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Inside This Issue

Briefs

- 6** Stat! Medical News & Info
- 24** Shreveport Then & Now
- 30** Snapshot Sleuth

Features

- 17** Northwest Louisiana's Music History
by Winston Hall
- 20** You're Gonna Get on a WHAT?
by Fyllis Hockman

In Every Issue

- 26** What's Cooking
Powerful Pairings
- 28** Our Famous Puzzle Pages
Crossword and Word Search

Columns

- 8** Laws of the Land
Quickdraw McGraw and Shifty Pete
by Lee Aronson
- 10** From the Bench
Stay in Touch With Loved Ones
by Judge Jeff Cox
- 12** Eat Well Live Well
Prediabetes: Your Chance to Prevent
Type 2 Diabetes
by Abigail McAlister
- 14** Dear Pharmacist
The 4 Best Natural Antihistamines
by Suzy Cohen
- 22** Tinseltown Talks
Olivia de Havilland: The End of an Era
by Nick Thomas



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SEPTEMBER 5

Don't Let Technology Crack Your Nest Egg

Ken Kamen, author, financial consultant, and lecturer

SEPTEMBER 12

5 Ways Seniors Can Safeguard Against Cyber Criminals Stealing Their Identity

Chris Orestis, President of LifeCare Xchange and a nationally recognized healthcare expert and senior advocate

SEPTEMBER 19

Ear, Nose, and Throat Disorders and Treatments

Dr. Jason P. Calligas and Dr. Michael T. Yim, ENTs with Oschner/LSU Health System

SEPTEMBER 26

What You Need to Know About Prescription Drugs and Supplements

Jill M. Comeau, Associate Professor at College of Pharmacy at University of Louisiana at Monroe

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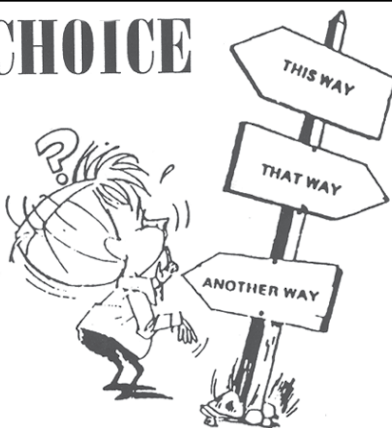
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Legal Issues for Alzheimer's Caregivers

Attorney Joseph Gilsoul
Partner
Gilsoul & Associates
Shreveport, LA

Effectively Communicating & Managing Difficult Behavior

Mrs. Natasha Bahr, LCSW
Geriatric Social Worker
University of North Texas Health Science Center
Denton, TX



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Caregiving

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Associate Director, Advocacy & Outreach
AARP Louisiana,
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Veterans Caregiver Support Program

Mrs. Tierra Heard, LCSW-BACS, BCD
Caregiver Support Program Manager
Overton Brooks VA Medical Center
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What to Do When Starting a New Medicine

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Rev. Dr. Glenell Lee-Pruitt, Ph.D., M.Div.
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Medical News & Info



Older Adults Feel Stressed, Yet Resilient in the Time of COVID-19

Many older adults are feeling the stress of COVID-19 and prolonged social distancing measures, according to a survey of adults age 60 and older living in the US. The study was conducted by the University of Georgia and published in the *Pan American Journal of Public Health*. About 40% of 60- to 70-year-old respondents said they felt moderately or very stressed and felt out of control of their lives. This group reported more increases in some unhealthy behaviors, such as drinking more alcohol and eating more than usual. One-third report exercising less. Although one-third of the same group are exercising more. Those 71 and older, seem to be handling stress better than their younger counterparts – 74% said that they were experiencing little to no stress, comparing the current situation to being no more stressful than living through past war times. Unsurprisingly, communication across all modes has increased. More older adults are calling, texting, emailing and perusing social media.



A Majority of U.S. Adults Lose Sleep Due to Reading

Before you crack open your next novel, consider this: Losing sleep to get lost in a book can take a toll on your health, and it's more common in women than men. According to a new survey from the American Academy of Sleep Medicine (AASM), a majority (66%) of U.S. adults report losing sleep due to staying up “past their bedtime” to finish a book. The survey also found that women (71%) are more likely to lose sleep due to reading a book than men (61%). If you find yourself losing track of time while reading, it may be time to change up your nighttime routine. Sleep experts recommend setting a bedtime alarm to remind yourself that it's time to put the book down for the night.

Cinnamon May Improve Blood Sugar Control in People with Prediabetes

Cinnamon improves blood sugar control in people with prediabetes and could slow the progression to type 2 diabetes, according to a new study published in the *Journal of the Endocrine Society*. It is estimated that nearly 90 million people in the United States have prediabetes, which occurs when blood sugar levels are higher than normal and often leads to type 2 diabetes. Identifying strategies to prevent the progression from prediabetes to type 2 diabetes is challenging, yet important for a large population. The researchers found that cinnamon supplements lowered abnormal fasting glucose levels and improved the body's response to eating a meal with carbohydrates, which are hallmarks of prediabetes. Cinnamon was well tolerated and was not associated with specific side effects or adverse events.



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Quickdraw McGraw and Shifty Pete

by Lee Aronson

Have you ever been in a restaurant while it was being robbed?

