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Inside this Issue

Briefs

- 6 Stat! Medical
News & Info
- 36 Shreveport Then & Now

Advice

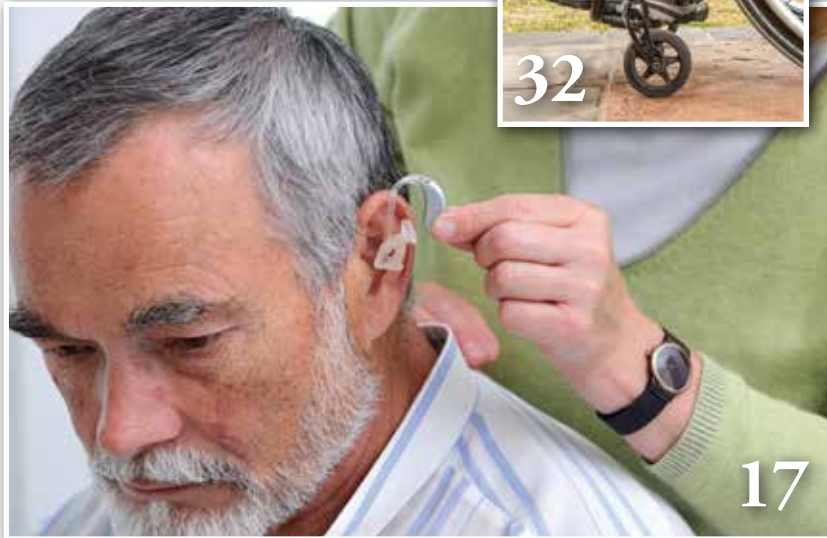
- 8 **From the Bench**
Child in Need of Care Cases
by Judge Jeff Cox
- 10 **Tech Talk**
Recovering from Ransomware
by Mark Rinaudo

Columns

- 12 **Tinseltown Talks**
Eric Braeden Still King of Daytime Drama
by Nick Thomas
- 14 **Page by Page**
Review of *Beartown* by Fredrik Backman
by Jessica Rinaudo
- 38 **What's Cooking?**
Encourage Healthy Eating Habits
by Family Features

Feature

- 34 **How to be a Texas Cowpoke**
by Andrea Gross



Special Section

- 17 **Living Well with a Disability**
How to Cope with Limitations, Overcome Challenges, and Build a Fulfilling Life
by HelpGuide.org
- 22 **Create an Accessible Lifestyle**
Enhance Independence with Mobility in Mind
by Family Features
- 25 **Coping with Disability**
by Katie Nance
- 28 **Our Favorite Five**
Quotes About Living with a Disability
- 30 **Eating Well After a Stroke**
by Abigail McAlister
- 32 **Disabilities, Smelly Fish, Bathrooms, and Snakes**
by Lee Aronson

In Every Issue

- 40 Our Famous Puzzle Pages
Crossword, Sudoku & Word Search
- 42 Get Up & Go!



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710 KEEL**, a Townsquare Media radio station in Shreveport, LA.

July 7

"2018 Red River Balloon Rally"

Guest: Ronald Oswalt with
the Red River Balloon Rally

July 14

"Latest in Orthotics and Prosthetics"

Guests: Clint Snell and Katie
Nance of Snell's Orthotics and
Prosthetics

July 21

"Disability and Rehabilitation"

Guest: Special guests from
various organizations

July 28

"Aging Well"

Guest: Cheryl A. Acres, RN, Case
Manager

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2018 Red River Balloon Rally

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The third annual Red River Balloon Rally Festival once again comes to life on the campus of LSU Shreveport July 13 and 14. Each night the event will feature live entertainment, food vendors, retail vendors, tethered balloon rides, a kite flying demonstration, skydiving demonstration and the well-known Kidz Fun Zone, not to mention a fantastic fireworks show brought to you by Pyromania Fireworks. Our special shape balloons this year are out of this world so don't miss seeing Yoda, Darth Vader, a Pirate Ship, Rocket the Flying Squirrel and Yellow Bird. The main event though is the amazing sight of 30+ hot air balloons all glowing at one time in the night sky! On Saturday and Sunday mornings don't miss the competition part of the U.S. Hot Air Balloon Championships as 40 balloons attempt to hit a target on the campus of LSU without ever touching the ground! In addition, you can see the balloons flying in their daily competitions around the community from July 9th-15th. And if you just can't get enough of those balloons, don't miss "Balloons over Desoto Festival" on Sunday, July 8th at the C.E. "Rusty" Williams Airport in Mansfield, Louisiana for a balloon competition and glow, and "Glow Greenwood" on Thursday, July 12th at Boothill Speedway for an additional balloon glow.

For a complete schedule of events visit redriverballoonrally.com.

2018 Schedule of Events

Sunday, July 8

4:00 pm - 10:00 pm Balloons over Desoto Festival and US Nationals competition and glow at the C.E. "Rusty" Williams Airport in Mansfield/Grand Cane

Wednesday, July 11

6:30 am - 9:30 am US Nationals Competition Flight over Shreveport-Bossier

Thursday, July 12

6:30 am - 9:30 am US Nationals Competition Flight over Shreveport-Bossier

6:00 pm - 9:30 pm Glow Greenwood at Boothill Speedway in Greenwood, LA (Balloon Glow & Festival)

Friday, July 13

6:30 am - 9:30 am US Nationals Competition Flight over Shreveport-Bossier

Faith and Family Night presented by Broadmoor Baptist Church

5:00 pm Gates Open for RRB at LSU site
5:00 pm - 11:00 pm Kidz Fun Zone
5:00 pm - 6:00 pm Fellowship Community Church
6:20 pm - 7:00 pm Alive by Sunrise
7:15 pm - 8:15 pm DOXA (Broadmoor Baptist)
8:30 pm - 9:15 pm Red River Balloon Rally Balloon Glow
9:30 pm - 9:40 pm Fireworks Show presented by Pyromania Fireworks
9:40 pm - 10:45 pm Crowder (Headliner)
11:00 pm Gates Close for the Day

Saturday, July 14

6:30 am - 9:30 am US Nationals Competition Flight Over LSU (No Admission Fee)
7:00 am - 9:30 am SK Red River Balloon Rally Run at LSU
5:00 pm Gates Open for RRB at LSU site
5:00 pm - 11:00 pm Kidz Fun Zone
5:00 pm - 6:45 pm Robert Mizzell and Southern Roots
7:00 pm - 8:30 pm Odyssey Road - Journey Tribute Band
8:30 pm - 9:15 pm Red River Balloon Rally Balloon Glow
9:30 pm - 9:40 pm Fireworks Show presented by Pyromania Fireworks
9:40 pm - 11:00 pm Molly Ringwalds
11:00 pm Gates Close for the Day

Sunday, July 15, 2018

6:30 am - 9:30 am US Nationals Competition Flight Over LSU (No Admission Fee)

All times are approximate and schedule may change without notice. All events are subject to weather delays or cancellations. No refunds or rainchecks for any admission fees for festival.

Tickets can be purchased online at www.redriverballoonrally.com or at Super 1 Foods and Brookshire's participating locations beginning June 20



For more information call 800-551-8682 or visit www.RedRiverBalloonRally.com

Stat!

Medical News & Info



• For Older Adults, a Better Diet May Prevent Brain Shrinkage

People who eat a diet rich in vegetables, fruit, nuts and fish may have bigger brains, according to a study published online in *Neurology*[®]. People with greater brain volume have been shown in other studies to have better cognitive abilities, so initiatives that help improve diet quality may be a good strategy to maintain thinking skills in older adults according to researchers at the University Medical Center in Rotterdam, the Netherlands. The best diet consisted of vegetables, fruit, nuts, whole grains, dairy and fish, but a limited intake of sugary drinks.

Depression in older adults may be **linked to memory problems**, according to a study published online in *Neurology*[®]. Since symptoms of depression can be treated, it may be possible that **treatment** may also reduce thinking and memory problems.

• Religious Affiliation Linked to Longevity Boost

A new nationwide study of obituaries has found that people with religious affiliations lived nearly four years longer than those with no ties to religion. That boost was calculated after taking into account the sex and marital status of those who died, two factors that have strong effects on lifespan. The researchers found a small part of the reason for the boost in longevity came from the fact that many religiously affiliated people also volunteered and belonged to social organizations, which previous research has linked to living longer. The boost may also be related to the rules and norms of many religions that restrict unhealthy practices such as alcohol and drug use and having sex with many partners. In addition, many religions promote stress-reducing practices, such as gratitude, prayer or meditation, that may improve health. (published online in *Social Psychological and Personality Science*)



• New Shingles Vaccine Available

The CDC recommends that adults 50 and over get Shingrix, a new vaccine to prevent Shingles. Shingrix is more than 90% effective at preventing shingles and a painful complication called postherpetic neuralgia (PHN). The previous vaccine, Zostavax, only lowered the odds of getting shingles by 51%, and of PHN by 67% and was even less effective in people ages 70 and older. The new vaccine is given in two doses, 2 to 6 months apart. The CDC recommends that you get the Shingrix vaccine even if you've already had Zostavax, because it's more effective than the older vaccine and the protection lasts longer. Shingrix costs \$280 for both shots, but Medicare Part D will cover the cost.



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Child in Need of Care Cases

Child in Need of Care cases are some of the most heart-wrenching cases the court can face. Child in Need of Care cases involve children that are neglected, abused, stay in homes where illegal drugs are present, or homes where the parents abandon the children. Relatives, such as grandparents, are often involved as the State of Louisiana commonly looks to relatives for placement of children in need of care. This article will attempt to explain what happens in a Child in Need of Care case and how relatives, such as grandparents, play an important role.

The State of Louisiana through the Department of Social Services is responsible for Child in Need of Care cases. When a report is made to the Department of Social Services, an investigator is sent to the home to investigate the report. Reports can be made to the Department of Social Services and the reporter's identity is kept confidential. If the investigator determines that a child is in need of care, the



Cox

investigator will call a judge and obtain an Instant Order to take the child into custody.

Once the child is in the custody of the State of Louisiana, the child is placed with a person approved by the State of Louisiana to keep the child until a Hearing to Answer can be held. A Hearing to Answer is set so that the parents can appear and answer whether they admit or deny that the child is in need of care. At this hearing, grandparents can appear and ask the State of Louisiana to place the child with them. The State of Louisiana will investigate the grandparents' home and if the grandparent is found to have a suitable home, the child can be placed in that home.

After the Appearance to Answer Hearing is held, a trial is set if the parents deny the charges. At this hearing, evidence will be introduced and a decision will be made if



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the child is a child in need of care. If the parents admit the allegations, the Department of Social Services will make recommendations regarding a case plan to reunify the child with the parents. Recommendations may include drug treatment programs, parenting classes, job placement, and other programs that will help the family. The number one

focus of these types of cases is to make sure the child is taken care of by the parents and the family unit is restored if possible.

