but because she worked for her family's radiator shop, the shop had paid Chrissy for all 3 months of the missed work. That's because all of the employees at the shop "were paid when they had to take time off for sick leave."

Regardless, the jury ordered Mr. Roper to pay Chrissy her wages.

Does that seem fair to you? Well, Louisiana has a law that says that bad drivers like Mr. Roper should not benefit from their victims "foresight in purchasing insurance and other benefits." In other words, Louisiana finds it more important to deter bad drivers than the "concern of double recovery."

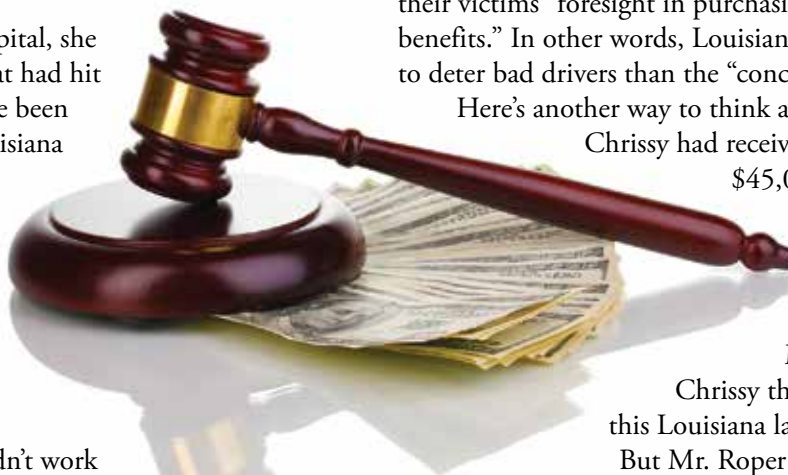
Here's another way to think about it. Let's say that

Chrissy had received a hospital bill for \$45,000, but her medical

insurance paid most of the bill and Chrissy was only responsible for 10% of the bill. Should Mr. Roper have to pay

Chrissy the full \$45,000? That's what this Louisiana law says.

But Mr. Roper wasn't just ordered to pay



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Chrissy's medical bills and her hospital bills. He was also ordered to pay her \$32,500 for pain and suffering. Now I haven't told you about all of the injuries Chrissy suffered in the accident. If I were to list them all, this column would be the length of this entire magazine. But by the time Chrissy's case went to trial, 3 years after the accident, Chrissy's injuries were "for the most part, completely healed." She could "do most of the things that she could do prior to the accident," but her "chest still bothered her when she turned a certain way while she slept."

Chrissy thought that the jury had got it wrong in only ordering \$32,500 for pain and suffering, so she appealed. It's very rare for an appeals court to change a pain and suffering damages award. In fact, it can only be done if the jury "abuses its discretion." But when the appellate Judges reviewed all of the medical evidence, they found that the \$32,500 was "abusively low." The appellate Judges mentioned another

case where an accident victim had to have a plate and screws put into his hip. That victim got \$100,000. In another case, an accident victim got \$250,000 due to "ongoing daily problems lifting children, pain when sitting or standing, and severe headaches." The appellate Judges were looking at these other cases because they are not allowed to simply decide what they consider to be "an appropriate award." Instead, they have to "review prior awards in similar cases." Although they could not find any similar cases involving roach infested hospital rooms, in the end, Mr. Roper was ordered to pay Chrissy's full hospital bills, her "lost" wages and \$250,000 for pain and suffering.



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

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Protein Needs Change As You Age

Many older adults do not get enough protein in their diets. This becomes an issue because older adults have a higher risk for having health issues related to not eating enough protein.

Protein is responsible for helping make muscle, cartilage, bones, skin, blood, enzymes, vitamins, and hormones in the body. It is important in helping with growth and repair of tissues and cells. Protein also helps with fluid balance, immunity, and blood clotting.

You may not notice early on if you are not eating enough protein, which can be harmful. By the time we notice that we are low in protein, we are likely already seeing signs of deficiency, including feeling weak, mood changes and trouble thinking, getting sick often, and brittle nails and hair.

One sign of insufficient protein that is especially common as we age is muscle loss and weakness. Starting at the age of 30, we begin to lose muscle at a rate of about 3-5% of muscle mass each decade. At age 60, the decline becomes much faster, and is usually when we start to notice changes in our bodies and ability to do certain things. As muscle mass reduces, you may notice your muscles are weaker, walking is

slower, everyday tasks become more difficult, and you may even suffer from falls. This advanced loss of muscle as we age is called sarcopenia. About 10-20% of older adults suffer from sarcopenia, and that's just taking into account those who have been diagnosed. It is likely that this percentage is higher when including those who have not yet received a diagnosis.