Alice* had. Here's what happened: a masked man entered the restaurant with a hand gun and went to the cash register. There was a security guard on duty at the restaurant, but he had just finished eating a big meal and was "looking down adjusting his belt." Let's call him Quickdraw McGraw*. By the time Quickdraw looked up, a second robber had come in with a sawed off shot gun. He pointed the shot gun at the guard and told him not to move.

Rather than obeying, Quickdraw reached for his gun; the robber fired his shot gun and hit the guard and Alice and her daughter, customers sitting at a table in the restaurant. Quickdraw fell to the floor, pulled his gun, killed one of

the robbers and wounded the other. The guard survived, but Alice did not.

Her heirs sued the restaurant.

Louisiana law says that "a business which undertakes to hire a security guard to protect itself and its patrons is liable for physical harm which occurs because of the negligence on the part of the guard." In other words, the restaurant was going to have to pay if the guard acted unreasonably. Was it unreasonable for Quickdraw to be fooling with his belt rather than paying attention to who was entering the restaurant? Was it unreasonable for him to reach for his gun when the robber with the shot gun pointed at him told him to stand still?

The case went up to the Louisiana Supreme Court and the Judges didn't agree on the answers to these questions. Some felt that the guard should have been given a medal, but most of the Judges said that the guard had acted unreasonably.

Speaking of crime, Shifty Pete* stole \$667,000 from a charter school in south Louisiana. His next stop? The casino, where he quickly lost it all.

Once the school found out, it filed suit. But the school

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didn't sue Shifty Pete; he didn't have any money. Instead, the school sued the casino.

Sound ridiculous to you? The school thought that the casino was at fault because soon after Shifty Pete starting losing money, the casino assigned him a handler who encouraged him to gamble more and gave him free food, free drinks, free spa services and a free hotel room at the casino. Now does it sound so ridiculous?

The Judge, in explaining Louisiana's gambling laws, said, "The Louisiana legislature strongly favors and supports the gaming industry and found that gaming has no significant detriment to the citizens of this state." In other words, because of the laws we have in Louisiana, the school's lawsuit against the casino was quickly thrown out.

And speaking of gambling, here's a law that we used to have in Louisiana: if you made a bet, lost the bet, and refused to pay the winner, then the winner of the bet could not sue you. Unless the bet was on a chariot race. That's right, chariot racing bets were fully enforceable in Louisiana. Care to guess when they got rid of that law? 2019!

**all names have been changed*

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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Stay in Touch With Loved Ones

by Judge Jeff Cox

Time marches on. My dad used to tell me the older you get, the faster time goes by. I believe him more every day, even though he is not here for me to tell him that.

A year ago, we did not have the Corona Virus Pandemic. People were living their lives and able to meet and socialize. We could pretty much travel where we wanted and enter any business that was open. We did not have to wear face masks in public, we could shake hands, we could hug those we loved, and we spoke to everyone we saw without social distancing. What a difference a year makes!

With the Corona Virus Pandemic, we all have had to adjust our lives. We have had to be vigilant about whom we are around. If we have elderly parents or family members, we have had to social distance and take extra precautions if we are able to see them. If we are not able to see them because they are in a nursing home or assisted living facility, we have had to try to communicate in other ways. This pandemic has caused separation of families being able to support elderly or sick family members whom they love and try to take care of outside their home. As I was thinking about this article, I was thinking how we can stay in touch with our loved ones.

First, pick up the phone. A phone call does wonders. Hearing a familiar voice on the other end of the phone can lift anyone's spirits, especially knowing that other person took the time to call. Unlimited



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cell phone plans can allow unlimited minutes. You can also send pictures to the phone. This lets the person keep up with what is happening in the family and provides them outside communication. Even if they are not in a nursing home or assisted living facility, they may be a little more isolated due to their age and this phone call can brighten their spirits.

If they are computer savvy and have computer access, you may send them a daily or weekly email with photos, keeping them up to date on what is happening with the family. If they have a camera on the computer, you can even FaceTime with the person. That way you can see and talk to them like they are in the next room. Communication will certainly be appreciated if that person cannot go out of the home or may not be able to receive visitors because of health conditions.

You can provide a meal to the people that can't leave their home. You can place it on the doorstep and tell them it is there. A good meal prepared by someone is always good and shows that you are thinking of them in a special way. The person who is restricted to home will especially appreciate you thinking of them and this will help them get through another day.

During all of this pandemic, people have struggled with isolation. Knowing someone cares and is willing to go out of their way to communicate helps people who have had to isolate. Hopefully soon, we will all be back to events, shaking hands, hugging each other, and enjoying time together. But until we can do this, we need to let people know that we care. Time does go by fast and we need to spend as much time as we can with those we love, because as I stated at the beginning of this article, what a difference a year makes!



Cox

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


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Prediabetes: Your Chance to Prevent Type 2 Diabetes

by Abigail McAlister

It is estimated that more than 1 in 3 American adults have prediabetes. A whopping 90% of people with prediabetes don't even know they have it. A diagnosis of prediabetes means your blood sugar levels are higher than they should be, but they are not high enough to receive a diagnosis of diabetes. Prediabetes may mean your body is producing less insulin, your body may be less sensitive to insulin, or even a combination of both.

