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AUGUST 7

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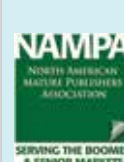
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ON THE COVER

In red circle: Penny

Left: Karen Grimes with one of her adoptees.



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Stat!

Medical News & Info



Owning Pets Has Health Benefits

Many people find pet ownership to be a fun, joyful experience. But did you know that having a pet also has health benefits? According to the CDC, some of the health benefits of having a pet include decreased blood pressure, cholesterol levels, triglyceride levels, and feelings of loneliness. Having a pet is also shown to increase opportunities for exercise, outdoor activities, and socialization. Companionship from a pet additionally improves a person's mental health, which is why some people seek emotional support animals (ESAs). According to the American Kennel Club, ESAs are pets prescribed by a licensed mental health professional to provide someone with the comfort and companionship they need. If you are interested in bringing a pet into your life, consider contacting a local animal shelter; to discuss ESAs, speak with your doctor.

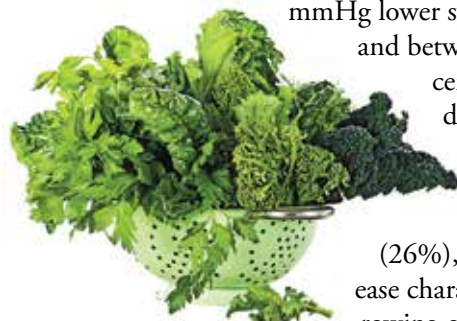
Dancing With Music May Halt Debilitating Symptoms of Parkinson's Disease

A new study published in *Brain Sciences*, shows patients with mild-to-moderate Parkinson's disease (PD) can slow the progress of the disease by participating in dance training with music for one-and-a-quarter hours per week. Over the course of three years, this activity was found to reduce daily motor issues such as those related to balance and speech, which often lead to social isolation. Researchers from the Department of Psychology at York University found people with Parkinson's (PwPD) who participated in weekly dance training, had less motor impairment and showed significant improvement in areas related to speech, tremors, balance and rigidity compared to those who did not do any dance exercise. Their data showed significant improvements in experiences of daily living, which include cognitive impairment, hallucinations, depression and anxious mood such as sadness.



Leafy Green Vegetables Lower Risk of Heart Disease

New Edith Cowan University (ECU) research has found that by eating just one cup of nitrate-rich vegetables each day people can significantly reduce their risk of heart disease. The study found that people who consumed the most nitrate-rich vegetables, such as leafy greens and beetroot, had about a 2.5 mmHg lower systolic blood pressure



and between 12 to 26 percent lower risk of heart disease. The greatest reduction in risk was for peripheral artery disease (26%), a type of heart disease characterized by the narrowing of blood vessels of the

legs, however researchers also found people had a lower risk of heart attacks, strokes and heart failure. People don't need to be taking supplements to boost their nitrate levels because the study showed that just one cup of leafy green vegetables each day is enough to reap the benefits for heart disease.



Older Adults and Antibiotics: Study Shows Unhealthy Practices


More than 91% of older adults said they are cautious about using antibiotics, and nearly 89% agreed that overuse can lead to antibiotics not working the next time they're needed. Nearly 56% agreed that doctors overprescribe antibiotics, but 41% said that if they had a cold or flu that lasted long enough to cause them to see a doctor, they would expect to receive a prescription for an antibiotic, even though these are caused by viruses, not bacteria. Nearly 13% of those who filled an antibiotic prescription said they had leftover medication, even though antibiotics are typically prescribed as "courses" that are intended to be taken until no medication remains and most kept them in case they are needed in the future. This practice is not recommended. These findings, contained in a new paper in *Infection Control and Hospital Epidemiology*, come from a national poll of people between the ages of 50 and 80 carried out as part of the National Poll on Healthy Aging.

Aerobic Exercise May Improve Cognitive Function

New research suggests one year of moderate-to-vigorous intensity aerobic exercise training improved cardiorespiratory fitness, cerebral blood flow regulation, memory and executive function in people with mild cognitive impairment. The data suggest improvement in cerebrovascular function from exercise training also has the potential to reduce the risk of Alzheimer's disease in older adults, according to the research team at the University of Texas Southwestern Medical Center

and Texas Health Presbyterian Hospital Dallas. The research paper is published in the *Journal of Applied Physiology*. Alzheimer's disease is the most common cause of dementia, accounting for 60–80% of dementia cases, according to the Alzheimer's Association. The group estimates more than 6 million Americans are living with Alzheimer's.





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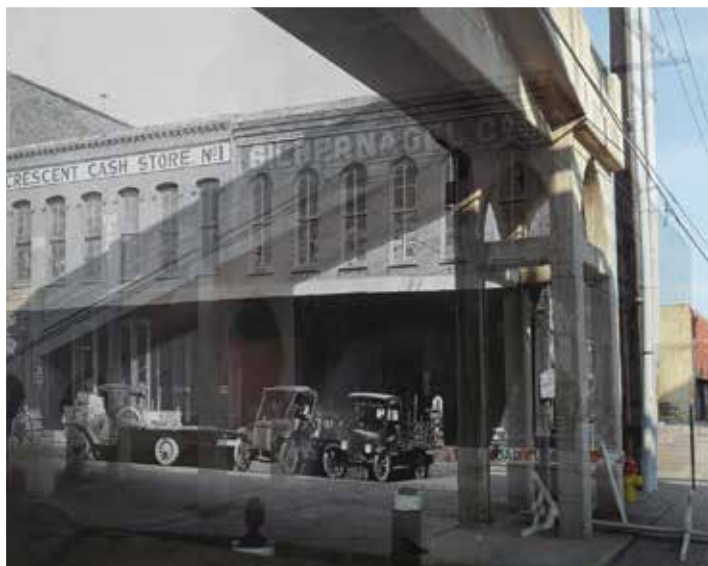
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SHREVEPORT *Then & Now*

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(left) The 100 Block of Texas Street once was home to some pretty historic buildings. The is looking from under the Texas Street Bridge towards the old Silbernagle building. We faded the bridge and stairway a little to get a better view of what once stood on the corner! It later became the Planters Seed Building. Many of you probably remember seeing this building as you were coming into Shreveport from Bossier back in the day.

(right) This photo shows more of the buildings on the same side of Texas that are long gone now. These buildings are familiar to the people who once enjoyed the nightlife in Shreve Square!



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TRUE LOVE WAITS

(at the Shelter!)

“When was the last time someone was so overjoyed to see you, so brimming with love that they literally ran to greet you?”

— Mark Twain

By Kathleen Ward

If you believe in happy endings, you probably have loved a rescue animal. A forgiving bunch, they bravely live in the present and show us humans just how that's done. People compelled to rescue animals are a lot like that.