Recommendations for how much protein you need are individualized and based on medical history, as well as a variety of other factors. If you want a specific recommendation, reach out to your primary care provider or a Registered Dietitian. In general, it's recommended that women aged 60+ get around 5-6 ounce-equivalents of protein per day, and men need 6-7 ounce-equivalents. So, what counts as an ounce equivalent? One egg, ½ ounce of nuts,

one tablespoon of nut butter, ¼ cup of beans, and one ounce of meat, fish, or poultry all count as one ounce-equivalent. It's also recommended to vary your protein choices to ensure you're getting a wide variety of nutrients in your diet.

Now that we know we need more protein, how do we fit it in each day? Foods that are rich in protein include meat, poultry, fish, yogurt, milk, eggs, beans and legumes,



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seeds, nuts, and soy products. Adding more protein to your diet could be as simple as adding canned beans to soups, casseroles, salads, or rice dishes. Or, add shredded cheese to your scrambled eggs in the morning. Instead of butter on your morning toast, try using nut butter or cheese for more protein. Adding milk and powdered milk to your foods can be a great way to sneak in some protein. This may look like making your oatmeal with milk instead of water or adding dry milk to mashed potatoes or cream soup.

Snacking on protein-rich foods can be a great way to fill the gap in between meals. Try grazing on peanut butter crackers, a handful of your favorite nuts, sunflower seeds, hummus dip with vegetables, edamame, yogurt, cottage cheese and fruit, or string cheese. Some economical protein sources to incorporate in your meals include canned salmon or tuna, eggs, canned chicken, beans and lentils, and cottage cheese.

As we age, it's even more important to take care of our bodies by nourishing them properly. Protein is key in preventing sarcopenia and keeping us healthy. For more information on protein and ways to incorporate this nutrient in your diet, 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@agcenter.lsu.edu.

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After DEATH:

Alternatives to Traditional Burial

By Sarah (Sally) Hamer



Planning for the end of our lives can be a scary prospect. Few people, especially if they are healthy, welcome the thought of dying. But death – no matter whose - is an event which affects everyone around us. How can we help our families cope? Writing our wishes down, or even just having conversations about different aspects, can aid loved ones to navigate the myriad details. One of those details is how we would like to be buried.

There are many, many different ways to “dispose” of bodies. Some ways are as old as humans themselves; some have only become popular in the last few centuries. They range from simply digging a hole to extravagant – and expensive – burials which might include embalming, a cemetery lot, a vault, a sealed casket, and a headstone. Of course, there’s nothing wrong with either extreme or any of the possibilities in between. It’s just a matter of choice. And there are a lot of them!

The history of American funerary practices is a fascinating read, with much evolution to get us to the 21st century. Prior to the Middle Ages – and for centuries afterwards in some areas of the world – bodies were usually burned (funeral pyres) or buried in relatively simple fashion. Archeologists occasionally dig an ancient cemetery and can tell a lot about a culture by what they did with their dead. Stonehenge, for instance, has both cremains (the ashes and bones left from cremation) and skeletal remains buried in holes around the circle of stones. In Medieval France, graves



were exhumed and the bones were used to decorate caves under Paris. The dig at Sutton Hoo in Suffolk, England, uncovered an Anglo-Saxon chief buried in his ship.

There have been elaborate burials for centuries, but the most accepted practice of “modern” graves with caskets and vaults and headstones has been with us since at least the mid-1800s. At this point, cemeteries were often designed as gardens, with families eating Sunday picnics near their loved ones’ graves. Obviously, the visit comforted the family. Some of the same processes created in that time still are used today.

But the times, as Bob Dylan tells us, they are a-changing and many people are reverting to burials that are simpler and more eco-friendly by choosing cremation, donations to scientific study, and, lately, green or natural burials. Natural burials leave almost no footprint, especially compared to conventional burial in a cemetery filled with headstones.

SOME OF THE CHOICES WE HAVE TODAY ARE:

Both the **LSU School of Medicine** and the **LSU FACES** programs accept donations of bodies. Medical and chiropractic colleges and other health-care professions may require each student learn the internal workings of the human body by dissection of a corpse. According to the School of Medicine website, human bodies “are an indispensable aid in medical teaching and research. The basis of all medical knowledge is human anatomy; human anatomy can be learned only by the study of the human body. Without this study, there could be



“...many people are reverting to burials that are simpler and more eco-friendly by choosing cremation, donations to scientific study, and, lately, green or natural burials. Natural burials leave almost no footprint, especially compared to conventional burial in a cemetery filled with headstones.”