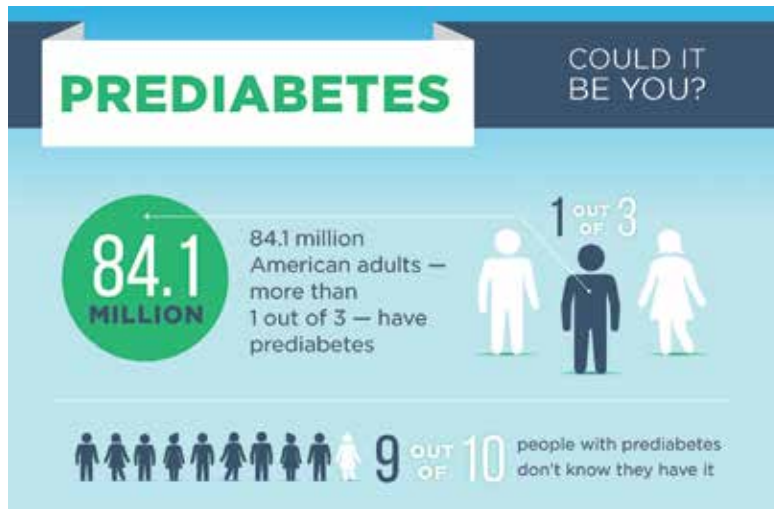
Insulin is a hormone that is needed for our cells to absorb sugar for energy, and over time some people's bodies may not be able to meet the demand for insulin, which causes prediabetes and eventually type 2 diabetes. Having prediabetes and leaving it untreated can put you at an increased risk for developing not only type

2 diabetes, but also heart disease and stroke.

Prediabetes often has no symptoms, which is why so many people don't even know they have it. So, how can we know if we have prediabetes? First, it's important to know the risk factors. Excess body fat, especially in the abdominal area, and a body mass index (BMI) over 25 can increase your risk for prediabetes. Being over 45 years of age, having a history of gestational diabetes or a family history of type 2 diabetes, and

being physically inactive can also lead to a higher risk for prediabetes. If you have any of these risk factors, the next step would be to ask your primary care provider if you should be screened for prediabetes. Your doctor may screen you using blood tests, which can check the level of sugar in your blood.

If you've been diagnosed with prediabetes, there is good news: you can make



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lifestyle changes to help your blood sugar levels return back to normal. Doing this can also prevent your prediabetes from progressing to type 2 diabetes. Research shows that lifestyle changes, including a modest weight loss of 5-7% and increasing your physical activity to 150 minutes of moderate exercise each week, can reduce your chances of type 2 diabetes progression by 58%. For a 200-pound person, a weight loss of 5-7% would mean losing 10-14 pounds. To fit in 150 minutes of moderate exercise each week, that could be as simple as adding a brisk 30-minute walk each day, five days a week. Eating a balanced diet including nutrient-rich foods such as vegetables, fruits, lean protein, whole grains, and calcium-rich foods and being mindful of portion sizes can also help with weight loss and blood sugar control. If you are having trouble finding a healthy eating plan that works for you, ask your primary care provider about meeting with a registered dietitian who can help you create an eating plan that's appropriate for your body's needs.

Technically there is no "cure" to prediabetes, but there are steps you can take to prevent the progression to type 2 diabetes and other complications associated with prediabetes. Once you've started changing your lifestyle, it's important to maintain these changes. Even when your blood sugar levels return to normal after adopting new healthy habits, you will need to continue to stick to a healthy lifestyle to stay on track and prevent blood sugar levels from rising. Simply quitting these healthy habits can cause the same issues that led to the lifestyle changes in the first place. Keeping a healthy lifestyle for the long run can keep your body strong and reduce your risk for numerous complications.

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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The 4 Best Natural Antihistamines

by *Suzy Cohen, R.Ph.*

This time of year causes a lot of grief for people who have allergies. Of course, we have terrific antihistamines now, and you can buy nationwide. I am not opposed to the antihistamines though, if you take them in moderation. But you should also lower your histamine burden through diet. Did you know you could do that?

Many people do not realize that the foods they're eating contribute to the histamine they liberate in their body. It can ultimately cause or contribute to an existing autoimmune condition. For a free food guide on histamine, visit suzycohen.com/hashi.

Here are the four best natural antihistamines:

- **Ginger** is not only a histamine blocker, but is also great for your levels of cytokines, and immune function. Ginger is probably best known for its ability to ward off nausea, and soothe stomach aches, however, another important medicinal component of ginger fights inflammation in the bones and joints.

Ginger is easy to use and fast acting. Shave off the skin of a piece of raw ginger root. Cut a half-inch piece off and slice it, then simmer in 3 to 4 cups of water for about 15 minutes. Adding lemon will boost antioxidant power.

- **Vitamin C** is a natural immune supplement, and deficiencies are known to increase risk of allergies. It can also make collagen which is needed for a healthy immune response, and shortening the duration and/or severity of discomfort. You'll find vitamin C naturally in citrus fruits, kiwi, bell peppers and squash. As for the type of Vitamin C, if you're using more than say, 100mg per day of C, I'd recommend a naturally derived type of supplement with citrus bioflavonoids which would offer the C from a food or fruit (like an orange, cherries or lemons). Synthesized C from corn is shown on labels as "ascorbic acid."