When the Covid pandemic coincided with Bossier City Animal Control shelter's long-awaited renovation, it became impossible for the shelter to take in more animals. People helping strays or trying to drop off a pet were asked to foster them at home with the shelter's support, said Dale Keeler, Bossier City's Public Works Superintendent.

Luckily, an unprecedented crisis for the shelter and its animals was averted with help from volunteers and local rescue groups, particularly Hand In Paw – Friends of Bossier City Animal Control (HIP), which has worked diligently with the shelter to save companion animals for two decades. HIP worked in tandem with several other local rescue groups to transport around 700 adoptable pets from BCAC to rescue groups and no-kill shelters around the country in 2020 and early 2021.

“Hand in Paw is an invaluable part of our team,” said Keeler. “We couldn't do what we do without them. They lend a hand in taking care of the animals daily, walking and bathing the animals, and washing dishes and towels. They help raise money for animals in need, those that need health certificates to go on out-of-state transports, and with food and medicine for their pets when families need a little extra support.”

Phyllis Whatley, founder, director and president of HIP, has been a shelter volunteer 20 years. “As more volunteers became involved we started doing small fundraisers for the animals. This evolved into the non-profit. Today, approximately five of us form the core group of volunteers,” said Whatley, a retired neonatal nurse practitioner who was the shelter's first volunteer. HIP enlists help from friends, relatives, volunteers and other local and national rescue groups to support BCAC's animals and staff.

HIP long ago lost count of the people and animals they have helped by funding spaying/neutering, providing veterinary care, holding pet adoption events and low-cost vaccination clinics, and anything they can think of to keep



abandoned and abused animals alive and help them connect with people who want and need them.

Like all HIP volunteers, shelter receptionist and HIP's adoption/foster/rescue coordinator Karen Grimes has taken in her share of animals. "I have eight cats, two dogs, two umbrella cockatoos and rescue fish tanks."

"I have 10 indoor-only cats, seven of which came from BCAC," said Whatley. Tireless volunteers Monte and Laura Moehring, who handle off-site adoption events for the shelter, count three from BCAC among their four dogs. The Moehrings are often at Bossier PetSmart's Saturday adoption events, where HIP brings dogs and cats from BCAC for a fun gathering of customers, employees, rescuers and animals.

"I got started because my wife Laura had been volunteering for years and really enjoyed it," said Monte. "I have fostered a few dogs and either kept them safe until they could be transported to a no-kill rescue, carried them myself to Saturday adoption events, plastered their pictures on social media while raving about their perfect behavior and manners, and ended up falling in love and adopting a couple myself over the years," said Laura.

"Hand in Paw does not work like a brick and mortar rescue. We don't have animals in a building," said Grimes, who frequently ends her day at the shelter with nights at home coordinating events and animal transports. "We do our best to assist with medical expenses that the City cannot cover. We also work with a variety of local rescues in the Texas, Louisiana and Florida region."

"Surprisingly few people come to the shelter looking for their missing animals. Our BCAC supervisor takes wonderful photos of the dogs and cats" for the website and social media, said Grimes. "We have been trying to spread the word to come look here if you are missing a baby. The volunteers put it on their Facebook page. We do get some adoptions through Petfinder.com as well. It is really a joint effort," said Grimes.

"Occasionally we get rabbits, lizards, snakes, guinea pigs, real pigs, chickens and other animals; mostly we have cats and dogs," said Grimes. After three days at the shelter, strays and abandoned adoptable pets become available and the staff, rescues and volunteers foster them and work to address the health or behavioral issues of the others so they can also be adopted. "We do not give up on the ones that are harder to place," said Grimes.



Penny adorned with Mardi Gras beads meeting and greeting the crowd

Laura Moehring, HIP volunteer, handles off-site adoption events for the shelter.



HIP volunteer, shelter receptionist and HIP's adoption/foster/rescue coordinator Karen Grimes cuddles with one of her own eight cats.



“These abandoned pets need companionship; to be walked, petted, scratched, bathed, brushed, read to and generally loved on to relieve anxiety and prepare them for their new family,” said Monte.

“I’ve met so many amazing people in animal advocacy and rescue. I admire their determination and drive to save as many pets as possible,” said Laura. “I love running into people that have adopted a dog or cat from BCAC through HIP volunteers. Being told how sweet and healthy they are, and how happy the pet makes the family puts a smile in my heart.”

The BCAC shelter expansion is complete, with 3,550 sq. ft. added to the existing 10,151 sq. ft., giving the 150 to 200 animals housed there more space and eventually outdoor runs. In 2020, 1,562 animals came in and 1,249 were adopted, rescued or returned to the original owner, said Keeler. “The shelter can always use towels, blankets, food to give families in need and, most of all, volunteers. If a person wants to volunteer, they can come by the shelter, fill out a volunteer form and start helping out.” Donations of dog and cat treats are also welcomed.

“The number of animals Hand in Paw has helped through vetting, fostering and adoption I’m sure is in the 10s of thousands,” said Monte. “Every adoption is important to the humans and animals. Spending time with these amazing animals until their families find them, adopt them and take them home is more rewarding than I ever imagined.” 🐾



“I got started because my wife Laura had been volunteering for years and really enjoyed it, ”

Monte Moehring

To find out what you can do to adopt, foster or help through volunteering or donations of all kinds, check

- **Hand in Paw** at www.facebook.com/handinpawBC/ or www.bossiercityanimalcontrolvolunteershandinpaw.org.
- **Bossier Animal Control** at www.facebook.com/Bossieranimalcontrol or www.bossiercity.org/217/Animal-Control
- **Caddo Animal Services** at www.facebook.com/CaddoParishASMC or www.caddo.org/198/Animal-Services.



Snapshot SLEUTH

Do you recognize any of the people or recall anything about the events in these photographs?
The Best of Times has partnered with Archives and Special Collections of the LSU Shreveport Library to identify individuals and events in their collections. Please email Tina at editor.calligas@gmail.com or Laura at laura.mcmclmore@lsus.edu if you can help.



These photos are from commercial photographer, Lawrence Lea's, collection. The only available information the Library has is:

- (left) - March of Dimes Poster Child, Shreveport, no date, but most likely the mid-1970s
- (below) - Arkla Chess, August 1975. (Arkla probably refers to Arkla Gas). 1975 is the year Bobby Fischer notoriously backed out of the World Chess Championship with Anatoly Karpov.



