

January 2020

# The Best Of Times

*"Celebrating Age  
and Maturity"*

*Also Inside*

Health Myths That  
You Think Are True

Opening  
Communications  
With an Aging  
Parent



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**Did You Know? Family Stories  
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Specialist with LA Dept of  
Insurance*

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**Raising an Aging Parent**  
*Dr. Ken Druck, Author and  
Aging Specialist*

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on APPLE Podcasts at The Best of Times Radio Hour

# The Best Of Times

January 2020 • Vol. 29, No. 1  
Founded 1992 as *Senior Scene News*  
ISSN Library of Congress  
#1551-4366

A monthly publication from:  
TBT Multimedia, LLC  
P.O. Box 19510  
Shreveport, LA 71149  
(318) 636-5510  
[www.TheBestOfTimesNews.com](http://www.TheBestOfTimesNews.com)

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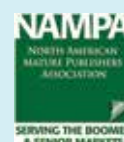
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# Stat!

## Medical News & Info

### Getting Enough Sleep May Help Skin Wounds Heal Faster

Getting more sleep may help wound healing, and a nutrition supplement may also help, according to a new study published in *Journal of Applied Physiology*.

Physical and emotional stress and poor nutrition have been found to weaken the immune system. Previous studies suggest that boosting nutrients such as vitamin C, omega-3 and other amino acids reduces inflammation and speeds post-surgical healing. The study found that during times of sleep deprivation, maintaining a higher protein intake and consuming additional immune-enhancing vitamins and minerals may help boost the immune response. However, more research is needed, the researchers said.



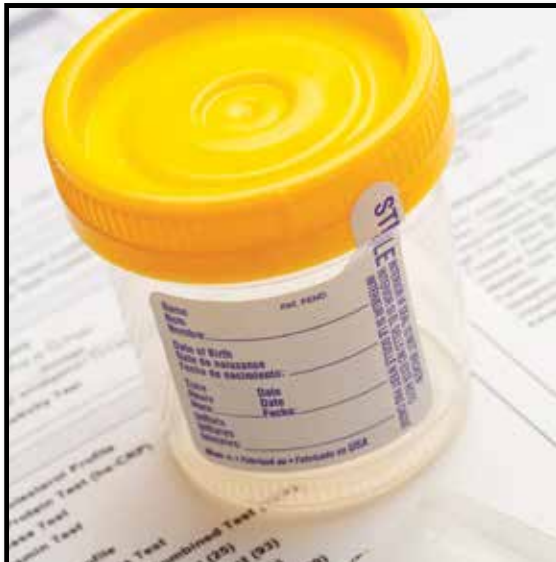
### Taming Chronic Inflammation May Reduce Illness, Save Lives

Scientists from 22 institutions are recommending early diagnosis, prevention and treatment of severe chronic inflammation to reduce the risk of chronic disease and death worldwide. The group of international experts point to inflammation-related diseases as the cause of 50 percent of all deaths worldwide. Inflammation is a naturally occurring response by the body's immune system that helps fight illness and infection. In an article, published in the journal *Nature Medicine*, the authors describe how persistent and severe inflammation in the body plays a key role in heart disease, cancer, diabetes, kidney disease, non-alcoholic fatty liver disease, and autoimmune and neurodegenerative disorders. Future research should focus on identifying ways to better diagnose and treat severe chronic inflammation. Doing so may not only extend life, but also help reduce chronic disease worldwide.



### Home Urine Test for Prostate Cancer Could Revolutionize Diagnosis

A simple urine test under development for prostate cancer detection can use urine samples collected at home - according to new research from University of East Anglia and the Norfolk and Norwich University Hospital. Scientists pioneered the test which diagnoses aggressive prostate cancer and predicts whether patients will require treatment up to five years earlier than standard clinical methods. Their latest study shows how the 'PUR' test (Prostate Urine Risk) could be performed on samples collected at home, so men don't have to come into the clinic to provide a urine sample - or have to undergo an uncomfortable rectal examination.





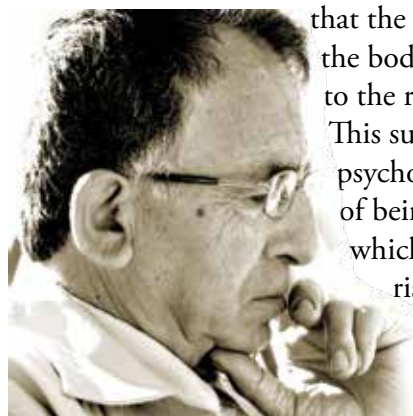
## Extra Weight in 60s May Be Linked to Brain Thinning Years Later

Having a bigger waistline and a high body mass index (BMI) in your 60s may be linked with greater signs of brain aging years later, according to a study published in an online issue of *Neurology*®. The study suggests that these factors may accelerate brain aging by at least a decade. Researchers with the University of Miami Miller School of Medicine noted that people with bigger waists and higher BMI were more likely to have thinning in the cortex area of the brain, which implies that obesity is associated with reduced gray matter of the brain. These associations add weight to the theory that having poor health indicators in mid-life may increase the risk for brain aging and problems with memory and thinking skills in later life.