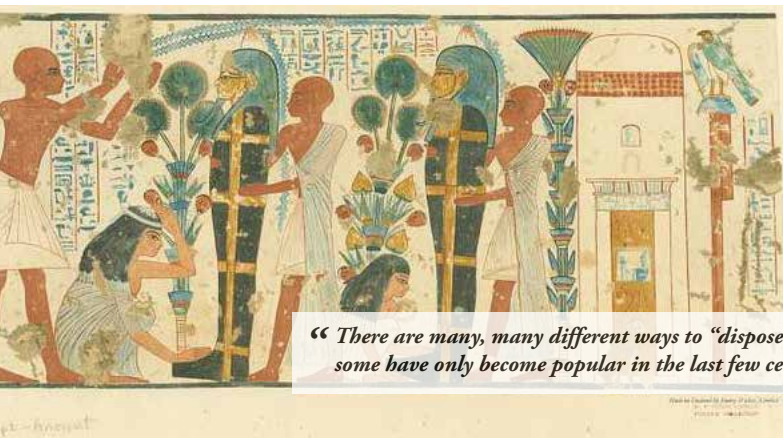
no doctors, no surgery, and no alleviation of disease or repair of injury.” Once the dissection is complete, the remains are cremated and can be returned to family or buried with honor in a “cemetery designated for the Bureau of Anatomical Services with an appropriate ceremony.”

The **FACES program** (LSU Forensic Anthropology and Computer Enhancement Services) states on their website that, “Donations to the LSU FACES Laboratory enable research focused on helping to resolve unidentified and missing persons cases. Additionally, these donations provide education for students and law enforcement in forensic anthropology.” Bodies are allowed to decompose in a highly secure outdoor laboratory, and are then added to the Laboratory Donated Skeletal Collection for further study.

Both of these programs can be accessed through their websites (FACES at <https://tinyurl.com/yf695pef> and LSU Health at <https://tinyurl.com/ye2xdmv5>) which have additional information and forms to be filled out. Keep in mind that there are strict guidelines on acceptance into the program and not all donations are allowed.

A third choice that has become available recently in Northwest Louisiana is **Green Burials**.

According to Larry Hawkins, Director of Cemetery Sales and Operations, Funeral Director at Rose-Neath, green



“ There are many, many different ways to “dispose” of bodies. Some ways are as old as humans themselves; some have only become popular in the last few centuries. ”





are simpler and more eco-friendly by choosing lately, green or natural burials." Pictured is

burials are an alternative which “provides a wonderful opportunity to honor the life of your loved one while respecting and conserving the environment and natural resources. A body is not embalmed or washed with chemicals, or buried in a concrete vault. Instead, it is placed in a biodegradable container in its natural state and interred in a grave site to decompose fully and return to nature.” Bodies can also be cremated and placed directly into the soil or placed into a tree pod to grow into a tree.

Available since 2022, Rose-Neath Cemetery is not only the first, but is the only, green burial cemetery in Louisiana. Hawkins goes on to say that “A lot of the current funerary practices were created to comfort families at the time of a loved one’s death but now, some people prefer a simpler, more eco-friendly, smaller, and less expensive alternative.”

It sounds very modern but the practice of a simple wicker or unfinished wooden casket or even just a shroud made of unbleached muslin, is much more in keeping with how bodies were buried for thousands of years. The simplicity of the burial is not unique either. The family can be involved as much as they choose. “We encourage families in personal activities such as viewing the body, decorating the casket with biodegradable paint, dressing the deceased, planting a tree or flowers at the gravesite, and witnessing the burial. Some even



help with lowering the body into the grave, filling in the grave space, or marking the grave with a tree or stone. For some people, these things give closure in a way that they might not experience in a more formal funeral.”

The area of the Rose-Neath cemetery reserved for green burials is a peaceful, pretty, and quiet place. Trees and bushes and flowers surround several acres far away from any houses. Here, a body will go through the natural process of decomposition.

Other natural burial choices include:

Aquamation – a chemical process that breaks down the soft tissue and leaves bones which are treated further for burial, similar to cremains.

Tree burials – cremains can be placed into a pod with a living tree and planted in the cemetery.

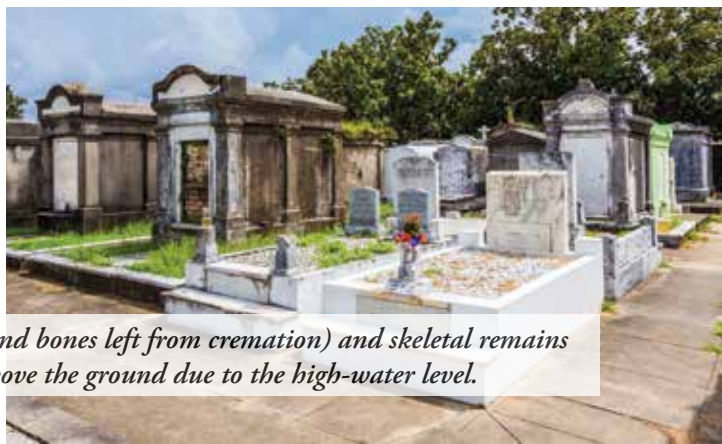
Composting – the body is treated and turned into compost which can be spread over a flower garden or forest.