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AARP Louisiana with the Shreveport Regional Arts Council presents

Arts Immersion Culinary Workshop Wednesday, August 11, 2021

2 pm to 3 pm CDT

Join AARP Louisiana and the Shreveport Regional Arts Council (SRAC) for an Arts Immersion Culinary Workshop featuring chefs from Northwest Louisiana. We will be joined by Gabriel Balderas with El Cabo Verde preparing guacamole, Damien Chapman with Orlandeaux's Cafe preparing gumbo and Blake Jackson of Whisk preparing Lemon Rosemary Tart. The chefs will answer your questions in a live Q & A session.

Registration Link: <https://aarp.cvent.com/ArtsCulinaryWorkshop081121>

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AARP Louisiana with the Shreveport Regional Arts Council presents

Arts Immersion Painting Workshop Thursday, August 26, 2021

2 pm to 3 pm CDT

Join AARP Louisiana with the Shreveport Regional Arts Council (SRAC) for an Arts Immersion Painting virtual workshop featuring Eric Francis, who currently resides in the Shreveport, Louisiana area. He has a love of painting and wants to share this with the attendees. He will walk the attendees through the process of painting and drawing a work of art. A can't miss event!

Registration Link: <https://aarp.cvent.com/ArtsPaintingWorkshop082621>

ArtsPaintingWorkshop082621

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AARP Louisiana with the Shreveport Regional Arts Council presents Arts Immersion Poet Workshop Thursday, September 9, 2021

2 pm to 3 pm CDT

Join AARP Louisiana with the Shreveport Regional Arts Council (SRAC) for an Arts Immersion Poet virtual workshop featuring Ashley Mace Havird, who is a Poet Laureate currently living in Caddo parish, Louisiana. Many of her poems are set in rural Louisiana and speak to relationships relating to humanity, the environment, and families. She will walk the attendees through the process of creating a poem during the workshop.

Registration Link: <https://aarp.cvent.com/ArtsPoetryWorkshop090821>

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Half Dome

Yosemite

National Park

Scenic Sights Assault the Senses

by Fyllis Hockman

When I encountered my first giant Sequoia in the Mariposa Grove, my head did not tilt back far enough to see the top. Walking around the trunk practically required a GPS. Leaving noise and civilization behind to walk among these ancient trees brought us to the famous Grizzly Giant, the grove's elder statesman, which rivals the Statue of Liberty in height and sports a branch extending outward that is larger than the trunks of most trees.

Welcome to just one of the many magnificent displays of Mother Nature's handiwork nurtured throughout Yosemite National Park, about 4 hours north of Los Angeles. The expanse of Yosemite is invigorating, a place where people have always gone for social distancing; its history immersive, its beauty immeasurable, its tiny towns intriguing. Yosemite is a visceral experience: you not only see its grandeur, you feel it inhabit your body.

Driving through the park along hilly, winding roads overlooking the tree line beside you and towards the mountains ahead is a harbinger of the visual delights yet to come. Those that have succumbed to the ever-more-present California fires add a touch of sadness to the otherwise exhilarating drive.

Unless you plan to spend days exploring the park from all four entry points, accept the fact that the park is huge and you're only going to see the merest fraction of it -- 90% of visitors see only 3% of the park -- but it will be enough to enthrall nonetheless. And there are options right outside the park as well that beg to be noticed.

When you think of Yosemite, maybe you visualize dramatic overlooks, soaring mountains and rushing waterfalls; perhaps mining towns and giant sequoias; or even bountiful hiking trails and old historic villages. You probably don't picture 15,000 fossils from 700,000 years ago or a collection of Ansel Adams photos or any number of museums that are themselves small gems of mining, ranching, Native American and logging lifestyles. That's the ying and yang of Yosemite -- the many things you come to the park to see and then the lesser-known attractions that populate Madera County that you never expected. It makes for an enticing combination.

There is no way to prepare for the indescribable thrill of Glacier Point. The expansive roadside vistas make scenic overlook signs woefully inadequate. Dramatic multi-colored layers of massive rock formations reaching ever-skyward,

punctuated by occasional waterfalls breaking through the sepia-toned line of sight. And not just any waterfall – but Yosemite Falls, at 2425 feet, one of the largest in North America. The famous Half Dome dominates the landscape and as trite as it sounds, especially for one whose career is devoted to words, it is one of the most spectacular creations of nature I've ever encountered. Or as overhead from a three-year-old: "That's a big wow!"

Did I mention that the views are deceptively unending and can be observed from multiple angles, each eliciting a new round of oohs and aahs? Mountainous cliffs that go on and on seemingly beyond infinity and certainly beyond one's imagination.

Give yourself time to recover a bit before approaching El Capitan. Sheer cliffs hundreds of feet high that for some inexcusable reason people actually choose to climb. I was happy to watch the little ant-like creatures from below.

Unless you easily tire of endless photo ops, take the time to stop – a lot. And appreciate yet another opportunity to revel in nature's gifts; to reflect upon where you are, and where you probably will often want to return.

And for a change of pace from ogling – and to give your neck a chance to re-align itself -- a fun excursion on the 1928 Sugar Pine Railroad Midnight Special is called for. Four miles of tracks take you through decades of history



recounting the lumber industry and Gold Rush era that defined the area in the late 1800's.

For railroad buffs, they use one of the world's largest narrow gauge Shay locomotives still operational today. And you'll be riding in open-air log flumes replicating the way Sugar Pine lumber was transported from the mountains down the rivers to their land-based destinations. You're re-living history – but before you go, you get to eat a traditional lumberjack's Bar-B-Q dinner – steak, hot dogs, succotash and baked beans --

accompanied by some traditional lumberjack sing-a-longs, all the while under the very Sugar Pine trees responsible for the historic majesty.

The Kids' Depot, a large toy store, will probably appeal to the kids more than the history of the lumber industry until they learn they can actually pan for gold. Not exactly a replica of the 1849 gold rush but don't tell that to a five-year-old. Folks a whole lot older than five, listening to the specific panning instructions and trying their hand at the age-old get-rich-quick venture, were just as transfixed. It's a meaningful and nostalgic way to wrap up a visit to Yosemite National Park. Your neck will thank you.

For more info about visiting Yosemite, log onto nps.gov/yose. For info about exploring Yosemite's southern gateway communities in Madera County visit, yosemitethistear.com.





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What's the Legal Term for Liar?

Mom and Dad owned and operated a used car business. As they approached retirement age, they decided that they wanted to spend more time raising hogs. (Although I've changed the names, can you tell that this column is based on a real life Louisiana case?)

So, in order to have more hog time, Mom and Dad offered to sell their used car business to their daughter, Jan.

Jan was a nurse and knew nothing about the used car business. She was willing to buy the business as long as Mom and Dad retired and promised to help her get started. They did the deal and Jan took out a \$260,000 loan to buy the business from her parents.