- **Quercetin** is a naturally-occurring antioxidant found in many fruits, grapes, tea and





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especially capers! A lot of scientific research suggests that having quercetin in your diet relieves allergy symptoms because this compound stabilizes mast cells. As a perk, quercetin can improve mood due to the gentle lift in your dopamine and downline catecholamine neurotransmitters. Do not take more than your supplement label advises because toxic amounts of quercetin can lead to temporary neuropathy and headaches. DHQ is short for dihydroquercetin and is a biologically available antioxidant very similar to quercetin.

- The fresh-tasting herb **thyme** contains a lot of vitamin C as well as thymol, its major active medicinal component. Thymol has properties that block histamine release from mast cells, and can block it at the receptor site. Buy fresh sprigs of thyme at the grocery store, and include a few leaves in your recipes from now on. You can also buy pure essential oil of thyme and have them apply it to your pedicure oil during massage, or you can diffuse it in the air. Some high-quality brands can be taken internally in a capsule. If you are allergic to oregano, you may also be cross-sensitive to thyme.



Cohen

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Northwest Louisiana's Music History

By Winston Hall

If you did an informal survey of Shreveport-Bossier residents and asked them about this region's music history, you would get a myriad of responses. Some responses would be predictably uninformed while some would have at best a perfunctory consideration of the music history. ("Elvis sang here, right?") And yet another response might be from a small group of dedicated local music history enthusiasts who will tell you that Northwest Louisiana's music history is vast and worth celebrating.

Before we can celebrate the history though, we must first learn it.

An in-depth discussion of Shreveport-Bossier's music history typically begins with the King of the Twelve String – Huddie Ledbetter, better known by his stage name Lead Belly. Born in nearby Mooringsport and molded on the streets of downtown Shreveport, Lead Belly is regarded as one of the most influential folk and blues singers in American history. His songs have been covered by everyone from Johnny Cash to Nirvana and Eric Clapton to Ram Jam. Citing his influence, Lead Belly was one of the earliest inductees into the Rock and Roll Hall of Fame.

What we have in our connection to Lead Belly would be the envy of any city in America. Amazingly though, Lead Belly represents only a small slice of Shreveport-Bossier's music history.

In April of 1948, KWKH's Louisiana Hayride radio program began broadcasting live from the Shreveport Municipal Auditorium. The show's success at finding future stars earned it the moniker "Cradle of the Stars"



Elvis at Hayride 1956

and permanently cemented Shreveport's legacy as one of the most influential cities in American music history. Some of the most famous alumni of the Louisiana Hayride were country legends Hank Williams and Johnny Cash and rock and roll legend Elvis Presley.

In addition to Lead Belly and a multitude of Louisiana Hayride stars, Shreveport-Bossier's musical story involves a myriad of other musicians and performers whose impact on music history is inestimable. Guitarist James Burton got his professional start as a backing musician on the Louisiana Hayride when he was only fourteen years old. He went on to inspire an entire generation of guitarists with his famed "chicken pickin'" style. Burton – also a member of the Rock and Roll Hall of Fame – has a list of musical credits simply too long to mention here. Most notably he played lead guitar for Elvis through the 1970s until Elvis' death in 1977.

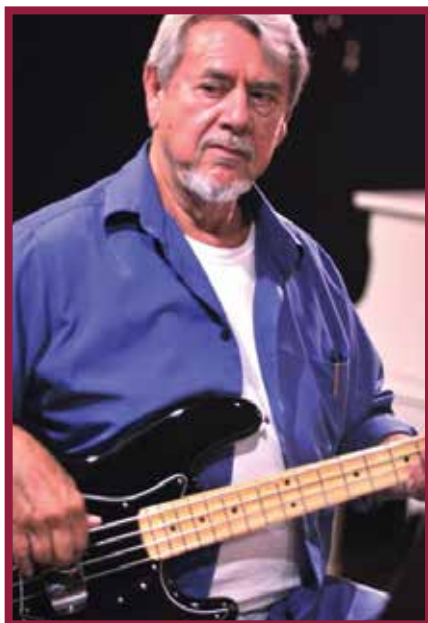
Joe Osborn is yet another Shreveport musician whose musical journey impacted the world. Osborn was bassist for a



Huddie Ledbetter



Joe Osborn



group of studio musicians in Los Angeles known as The Wrecking Crew. Later he relocated to Nashville where he ultimately played bass on a mind-boggling fifty-three Number One country hits. As a session musician, the list of artists Osborn has played for reads like a who's-who of American music history – among them the Mamas and the Papas, Billy Joel, Bob Dylan, the Beach Boys, Merle Haggard and Kenny Rogers.

The litany of famous musicians with ties to Shreveport-Bossier could not be more impressive: Lead Belly Ledbetter, Hank Williams, Johnny Cash, Elvis Presley, Johnny Horton, Webb Pierce, Kitty Wells, James Burton, Estelle Brown, Joe Osborn, Jimmie Davis, Kix Brooks (of Brooks and Dunn), Kenny Wayne Shepherd – the list goes on and on and on and on.

This far-reaching music history and culture of Northwest Louisiana carries no value if left untold. That's why a group of local music history enthusiasts passionately spread the word about Shreveport-Bossier's music history. Among them is Chris Brown, archivist at The Centenary College of Louisiana Archives and Special Collections. Brown routinely hosts public events that dive into Northwest Louisiana's music history. Past events hosted by Brown have included a foray into the life of Governor Jimmie Davis (who spent a large portion of his adult life in Shreveport) and the colorful, historic and now long-gone Bossier Strip – an entertainment district in Bossier City that was known for its live music.