Some families have the luxury of discussing these plans with their loved ones but some don’t. The stress of having to decide what that loved one wanted done after their death can be heart-breaking. Doing the research, sitting down with your family, and making a plan for your death could be the best thing you can to do help with the grief process. And your family will appreciate knowing what you want done.

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



Stonehenge, has both cremains (the ashes and bones left from cremation) and skeletal remains. People in New Orleans are often buried above the ground due to the high-water level.



MARGARITAVILLE:

A Time-Honored Memorial to Jimmy Buffett

By Fyllis Hockman, photos by Victor Block

Most people know of – and many people live by – the aphorism “It’s 5 o’clock somewhere,” but during my recent trip to Hollywood, Florida, it took on an even more special meaning. When Jimmy Buffett died in September 2023, he left behind a beloved legacy of famous songs. Such is true of many well-known musicians. But none has also left behind an empire of bars, restaurants and hotels as celebrated as the artist himself. The various “Margaritavilles” – based on Buffett’s 1977 hit song – attract thousands of visitors nationwide and it felt particularly fitting, as an ardent fan, to visit one.

The huge replica of a royal blue flip-flop that adorns the hotel lobby and the sign above the reservation desk that says “No Passport Required” immediately tells you you’re not at a Holiday Inn. The lengthy chandelier across the ceiling comprised of upside-down margarita glasses and the multiple song lyrics displayed around the hotel reinforce the Jimmy Buffett worldview. Do I even need to mention that Jimmy Buffett songs flow from speakers everywhere?

From “No Woman to Blame” to “Strumming my Six-string” to “Searching for my Last Shaker of Salt”, the unmistakable voice accompanies you throughout the grounds. Strolling through the property, which ends up facing the ocean, the Welcome to Paradise, License to Chill and Beach Vibe will entice even those who have never heard of the groupie accolade of Parrothead! Think original Swifties! Not exactly your grandmother’s hotel. On the other hand, considering that Buffett’s heyday was in the ‘70’s and ‘80’s, that’s exactly what it might be...



How to describe hanging out in this flagship hotel’s Margaritaville Bar – one of a half-dozen dining options on the property? An indoor beach scene doesn’t capture it. Yes, there is seating in boat replicas. Beach videos adorn the walls. Each table has a different seascape, palm tree or other beach-related design. Even the floor resembles waves – and large coconut palms cascade downward. Pelican statues watch over you as you dine – if you can even for a moment take your attention away from the décor to actually order. Do I need to mention again what songs accompany this scenic overload?

The menu proclaims: A State of Mind Since 1977. And you feel that in your core. But let’s get to the important stuff. Margaritas. Although I understood there are 31 Margaritas to be had throughout the hotel, I was content with the 16 available at the Margaritaville Restaurant alone, with unsurprising names such as Who’s To Blame, Finns to the Left and Feelin’ Hot, Hot, Hot.

Now maybe I’m biased, but it seemed the bartender didn’t just make a drink, he crafted a work of art befitting the drink’s origin. Unlike the many other margaritas I’ve imbibed over the years, this concoction of flavors -- all proprietary recipes, of course -- caused my throat to smile as it caressed its way through my digestive system. Admittedly, that was after the third or fourth sampling. And, of course, the fact that Jimmy Buffett favorites were continuously being performed on stage helped the process along.



Margarita chandelier at the Margaritaville Resort

And it goes without saying that the property as a whole boasts multiple pools, slides, spa and all the other amenities typical of any up-scale hotel. But if you're there for Jimmy Buffett, you're in the right place.

Across the street is the iconic It's 5 O'Clock Somewhere Bar, where the beach vibe continues with tables in the sand, reminding me of a plaque I once gave my husband: A Drink in the Hand, Toes in the Sand. Actually doing it is better than just reading about it. And if you need more diversion, you can play a round of corn hole, rent a kayak or attend the weekly "best dance party in flip-flops." Okay, so yes – this one is just a bar – but with Jimmy Buffett's vibe all pervasive and his music so immersive, for the moment I was thankful that it's always 5 o'clock somewhere!

And if you're still questioning the importance of the singer to Florida's legacy, State Road A1A, a major Florida highway, will soon become Jimmy Buffett Memorial Highway while specialty "Margaritaville" license plates will be available throughout the state. Hard not to hum along....



Jimmy Buffett comes alive at his Margaritaville Resort



Boat dining at the Margaritaville resort

For more information, contact <https://www.visitlauderdale.com/beaches-and-beyond/cities-towns/hollywood> and <https://www.margaritavillehollywoodbeachresort.com>.