In cases where a parent is using drugs or not caring for the child, grandparents often feel helpless in getting help for the child in the home. As stated earlier, a reporter's name to the Department of Social Services is kept anonymous. Grandparents can report problems in a home to the Department of Social Services if they feel their grandchild is being abused or neglected. If the Department of Social Services verifies the complaint, the grandparents can seek to have the child placed in their home until the parents comply with the case plan set forth by the State of Louisiana.

Child in Need of Care cases can be heart wrenching trials, however, they are a necessary part of our judicial system in order to make sure the children are protected. CASA (Court Appointed Special Advocate) volunteers, whom I have written about in a previous article, advocate on behalf of the children. Each person in the courtroom, from the prosecutor, parents' attorneys, children's attorney, state workers, CASA volunteers, and the judge are trying to help the family where they can raise the children successfully in the future.

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

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Recovering from Ransomware

What is Ransomware and how can I protect myself from it?

Ransomware is a form of malware that encrypts your personal files so that you can no longer access them. The maker of the ransomware will then demand a form of non-traceable payment and, in return, promises to decrypt your files so that you can have access to them again. You're being asked to trust the person on the other end that's holding your precious photos and information hostage that they will unlock your files after you pay them. This scenario is not very promising.



Rinaudo

Ransomware finds its way to your machine like most malware: via spam emails or malicious websites with code that will download and install itself without you even knowing it. A good antivirus software that protects you from visiting known malicious sites is a good start. This, however, is not enough by itself. Be vigilant and know what you're clicking on. Check the link's address before you click on it.

Ransomware relies heavily on social engineering to prey on the weaknesses of computers users. You may find an email in your inbox that states your order for a brand new item has been confirmed and your credit card will be billed \$1395.00 with an invoice attached. You may be alarmed about the charge so much that your better judgement is impaired and you open the attachment. Always investigate who you're receiving emails from by studying the email sender's address.

If you find that you've entered the snares of one of these malicious programs, then there are only a few options at that point. You may decide to pay the ransom and hope that they do indeed decrypt your files. You can decide not to pay it, but you will be forced to wipe your computer clean and start fresh without all your files.

If you are prepared, you could restore your computer from a backup made the night before and you would be back up and running like nothing ever happened. Backups serve as good insurance. The best kind of backup is a bare metal backup or system image backup. This can provide a way for you to restore your computer to a particular point in time without having to reinstall and reconfigure the operating system and all your programs.

If you're a Mac user, the Mac OSX has a utility built right in called Time Machine that does just that. It creates a snapshot of your

The maker of the ransomware will **demand a form of non-traceable payment** and, in return, promises to decrypt your files so that you can have access to them again.



machine so that you can restore it back to a particular point in time. If you're running Windows, then Windows also has a utility called Backup and Restore that will allow you to create a system image. This can be scheduled to run as many times as you would like. This form of backup can take a considerable amount of time and hard drive space, so I wouldn't suggest running it more than once a week.

These forms of backups will provide you with an exit strategy just in case you find that you've accidentally opened that bogus invoice and now they really want \$1395.00 to unlock all your files. You could pay it, but they don't have to hold up their end. The only true way of recovering your files is to restore your computer from a backup of your system you made before the system was infected with Ransomware. Having a system image not only protects you from Malware, it will also protect you in case of hardware failure.

Mark Rinaudo has worked in IT in Shreveport for more than 20 years. He is the owner and operator of Preferred Data Solutions. Email mark@preferreddatasolutions.com to submit a question for this column.



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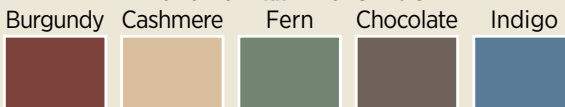
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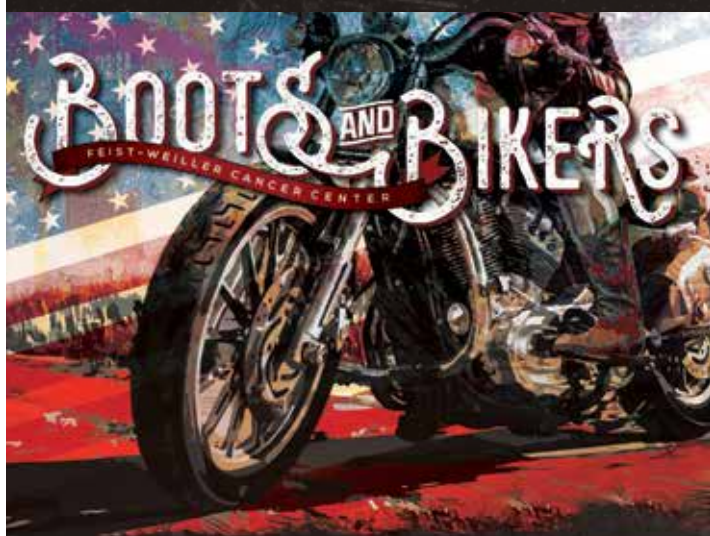
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Column

Tinseltown Talks
by Nick Thomas

Eric Braeden Still King of Daytime Drama

The Young and the Restless star Eric Braeden has been playing character Victor Newman for 38 years and says it's been an amazing run. But he doesn't believe daytime drama actors always receive the recognition of their nighttime TV counterparts.



Thomas

"We shoot 100 to 120 pages a day," said Braeden, from Los Angeles. "Imagine what that means in terms of memorization. Actors in a weekly nighttime series would crap their pants if they had to do that! The most I ever

learned was 62 pages of dialogue in a single day. But the simple fact is you do it, or you're out."

Born in Germany four years before the end of World War II, Braeden says fate handed him some luck. "I grew up near Kiel which was 96% destroyed by over 500,000 bombs that hit the city. Part of our house was blown away so I could have very easily not survived."

He moved to the U.S. as a teenager on an athletic scholarship to the University of Montana having won the German Youth Championship in javelin, discus, and shot put.

"Had I stayed in Germany, it's possible I could have been an Olympian," he said. A career as an actor, however, never really lingered long in his mind. "At school, I was always asked to read out loud in class – poetry and the classics – and I was good at it."

After filming a documentary at college about traveling the Salmon River in Idaho, the acting bug finally bit and Braeden found work in film and television throughout the 60s and 70s, often cast as a villainous German most notably in the TV series "Combat!" and "The Rat Patrol."

In 1969's "100 Rifles," Braeden was still playing the Nazi villain, this time in a western with Burt Reynolds, Raquel Welch, Fernando Lamas, and former NFL footballer Jim Brown.

"As an athlete myself, I respected Jim enormously. He did his own stunts and we would throw the football and work out together – I still work out twice a day. Fernando Lamas had a huge sense of humor and then there was Raquel – one of the most beautiful actresses I've ever known. Who could concentrate on acting with her on the set?"

Gradually, says Braeden, he steered away from the villainous German roles. But since joining the Y&R cast in 1980, opportunities for other TV or film work have been limited.

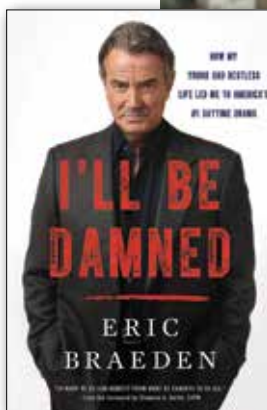
He did accept a role as John Jacob Astor in James Cameron's "Titanic" in 1997.

"I didn't want to do it since it was such a small part, but my wife and son convinced me because they had so much respect for Cameron," said Braeden. "James expanded the role a little for me but there were a number of scenes I couldn't be in because I had to be available to go back for the Young and Restless if I was needed."

Even though his commitment to the show limited other opportunities, Braeden has few regrets.

"Had I done nighttime TV or film, I would be directing them by now," says Braeden, who published his autobiography last November (www.ericbraeden.com). "But I get to work every day at something I enjoy doing."

Nick Thomas teaches at Auburn University at Montgomery, Ala, and has written features, columns, and interviews for over 650 newspapers and magazines.



Clockwise from top: Eric Braeden autobiography cover, *I'll Be Damned: How My Young and Restless Life Led Me to America's #1 Daytime Drama* (provided by publicist). • Eric Braeden as German soldier in *100 Rifles* (Twentieth Century Fox). • Eric Braeden, front left, and cast of *The Young and the Restless* (CBS publicity).

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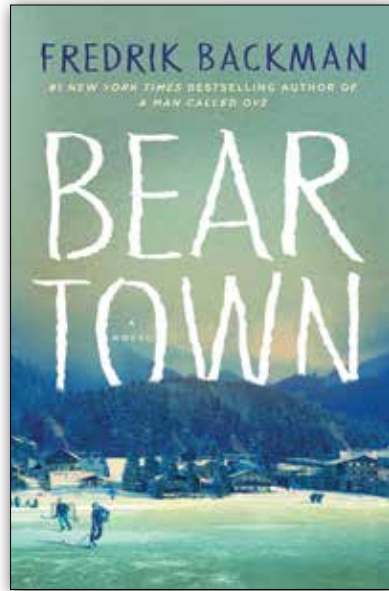
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Beartown

by Fredrik Backman

Beartown is a small city in the middle of the woods where the harsh winter and frozen lakes have spawned a town narrowly financed by a factory and fueled by a deep loyalty and love for hockey. Its hopes and future rest on the city's junior hockey team, composed of teenage boys who live and breathe the sport. They are the best team Beartown has ever had, and a win in the finals could mean sponsorships, a new club, a wave of commerce - all could breathe life into the slowly dying town.



Rinaudo

Backman's writing brings *Beartown* and its homegrown people to life. He lets us feel the anxiety and obsession of the parents, the hopes and dedication of coaches, the hearts, egos and loyalty of the players, the pride and guilt of working motherhood, the shared joy of best friends.

But this book is not just some small town hockey success story. On the brink of the town's most important hockey moment, an event happens that moves the whole city into a simmering rage.

With the #metoo movement shedding light on sexual assault, *Beartown* has emerged at the perfect time to show how the power of group thought and desire for wanting to believe a lie

can generate hate and a willingness to victim blame. It unflinchingly exposes the hypocrisy and burden girls and boys both bear when a culture is created where all bow to the godlike image of athletic boys and anyone who questions that loyalty is destroyed.

Backman has an unbelievable gift for noting the small details that make the pain, the fear, the anguish real - the discarding of a keychain, fingernail marks from desperately clenched fists, the sounds of the hockey puck setting the rhythm for town life. In this world, it's easy to see how the obsession with the game and the players rise above all else.