And things went swimmingly.

For about a month.

Dad didn't like the way his daughter was running things. Even though she had reached her credit limit, he wanted

her to try to borrow more money to buy more cars. "A heated discussion ensued, involving both business and family concerns" and Jan told her Dad to get off her property and never come back!

Dad left, screaming, "I'm going to burn you! I'm going to ruin you!" The next day, Dad ran an ad in the classified section of the local newspaper badmouthing his daughter. Then he started telling people that his daughter sold bad cars and did not treat her customers right. Dad then decided to get his youngest son involved in this family feud. Bobby, the son, had a full time job and wanted nothing to do with the used car business, but Dad convinced Bobby to open up a used car lot just down the street from Jan's business. The deal was that the son would

keep his job and Dad would handle everything at the used car lot. And that's what happened.

At which point Jan sued. She told the Judge that she bought her parent's business based on the promise that they would retire and that her father would help her. She explained that her father hadn't retired: he was running a used car lot down the street and he certainly wasn't helping her: he was trying to run her out of business.

After hearing all of the evidence, including Dad's side of the story, the



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Judge was pretty disgusted with Dad. The Judge said Dad's testimony was "not borne out by the evidence and by the actions he took," which is legalese for "Dad's a liar." The Judge went on to call Dad's actions "gross and distasteful."

Jan wanted the Judge to allow her to give back the business she bought from her parents and to get her money back. And that's what the Judge did. The Judge also ordered Dad to pay his daughter an additional \$50,000 for defamation and emotional distress.

Dad appealed. One of the Appellate Judges would have thrown the case out. He said that although he did not "condone the father's actions and found that his actions were not that of a loving father," the Judge also thought that that this was "a dispute between family members which the parties are trying to rectify through the court system." This Appellate Judge then asked, "How was [Jan] damaged?" She and her husband were making more money from the used car lot than they made from their previous employment.

But the other two Appellate Judges thought that the Trial Court Judge got it right. In the end, the Judgment allowing the daughter to give the business back and get her money back plus \$50,000 remained the final decision. *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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Causes of Muscle Twitching

Do you ever get a little twitch near your eye, or on your ankle or calf? How about your finger or near your elbow? Almost everyone gets an occasional twitch and you feel it for a microsecond, then it goes away. This is normal.

Muscle twitches are almost always benign issues and not based in serious neurological disorders. If you've ever had an eyelid twitch for 3 days straight, you know it's more annoying than anything else. The medical term for this symptom is called "benign fasciculation."

The typical eye fluttering you get, or thigh twitch is rarely a cause for concern.

Here are some of the most common causes for muscle twitching:

- **Hypercalcemia** - This means you have excess calcium in your blood and that will cause your muscles to contract and twitch. It can be from excessive

calcium supplementation, overdoing vitamin D or magnesium supplements, or from elevated parathyroid hormone (PTH). There are other causes for hypercalcemia too. A deficiency of calcium will most often feel like a cramp, not a twitch.

- **Elevated Vitamin D** - This causes more calcium to go inside the cells, causing hypercalcemia, then the twitching begins.

- **Hyperventilating** - If you breathe very fast, you will hyperventilate. This occurs during a panic attack or while exercising very hard, and could trigger twitching too. Hyperventilating can occur as a side effect of certain medications, as well as with asthma or emphysema.

- **Caffeine** - Too much coffee will do it! It causes production of catecholamines in your nervous system - think of dopamine and



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adrenaline- and these guys cause your skin to flutter and twitch like crazy, if you're sensitive.

- **Medications for ADHD or Anti-depressants** - Some medications excite the nervous system and trigger the twitch. Usually a dosage reduction or discontinuation is necessary to stop this type of twitch.

- **Nicotine** - If you smoke tobacco, you are apt to occasionally twitch due to the stimulant you're smoking.

- **B12 Deficiency** - You can take a blood test to determine B12 levels and if they're low, just supplement. A B12 deficiency can also lead to high homocysteine levels.

- **Anxiety** - This can become very pronounced in bed, as you're trying to sleep but you keep twitching. Anxiety twitching stops while you're sleeping and has to do with stress. It shouldn't recur each night unless you're constantly stressed and you're dealing with insomnia.

- **Hyperhomocysteinemia** - If you have constant, never-ending twitching, have your blood levels checked for homocysteine, and if they are high, you might need B12.

- **Pinched Nerve in the Spine** - A gentle chiropractor or massage therapist or acupuncturist may be able to help tease this one out.

- **Exercising** - Occasional muscle twitches will occur sometimes after doing a lot of physical activity or working out. These are frequently felt in the forearms, calves, thighs, tummy and back.

If you have muscle twitches that don't go away after a few days and you are worried about them, please see a qualified physician for a proper medical work up to tease out what's really going on.

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

consult your physician for all medical matters. Visit www.Suzy-Cohen.com. ©2021 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.



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Criminal Trial Courtroom Basics

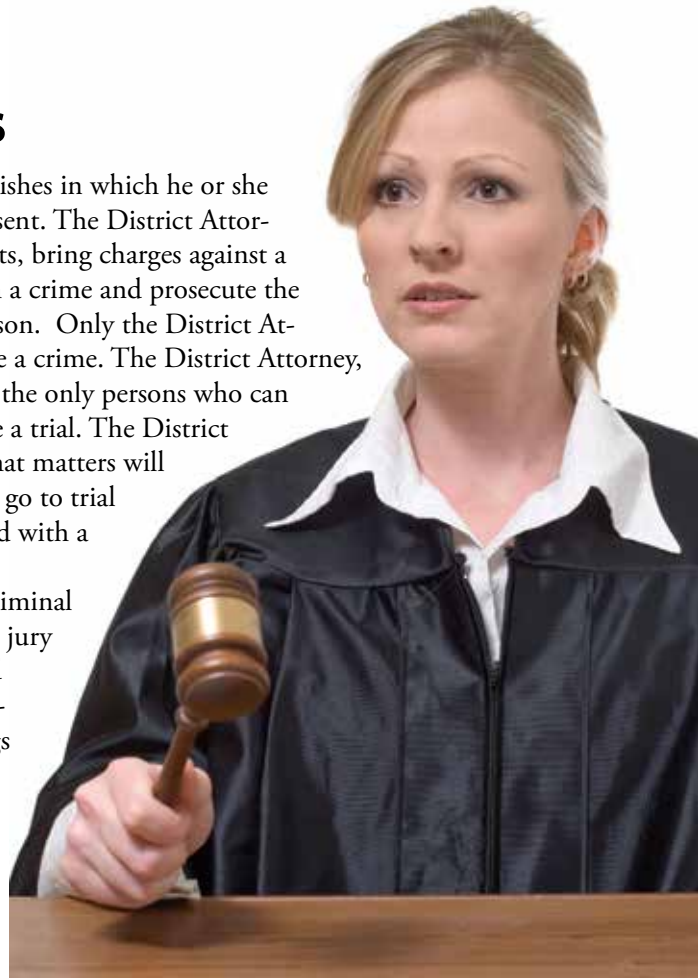
I have recently been reading newspaper articles which state that Judges have entered plea agreements with the defense attorney or have entered plea agreements with the District Attorney and Defense Attorney. A Judge cannot enter any deal. Only the District Attorney and Defense Attorney can enter a plea agreement. The Judge's only function when a deal is reached is either to approve or reject the deal. The Judge also does not dismiss charges. Only the District Attorney's Office has the right to bring or to dismiss charges. This article will attempt to explain each person's function in the courtroom.