## Excess Body Fat Increases the Risk of Depression

Carrying ten kilograms (22 pounds) of excess body fat increases the risk of depression by 17%. The more fat, the greater the probability of developing depression. This is the main conclusion of a new study carried out by researchers from Aarhus University and Aarhus University Hospital, Denmark. The study also indicated



that the location of the fat on the body makes no difference to the risk of depression. This suggests that it is the psychological consequences of being overweight or obese which leads to the increased risk of depression, and not the direct biological effect of the fat.

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# Odds & Ends



## NEW TOOL TO FIGHT SOCIAL SECURITY SCAM

A new tool has been launched by the Social Security Administration (SSA) and the SSA Office of the Inspector General (OIG) to combat Social Security scams. The portal, which is prominently displayed on the OIG's website (<https://oig.ssa.gov/>), allows consumers to easily report instances of the Social Security impostor scam. The data will help the OIG identify investigative leads, which could help track down criminal entities or individuals participating in or facilitating these scams. The Social Security scam involves criminals impersonating Social Security staff and calling victims to tell them that their Social Security number has been compromised and used by someone else or that their Social Security number has been suspended and that there is a warrant for their arrest. The fraudsters claim they need additional information from victims to verify their identity.

## VISIONARY LEADER CELEBRATED FOR A LIFETIME OF TRANSFORMATIONAL ACHIEVEMENTS

Chicago-based Catholic Extension has selected Shreveporter **Mack McCarter** to receive the 2019 - 2020 Lumen Christi Award, the highest honor bestowed on a missionary working in the United States. McCarter is being recognized for his lifetime of work uniting and transforming communities across the nation through his organization, Community Renewal International (CRI). CRI volunteers build homes in low-income areas, host after-school and adult literacy programs, and unite neighborhoods. McCarter's visionary work has been so effective, crime has dropped in some Shreveport neighborhoods by 52%. McCarter was one of 49 inspirational nominees this year and one of 11 finalists.



## PERSONALITY TRAITS AFFECT RETIREMENT SPENDING

How quickly you spend your savings in retirement may have as much or more to do with your personality than whether you have a lot of debt or want to leave an inheritance. A new study published by the *American Psychological Association* found that people who are more agreeable or more open to new experiences – or those who are more neurotic or negative -- might spend their retirement savings at a faster rate than those who are more extroverted or have a positive attitude. The findings suggest that financial professionals should take the personality traits of their clients into account when developing retirement strategies instead of focusing entirely on their clients' financial situation.

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## Wills Must Follow Form

by Judge Jeff Cox

In the last few months, I have been reading cases regarding wills that have come out of our Louisiana Supreme Court. In reading some of these cases, it has been amazing to me why the wills cited in these cases do not follow the form required by law under our Louisiana Civil Code. The Louisiana Civil Code is very specific in the form a will must take when it is signed. Although the Louisiana Civil Code allows a court to try to find if the will meets the requirements of the Code, if the will does not follow those requirements, the Supreme Court has been moving to a stricter interpretation and nullifying the defective will.

In one case, the witnesses did not sign the will. Louisiana Civil Code Article 1577 requires that in a notarial will, the signature of the witnesses must follow a clause specifically indicating that the testament has been declared by the testator to be his or her last will and that the testator has signed at the end and on each other separate page in the presence of the witnesses, testator, and notary public. The complete absence of any attestation clause by the witnesses simply cannot be cured, and the failure to include it results in an absolute nullity according to Louisiana Civil Code Article 1573. This means that the will was given no effect and the person died without a will, or intestate.

In another case that I read, the person making the will did not follow the Louisiana Civil Code. The testator had originally made a will following the prescribed manner under the Louisiana Civil



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Code. In the second will that the person attempted to make, the testator signed the will but did not follow the prescribed Code article. The court declared the second will null because it did not follow the form prescribed by the Louisiana Civil Code. The court went on to state that although the will did not meet the form prescribed the Louisiana Civil Code, it did show an intent by the person to renounce the earlier will since he signed the document before a notary and two witnesses. The court determined that both wills failed and then determined that the person died intestate.