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Paula Poundstone Loves to Work an Audience

As Paula Poundstone continues her 2024 U.S. tour, audiences can be assured of an evening of hilarity as the comedian launches into a string of humorous stories typical of most observational stand-up comics. But at some point into her routine, the sharp-witted Poundstone will seamlessly morph into her trademark banter with audience members – a part of the show fans have come to expect and adore. It's a style that evolved out of necessity.

"I've been doing stand-up for over 40 years, but have a terrible memory," said Poundstone by phone from Florida recently, while preparing for an evening event. "I started out doing the five-minute open mic thing and spent years trying to memorize an act. Then I just began talking with the audience. My first thought was that it might be a liability, but one night I realized it was kind of the heart and soul of the whole show. Now it's my favorite part of the evening."

How she selects audience members to engage varies from venue to venue as the blinding house lights will often obscure distant individual faces. Sometimes she'll spot a guest arriving late, or perhaps someone getting up to leave temporarily, while others grab her attention by yelling out answers to her rhetorical questions – and Poundstone pounces.

"I'll often start with the time-honored question of asking what they do for a living," she explained. "In this way, little biographies of audience members come up and I use that to set my sails! Their profession might remind me of a piece of material I have stored away in my mind and I'll run with it."

A memorable interaction occurred in 2006 during a show recorded for the Bravo cable network. About a half-hour into her performance, Poundstone began questioning an engaged

couple who revealed the woman worked for an insurance company and the man was in banking. A seemingly innocuous inquiry about who proposed to whom brought a response from the gentleman, "What kind of a question is that?" prompting immediate gasps from the audience – an opening for the comedian to fire off her frequently heard laugh-inducing response to the crowd's reaction: "I'll handle it!"

And she did, brilliantly, with lightning-fast improvisational skills during a sidesplitting 6-minute interaction with the pair.

"People still come up to me and ask about that one and to this day I wonder whatever happened to the couple and if they did get married," said Poundstone. "And every now and then, someone will ask me if it's all planned – that the people somehow know they will be picked. That always makes me laugh and my response is how would that even be possible? It would require a lot of effort and I wouldn't even know how to begin. This is why my shows are never exactly the same wherever I go."

Like many entertainers with a busy tour schedule, Poundstone has little time for sightseeing (please see www.paulapoundstone.com for cities and tour dates).

"I don't get a chance to look around much since the touring only allows me to fly in for a show and then I'm off again," she says. "But I still think it's the best job in the world."

Nick Thomas teaches at Auburn University at Montgomery in Alabama and writes features, columns, and interviews for newspapers and magazines around the country. See www.getnickt.org.



Paula Poundstone. (Photo provided by publicist; credit Michael Schwartz)



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Like Rain on a Rooftop

In a little café a little out of the way
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"Dance with me."

It wasn't a question.

She was a 70-something, 5-foot something, silver-haired beauty with eyes that could carry on a conversation and a smile that could make a beggar give up his last dime.

"Come on, it's my birthday. Dance with me."

She held out her hand and, just like that, the boy who couldn't say no said "yes" to a girl he didn't know and let her tug him gently onto the dance floor.

Could she dance?

Like rain on a rooftop, like

snow on Christmas Eve, like wind in the willows.

Could she dance!

Achy Breaky Heart

She disappeared into a swarm of Line Dancing seniors flooding the stage like God flooded the earth and then

surfaced a minute later, heel diggin', triple steppin, weaving and leaving me speechless.

Could she dance?

Like thistle down on the wind, like ripples on a brook, like the moon over the ocean.

Could she dance!

I couldn't take my eyes off her.

So I didn't.

I was happy just sipping my wine and drinking her in.

Save the Last Dance For Me

There she was again, holding out her hand.

"I'm saving the last dance for you. Come on, it's still my birthday."

"Tell me your name."



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"Why?"

"I write a blog for seniors. I want to write about you. About your dancing."

"What about them?" She nodded toward the dance floor filling up again with dancing seniors.

"Yes, them, too. They're amazing. You're all amazing."

"Nah. We're all just past the point."

"The point?"

"The point of not dancing like everybody's watching but dancing like nobody's watching."

"Didn't Mark Twain say something like that?"

"Dance like nobody's watching; Love like you've never been hurt; Sing like nobody's listening; Live like it's heaven on earth."

She nodded again toward the seniors.

"We're not aging, Blog Man ..."

She kissed me on the cheek.

"... we're ripening."