The Defense Attorney makes sure that the defendant is afforded every one of his or her rights under the United States Constitution and the Louisiana Constitution. A Defense Attorney will attempt to negotiate the best deal he can for his or her client, including the dismissal of charges if the case cannot be proven beyond a reasonable doubt. Defense Attorneys are in the courtroom to protect the individual's rights and freedoms.

The District Attorney represents the State of

Louisiana in the parishes in which he or she was elected to represent. The District Attorney, and his assistants, bring charges against a person charged with a crime and prosecute the crimes against a person. Only the District Attorney can prosecute a crime. The District Attorney, or his assistants, are the only persons who can dismiss a case before a trial. The District Attorney decides what matters will go to trial or do not go to trial if a person is charged with a crime.

The Judge, in a criminal prosecution where a jury is chosen, is charged with the responsibility of making rulings and trying cases. If the case is not triable to a jury, the Judge will then conduct the hearing and de-



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termine if the individual is guilty or not and then determine the sentence according to the law as passed by the Louisiana Legislature. The Judge cannot dismiss any charges against a defendant unless the Judge believes the defendant is not guilty after a trial or a hearing. If the Judge is presiding over a jury trial, the Judge acts like a referee in making sure that the District Attorney and the Defense Attorney follow the Rules of Evidence in presenting testimony to the jury. If a plea deal is reached between the District Attorney and the Defense Attorney, the Judge can either approve or reject the deal. However, in most cases the deal is honored based on a pre-trial conference and the evidence which may be presented. In no case, can a judge tell the District Attorney what case he or she will try, which case he or she will dismiss, or in which case he or she will enter a plea agreement. The Judge is only responsible for sentencing once a jury trial is concluded and a defendant in a criminal case has been found guilty or has pled guilty.

The only case where a jury determines the punishment of an individual is where that individual has been charged with First Degree Murder and the death penalty is being sought by the District Attorney's office. The jury has to first determine by a unanimous verdict that the individual is guilty of First Degree Murder. The jury then has to wait 24 hours before hearing the penalty phase of the trial. In this phase, the jury must decide by a unanimous verdict, meaning all 12 jurors must agree, that the death penalty is appropriate. If all 12 agree to a life sentence or they cannot all agree to the same penalty, then the person convicted of First Degree Murder will receive a life sentence. The Judge has no control over either part of the decision. The Judge only makes sure that all court rules and the law are followed by the District Attorney and Defense Attorney.

These are the basic functions of the Defense Attorney,



District Attorney, and the Judge in criminal courtrooms. Hopefully, this article will help you better understand the function of each if you have to serve on a criminal jury.

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



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Water-Rich Foods That Will Help You Stay Hydrated

Another Louisiana summer is among us, which means we're experiencing dreadfully hot weather. With the heat comes extra sweating and the risk of losing too much of our body's fluid stores. It's important to make sure we are nourishing our bodies with the fluids they need to avoid becoming dehydrated.

While drinking water is key to staying hydrated, did you know that about 20% of our body's fluid stores come from the foods we eat? Did you also know that there are some foods that have a naturally high water content? Eating foods that are high in water is a great way to add a little extra fluid during these hot southern summers. Below are a few nutritious foods that can provide some extra water in our diets.

Cucumbers are about 95% water and are a good source of fiber. They also have vitamin A, which helps with immunity and vision, and vitamin K, which keeps our bones healthy and helps our blood clot. Cucumbers have antioxidants that work to reduce oxidative stress in our bodies, which can help with cancer prevention.

The name may give it away, but watermelon is also a food that has a high water content. In fact, it is about 92% water and is packed with antioxidants. One antioxidant watermelon is known for is lycopene. This antioxidant is the reason for the bright red color you see when you cut open a watermelon. You may think of tomatoes when you hear the word lycopene, but watermelon actually has more lycopene than any other fruit or vegetable. Research shows that lycopene may help reduce the risk of cancer and diabetes.

Zucchini might not immediately come to mind when we think of foods with high water content, but it's actually almost 95% water. Zucchini is also a good source of folate, potassium, and vitamin A. This low-calorie veggie contains important antioxidants too, including zeaxanthin and lutein, which help protect our eyes' cells.

It may not come as a surprise that celery is high in water. This crunchy, refreshing snack is about 95% water. Celery is naturally low in calories and high in folate, vitamin K, potassium, and antioxidants. Celery has a special phytochemical called phthalide, which can help promote healthy blood flow and may assist in lowering blood pressure.

Another food that is high in water is strawberries. These sweet treats are about 91% water. They are also high in vitamin C. In fact, one serving (8 strawberries) contains more vitamin C than an orange. Strawberries contain anthocyanins, which give them their red color and also may reduce our risk of certain chronic diseases.

There are plenty of other foods that have a high water content. Some other honorable mentions include cauliflower, tomatoes, watercress, lettuce, spinach, apples, and peaches, just to name a few. It's important to know that eating a variety of different foods, especially fruits and vegetables, can help ensure that we receive the nutrients and fluids we need.

Louisiana summertime heat can be burdensome and even dangerous. It's important to take proper care of our bodies, stay hydrated, and consume extra fluids when we can to avoid dehydration. It's also important to know what dehydration feels like, so we can prevent it before it gets too far. The signs of dehydration are fatigue, dizziness, extreme thirst, confusion, dark-colored urine, and urinating less frequently. While water should always be our primary source for hydration, adding foods rich in water to our diets can be a fun, simple way to

add some extra fluids. Not to mention, foods rich in water are often fruits and vegetables, which pack a powerful nutrient punch!

Abigail McAlister is a Registered Dietician and nutrition agent with LSU AgCenter for Caddo and Bossier Parishes. Contact her at amcalister@lsu.edu.



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Who Should I Contact with Medicare Issues?