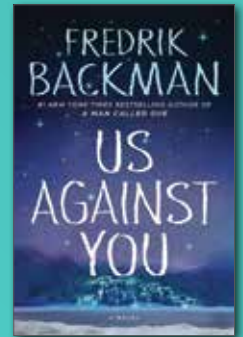
Beartown is an amazing story, but its message moves beyond fiction. Backman allows us to relate to the good, the bad and the gray area in between. Most importantly though, Backman communicates a message, he shares a story, he actualizes a truth, without being political.

I wish I could hand this book to every person I know. Its sequel, *Us Against You*, hit bookshelves on June 5, and its praises are already being sung far and wide. If you read a book this year, it should be this one.

Grade: A

Jessica Rinaudo is an editor and writer who has fostered a love of reading since childhood. She lives in Shreveport with her husband and four children.

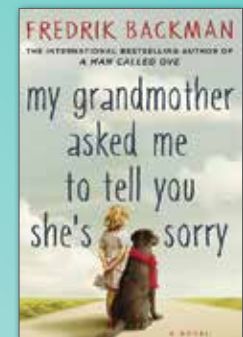
More Books from Fredrik Backman



The newly released sequel to *Beartown*, a once united hockey team now looks upon each other as rivals.



The life of a grumpy old man is turned upside down when a young family moves in next door.



When her grandmother dies, Elsa finds letters she wrote apologizing to people she's wronged, leading her to the truth about her grandmother's stories.

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LIVING WELL WITH A DISABILITY

*How to Cope with Limitations,
Overcome Challenges, and Build a
Fulfilling Life*



Adjusting to life with a disability can be a difficult transition. We all tend to take our health for granted - until it's gone. Then, it's all too easy to obsess over what we've lost. But while you can't go back in time to a healthier you or wish away your limitations, you can change the way you think about and cope with your disability. You are still in control of your life! There are many things you can do to improve your independence, sense of empowerment, and outlook. No matter your disability, it's entirely possible to overcome the challenges you face and enjoy a full - and fulfilling - life.

LEARN TO ACCEPT YOUR DISABILITY

It can be incredibly difficult to accept your disability. Acceptance can feel like giving in - throwing in the towel on life and your future. But refusing to accept the reality of your limitations keeps you stuck. It prevents you from moving forward, making the changes you need to make, and finding new goals.

Give yourself time to mourn

Before you can accept your disability, you first need to grieve. You've suffered a major loss. Not just the loss of your healthy, unlimited body, but likely the loss of at least some of your plans for the future.

- **Don't try to ignore or suppress your feelings.** It's only human to want to avoid pain, but just like you won't get over an injury by ignoring it, you can't work through grief without allowing yourself to feel it and actively deal with it. Allow yourself to fully experience your feelings without judgement.

- **You're likely to go through a roller coaster of emotions**

- from anger and sadness to disbelief. This is perfectly normal. And like a roller coaster, the experience is unpredictable and full of ups and downs. Just trust that with time, the lows will become less intense and you will begin to find your new normal.

- **You don't have to put on a happy face.** Learning to live with a disability isn't easy. Having bad days doesn't mean you're not brave or strong. And pretending you're okay when you're not doesn't help anyone - least of all your family and friends. Let the people you trust in on how you're really feeling. It will help both them and you.

COMING TO TERMS WITH YOUR NEW REALITY

It's healthy to grieve the life you've lost, but it's not healthy to continue looking back and wishing for a return to your pre-disability "normal." As tough as it is, it's important to let go of the past and accept where you are.

- **You can be happy, even in a "broken" body.** It may not seem like it now, but the truth is that you can build a happy, meaningful life for yourself, even if you're never able to walk, hear, or see like you used to. It may help to search out inspiring stories of people with disabilities who are thriving and living lives they love. You can learn from others who have gone before you, and their successes can help you stay motivated during tough times.

- **Don't dwell on what you can no longer do.**

Spending lots of time thinking about the things your disability has taken from you is a surefire recipe for depression. Mourn the losses, then move on. Focus on what you can do and what you hope to do in the future.

- **Learn as much as possible about your disability.** While obsessing over negative medical information is counterproductive, it's important to understand what you're facing. What's your diagnosis? What is the typical progression or common complications? Knowing what's going on with your body and what to expect will help you prepare yourself and adjust more quickly.

FIND WAYS TO MINIMIZE YOUR DISABILITY'S IMPACT ON YOUR LIFE

It goes without saying that your disability has already changed your life in big ways. But with commitment, creativity, and a willingness to do things differently, you can reduce the impact your disability has on your life.

- **Be your own advocate.** You are your own best advocate as you negotiate the challenges of life with a disability,




Caring for a pet is a great way to get outside of yourself and give you a sense of being needed.

including at work and in the healthcare system. Knowledge is power, so educate yourself about your rights and the resources available to you. As you take charge, you'll also start to feel less helpless and more empowered.

- **Take advantage of the things you can do.** While you may not be able to change your disability, you can reduce its impact on your daily life by seeking out and embracing whatever adaptive technologies and tools are available. If you need a device such as a prosthetic, a white cane, or a wheelchair to make


your life easier, then use it. Try to let go of any embarrassment or fear of stigma. You are not defined by the aids you use.

- **Set realistic goals - and be patient.** A disability forces you to learn new skills and strategies. You may also have to relearn simple things you used to take for granted. It can be a frustrating process, and it's only natural to want to rush things and get functioning back as quickly as possible. But it's



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important to be realistic. Setting overly aggressive goals can actually lead to setbacks and discouragement. Be patient with yourself. Every small step forward counts. Eventually, you'll get there.

ASK FOR (AND ACCEPT) HELP AND SUPPORT

When struggling with a disability, it's easy to feel completely misunderstood and alone. You may be tempted to withdraw from others and isolate yourself. But staying connected to others will make a world of difference in your mood and outlook.

Tips for finding (and accepting) help and support

- **Nurture the important relationships in your life.** Now, more than ever, staying connected is important. Spending time with family and friends will help you stay positive, healthy, and hopeful.

- **Joining a disability support group.** One of the best ways to combat loneliness and isolation is to participate in a support group for people dealing with similar challenges. You'll quickly realize you're not alone. You'll also benefit from the collected wisdom of the group. Support groups are a great place to share struggles, solutions, and encouragement.

- **Accepting help doesn't make you weak.** In fact, it can make you stronger, especially if your refusal to get needed assistance is delaying your progress or making you worse either physically or emotionally. Let go of the fear that asking for support will inspire pity. Allow the people who care about you to pitch in. Not only you will benefit, it will make them feel better!

- **Consider talking to a mental health professional.** Having someone to talk to about what you're going through can make a huge difference. While loved ones can be a great support in this way, you may also want to consider talking to a therapist. The right therapist can help you process the changes you're facing, work through your grief, and reframe

your outlook in a more positive, realistic way.

FIND THINGS TO DO THAT GIVE YOU MEANING AND PURPOSE

A disability can take away many aspects of your identity, leaving you questioning who you are, what your value is, and where you fit in society. That's why it's important to find new things that make you feel good about yourself—things that give you a renewed sense of meaning and purpose.

- **Volunteer.** Volunteering is a great way to feel more productive and like you're making a difference. And it's something you can do even if you have limited mobility or can't work. Pick a cause you're passionate about and then figure out how you can get involved.

- **Develop new hobbies and activities that make you happy.** A disability can make the activities you used to enjoy more difficult, or even impossible. But staying engaged will make a big difference in your mental health. Look for creative ways to participate differently in old favorites, or take this opportunity to develop new interests.

- **Find ways to give back to those who help you.** When you're disabled, you often must accept a lot of help from friends and family. This is not a bad thing! But it will make you feel good if you find ways to reciprocate. For example, maybe you're great with computers and can help a tech-challenged family member. Or maybe you're a good listener your friends know they can count on when they need

One of the best ways to combat loneliness and isolation is to participate in a support group for people dealing with similar challenges.



someone to talk to. Even things as small as a thank-you card or a genuine compliment count.

- **Take care of an animal.** Caring for a pet is a great way to get outside of yourself and give you a sense of being needed. And while animals are no substitution for human connection, they can bring joy and companionship into your life and help you feel less isolated.

MAKE YOUR HEALTH A TOP PRIORITY

In order to feel your best, it's important to support and strengthen your health with regular exercise, a healthy diet, plenty of sleep, and effective stress management.

Exercise

It's important to get exercise in any way that you can. Not only is it good for your body - it's essential for mental health. Regular exercise helps reduce anxiety and depression, relieve tension and stress, and improve sleep. And as you get more physically fit, you'll also feel more confident and strong.

- **Start small and build from there.** Don't jump too quickly into a strenuous routine. You're more likely to get injured or discouraged and discontinue. Instead, find ways to increase the amount of physical activity in your day in small, incremental steps.

- **Find creative ways to exercise.** Instead of dwelling on the activities you can't do, focus on finding those that are possible. Even if your mobility is limited, with a little creativity, you can find ways to exercise in most cases.

- **Listen to your body.** Exercise should never hurt or make you feel lousy. Stop exercising immediately and call your doctor if you feel dizzy, short of breath, develop chest pain or pressure, break out in a cold sweat, or experience pain.

- **Don't compare yourself to others (or to your past self).** Avoid the trap of comparing your exercise efforts to others - even to others with similar disabilities. And don't discourage yourself by comparing where you are today to where you were pre-disability. The only healthy way to

judge your progress is by comparing where you are today to where you were yesterday.

Eat well to optimize energy and vitality

Nutritious eating is important for everyone - and even more so when you're battling physical limitations or health complications. Eating well will boost your energy and promote overall vitality so you can do the things you want to do and reach your goals. While eating healthy isn't always easy when you're struggling with a disability, even small changes can make a positive impact on your health.

- **Focus on how you feel after eating.** You'll start to notice that when you eat healthy, balanced meals, you feel more energetic and satisfied afterward. In contrast, when you opt for junk food or unhealthy options, you don't feel as good. This awareness will help foster healthy new habits and tastes.

- **Get plenty of high-quality protein.** Protein is essential to healing and immune system functioning. Focus on quality sources such as organic, grass-fed meat and dairy, fish, beans, nuts and seeds, tofu, and soy products.

- **Minimize sugar and refined carbs.** You may crave sugary snacks, baked goods, or comfort foods such as pasta or French fries, but these "feel-good" foods quickly lead to a crash in mood and energy. Aim to cut out as much of these foods as possible.

- **Drink plenty of water.** Your body performs best when it's properly hydrated, yet many people don't get the fluids they need. When you're dehydrated, you simply don't feel as good. Water also helps flush our systems of waste products and toxins.

Don't underestimate the power of sleep

Quality sleep is important for flushing out toxins and protecting your brain. Most adults need 7 to 9 hours. Establish a regular sleep schedule, create relaxing bedtime rituals such as taking a bath or doing some light stretches, and turn off all screens at least one hour before sleep.