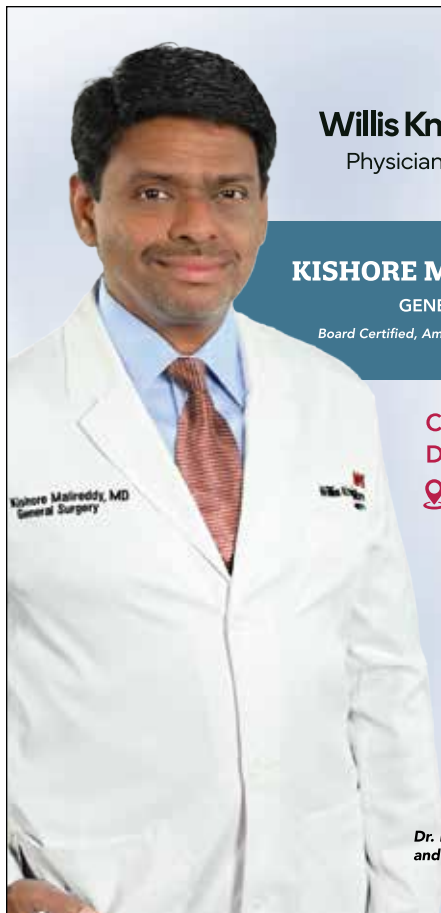
She pulled me onto the dance floor.

I never did get her name.



Grace ... is Joan, who doesn't remember much of anything anymore, and today she told me, "I don't remember how to eat soup, so I'll just eat ice-cream."


From "Old Friends (Endless Love)" available exclusively at Amazon.com.




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Sheet Pan Cajun Shrimp Fajitas with Bell Pepper, Onion and Spicy Ranch

Total time: 30 minutes; Servings: 4

2 green bell peppers

2 yellow bell peppers

1 lime

1 medium red onion

2 tablespoons extra-virgin olive oil

1½ pounds raw, peeled shrimp, fresh
or frozen

5 teaspoons Cajun seasoning, divided

1 teaspoon salt

½ cup ranch dressing

12 small flour tortillas

- Preheat oven to 450° F.
- Wash and dry green bell peppers, yellow bell peppers and lime. Trim, seed and slice bell peppers lengthwise into thin strips; transfer to large baking sheet.
- Peel, halve and slice onion lengthwise into thin pieces; add to baking sheet with bell peppers.
- Drizzle veggies with oil, toss to combine and spread in even layer. Bake until veggies have softened slightly, about 5 minutes.
- If using frozen shrimp, place them in colander and run under cold water to thaw slightly. Place shrimp on clean towel or paper towels and pat dry.
- Remove baking sheet from oven. Arrange shrimp over veggies then sprinkle with 4 teaspoons Cajun seasoning and salt; toss to combine and spread in even layer.
- Bake until veggies are tender and shrimp are cooked through, 5-7 minutes. Remove from oven.
- In small bowl, stir ranch dressing and remaining Cajun seasoning.
- Warm tortillas in skillet, oven or microwave, if desired.
- Fill tortillas with shrimp and veggies; drizzle with spicy ranch and serve with squeeze of lime.



Cheese Tortellini and Cauliflower with Creamy Spinach Marinara

Time: 20 minutes; Servings: 4

2 bags (10 ounces each) cauliflower florets	8 fluid ounces heavy whipping cream
18 ounces cheese tortellini, fresh or frozen	½ teaspoon basil, dried
½ tablespoon salt	¼ teaspoon black pepper
1 jar (24 ounces) marinara sauce	2 packages (5 ounces each) baby spinach

- Fill large pot halfway with hot water, cover and bring to boil. Uncover then add cauliflower, tortellini and salt; stir for a few seconds. Cook, stirring occasionally, until just tender, about 5 minutes, or cook according to package instructions.
- In separate large pot over medium heat, stir marinara sauce, cream, basil and black pepper to combine and bring sauce to simmer. Once simmering, reduce heat to medium-low and cook until slightly thickened, 3-4 minutes.
- Wash and dry spinach.
- When sauce has thickened, add spinach to pot in handfuls, waiting for spinach to wilt slightly before adding next handful. Remove from heat and cover to keep warm.
- When cauliflower and tortellini are done, drain and add to pot with creamy marinara sauce; stir to combine.
- To serve, divide pasta between plates or bowls.