Dear Marci,
I'm never sure where to start if I have questions or problems with my Medicare coverage. Who should I contact about these Medicare issues?

-Juanita (Bar Harbor, ME)

Dear Juanita,

This is a great question. When we are confused or concerned, who do we reach out to? Knowing where to start and which people to contact can help you more quickly and easily clarify confusions, solve problems, and stay informed. Let's discuss a few important groups that can help, and when to contact each.

First, contacting **Medicare** can help with many issues that arise. You can learn about coverage rules, ask questions about your Medicare Summary Notice (MSN), or check the status of your Part A or B claims. You can also contact Medicare to find forms for filing a Medicare appeal or to let someone

speak with Medicare on your behalf. Medicare assists you in comparing costs and coverage of Medicare Advantage Plans, Part D plans, and Medigaps in your area. Medicare staff can even help you enroll in a plan or find health care providers and suppliers in your area that participate in Medicare. You should also contact Medicare to request a replacement Medicare card.

To contact Medicare, you can either call 1-800-MEDICARE or go to www.medicare.gov. On its website, Medicare has some helpful tools to learn about plans and providers:

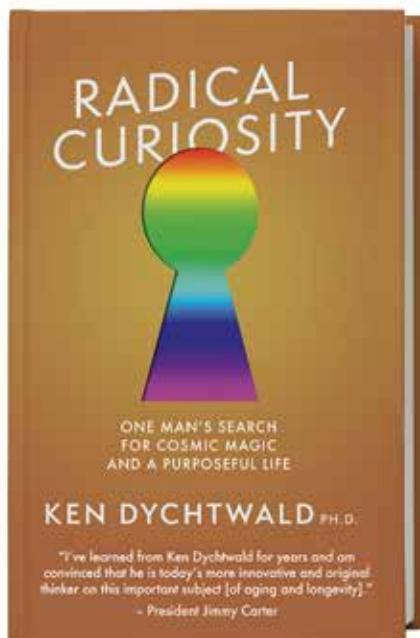
- Plan Finder (to compare Medicare Advantage or Part D plans in your area)

- Physician Compare
- Home Health Care Compare
- Durable Medical Equipment Cost Compare

Sometimes you may want to contact the **Social Security Administration (SSA)**. You can call SSA at 800-772-1213. It may be helpful to contact SSA about enrollment-related topics, such as to enroll



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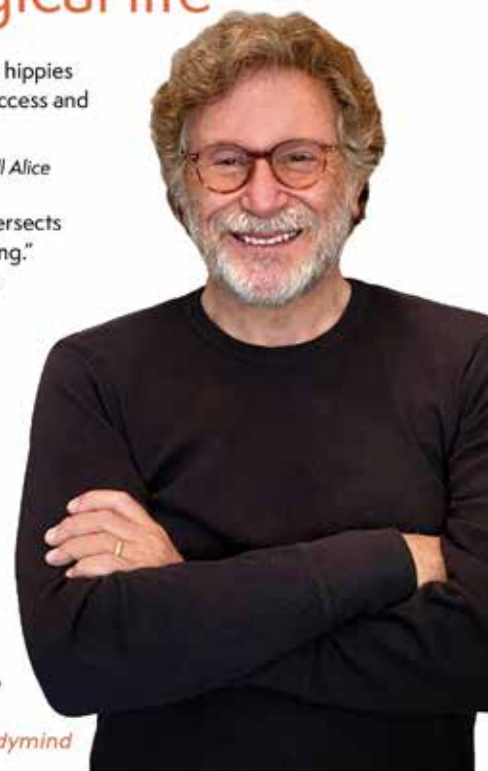
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Dr. Ken Dychtwald, founder and CEO of Age Wave and best-selling author of *Bodymind*

in Medicare Part A and B or to correct issues with your Medicare Part A and B effective dates. You can also contact Medicare to appeal a higher premium (called IRMAA) or to find the application for Extra Help. You should additionally contact SSA to report a change of address or phone number.

If you have concerns about the quality of medical care you have received, you should contact your **Beneficiary and Family Centered Care—Quality Improvement Organization (BFCC-QIO)**. You can find your BFCC-QIO by visiting www.qioprogram.org/ contact. A staff member can help you access and complete the quality-of-care complaint form. Examples of quality of care complaints may be if you received unnecessary or inappropriate surgery or treatment, or if you experienced prescription drug errors.

Now, who should you contact if you think you're experiencing not just a coverage issue, but perhaps Medicare fraud, errors, or abuse? Call your local **Senior Medicare Patrol (SMP)**. SMPs em-

power and assist Medicare beneficiaries, their families, and caregivers to prevent, detect and report health care fraud, errors, and abuse. You can find your SMP by calling 877-808-2468 or visiting www.smpresource.org.

Finally, if you need more assistance and individualized counseling, you can reach out to your local **State Health Insurance Assistance Program (SHIP)**. Trained staff there can provide unbiased, knowledgeable counseling on your Medicare coverage. To contact your SHIP, visit www.shiphelp.org or call 877-839-2675.

I hope this can help you better understand who to contact and when! Feel free to keep this saved for the next time you feel confused with your Medicare or you experience any problems. -Marci
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A Tale of Two Maldens - Carla and Karl



Carla and Karl Malden

Carla Malden credits her father, actor Karl Malden, for sowing the seeds of her writing career – first as a screenwriter then an author.

“He used me and my sister to cue him quite often when he was learning a part,” she recalled from her home in Los Angeles. “I think I learned a lot about writing as a result. If it was a heavily dialogued scene, he’d sometimes tell me to cross a line out of the script because he said ‘I can act that.’ It taught me the importance of seeing the actor’s character on screen as well as through the dialogue. It was fascinating to watch him break down a part and develop a character.”

Earlier this year, Carla published her forth book, “Shine Until Tomorrow,” branching out into the Young Adult (YA) book market. The story features a teenage girl who travels back to 1967 and the summer of love in San Francisco.

“It’s not a traditional sci-fi adventure or even a fantasy really, but a girl’s coming-of-age story that happens to involve time travel and features a driven teenager who learns about having to live in the present by traveling back to the past. It was designed as a YA book, but I’ve been gratified to see it’s crossed over to adults.”