Make stress management a priority

Stress is hard on the body and can make many symptoms worse, so it's important to find ways to manage your stress, such as practicing relaxation techniques, carving out a healthy work-life balance, and learning healthier coping strategies.

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FAMILY FEATURES

If you're like the majority of the population, mobility is something you take for granted. However, once you or a loved one encounters an illness or disability that results in dependence on a wheelchair, your perspective is likely to change dramatically.

Mobility is a major factor in a person's independence, but when illness or injury hinders free movement, even a simple task like running to the store becomes a challenge. Fortunately, there are numerous options you can explore to improve mobility and accessibility if you or a loved one becomes reliant on a wheelchair or other assisted mobility.

Ramps in Place of Stairs

Safety is a primary concern for someone whose mobility is limited. Even minor falls can cause significant injuries, particularly for seniors whose bones tend to be more fragile. When a loved one begins experiencing trouble with the steps, a ramp is a good solution. In fact, ramps aren't just for those who are reliant on a wheelchair or other motorized device like a scooter. They are also a good solution for someone who uses a cane or walker, or someone who experiences pain or difficulty maintaining balance on the stairs.

SPREAD THE WORD ABOUT RESPONSIBLE PARKING

around wheelchair accessible vehicle spaces!

1 of 6
accessible parking spaces must be van-accessible.

Always look for stripes in a parking space before you park. These areas are off-limits to ALL vehicles!

Even if you have a handicap parking placard, please don't park in the striped space! This space allows room to deploy a ramp. If you park here, the wheelchair user is blocked from entering his or her vehicle!

NO PARKING

The striped area provides an extra car width of space to allow someone in a wheelchair accessible vehicle room to deploy a ramp and safely enter or exit his or her vehicle.

FACTS*

74% of people have seen a handicap accessible parking space improperly used.

42% of people do not know the stripes represent space to deploy a wheelchair ramp.

75% of able-bodied people said if a car parked too close to them, they would use another door or window to climb in. Chair users do not have that option.

* Statistics from 2018 Save My Spot Survey

SAVE MY SPOT

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Accessible Vehicles and Parking

Getting out of the house is an important way to help someone whose mobility is compromised continue to feel connected to the larger world, and practically speaking, even if they're not physically up to social engagements, chances are that doctor's appointments will still be a necessity. However, parking limitations cause major challenges for wheelchair users.

Not only is getting in and out of the vehicle a chore, 74 percent of people have personally seen a handicap accessible parking space being improperly used, according to a survey by BraunAbility. As a leading manufacturer of wheelchair accessible vehicles and wheelchair lifts, its Save My Spot campaign works to educate the public about the meaning and importance of handicap accessible parking. In addition to understanding and educating others about the proper usage of handicap accessible parking, chair users may benefit from wheelchair accessible vehicles that provide maximum maneuverability.

Hand Rails and Grab Bars

Hand rails add another measure of safety in the home. They can add stability and support on staircases, ramps and other walkways, but they're also beneficial in areas like the bathroom. A rail or grab bar near the toilet can help steady someone raising or lowering to use the facilities. Similarly, rails in or adjacent to the shower can assist with safe transitions into and out of the stall. Remember to follow all manufacturer instructions for installing rails to ensure they provide adequate support and can bear the weight of the user.

Bathroom Modifications

Proper hygiene goes a long way toward promoting overall wellness and independence, but a person with limited mobility may struggle using the features of a standard bathroom. In addition to safety rails and grab bars, devices such as shower stools and raised toilet seats can provide needed support. Depending on your circumstances, it may be necessary to consider renovations to include a roll-in tub or seated shower and a vanity with a counter at an accessible height.

Wider Doors and Hallways

While it's not always possible to widen doors and hallways, this is an important consideration for someone who is heavily reliant on a wheelchair or other motorized device. If the chair can't clear hallways and maneuver around corners, a person's access to the home is severely limited, sometimes to the point of needing to find new housing accommodations. When considering whether the doors and hallways will meet your needs, remember to take into account any accessories or equipment, such as an oxygen tank, that may affect the chair's turn radius.

Find more ideas to promote independence and mobility at braunability.com/savemyspot. •



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- Bring your five sealed envelopes to the Disabilities and Rehab Expo by 1:30 pm on July 25th.
- The top 10 highest ranked 5 card stud poker hands will receive 1 of 10 prize packages.
- Prizes will be awarded at 1:45 pm. You must be present to win.



FEATURED BUSINESSES

** A limited number of sealed envelopes containing a poker card will be available on the day of the expo at various booths. You can visit 5 of these exhibitors and receive an envelope in exchange for the donation of a canned good or non-perishable food item.

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Coping with Disability

by Katie Nance

Disability can come in many forms: whether it is loss of a limb, loss of a specific function, or something that has been present since birth, the results are the same. The way that you cope with your disability, however, is what sets you apart. Adjusting to a new way of life is never an easy thing to do. Whether your disability is a sudden change in life or you have faced this challenge from an early age, coping with your disability takes time along with extreme mental and emotional effort. You must always remember that while you cannot change your disability, you can control how you choose to live life with it.

To begin moving towards your best life, you must first mourn the way of life that you are leaving behind. This is a harsh, yet healthy reality, because in order to move forward you must recognize the need for change. You must accept that things are no longer the same, and that there are now limitations in day to day life. Accepting these drastic changes is never an easy thing to do but preparing yourself for the daily challenges that are sure to come can help.

Disability propels you to

*While you can
not change your
disability, you can
control how you
choose to live life
with it.*

discover new ways to navigate daily activities. Denying that life has drastically changed won't make the challenges of those daily activities easier, it will only slow your progress. Instead, this is when you get creative! By finding ways to minimize your disability's effect on your life, you take control of the situation. It may seem like a daunting task to learn all new processes, but through this you start to create new routines and those routines bring comfort. Every time that you perform a task that you previously thought impossible, you gain a resilience that will help push you through the next challenging task.

When setting your goals, always make sure that they are attainable. By setting unrealistic goals, you

are setting yourself up for failure. After all, Xia Boyu didn't climb Mt. Everest on his first attempt. It wasn't until his fifth, after losing both of his legs on a previous attempt, did he make it to the top. Realistic goals set the stage for progress. Every time you hit a goal you build strength and confidence that will propel you towards the next one!



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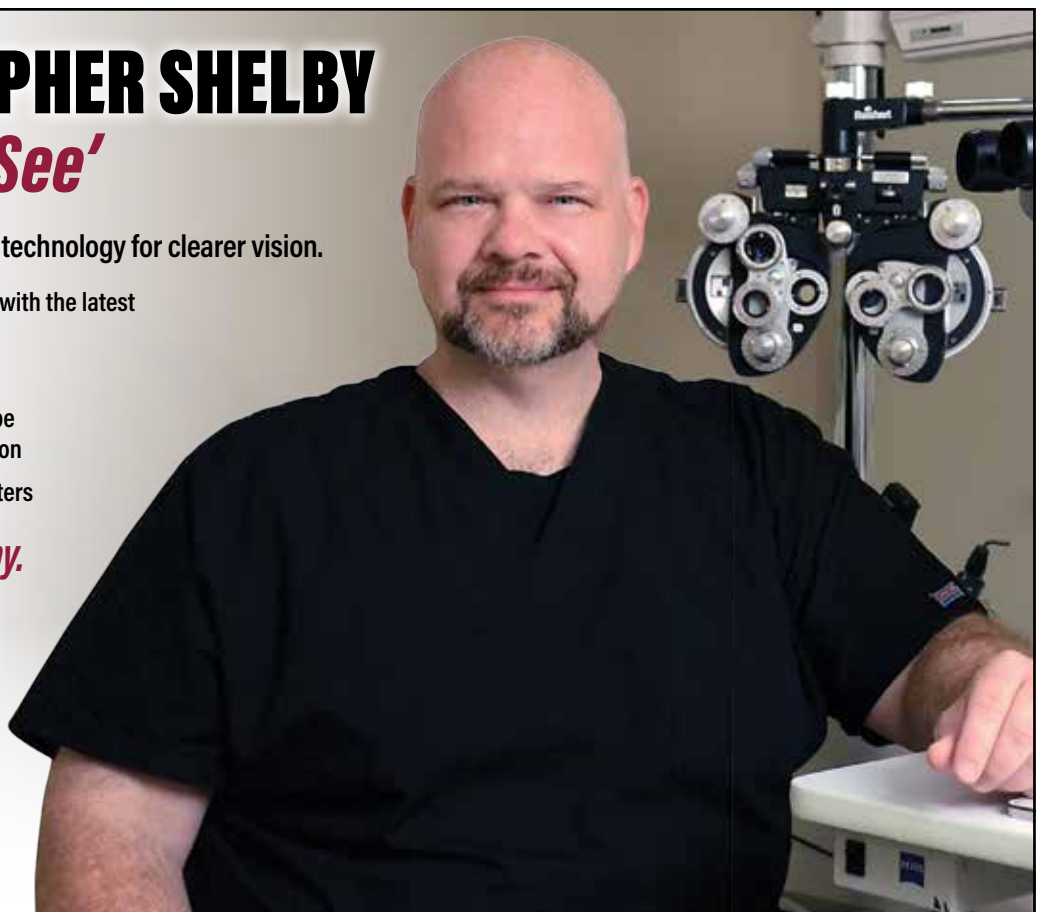
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On the other side however, sometimes goals aren't met in the timeline that is mentally set, or in the way that is imagined. In other words, sometimes you fail, and that is OK! It is a natural reaction to try and compare your own progress to that of others when in all reality this isn't logical. Everyone is different, and everyone advances at a different pace. You must be patient with yourself, celebrate every small victory, and concentrate on your own strengths.

A good way to stay focused on your personal progress is to have a strong support system. Whether this is loved ones, a support group, or a therapist, a support system is crucial. When coping with your disability it can be easy to want to withdraw from those around you. This can lead to depression, which can undo the distance that you have come and make future progression more difficult. You must make sure that you surround yourself with people who encourage you to strive towards your goals daily.

Depending on your circumstance, the proper therapist can go a long way, whether this is a physical therapist, a counselor, or a specialist for your field. In Shreveport, Snell's Orthotics and Prosthetics provides a safe, skilled atmosphere with qualified orthotists and prosthetists that understand and will provide a custom care plan along with emotional support. Severed Survivors in Shreveport is a group for those who have lost limbs to come together, offer advice, and lean on one another. The Brain Injury Support Group in Shreveport is an organization that meets with survivors and caregivers of those with brain injuries that provides education, and support. The New Horizons Independent Living Center offers several groups that provide support for men and women living with disabilities, including a group for those affected by spinal cord injuries. There is no shortage of support around you, you only have to look for it!