In another recent case, the testator died with two wills. One was a notarial will done before a Notary and two witnesses. The other will was an attempt to do an Olographic Will, which requires that the will be written, signed, and dated in the testator's handwriting. In an attempt to leave a legacy to a friend, the testator attempted to handwrite a will, signed the will, but did not date the will in his handwriting. The testator took the will to a Notary Public and the Notary Public dated the will. The Appellate Court determined that in order to meet the formality of an Olographic Will, the will must be entirely handwritten, signed, and dated in the testator's handwriting. As such, the will was determined not to be valid and the legacy to the friend failed.

In this same case, the testator attempted to do a joint will with another person leaving a legacy to a friend. The Louisiana Civil Code is very specific and does allow joint wills by persons in the State of Louisiana. Each person in the State of Louisiana must do their own individual will.

These cases strongly indicate that form is critical in wills. If the form is not followed, the will shall be declared invalid and the person will die intestate if they do not have a valid will at the time of their death. Using forms off the internet or trying

to do your own will in order to save money may cost you more money and time than you anticipated. It is always a wise idea to consult an attorney who is familiar in this area of the law and allow them to assist you in preparing a will.

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



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## Opening Communications With An Aging Parent

*from the American Counseling Association*

**M**any families today are facing the important issue of having one or more aging parents reaching the point where they can no longer care for themselves as they once did. Understanding and accepting that point in life is difficult for most people, regardless of their age.

It's not easy to admit that one's physical abilities have deteriorated with age and that many of the seemingly simple activities of daily life are slipping past one's capabilities. This is a time when family members usually have to step in, but even beginning to discuss such issues can be difficult, and reaching decisions about health services, living arrangements, financial situations and similar topics related to loss of independence can be very frustrating.

Numerous emotional elements play into what are always going to be life-changing discussions about decisions regarding assisted living, surrendering a driver's license, having a will and similar topics.

While these discussions with an aging parent are necessary, there are ways to approach such talks to make them less difficult and more likely to lead to desired results. Some tips to help include:

- Use "I" statements to talk about what you feel regarding



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an issue. Don't take the position that whatever you believe is correct while the parent's views are simply wrong.

- Plan a good time and place for important conversations where your parent will feel comfortable.
  - Don't have multiple family members gang up on your parent. Consider including someone you and your parent mutually trust.
  - Don't dominate the discussion. Respect your parent's right to argue and disagree. Listen to your parent's views and ideas, especially when the subject involves major decisions.
  - Don't be judgmental or dictate what "has to be." This only helps initiate a stubborn fight.
  - Accept that making necessary decisions will take time.
- Your job is to offer advice and support, not demand how things must change immediately. Even when there seem to be no alternatives, it will take time for an aging parent to accept the inevitable.

It can be emotionally difficult for the parent, as well as the child, when that aging parent can no longer manage living on his or her own. Effective discussions on changes can be much more productive, and far less traumatic, than simply trying to dictate decisions. And if extra help is needed, consider seeking out a professional counselor who specializes in geriatric issues.

*"Counseling Corner" is provided by the American Counseling Association. Comments and questions to [ACAcorn@counseling.org](mailto:ACAcorn@counseling.org) or visit the ACA website at [www.counseling.org](http://www.counseling.org).*



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## To Nuke, or Not to Nuke?

by Abigail McAlister

**M**icrowaves are one of the 20th century's most useful inventions. In fact, over 90% of American homes have at least one microwave. The basics of using this appliance are widely known, but there are also some important pointers for keeping our foods safe and nutritious when heating with a microwave.

While microwaves heat food and kill bacteria, they don't heat as evenly as a conventional oven. To help your foods cook through, spread them out in a covered dish, adding liquid if needed. Cover your dish with plastic wrap or a lid to help trap heat in and cook food more thoroughly. Bones can keep meat from cooking properly, so make sure to de-bone large portions of meat before microwaving them. Another important tip for microwaving is to utilize standing time. Much like letting meat or poultry sit after cooking, standing time is the time frame where covered food sits and continues to cook after it has been microwaved. Before enjoying microwaved food, let it sit covered for a minute or two so it can finish cooking. A food thermometer is also important to make sure your foods are fully cooked. After microwaving a dish, check the temperature in several locations to make sure all parts of the food have reached a safe temperature. The recommended internal temperature for reheated foods, such as microwaved leftovers, is 165 degrees Fahrenheit.