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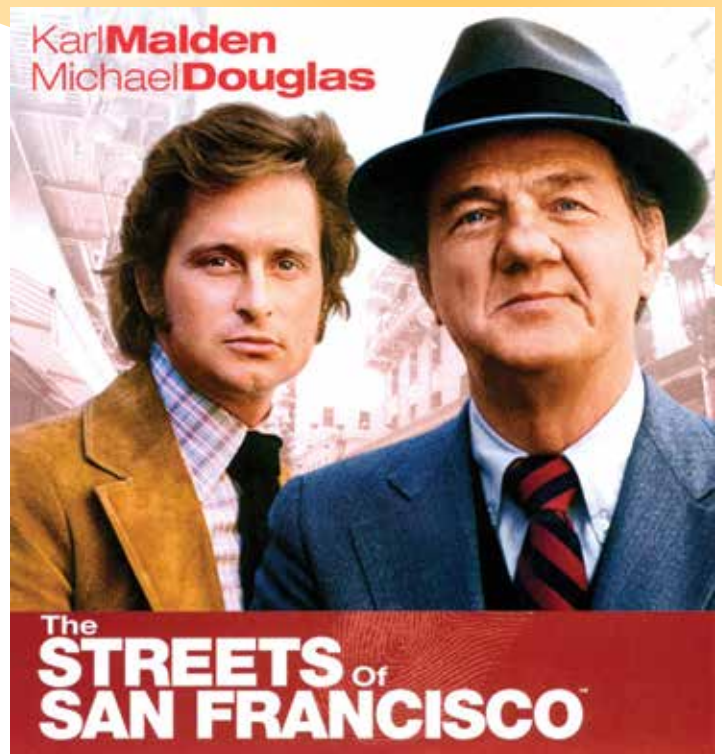
A longtime screenwriter alongside her late husband (see www.carlamalden.com), Carla published her first book co-written with her dad in 1997, the well-received Karl Malden autobiography “When Do I Start?” Malden (1912-2009) is viewed by many as one of the great character actors from the 50s, 60s, and beyond, with critically acclaimed dramatic roles in films such as “A Streetcar Named Desire” for which he won a Best Supporting Actor Oscar. In the 70s, he co-starred with Michael Douglas in the popular “The Streets of San Francisco” ABC crime drama series.

“He had been approached to write his autobiography by a few people and tried to do it on his own over a few years then asked me to help,” Carla recalled. “Writing it with him was one of the great joys of my life.”

Raised in Gary, Indiana, Karl Malden came from immigrant parents, his Serb father barely speaking English. “His father was very involved in the church which was the social hub of the Gary Serbian community and he organized all the plays that were integral to the community. So my grandfather was always enlisting my dad as a kid to be in the plays and that’s how he got the acting bug.”

Away from the screen, Malden says her dad was a fabulous father and husband, married to his wife, Mona, for 70 years. “He was also an amazing grandfather and even had a few years of being a great grandfather.” She says her father was very down to earth, would often work in his garden for hours, and never craved the adulation that often follows entertainers.

“After he died, I got reams of letters from people for whom



he had done major acts of kindness in all kinds of ways that I never knew about,” says Carla. “I miss him every single day of my life, ferociously.”

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



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FAMILY FEATURES

As people have spent more time at home, many have rediscovered the simple joy of home-cooking and stumbled upon a secret weapon for health at the same time. By making smart, intentional decisions from breakfast to dinner and every meal (and drink) in-between, they are supporting strong bodies. A heart-smart eating plan is especially important. When managing diabetes and heart health, building a consistent eating plan with the right balance can be a powerful tool. Healthy eating provides benefits for the whole family whether members are managing existing health conditions or not. Find more recipes at [KnowDiabetesbyHeart.org/Recipes](https://www.KnowDiabetesbyHeart.org/Recipes). All recipes courtesy of Know Diabetes by Heart.



Baked Parmesan Chicken

Servings: 4

Cooking spray

1 large egg

1 tablespoon water

2 teaspoons olive oil

1/3 cup finely crushed, low-sodium, whole-grain crispbread

1/3 cup shredded or grated Parmesan cheese

2 tablespoons minced fresh parsley

1/2 teaspoon ground oregano

1/4 teaspoon pepper

4 boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded, flattened to 1/4-inch thickness

Preheat the oven to 400 F. Lightly spray a 13-by-9-by-2-inch baking dish with cooking spray.

In a shallow dish, whisk the egg, water and oil. In a separate shallow dish or pie pan, stir together the crispbread, Parmesan cheese, parsley, oregano and pepper. Dip the chicken in the egg mixture then in crumb mixture, turning to coat at each step and gently shaking off any excess. Using fingertips, gently press the coating mixture so it adheres to the chicken. Arrange the chicken in a single layer in the baking dish. Lightly spray the chicken with cooking spray.

Bake for 15-18 minutes, or until chicken is no longer pink in the center and the top coating is golden brown.



Ham and Broccoli Frittata

Servings: 4

Cooking spray

2 cups frozen fat-free potatoes O'Brien, thawed

6 ounces small broccoli florets, rinsed in cold water, drained but not dried

8 large egg whites

Preheat the oven to 400 F.

Lightly spray a medium ovenproof skillet with cooking spray. Heat over medium heat. Remove from the heat. Put the potatoes in the skillet. Lightly spray with cooking spray. Cook for 4-5 minutes, or until potatoes are golden brown, stirring occasionally.

In a microwaveable bowl, microwave the broccoli, covered, on high for 3-4 minutes, or until tender-crisp. Drain in a colander. Stir the broccoli into the potatoes.

In a medium bowl, whisk the egg whites and egg. Whisk in the ham, milk and pepper. Pour the mixture over the potatoes and broccoli; stir well.

Bake for 15-18 minutes, or until the eggs are set.

1 large egg

4 ounces lower-sodium, low-fat ham (uncured, nitrate/nitrite-free), cut into 1/4-inch cubes

1/4 cup fat-free milk

1/4 teaspoon pepper



Green Beans w/Mushrooms & Onions

Servings: 4

8 ounces green beans, trimmed

2 teaspoons olive oil

4 ounces sliced

mushrooms, stems discarded

1/2 cup thinly sliced onion

1 medium garlic clove, minced

1/8 teaspoon salt

2 teaspoons fresh lemon juice

1 pinch pepper

Fill a medium saucepan 3/4 full of water. Bring to a boil, covered, over high heat. Cook the green beans, uncovered, 5 minutes, or until tender-crisp. Drain well in a colander.

In a medium nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the mushrooms, onion, garlic and salt 5 minutes, or until the mushrooms are soft and lightly browned, stirring frequently. Stir in the lemon juice, pepper and cooked green beans.