"The history of music created in our region includes fascinating stories and colorful individuals ranging from the well-known to the woefully obscure," Brown said. "As a music fan, who 15 years ago first wondered what Shreveport records sounded like, I am regularly reminded that we have a deep well of music to draw entertainment and inspiration.

Perhaps the most enticing part of Shreveport-Bossier's vast music history for Brown and others like him is its diversity, covering the entire spectrum of American music from jazz and blues to country to rock and roll and even classical music. In 1958, pianist and Shreveport native Van Cliburn skyrocketed to fame when he won the International Tchaikovsky Competition in Moscow at the height of the Cold War. In the jazz realm, Shreveport native and jazz



*Jimmie Davis &
Hank Williams*



Jimmie Davis and his Gang (KW&H studio)

drummer Brian Blade recently won a Grammy for his work on the Chick Corea Trio album "Trilogy."

One local program – called the American Millennium Project – is actively cultivating interest in and appreciation of Shreveport-Bossier's vast music history.

Founded by Chris Chandler, the American Millennium Project (AMP) is an education initiative dedicated to teaching our shared local history and culture to students at middle school, high school, and college/university levels. Part of AMP's curriculum includes Adventure Tours – which take students to sites of historical and cultural significance to the community. Starting next fall, AMP is making a concerted effort to include the region's music history as a part of its educational program.

"Our music history is our unique culture," Chandler said. "Music has always been able to unite people of different backgrounds, different economic levels, different faiths. Our music is very powerful in this way. We should all celebrate our unique local music history."

With help from music enthusiasts and programs like AMP, Shreveport-Bossier's music history can be cherished and valued by a whole new generation.



HOLLYWOOD-BOUND ...

James Burton, 18-year-old Shreveport guitarist who has worked the "Louisiana Hayride," has been signed to a year's contract by Ricki Nelson and his father, Ozzie, and flew to Hollywood Monday afternoon to begin work with Ricki, with whom Burton already has recorded a best-selling disc, "Waitin' in School." Burton is the son of Mr. and Mrs. Guy Burton, 1449 Madison Ave.



Van Cliburn



James Burton



“So I’m planning on flying up to Portland, Maine next week,” I told my friend. Dead silence. Clear disapproval. I understood that. It’s July, still in the midst of our much misunderstood pandemic and I was doing something crazy. Getting on an airplane.

But how else was I going to get to the cabin in the small town of Rangeley in western Maine where my husband and I have spent the last 25 summers? My husband was driving up earlier with a packed car – and I tend to commute back and forth from Washington, DC. So a number of flights in my future.

Already, my husband is sending me daily reminders of all the precautions I need to make: multiple masks, don’t touch anything; take a lifetime supply of handi-wipes; don’t touch anything; wash your hands constantly; don’t touch anything. I’m feeling over-whelmed; also cautious but confident. Until I read another article about the potential dangers of contracting the virus in flight.

I’m in the Uber and I want to ask the driver if he’s been to any restaurants, marched in a protest or knows anyone with the virus. I’m pretty sure those are all inappropriate questions unless I’m screening someone at a doctor’s office. I sit back – and then forward -- and try not to touch anything.

You’re Gonna Get on a WHAT?

Traveling in the Times of a Pandemic

By Fyllis Hockman

Ashrin has to prove to the Uber Powers-That-Be that he actually has a mask on before we can begin our journey. And, of course, I’m worried I didn’t leave early enough. After all, it can take hours now to get through an airport. Yup, I should have left the night before.

Once at the airport – with multiple hours to spare before my flight – I now have to worry about whether or not I should risk going to the bathroom. I unsheath my sword in the form of the first of the 27 Purell sanitizers in my purse and brave the airport ladies’ room. I emerge seemingly unscathed.

I’m used to being in a supermarket with a few other masked shoppers, but walking the concourse among a seeming multitude of masks feels like an alien experience. I don’t know whether to feel relieved – or appalled. I am in a ghost town – empty check-in counters, empty security lines, empty restaurants, empty escalators – and yet still all I see are masks -- and I know the virus lurks around every empty corner.

At the gate, all the masked marauders are attempting some sort of social distancing as I look for an empty row of seats to sit in. I feel uneasy and depressed as to what really is in store for our world in both the short- and long-term. I am angry at the random person not wearing a mask as if he were intentionally, selfishly, perversely trying to make a personal

statement by risking the health of the rest of us. I look around to see if anyone else shares my dismay but all I see is a sea of eyes – and I haven't yet learned how to read eyes.

I am flying Southwest – and instead of the usual line-up of 60 passengers on both sides of the stanchion, they board 10 folks at a time at 6-foot intervals, all middle seats remaining empty unless occupied by family members.

On board, everyone is masked and cleaning every surface in sight – sometimes extending to their fellow passengers. Across the aisle sits a man encased in what appears to be a full-body condom. I notice one or two goggles, and now fearing I will contract the virus through my eyes, as has been reported, I look down at my book and remain there, except that I can't see any of the words because my glasses keep fogging up due to the mask.