Most importantly, you must try to make your happiness a priority. The same activities and passions you had before may no longer apply or you may not be able to participate in the same way. This can leave you feeling lost or questioning your purpose, but don't let these feelings define your future. Now is the time to discover new things that bring you joy and fulfillment! Find things to fill your time with productivity, like new hobbies or volunteering. Volunteering is an excellent way to give back to those around you. Simply giving your time to help a friend, neighbor, or organization that has touched your life enables you to find a renewed drive to live life to the fullest!

Disability may not be a choice, but the perspective with which you live your life absolutely is. The tenacity of the human spirit knows no bounds, and when combined with modern advancements all doors of possibilities open! •

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Our Favorite 5

QUOTES ABOUT LIVING

with a Disability

1 “However difficult life may seem, **there is always something you can do and succeed at.**”

– Stephen Hawking

2

“Although the world is full of suffering, it is **full also of the overcoming it.**”

– Helen Keller.

3

“**No disability** or dictionary out there is capable of clearly defining **who we are as a person.**”

– Robert M. Hensel

4

“When you have a disability, **knowing you are not defined by it** is the sweetest feeling.”

– Anne Strike

5

“Disability is not a brave struggle or courage in the face of adversity. **Disability is an art.** It’s an ingenious way to live.” – Neil Marcus



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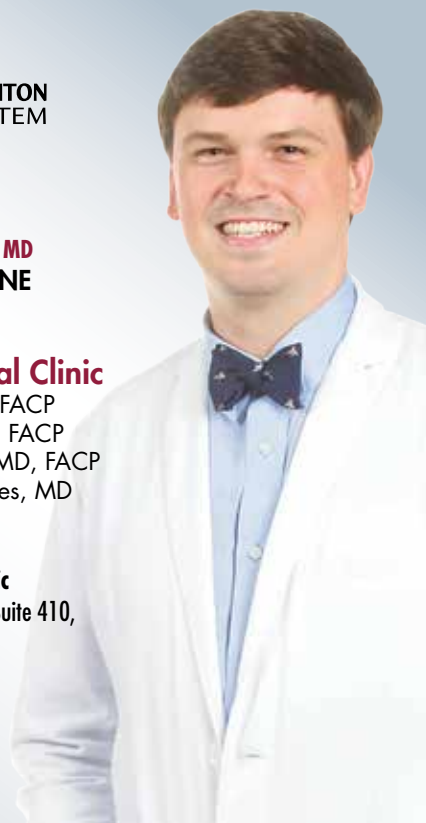
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THE FISH STILL FEAR HIM

As Chuck Patterson was motoring across the lake in 2013, his boat suddenly hit a submerged sandbar that threw him across the bow. Unfortunately, the boat continued traveling up and over him breaking two vertebrae and mangling his left foot in the process. Somehow he managed to crawl back to his boat where he found his cell phone and was able to call 911. While waiting for help to arrive, he fashioned a tourniquet out of his belt to keep from bleeding to death.

Fortunately, Chuck eventually made a full recovery and despite having his foot amputated several inches above his ankle, the Korean War Veteran has returned to fishing thanks to the prosthesis he now wears.

"It takes a little while to go through the process of getting a prosthesis, so I got to know the staff at Snell's pretty well—they became like family to me," said Chuck. "Those folks are so honest and forthright. You can't help but like them."

You can still find him frightening the fish out on Cross Lake most Thursday and Friday mornings when the weather is good.



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Image by Neil Johnson Photography



Eating Well After a Stroke

by Abigail McAlister

For many stroke survivors, the challenges of self-care and management can be burdensome and even discouraging. Simply eating enough nutritious food on a daily basis can seem like an uphill battle. Luckily, there are solutions to the mealtime struggles stroke survivors may face.

Some survivors have loss of appetite, often due to the emotional burden that accompanies surviving a stroke. Experiencing a stroke is traumatic, and the feelings of pain and fear may cause your appetite to diminish. If you have trouble eating enough, sometimes drinking your calories may help. Make smoothies with fresh fruit, milk, and yogurt for a fun snack or drink a glass of milk with breakfast. Also, eating smaller meals more frequently may help if your appetite quickly diminishes mid-meal.

Others may have difficulty swallowing or limited movement of the arms or hands. If you have difficulty swallowing, talk to your doctor, as there are many methods and treatments to help with swallowing difficulties. Adaptive eating utensils, like rocking knives and forks with thicker grips, may help with eating if you suffer from weak hands or arms. Talk to your doctor to determine if these tools would benefit you.

A reduced ability to taste or smell foods is also common. To help with this, add aromatic herbs and spices to your foods and choose foods with stronger flavors, like citrus fruits or baked fish. Eating colorful foods with a variety of textures can make your meal more appealing and pleasant if taste and smell are hindered. Choose colorful, healthful foods like carrots, salmon, strawberries, and dark green vegetables. Combination dishes like casseroles often hide individual flavors of ingredients, which makes recognizing these flavors difficult. It may be helpful to avoid combination dishes and focus on adding flavor to individual components of a meal for a more enjoyable experience. Your doctor may also have some helpful advice for treating loss of taste and smell.

Some survivors may find going to the store, buying food, and preparing it at home more tiresome than they can handle. Planning meals, shopping, and cooking regularly does require a lot of energy, but there are some ways to make the process more manageable. When shopping, look for pre-washed, pre-cut vegetables and fruits. Most stores offer pre-washed salad greens, celery sticks, baby carrots, and pre-cut fruits. If cost is an issue, keep an eye out for weekly mark downs on pre-cut produce. If

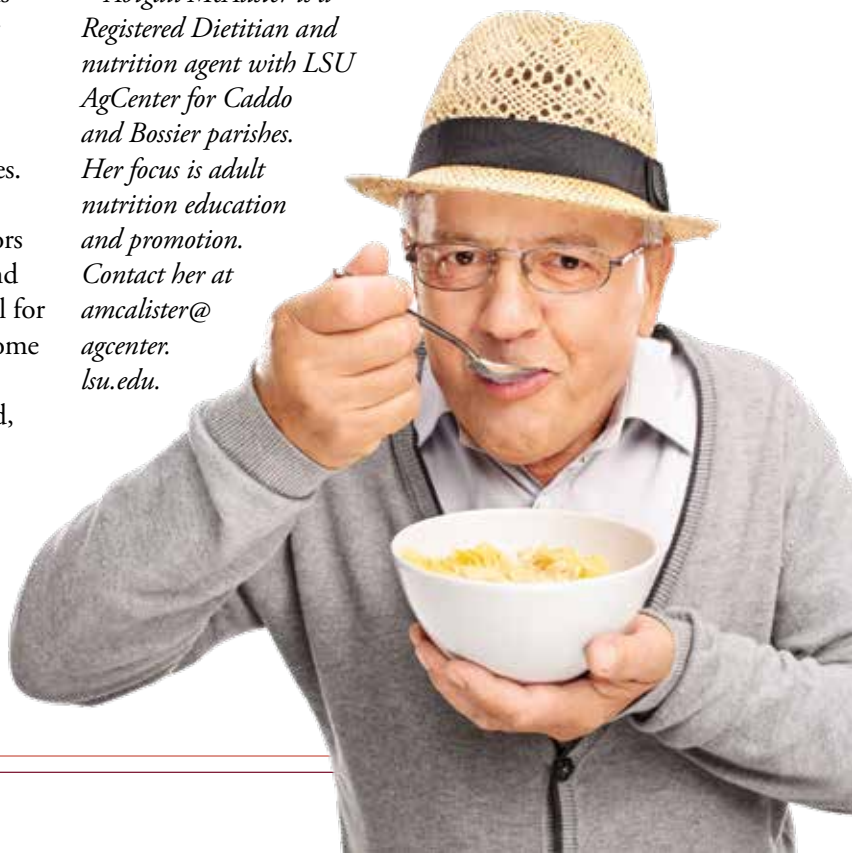


McAlister

the thought of cooking a full dinner every night is tiring itself, aim to eat your largest meal at breakfast, when you're likely to have the most energy. Meals later in the day can be simpler to prepare, like sandwiches or salads. Choosing soft, easy-to-eat foods like bananas, yogurt, oatmeal, and soups or cutting foods into smaller pieces can also help save some energy. If preparing three large meals requires too much time and effort, eat six small, easy-to-prepare meals instead. If you have family and friends nearby, ask loved ones to make healthy meals that can be frozen easily. Have them freeze meals into single serving containers, and utilize these meals when you are too tired to cook. A helpful service offered by the community is senior meals. These meals are offered at lunchtime and can be delivered to your home through Meals on Wheels, or enjoyed onsite at a community center with other seniors. These meals are a great option when you are low on energy but are wanting a healthy, hot, low-cost meal. Contact your parish Council on Aging to learn more.

Getting adequate nutrition after a stroke can seem like a chore, but it doesn't have to be. With a few simple tricks and resourcefulness, mealtimes can be enjoyable again. By feeding your body the nutritious foods you need, you may also feel better and more energetic. Start small with changes to your routine, and progress as these changes start to feel more manageable. And remember, never give up! If you have questions about your individual nutrition needs, contact your doctor or registered dietitian for more information.

Abigail McAlister is a Registered Dietitian and nutrition agent with LSU AgCenter for Caddo and Bossier parishes. Her focus is adult nutrition education and promotion. Contact her at amcalister@agcenter.lsu.edu.






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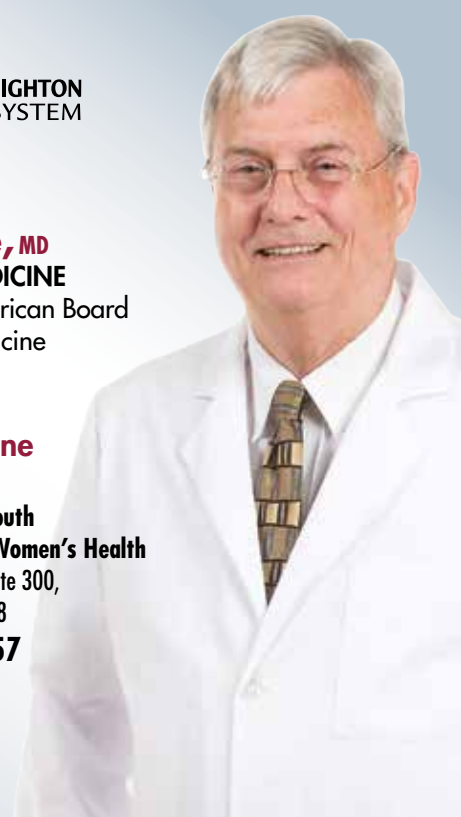
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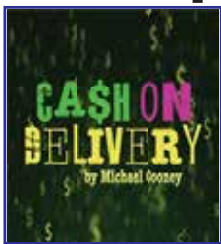


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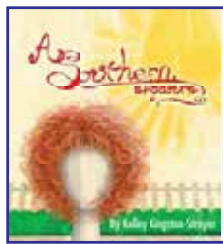
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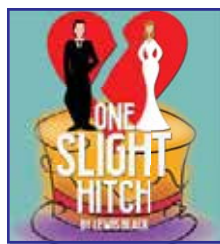
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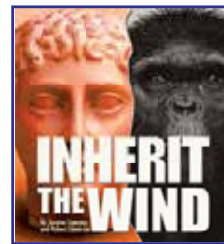
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Disabilities, Smelly Fish, Bathrooms, and Snakes

by Lee Aronson



Artie*, a wheelchair-bound high school student, had a hot date with one of his classmates. He took her to Breadsticks, the nicest restaurant in their home town of Lima, Ohio.