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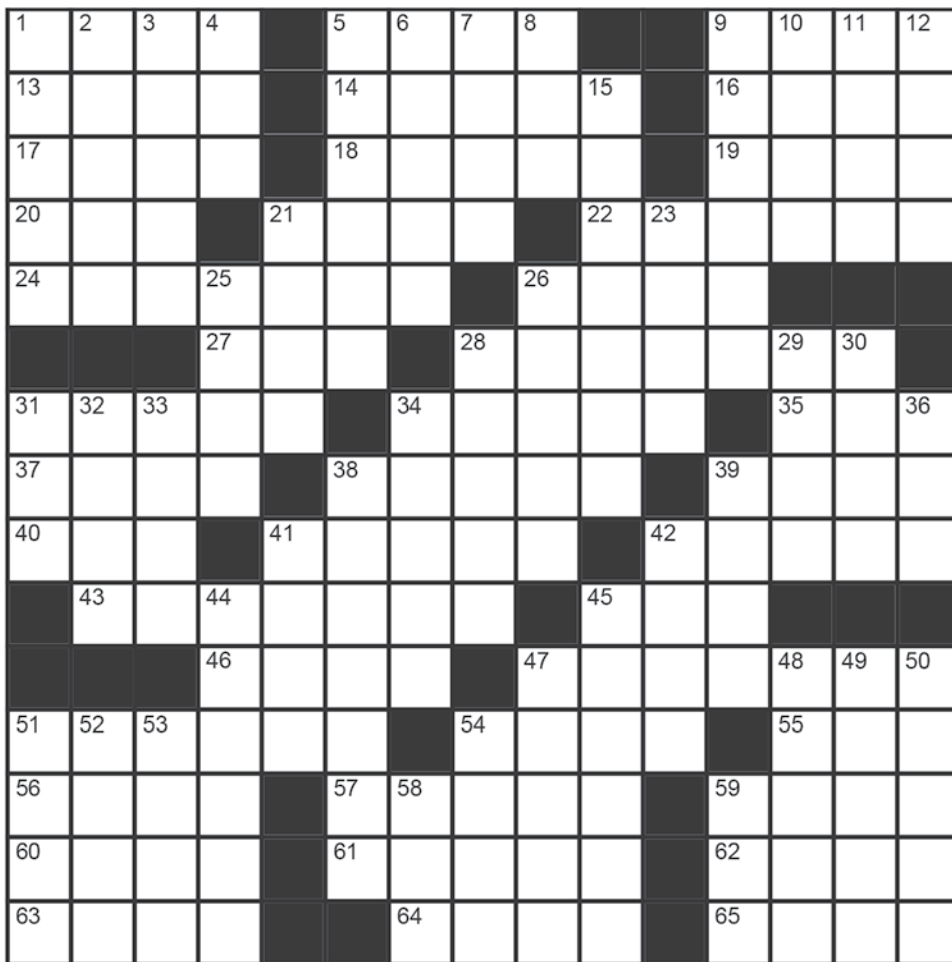
To learn more, call 877-272-8720 or visit
www.stopmedicarefraud.org.

This project was supported, in part by a grant (Nos. 90MPPG0049, 90MPPG0024 & 90MPPG0023), from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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Turn to page 29 for solutions.*

Across

- 1 Outcropping
5 Big first for a baby
9 Cousin of an agouti
13 Obscure
14 Out in front
16 Freudian topics
17 Archipelago part
18 Mountainous
19 Long hike
20 Floral necklace
21 Blocks
22 Water nymphs
24 Type of motor
26 Blowgun missile
27 Lingerie item
28 Rolls
31 Sri Lanka export
34 Stale
35 Select, with "for"
37 River to Donegal Bay
38 Jones or Stengel
39 "Bye now"
40 Moo ____ gai pan
41 Rip up
42 Vascular growth
43 City thoroughfares
45 Contracted
46 "Desire Under the ____"
47 Large crested songbird
51 Hindu Festival of Lights
54 Very dry, as wine
55 Eskimo knife
56 Like the Gobi
57 Impact sound
59 Arab ruler
60 Workshop gripper
61 Tot's wheels
62 Assist illegally
63 River of Flanders
64 Doing business
65 Heavy weights

Down

- 1 Some like it hot
2 Stopped lying
3 Improvise
4 Command to a horse
5 "The English Patient" setting
6 Show place
7 Seals' meals
8 Bud
9 Diminutive
10 Indian tourist city
11 Campus figure
12 Questions
15 Ming or Chou
-
- 21 In the buff
23 Bohemian
25 Slender instrument
26 Medicated
28 Tricks
29 Agitate
30 Neuter
31 Dowel
32 Cupid, to the Greeks
33 Stomach problem
34 Trading places
36 Exceed
38 Alfred Nobel, for one
39 Pigeon's home
41 Peddle
42 Sulk
44 Proof ____
45 Wheat protein
47 Slow down
48 Jet type
49 Out of this world
50 Mongol housing
51 ____ Jones's locker
52 Flower with a bulb
53 Sage
54 Radar image
58 Old hand
59 Corrode

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

Word Search

Cross Stitch

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

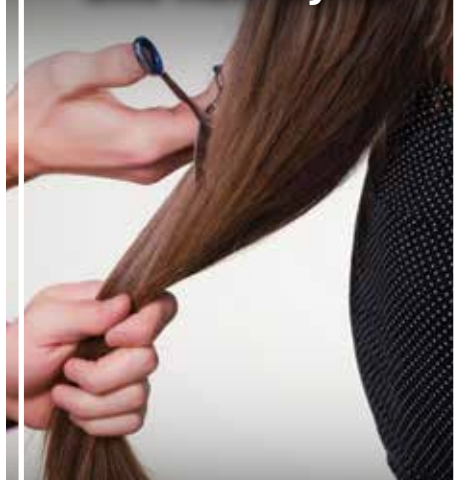
Aida	Graph
Blend	Hobby
Bobbin	Hoop
Canvas	Key
Chart	Kits
Color	Linen
Count	Needle
Craft	Pattern
Design	Sampler
DMC	Scissors
Even Weave	Skein
Fabric	Stamped
Floss	Stitch
Frame	Strand
Gift	Thread

Sudoku

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

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

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—Kent C., California

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Answers from the Experts



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PUZZLE answers (from pages 26 - 27)



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

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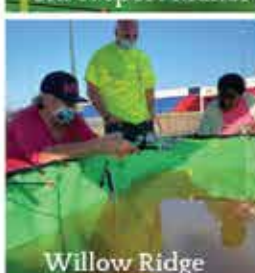
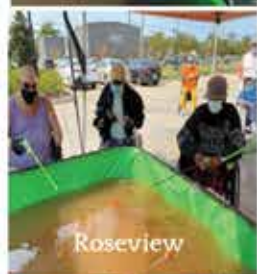
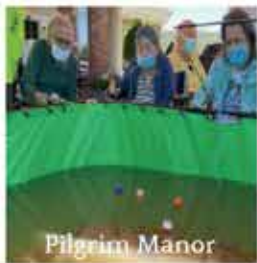


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