I had read articles about flights in which flight attendants were notoriously missing, abandoning the passengers in their care. Also abandoned are my four free drink coupons wasting away in my carry-on. But no, this is Southwest Airlines, so yes there are flight attendants. I feel relieved but still bemoan the fact that my drink coupons are going to remain unredeemed.

In the middle of the usual safety briefing, I realize how surprised I am it isn't on Zoom. I didn't think there was anything that wasn't on Zoom. I'm assuming that if there's an emergency and the oxygen masks lower, you should probably remove your virus mask before attaching. These are things we didn't have to worry about in the Before Times.

Upon arrival in Portland, I stay in my seat even while everyone else is retrieving their bags. Have they never heard of social distancing? Once outside and heading to my husband's car, I can't get my mask off fast enough. Breathing in the cool Maine air is like an elixir. But then I remember, according to Maine guidelines, I now have to quarantine for 14 days, just in time for my return trip to Washington, DC. What's wrong with this picture? Ah, no – that's right. I was tested for the virus the requisite 72 hours ago. So no worries, I'm negative. Until I realize I could have contracted it on the plane. So I'm still into the "what's wrong with this picture?" mode as I ride off into the sunset toward Rangeley.

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Olivia de Havilland: The End of an Era

by Nick Thomas

It's a sobering thought for fans of classic film. The passing of Olivia de Havilland in late July, just three weeks after her 104th birthday July 1 (1916 - 2020), represents the loss of the last surviving big-screen legend from Hollywood's Golden Age of the 1930s.

While other actors are still with us who were indeed active in film during the 30s, Ms. de Havilland was truly the last A-list star from that era whose name could be bundled with the likes of Bogart, Gable, Hepburn, and so many others. They are simply now all gone.

While I never had the chance to interview de Havilland directly, she did answer some questions by mail in 2009 for a story I was preparing for the Washington Post on the centenary of Errol Flynn's birth.

The letter arrived by FedEx from France where she lived for most of her post-Hollywood life and was hand-signed in her glorious flowing script. In it, she shared some memories of the Aussie co-star with whom she was frequently cast.

De Havilland and Flynn (1909-1959) were one of the most popular on-screen couples during the early classic film era. The pair worked together in eight movies from 1935 to

1941 and appeared in separate scenes in a ninth film, "Thank Your Lucky Stars," in 1943.

Flynn, of course, continued to be sensationalized by the press and authors long after his death. Was he mischaracterized, I asked her?

"His roguish reputation was very well-deserved, as he more than candidly revealed in his remarkable autobiography, 'My Wicked, Wicked Ways,'" she wrote. "However, through this very same book, we also know that he was a reflective person – sensitive, idealistic, vulnerable, and questing. But I think he has been incompletely represented by the press: It vulgarized his adventures with the opposite sex and seldom, if ever, touched upon or emphasized the other facets of his life."

Despite his popularity, Flynn was never recognized for his acting with even an Oscar nomination (de Havilland was nominated 5 times and won twice). Was that an oversight, I asked her?

"Unfortunately, at the time when Errol enjoyed his greatest success, the adventure film, as a genre, was not sufficiently appreciated and therefore his appearances therein were not as highly regarded as they might," she explained. "However, I do feel he played his roles with unmatched verve, conviction,

and style. In doing so, he inherited the mantle of Douglas Fairbanks Sr., who was my favorite film star. No one since Errol has worn that mantle; it is buried with him."

I was also curious if she ran into Flynn after their time together on-screen. She said that happened only on three occasions, the last one at the Beverly Hilton's Costumers Ball two years before his death.

"Quite unexpectedly, while I was talking to friends during the cocktail hour, Errol left his own group and asked if he could take me to dinner," she recalled. "He seated me on his immediate right and, soon joined by others, took on the role of gracious host with everyone on his left – all the ladies – while I did my best to entertain the gentleman on my right."

De Havilland's letter concluded with a delightful postscript indicating a longtime private ritual which she adhered to every year.

"On June 20 (Flynn's birthday), I raised a glass of champagne to Errol, as I always do."

Come next July, many classic film fans will likely repeat that ritual to honor Olivia, too.

PHOTOS: (left) Olivia de Havilland and Errol Flynn in *The Adventures of Robin Hood*; (inset) Leslie Howard and Olivia de Havilland in *Gone with the Wind*.

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 800 magazines and newspapers.



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(Left) This photo is a blend of the buildings that once sat on the northeast corner of Milam and Market Streets in downtown Shreveport. The corner building (with the mansard roof) was home to Commercial National Bank at one time. It was demolished in the 1980s. Cuban Liquor & Wine Co Inc and The Columbia Restaurant and Café (Rebecca Despot's Family owned this business) can be seen on the left. Photo from 1950. Unfortunately, all the buildings in the old photo (except the Standard 509 building) are long gone.

(below) First National Bank. The First National Bank building was built in 1903 and still sits on the southeast corner of Market and Milam Streets. It is now known as Red River Bank. Although its exterior has been heavily altered, it is the only remaining bank still standing at that intersection. At one time 4 banks occupied all 4 corners of this intersection!