Aronson

Artie ordered the fish. When it arrived, it smelled off, but it tasted just fine. So Artie ate it. All of it. Which turned out to be a big mistake. Before the check came, Artie had a compelling need to use the restroom. He quickly excused himself and wheeled his way to the men's room, only to discover that the bathroom door was too narrow for his wheelchair. Turning green, Artie realized he had no choice: he lowered himself onto the floor and crawled to the toilet. Not the most romantic date ever. Artie was humiliated and his Mom, a lawyer, was furious. So, they sued.

But they didn't just sue for food poisoning. They also sued under a federal law called the Americans with Disabilities Act. That's a law that says you can't discriminate against the disabled and having restrooms that are too small for wheelchairs is a form of discrimination.

Breadsticks, a big chain restaurant, decided that the best way to get Artie's case thrown out was to argue that the Americans with Disabilities Act was unconstitutional, claiming something like, "This is America. We can run our restaurant however we want. The Government can't tell us how big our bathrooms must be. How dare they try to micromanage us to the point of regulating the width of our doorways!"

If someone argues that a federal law is unconstitutional, the United States Justice Department may want to get involved. Which is exactly what happened in Artie's case. The Department of Justice reminded the Judge that the United States Constitution allows the government to pass laws that affect commerce and that there are plenty of cases, including Supreme Court cases, that say the restaurant industry affects commerce. Then the Department of Justice lawyer pointed out that preventing discrimination against people with disabilities is an important and legitimate goal. Long ago, when Congress passed the Americans with Disabilities Act, the Senate said, "the large majority of people with disabilities do not go to movies, do not go to the theatre, do not go to see musical performances, and do not go

to sports events. A substantial minority of persons with disabilities never go to a restaurant, never go to a grocery store, and never go to a church or synagogue... The extent of non-participation of individuals with disabilities in social and recreational activities is alarming.”

And with that, the Judge refused to declare the American’s with Disabilities Act unconstitutional.

But sometimes people will try to take things too far. Take Samuel for instance. Samuel showed up at the airport one day with his pet snakes. Yes, snakes. He told the boarding agent that she had to let his snakes on the plane because they were his therapy snakes. He actually had a note from his doctor saying that Samuel should not get on an airplane without his therapy snakes sitting right next to him. If you were the gate agent what would you do? And what if you were the guy who had to sit next to Samuel and his snakes?

Here’s what the law says: airlines never have to accommodate “snakes, other reptiles, ferrets, rodents, and spiders.”

Why aren’t insects on this list? I know I don’t want to end up cooped up on an airplane next to some guy claiming he has a support cockroach.

*All names and places 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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New Medicare cards will no longer have Social Security Numbers. New cards will go out April 2018 to April 2019. Everyone will receive their cards at different times.

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How to be a **TEXAS COWPOKE**

by Andrea Gross
photos by Irv Green

It used to take Texas trail drovers three months or more to ride the Chisholm Trail — a dirt path over which cowboys moved Southern cattle to Northern markets. Now, 150 years later, the old dirt path has morphed into I-35, one of the busiest interstates in the country.

My husband says he can drive those 260 miles between San Antonio and Fort Worth in four-and-a-half hours. Well, that's just fine, but I don't want to speed past the sights in four-and-a-half hours. I want to pull on some boots, swing a lasso and for a few days turn my City Slicker Self into a Trail Riding Cowpoke.

The great cattle drives lasted less than twenty years, from the mid-1860s to the mid-1880s. But with the aid of Hollywood films such as 1948's *Red River*, starring John Wayne and Montgomery Clift, and a plethora of ten-cent novels, those years molded America's image of itself.

During the folk revival of the Sixties,

*What fun to ride the
open range at a*

WORKING CATTLE RANCH

*leading the horse over
pastures originally
settled by Stephen
Austin's men.*



cowboys continued to be romanticized as well as commercialized. Folk artists like Johnny Cash popularized songs like *Streets of Laredo* and *Bury me not on the Lone Prairie*.

The reality — which included gunfights and beer brawls — never quite matched the image, but no matter. Like almost every child in America, I wanted to grow up to be a cowboy or cowgirl — strong, courageous, vigorous and independent. To be a cowpoke was to be an American, and that was a pretty good thing to be.

Today folks can experience the old dirt road by making stops along the new concrete highway. Here's how:

DRINK AT THE MENDER

Now part of the National Trust for Historic Preservation, the Menger Hotel opened in 1859 and soon became a favorite with San Antonio ranchers. While rough-and-tumble cowboys hustled cattle up the trails, the men who stood to profit from their labor downed drinks at Menger's bar. A free brochure gives us directions for a self-guided tour. www.mengerhotel.com

LEARN THE ROPES FROM VAQUEROS

Vaqueros, the Mexican ranch hands who tended cattle in early Texas, are often called America's first cowboys. They entertained themselves and the ranch owners with impromptu competitions that showcased their horsemanship. Over the years these competitions became full-scale charreadas [Mexican rodeos]. We see one in San Antonio, but there are similar events in most major Texas cities.

CHASE THE FLIES

Cowboy hats are multi-use items. On the trail they were far more than sun-shields; they also served as everything from water holders and fire-fanners to horsewhips and fly-chasers. Texas Hatters is one of fewer than 40 hat-making establishments in the United States where hats are sized, shaped and steamed on the premises. Through the years the shop owners have covered the pates of film stars, musicians and politicians as well as five U.S. presidents, one king and a few princes. www.texas-hatters.com

RIDE THE RANGE

What fun to ride the open range at a working cattle ranch, leading the horse over pastures originally settled by Stephen Austin's men. Nearby is a grove where ranchers gathered cattle before leading them off to join the Chisholm Trail. Texas Ranch Life, near Austin, has abundant wildlife as well as one of the country's largest herd of longhorn. What's more, buffalo hang out around the lake, whitetail deer dash across the trail and bald eagles roost in the trees. www.texasranchlife.com

LISTEN TO 'EM SING

Billy Bob's Texas is a place where the action doesn't stop. Professional rodeo cowboys ride fearsome bucking bulls on weekends, but "The World's Largest Honky Tonk" jumps all week with other types of entertainment, from video games to line dancing and country music concerts. The list of folks who've performed there is impressive and includes Willie Nelson, LeeAnn Rimes and Garth Brooks. www.billybobstexas.com

STARE DOWN A LONGHORN

In Western movies Longhorn look ominous as they move



up the trail, their horns sharp as spears, spreading six to eight feet point-to-point. To see the famed cattle up close, we watch a re-enactment of an old Chisholm Trail herd drive. Twice daily, costumed wranglers prod a dozen or more longhorn down the streets in the Fort Worth Historic District. www.fortworth.com

WATCH 'EM WRESTLE BULLS

Nothing beats sitting in an arena filled with brave cowboys and bucking bulls. We do just that on the last night of our trip when we go to the Stockyards Championship Rodeo in Fort Worth, which is the world's first indoor rodeo and the only one that takes place every weekend throughout the year.

As we leave the Cowtown Coliseum, we thought how lucky we were. Immersing ourselves in the history of cattle drovers for four-and-a-half days was a lot more fun than driving the Interstate for four-and-a-half hours. www.stockyardsrodeo.com

So now, "Yippie yi yo kayak," as Bing Cosby sang in the 1930's, "I'm an Old Cowhand."

For more travel adventures, see www.traveltizers.com •



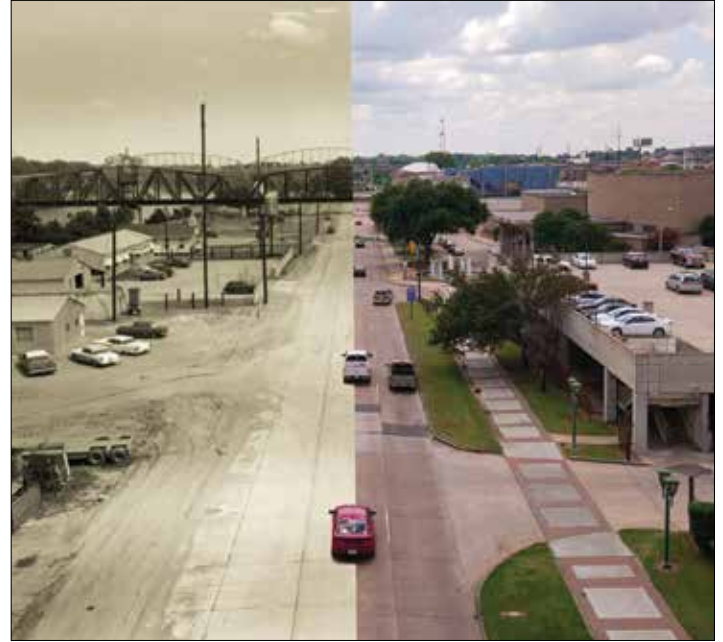
Clockwise from top left: Thousands of longhorn were driven over the Chisholm trail.

Cowboy hats are molded into shape with hot steam.

A re-enactment of a cattle drive takes place in the Fort Worth Historic District.

SHREVEPORT *Then & Now*

Photos blended and used with permission by Mike and Mark Mangham of Twin Blends Photography. Vintage photos courtesy of LSUS Library, Archives and Special Collections. For more photos visit www.facebook.com/twinblendsphotography.



Construction began on the Long-Allen Bridge (also known as the Texas Street Bridge) in September 1931 and was completed in September 1933. The bridge is named for Governors Huey P. Long and Oscar K. Allen, under whose administrations the bridge was built. (Photographer Bill Grabill captured the construction of the bridge.)