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WORD SEARCH

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

Brunch Menu

Bacon	Jam
Bagels	Jelly
Biscuits	Marmalade
Cereal	Milk
Coffee	Muffins
Croissants	Oatmeal
Doughnuts	Omelets
Eggs	Pancakes
Fruit	Porridge
Granola	Rolls
Grits	Sausage
Ham	Tea
Hash Browns	Toast
Honey	Waffles
Hot Chocolate	Yogurt

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

Across

- 1 Pilgrimage to Mecca
5 Sorts (through)
10 Scraped (out)
14 Gumbo pods
15 Permit
16 South American capital
17 Demeanor
18 Water chute
19 Blue-pencil
20 Motors
22 Popular card game
24 It paves the way
25 Red ____
26 "Let's go!"
28 Cereal grain
29 Excessively sentimental
33 Wing-shaped
34 "____ questions?"
35 Read carefully
36 Prince, to a king
37 Read for errors
39 Slump
40 Media talking head
42 "____ to worry"
43 Shipping hazard
44 Spot
45 Presidents' Day mo.
46 Lather
47 Commence
49 Affirmative
50 Capital of Kenya
53 Bragged
57 Pakistani language
58 Shut down

- 60 Raconteur's offering
61 Kind of breath
62 Marble material
63 Not written
64 Right on the map
65 Olympic award
66 Corn bread

Down

- 1 "Where the heart is"
2 Blood-related
3 Remnant
4 Custodian
5 More secure
6 Pandora's boxful
7 Swine ____
8 Tabby's mate
9 Promise
10 One of the Roosevelts
11 Youngsters
12 Give off, as light
13 Facts and figures
21 One of the Bobbsey twins
23 Beat (out)
25 Rifle attachment
26 Influence
27 Heavenly gift
28 Lennon's Yoko
30 United
31 Some Romanovs
32 Safecracker
33 Nile snakes
34 It's often left hanging
35 Domesticated animal
37 Kind of bean
38 Watch chain

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21				22		23			
				24				25						
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50	51	52						53				54	55	56
57					58		59				60			
61					62						63			
64					65						66			

SUDOKU

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

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

SAVE the *Date*



2024/2025 SEASONS

■ Shreveport Little Theatre

Located at 812 Margaret Place, Shreveport. Tickets are \$30. Call 318.424.4439 or shreveportlittletheatre.com. SLT's 103rd Season includes:

- September 13 - 22: *Brighton Beach Memories*
- October 25 - November 3: *Steel Magnolias*
- December 13 - 22: *It's a Wonderful Life*
- February 14 - 23: *I Love You, You're Perfect, Now Change*

- April 25 - May 4: *May We All*

■ Shreveport Symphony

Performances are held at Riverview Theatre, 600 Clyde Fant Parkway, downtown Shreveport. For season or individual tickets call 318-227-TUNE (8863) or shreveportsymphony.com. Individual tickets are \$20 - \$75. Season 76 Masterwork series includes:

- September 21 - Opening Night: Beethoven + Tessa Lark

- October 19 - Tchaikovsky's *Pathétique*
- November 16 - Gershwin + Marcus Roberts Trio

- December 21 - A Holiday Celebration with Michael Geinstein and your SSO
- January 25 - The Planets
- February 15 - Cinematic Romance/The Rose of Sonora
- March 15 - Fauré Requiem
- May 3 - The Best of Broadway

■ The Strand Theatre

The Strand Theatre is located at 619 Louisiana Avenue, Shreveport. For tickets visit thestrandtheatre.com or call 318-226-8555. The Strand's 40th season and 100th anniversary season includes:

- September 20 - LeAnn Rimes
- October 12 - Indigo Girls
- December 8 - *A Christmas Carol*
- December 15 - Ben Folds Paper Airplane Request Tour
- April 5 - The Black Jacket Symphony Presents Led Zepplin IV
- June 25 - *The Addams Family: A Musical Comedy*

EVENTS

■ Ark-La-Tex Genealogical Association Seminar

Saturday, August 10 from 9 a.m. - 3:30 p.m. at the University Center, LSUS campus, One University Place, Shreveport. Speaker will be Patti Gillespie, professional genealogist and lecturer. Lectures will include "Courthouse Records", "Researching Newspapers", "County Histories", and "Colonial Research". Advance registration recommended. Registration is \$45 and includes pastries and lunch if pre-registered. For info and registration instructions visit www.altgenealogy.com or contact Jim Johnson at 746-1851 or email altgenassn@gmail.com

■ GloFests at the Bakowski Bridge of Lights

Join the Shreveport Regional Arts Council (SRAC) on the first Friday of every month (except July when it is held on July 4), 7:30 p.m. to 9 p.m. at Riverview Park, 601 Clyde Fant Parkway, Shreveport. Featuring light shows on the Bakowski Bridge of Lights, an arts

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■ Shreveport Regional Bridge Tournament

Hosted by the Shreveport Bridge Association. June 26 - 28 at First Baptist Church Activities Building, 523 Oakley, Shreveport. Sessions are at 10 a.m. and 2:30 p.m. Singles sessions are permitted. The tournament will feature Gold Rush Pairs (no player over 750 MP) and Open Pairs. A bracketed Swiss Team will be offered on Friday only. Stratifications are A - 3000+ MP; B- 1250 - 3000 MP; C - 0 - 1250 MP. Lunch

may be purchased daily for \$15 cash. Table Fees: \$15 per session for ACBL members; \$17 for non-members; \$140 per team for the Friday Swiss Team (includes lunch). Credit Cards only. For more info contact Paula Johns at paulajoh2@bellsouth.net

ENTERTAINMENT

■ Shreveport Little Theatre

Shreveport Little Theatre is located at 812 Margaret Place, Shreveport. Tickets are \$30. Call 318.424.4439 or shreveportlittletheatre.com.