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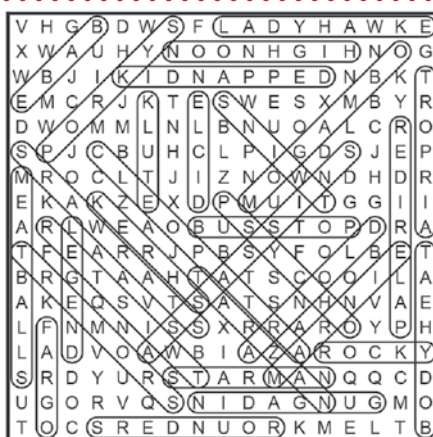
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PUZZLE answers (from page 28 & 29)





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Green Chili Jack Smash Burgers

Servings: 4

Burger Patties:

- 1 pound ground pork
- 4 tablespoons red onion, finely minced
- 1 teaspoon garlic, minced
- 1 teaspoon chipotle chili powder
- 2 teaspoons ancho chili powder
- 1 cup cooked black-eyed peas, drained
- 1 teaspoon salt, plus additional, to taste
- 4 slices Jack cheese

Caramelized Onions:

- 2 tablespoons butter
- 1 large onion, sliced thin
- ½ cup water
- ½ teaspoon salt

Charred Green Chili Mayo:

- 1 can (3 ounces) diced green chilies
- ⅔ cup mayonnaise
- 1 clove garlic, crushed
- 1 tablespoon lime juice
- 2 green onions, finely sliced
- ¼ cup cilantro, chopped
- 4 hamburger buns
- 1 avocado, peeled and sliced
- ½ head lettuce

In large bowl, mix ground pork, onion, garlic and chili powders. Add black-eyed peas and salt; mix well. Form into four loosely packed balls and refrigerate at least 30 minutes.

To make Caramelized Onions: In large skillet over medium-high heat, warm butter. Add onions, water and salt; cook, stirring, until onions soften and turn golden brown, about 5 minutes. Remove from heat and set aside.

To make Charred Green Chili Mayo: Place green chilies in hot cast iron skillet over medium-high heat. Cook, turning, until chilies begin to soften and turn black. Remove from heat and place in small bowl. Add mayonnaise, garlic and lime juice; whisk to blend. Add green onions and cilantro; stir well and refrigerate.

To make burgers: Warm cast iron or nonstick griddle pan over medium-high heat. Place pork balls on hot skillet; flatten with heavy metal spatula. Season with salt, to taste. Cook approximately 3 minutes; flip and cook 2-3 minutes until internal temperature reaches 145 F.

Lightly toast buns. Place each burger on toasted bun with slice of cheese, Caramelized Onions, Charred Green Chili Mayo, avocado and lettuce.

Pork Chops with Smashed Yellow Peas and Black-Eyed Pea Gravy

Servings: 4

2 cups yellow split peas, cooked and drained
 ¼ cup, plus 2 tablespoons, softened butter, divided
 ¼ cup cream
 ¼ teaspoon salt, plus additional, to taste

4 pork chops
 pepper, to taste
 2 tablespoons olive oil
 1 onion, diced
 1 can black-eyed peas with juice
 ⅛ cup flour
 1 cup milk

In medium bowl, use fork or potato masher to mash peas. Stir in ¼ cup butter, cream and ¼ teaspoon salt.

Season pork chops with additional salt and pepper, to taste.



In large skillet, warm oil over medium heat. Add pork chops to pan and cook approximately 4 minutes per side, or until they reach internal temperature of 145° F. Remove pork chops from pan; keep warm.

In same pan, add remaining butter, onion and black-eyed peas. Cook 2-3 minutes until warm throughout, scraping pan. Add flour and season with salt and pepper, to taste. While stirring, slowly add milk.

Serve mashed peas topped with pork chops and black-eyed pea gravy.

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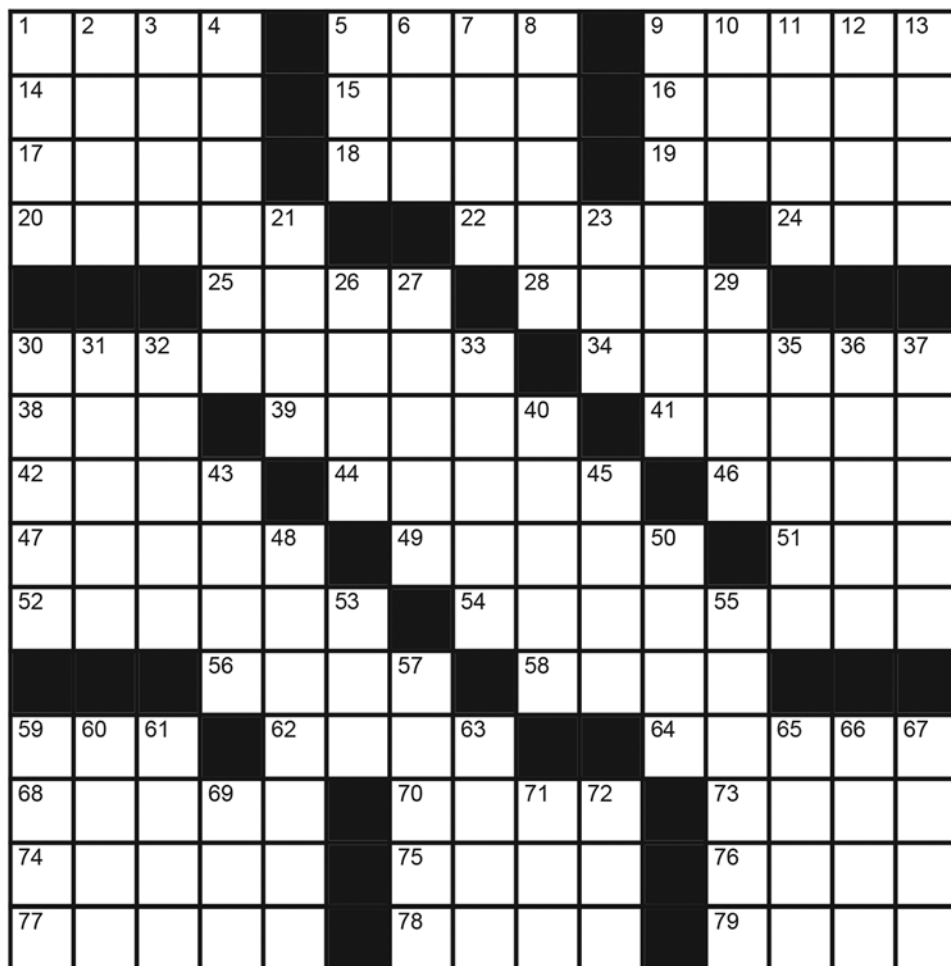