Clyde Fant Parkway was named after Mayor Clyde Edward Fant, Sr. This stretch along the Red River was developed as the site of the Shreveport Convention Center and Civic Center complex under Fant's administration. Notice the old Traffic Street Bridge in the background behind the railroad bridge. (Vintage photo photographer Jack Barham)

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Fried Bologna Cups

Yield: 8 bologna cups

- Vegetable oil spray
- 8 slices beef bologna

Potato-Vegetable Filling (enough for one bologna cup):

- ¼ cup mixed vegetables
- ¼ cup mashed potatoes
- 1 tablespoon grated cheddar cheese

Apple Salad Filling (enough for one bologna cup):

- 3 tablespoons chopped apple
- 2 teaspoons minced celery
- 1 teaspoon golden raisins
- 2 teaspoons light mayonnaise
- 1 teaspoon plain, low-fat yogurt

Spray large, nonstick skillet with vegetable oil spray. Set skillet over medium heat and lay bologna slices in pan, as many as will fit in one layer. Let bologna fry until it cups. Transfer cups to serving plate and fry remaining bologna in same fashion.

To make Potato-Vegetable Filling: In small, microwave-safe bowl, stir together vegetables and potatoes; microwave until hot.

To make Apple Salad Filling: In small bowl, stir apple, celery, raisins, mayonnaise and yogurt.

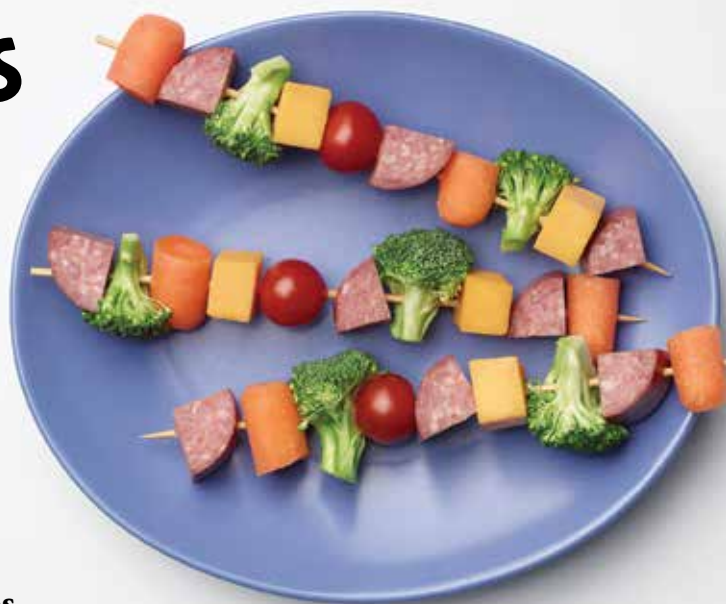
Spoon desired filling into each cup. For cups with Potato-Vegetable Filling, top with grated cheese.

Encourage Healthy Eating Habits

FAMILY FEATURES

Of the many daily challenges, healthy eating habits can be one of the most vexing. One strategy for achieving that goal is to pair familiar foods with vegetables and prepare them in interesting ways. This tactic – pairing foods you already enjoy with the foods you want to start eating willingly – is called “associative conditioning.” For example, prepared beef products like hot dogs, deli roast beef, salami and summer sausage provide sources of nutrients like protein, zinc and vitamin B12. In addition to the direct benefits, these meats can also be used in recipes like Green Bean Twists and Salami-Babs.

Find more family-friendly recipes and tips to encourage nutritious eating habits from the North American Meat Institute, a contractor of The Beef Checkoff, at meatpoultrynutrition.org.



Salami-Babs

Yield: 8 kebabs

- 6 ounces beef salami or summer sausage, cut into ¾-inch chunks
- 8 bamboo skewers (8 inches long)
- 4 ounces cheese (cheddar or swiss), cut into ½-inch chunks
- 16 small broccoli florets
- 4 baby carrots, cut in half crosswise

Thread pieces of meat onto skewers, alternating with cheese, broccoli and carrots. Arrange on plate and serve.



Green Bean Twists

Yield: 16 twists

- 8 ultra-thin slices roast beef, about 2 ounces, cut in half lengthwise
- 16 green beans, trimmed, blanched and chilled

Wrap one slice roast beef around each bean, creating spiral, arrange on plate and serve.

Beefy Lettuce Cups

Yield: 8 lettuce cups

- 8 ounces corned beef, chopped
- ½ cup shredded carrots
- ½ cup chopped water chestnuts
- 2 tablespoons unsalted, dry-roasted cashew pieces
- 2 tablespoons teriyaki sauce
- 8 butter lettuce leaves

In medium bowl, stir together corned beef, carrots, water chestnuts, cashew pieces and teriyaki sauce. Spoon onto lettuce leaves and serve.



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PUZZLE page

Turn to page 46 for solutions.

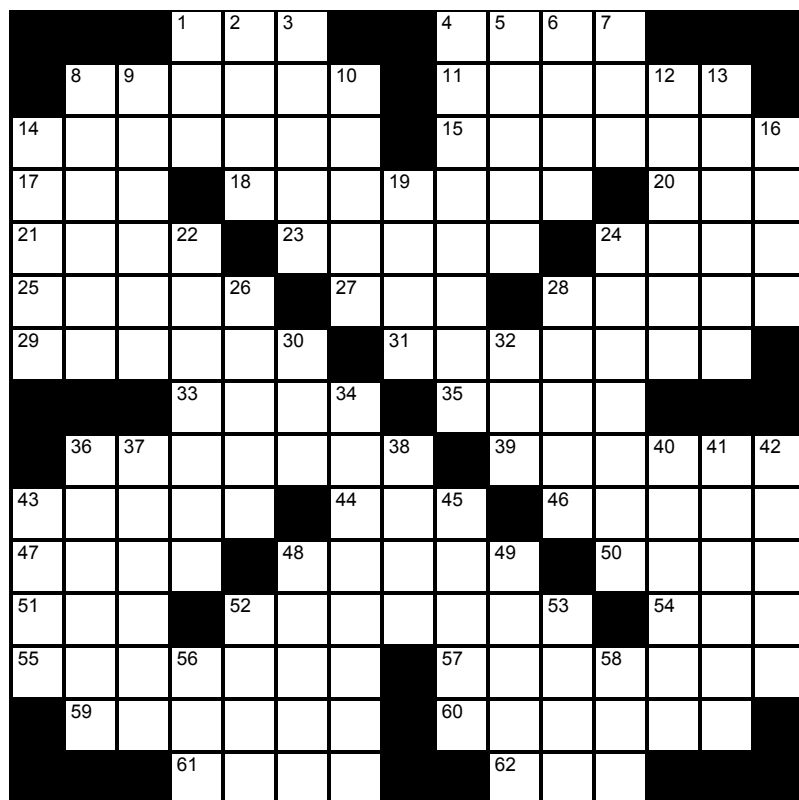
Crossword

Across

- 1 Porker
- 4 Nestling hawk
- 8 Free-for-all
- 11 Slander
- 14 Most clever
- 15 Artistic movement
- 17 Heavenly body
- 18 Make an explosive sound
- 20 Jacuzzi
- 21 Allege
- 23 1982 World Cup site
- 24 Graceful bird
- 25 Permissible
- 27 Fuss
- 28 Eagle's nest
- 29 Gather on the surface, chemically
- 31 Most contemptible
- 33 Some are green
- 35 Burlesque bit
- 36 Pontiac model once
- 39 Kind of cuisine
- 43 Strike back
- 44 "Wait a ___!"
- 46 Rundown
- 47 Troop group
- 48 Kind of life
- 50 Pouches
- 51 Nourished
- 52 Spiny lizard-like reptile
- 54 Make lace
- 55 Autobahn
- 57 Vendors
- 59 Hit the big time
- 60 Gdansk locale
- 61 Got gray
- 62 Big Apple inits.

Down

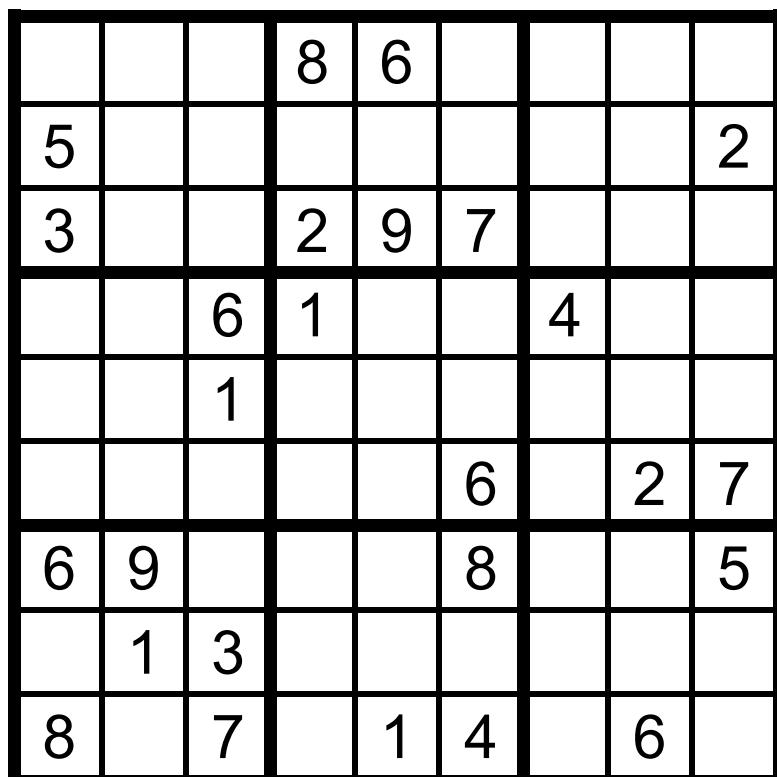
- 1 Prospector's need
- 2 Frozen treats
- 3 Short pants
- 4 They can be limited
- 5 Red Sea nation
- 6 At a distance
- 7 Droop
- 8 Impassioned
- 9 Renaissance fiddles
- 10 Buddhist shrine
- 12 Penny pinchers
- 13 Lively intelligence
- 14 Australian "bear"
- 16 Place for a comb
- 19 Tiny bits
- 22 Vigorous reprimand
- 24 Grows molars
- 26 River in central England
- 28 Horizontal passages to mines
- 30 Defective
- 32 One of the Clantons
- 34 Pranced
- 36 Family subdivisions
- 37 Buccaneer
- 38 Track event
- 40 Put in order
- 41 Driver's license, e.g.
- 42 Dermatologist's concerns
- 43 Common sandpiper
- 45 Manila envelope feature
- 48 Debonair
- 49 Common refrigerant
- 52 Offshoot
- 53 Friend in war
- 56 Baseball stat
- 58 Varnish ingredient



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Sudoku

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



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Word Search

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


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BRUSH	SPONGE
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COAT	STYLE
FINISH	TACK
GILD	TOWEL
GLAZE	TREAT
LACQUER	VARNISH
MARBLE	WASH
POLISH	WIPE
PUTTY	WOOD
SATIN	



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July Get Up and Go

EVENTS

• 55th Annual Ark-La-Tex Coin, Stamp, and Card Expo

Sponsored by the Shreveport Coin Club. Saturday, **July 28**, 9 a.m. - 6 p.m.; Sunday, **July 29**, 9:00 a.m. - 3:00 p.m. Bossier Civic Center, 620 Benton Road, Bossier City. Buy, sell, trade collectible coins, stamps, and sports cards. **FREE** and open to the public.