- *Beautiful: The Carole King Musical*. July 18, 19, 20, 25, 26 and 27 at 7:30 PM; July 21 and 28 at 2:00 PM. This jukebox musical tells the story of the early life and career of Carole King, using songs that she wrote.

MEETINGS

■ Ark-La-Tex Genealogical Association Meeting

Saturday, July 13 from 1 to 3 PM at the Broadmoor Branch Library, 1212 Capt. Shreve Dr., Shreveport. Guest speaker is Sally Hamer, Writer, Author and Instructor. Her topic is: "Alternative burial practices: How do we make sure we're findable?", plus Paula Roper will provide tips for using Newspapers.com. For more information call 746-1851 or visit altgenealogy.com. **FREE** and open to the public.

MOVIES

■ Silver Screenings

Silver Screenings feature a matinee and luncheon for senior citizens showcasing a classic film on the 3rd Tuesday of each month at

Robinson Film Center, 617 Texas Street in downtown Shreveport. Movie begins at 10:30 a.m. and is followed by a buffet lunch. Cost is \$20 for movie and lunch. For information or tickets, call (318) 459-4122 or visit www.robinsonfilmcenter.org.

- July 16 - *Thoroughly Modern Millie*. This 1967 American musical-romantic comedy film follows a naïve young woman who finds herself in a series of madcap adventures when she sets her sights on marrying her wealthy boss.

- August 20 - *High Noon*. This 1952 American Western film centers on a town marshal whose sense of duty is tested when he must decide to either face a gang of killers alone, or leave town with his new wife.



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CERTIFIED MEDICAID PLANNER™

9105 Ellerbe Road, Ste. A100, Shreveport, LA 71106 | www.weems-law.com | 318.222.2100

40th
SEASON



2024 shows

LeAnn Rimes

FRIDAY, SEPTEMBER 20, 2024 • 7:30 PM

Indigo Girls

SATURDAY, OCTOBER 12, 2024 • 7:30 PM

A Christmas Carol

SUNDAY, DECEMBER 8, 2024 • 2:00 PM

Ben Folds Paper
Airplane Request Tour

SUNDAY, DECEMBER 15, 2024 • 7:00 PM

2025 shows

The Black Jacket
Symphony Presents
Led Zeppelin IV

SATURDAY, APRIL 5, 2025 • 7:30 PM

The Addams Family:
A Musical Comedy

WEDNESDAY, JUNE 25, 2025 • 7:00 PM

THE STRAND THEATRE
(318) 226-8555 or thestrandtheatre.com

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 Northwest Louisiana Archives at LSUS to identify individuals and events in their collections. If you can help, please email Tina at editor.calligas@gmail.com or Laura at laura.mcmore@lsus.edu.



These photos are all from the Lawrence Lea collection and were taken at the Barn Dinner Theater in 1972. The play that evening was "Will Success Spoil Rock Hunter?"



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

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

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



Keith Carter, CEO/Owner
Always Best Care
4700 Line Avenue, Suite 111
Shreveport, LA 71106
(318)424-5300
See our ad on page 25.

Will I need glasses after cataract surgery?

This all depends on what you are trying to accomplish after cataract surgery. Most patients after routine cataract surgery will only need reading glasses for small print. If there is a lot of astigmatism present then you may even need full time bifocals. In patients with normal healthy eyes, you can have multifocal lenses implanted at the time of cataract surgery. Multifocal lenses allow patients to see distance, intermediate and near without the need for glasses. These lenses do not work like your God-given lenses so it takes your brain some time to adapt to them.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
(318) 212-3937
See our ad on page 14, 21.

What are the symptoms and treatment of torn cartilage?

Meniscus tears are the most common surgical condition involving the knee. Medial meniscus (inside) tears are 3 - 4 times more common than lateral tears (outside). The meniscus support 50% of the body weight with the knee extended and 90% with the knee flexed 90°. Because the meniscus supports body weight every attempt should be made to repair or maintain as much meniscus tissue as possible. Popping, giving way, locking, tenderness at the joint line, stiffness, and swelling are some of the signs/symptoms of cartilage tears. Arthroscopic surgery is generally done on an outpatient basis and recovery is from a few days to a few weeks.



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

PUZZLE answers (from pages 26 - 27)



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



K I L P A T R I C K ' S

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