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PUZZLE pages

Turn to page 25 for all puzzle solutions.

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9 Kind of cake
14 Benjamin Disraeli, e.g.
15 Black-and-white cookie
16 American chameleon
17 Actress Kudrow
18 Supermarket section
19 Yucateco, e.g.
20 Whips
22 Thick piece
24 Plastic ____ Band
25 Cries at fireworks
28 Kind of car
30 Canals and such
34 Presses, folds and stretches
38 Sleep clinic study
39 Family
41 Aquarium fish
42 In the thick of
44 Circus prop
46 Kind of ticket
47 Certain palms
49 Tempest
51 Increases
52 Stuck-up
54 Flowering vine
56 Alternative to a fence
- 58 Fortuneteller
59 Cousin of "Phoocy!"
62 Sanction
64 Shades
68 Outfit
70 It may be out on a limb
73 Billiards relative
74 Fool
75 Popular TV show
76 Kind of blocks
77 Filled to excess
78 Milky gem
79 "What ____ is new?"
- Down**
- 1 Ill-gotten gains
2 Racetrack fence
3 Estimator's phrase
4 Wine holder
5 Herd of seals
6 "Maid of Athens, ____ we part": Byron
7 Trattoria entree
8 W.W. I soldier
9 Aglow
10 Santa ____, Calif.
11 It's used to walk the dog
12 Distinctive flair
13 Nevada city
21 Dance partner?



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- 23 Inquire
26 Towel inscription
27 Casino money-makers
29 Adjudge
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32 Mexican friend
33 Business attire
35 Polished off
36 Curtain
37 Hot sauce
40 Works, as a field
43 Dire fate
45 Genealogist's work
48 Bent over
50 Encounter
53 Beast of burden
55 Big hit
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65 Christmas carol
66 Garb
67 Gin flavor
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71 Ocean
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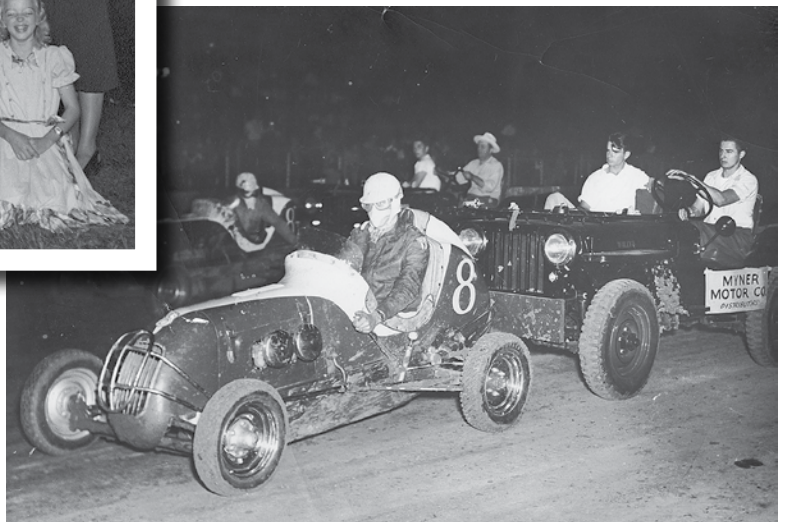
Snapshot SLEUTH

The Best of Times has partnered with Archives and Special Collections of the LSU Shreveport Library to identify individuals and events in their collections. If you have any memory or comments about these images, please email Tina at editor.calligas@gmail.com or Laura at laura.mclemore@lsus.edu.



These photos are from a J. Frank McAneny box labeled "Unidentified."

← The photo to the left appears to have been taken in front of a residence and may be some type of family gathering (circa 1950).



→ The photo to the right is a midget car race (circa late 1950s or early 1960s). Myner Motor Co. was around from about 1948 through the 1960s and was originally located downtown on Travis Street, later on Marshall Street, and ended up on Greenwood Road.

Lord, are you talking to me?

"Behold, I stand at the door and knock. If anyone hears my voice and opens the door, then I will come in to him..." *Revelation 3:20 World English Bible*

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