• Ark-La-Tex Genealogical Association Annual Seminar and Book Fair

Saturday, **August 11** from 9 a.m. - 3:30 p.m. at the Broadmoor United Methodist Church, 3715 Youree Drive, Shreveport. Featured speaker will be Philip Adderley, Genealogy Consultant and Lecturer. Lectures will include

genealogy tips, basic strategies, and finding early American settlers. A special selection of genealogy and history books will be available. Due to limited seating, advance registration recommended. Registration is \$40 and includes lunch if pre-registered. Online registration available. For info visit www.altgenealogy.com/seminar.htm, contact Jim Johnson at 746-1851 or email jjohnson747@suddenlink.net.

• Ark-La-Tex Genealogical Association Meeting

Saturday, **July 14** from 1 to 3 p.m. at the Randle T. Moore Center, 3101 Fairfield Ave (corner of Fairfield Ave and Kings Hwy), Shreveport. Guest speaker, librarian Melissa Elrod, will give an overview of the Norton Art



55th Coin, Stamp & Card Expo • July 28-29

Gallery history research projects. This program is **FREE** and open to the public. For information call 746-1851 or visit www.altgenealogy.com.

• Disability and Rehabilitation Expo

Wednesday, **July 25**, 10:00 am to 2:00 pm. Louisiana State Exhibit Museum, 3015 Greenwood Road, Shreveport. Proudly sponsored by Snell's Orthotics and Prosthetics And hosted by *The Best of Times*. Featuring the popular "TBT Poker Rally" contest (for details please

see page 24). A wide variety of businesses, agencies, and organizations will be providing information about general health, rehabilitation, and disability products and services. **FREE** admission, parking, and educational presentations. Numerous door prizes



Disability Expo • July 25



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G A M B L I N G P R O B L E M ? C A L L 1 - 8 7 7 - 7 7 0 - 7 8 6 7

and giveaways. For more information, call (318) 636-5510 or email gary.calligas@gmail.com.



Hot Air Balloon Rally • July 13 & 14

• Hot Air Balloon Rally

July 13-14, on the campus of LSUS. The festival will include balloon glows, live music, fireworks, tethered balloon rides, kid's fun zone, food and craft vendors, and much more. *The Best of Times* will be sponsoring one of the balloons. Take a picture with our balloon for a chance to win a prize. For details on *The Best of Times Balloon Rally Contest*, please see page 46. Tickets for the festival are \$10 ages 6 and over if purchased in advance at participating Super 1 Foods and Brookshire's stores from June 20 until July 14. Tickets at the gate are \$12 for ages 18 and up, \$10 ages 6-17,

\$10 military with ID and free for ages 5 and under. For a complete schedule of Red River Balloon Rally events and to purchase group and single tickets online, visit www.RedRiverBalloonRally.com or the Red River Balloon Rally Facebook page.

SEMINAR

• If You Need Nursing Home Care, How Will You Pay For it?

Presented by Gilsoul & Associates, LLC. Saturday, July 7 at 2:00 pm. Shreve Memorial Library, Broadmoor Branch, 1212 Captain Shreve Drive, Shreveport. Learn how to qualify for Medicaid and preserve your wealth. **FREE** and open to the public, but RSVP required. Call 318-524-9966.

SENIOR CENTER FUN

• Caddo Council on Aging

9:30 Coffee and Cookies; 10 am program. CCOA/Valencia Community Center, 1800 Viking Drive, Shreveport. **FREE**. For more information call 676.7900.

• Thursday, July 5: "Cooking with Asian Food"



Nursing Home Care • July 7

by Loretta Leavitt.

- Thursday, July 12: "No Cost Hearing Equipment and Services" by Andy Snelling of Clear Captions.
- Thursday, July 19: "Chair Aerobics" by Nora Wilbert
- Thursday, July 26: "The Truth about Aging" by Eydie Comeaux of The Oaks.

- Fridays, July 6, 13, 20, 27: Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tech tips.

THEATRE

• Hello Dolly!

July 6, 7, 13, 14 at 7:30 pm; July 8 & 15 at 3:00 pm. Emmett Hook Center, at First United Methodist Church, 550 Common, Shreveport. This blockbuster Broadway hit bursts with humor, romance, high-energy dancing and some of the greatest songs in musical theater history. \$25 adults, \$20 senior/military, \$15 child/student. For tickets call 318-429-6885 or www.emmetthookcenter.org.



Hello Dolly! • July 6, 7, 13 & 14



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G A M B L I N G P R O B L E M ? C A L L 1 - 8 7 7 - 7 7 0 - 7 8 6 7



Answers from the Experts



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

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

Medicare will pay 100% for hospice services for Alzheimer's disease and any diagnosis where patients are determined to have a life expectancy of less than six months. Our hospice would need to obtain a physician's order to evaluate your mother to see if she meets the hospice Medicare guidelines of a 6 month prognosis to qualify for hospice care services.



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

In considering a nursing home for future placement of a family member, I am told that I should review the home's most recent state survey. Where can I obtain one?

Survey results are posted online at www.medicare.gov/NHCompare. You may search the site by city, zip code, or the name of the particular homes. It will give you a comparison of each home to the state and national averages of issues cited. If you do not have Internet access, you may ask the nursing home staff to see the survey since homes are required to display a copy of their most recent survey in a public area.



Vicki Ott
Highland Place
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 45.

I am 70 years old and am very nearsighted. I noticed that area doctors have been promoting LASIK to correct nearsightedness. Am I a candidate at my age and does Medicare cover any part of the costs?

LASIK is usually not a first option for people over age 65 because of cataracts. There is a new Multifocal Lens available now called ReStor that allows people with cataracts to see like they did at 25! 80% of people who have the Restor lens implanted are completely free from glasses. Medicare does cover some of the cost of the new lens. To find out if you are a ReStor candidate, call our office at 212-3937 for a screening exam.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
(318) 212-3937;
See our ad on page 26.

My grandchild complains of shoulder, neck and back pain when in school. Could this be due to his heavy backpack?

Yes. Backpacks are designed to distribute weight to larger muscle groups that can handle the load. Backpacks should have 2 padded wide shoulder straps, a padded back, and a waist strap (for heavier loads). Also backpacks should light and not add to the load. Rolling backpacks are an alternative, although stairs are a problem. Your grandchild should use both shoulder straps, tighten straps so the pack is 2 inches above the waist and closest to the body, not pack more than 20% of the child's body weight in the backpack, and pack only what he needs. Pack heavier items close to the back and unpack unnecessary items in the locker.



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



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www.highlandplacernc.com



Vicki Ott
Executive Administrator



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THE BEST OF TIMES BALLOON RALLY CONTEST

Visit the Red River Balloon Rally
July 13 or 14 at LSU Shreveport.

Find The Best of Times sponsored balloon.
Take a digital photo of yourself by the balloon
with our logo visible in the photo.

**Email your photo, along with contact info to
gary.calligas@gmail.com by July 17.**

Three lucky winners will each win two (2)
Season Memberships to Shreveport Little Theatre's
five mainstage performances.
(Each prize valued at \$206).

PUZZLE answers

Crossword

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

Sudoku

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

Word Search

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

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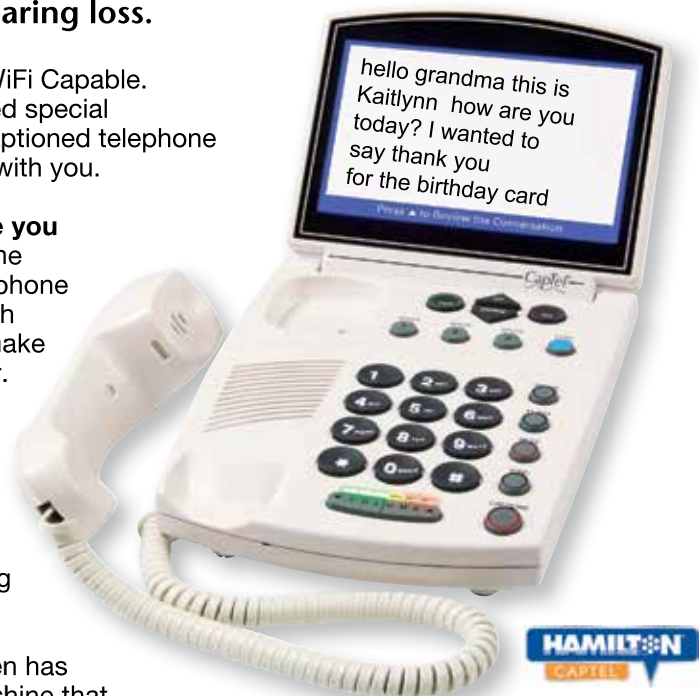
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Do you get discouraged when you hear your telephone ring? Do you avoid using your phone because hearing difficulties make it hard to understand the person on the other end of the line? For many Americans the telephone conversation – once an important part of everyday life – has become a thing of the past. Because they can't understand what is said to them on the phone, they're often cut off from friends, family, doctors and caregivers. Now, thanks to innovative technology there is finally a better way.

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When you need nursing home care, how will you pay for it?

This is No Time to Delay

Nursing home care can cost over \$5000 per month.

Fees like that can wipe out your savings in short order, leaving you to the bare minimum of care covered by Medicaid and nothing extra. Extras like recreation. Like dental care. Like extra personal care. And something to your children instead of going broke.

With a good plan, you can qualify for Medicaid and still preserve your wealth to supplement what Medicaid will pay for—and you can even leave something for your children.

Let Joe Gilsoul and Lee Aronson guide you in setting up a plan that suits your needs and circumstances. Their philosophy is to take the time and care required to get to know you, your goals, and your finances and to help you devise a plan customized to your unique needs.



FREE Seminar!

**July 7
2:00 p.m.**

**Shreve Memorial Library
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1212 Captain Shreve Drive
Shreveport**

**Call 524-9966 to
reserve your spot.**



Joe Gilsoul



Lee Aronson

Gilsoul & Associates, LLC

2950 Fairfield Avenue, Suite 300 • Shreveport, LA • 524-9966

For more information, please visit our website at www.gilsoul-law.com or email firm@gilsoul-law.com.

Joe offers over 32 years of experience in elder law, and Lee over 22 years.

Both have appeared on The Best of Times Radio Hour, and Lee is the author of an award-winning monthly column for The Best of Times magazine. Each gives frequent lectures to the public on elder law related issues, and Joe has presented at seminars for attorneys at LSU Law School and the Louisiana State Bar Association.