Using microwave-friendly containers and cookware is another important aspect of microwave safety. Ceramic containers, glass, and plastics that are microwave-safe will generally be labeled safe for microwave oven use. Materials to avoid microwaving include metal pans; brown paper bags; newspaper; foam dishes or trays; china with metallic trim or paint; metal twist ties; aluminum foil; take-out containers with metal handles; and any packaging that has been warped



or melted during heating. Some may find it handy to heat leftovers stored in plastic yogurt cartons, margarine tubs, and sour cream or cottage cheese containers, but these items are actually not safe for the microwave. The plastic material is suitable for storing foods in the refrigerator but it's not safe for cooking, as chemicals from the packaging may migrate into food.

A common concern is the overall safety of microwaving. Is cooking our foods with waves of energy even safe? Actually,

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yes. Despite common misconceptions that microwaving is “radioactive” or dangerous, it’s very rare that a person would suffer from radiation injuries, and these would only be due to a faulty microwave or improper operation. Also, microwaves are a form of non-ionizing radiation, which means they don’t have enough energy to cause damage to our bodies. To avoid radiation leakage, be sure your microwave is functioning properly. Malfunctions that may put a user at risk for exposure to radiation leakage are a microwave that operates while the door is open or a damaged door, hinge, latch, or seal. If your microwave is having any of these issues, the FDA recommends to immediately discontinue using it. It’s also advised to report any safety issues to the microwave manufacturer, who is required to notify the FDA of the issue.

So, what about the nutrients in our foods? Do microwaves destroy them? Actually, microwaving can be one of the best ways to retain nutrients if done correctly. When cooking certain vegetables, it is inevitable that heat will break down some nutrients. Using cooking methods with shorter cooking times, like microwaving, and cooking with minimal water can help prevent nutrients from leaching out of vegetables. When microwaving your veggies, make sure to cook them with a small amount of water and until they are just steamed enough. Avoid overcooking them or using large amounts of water for steaming.

Microwaves are a convenient way to prepare foods in a pinch. From reheating leftovers to steaming vegetables and defrosting meats, the microwave is a practical appliance for the modern kitchen. With special care taken, heating foods with this handy tool can be quick, easy, nutritious, and safe.

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



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## Health Myths That You Think Are True

By Suzy Cohen, R.Ph.

### ABOUT EYES.

Contrary to popular belief, some people can keep their eyes open when they sneeze! Also, green is the rarest eye color to have.

### ABOUT THAT TRICK KNEE.

Some of you have a trick knee (or shoulder) that can predict weather. Basically, you can tell when bad weather or a storm is coming with one off our bum joints. As the barometric or atmospheric pressure drops (before a storm), tissues in joints expand a little bit, and your knee or shoulder may feel it and alert you by experiencing pain.

### ABOUT SPINACH.

Some nutritionists still recommend spinach for people who have iron-deficiency anemia due to the iron content. Even Popeye made it famous for build-

ing up muscles. But the fact is that the iron content isn't as high as you were told. It was mistakenly reported as 35 grams instead of 3.5 grams per serving, due to a printing error where the decimal point got moved. The chemist made a mistake in 1870 and it's still being perpetuated.

### ABOUT #2.

Pushing out waste in the wee hours of the morning doesn't happen because we have sophisticated neurons in our gut that follow our 24 hour circadian rhythm. The bladder however, is only so big, and you might not be able to hold urine for 6 hours while you're sleeping.

### ABOUT BURPING.

Also termed eructation, this is just your body expelling gas through your mouth. Most people burp between 8 and 20 times a day. It's not objectionable to burp out loud after eating



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a meal in certain parts of China, India and a small island in the Middle East.

#### ABOUT AMNESIA.

This occasionally happens after mind-blowing sex, and luckily it's temporary. People can lose their immediate memories. It's clinically termed "Transient Global Amnesia" and it can also occur after strenuous activity like vigorously exercising, jumping into hot water or a brain injury.

#### ABOUT HAIR.

The color grey is a neutral tone between black and white and it really just appears due to the absence of color in the hair shaft. While it's not a hard-fast rule, blondes have more hair on their heads than redheads, however each hair shaft is thinner in diameter. Redheads on the other hand, tend to have thicker hair shafts and less hair. Hair grows faster when you sleep.

#### ABOUT YOUR TONGUE.

Like that unique fingerprint, you also have your own tongue print. The average tongue has thousands of taste buds.

#### ABOUT YOUR TICKER.

A human heart will beat about 2.5 billion times in an average lifetime. By the way a football weighs just slightly more than your heart.

#### ABOUT KISSING.

It lowers cortisol which is a stress hormone known to inflame the body. So kissing is a natural anti-inflammatory. And get this, while I wouldn't call it romantic, it's still interesting... the longest kiss on record goes to a Thai couple who locked lips for a 58 hours and 35 minutes! Eeew.



Cohen

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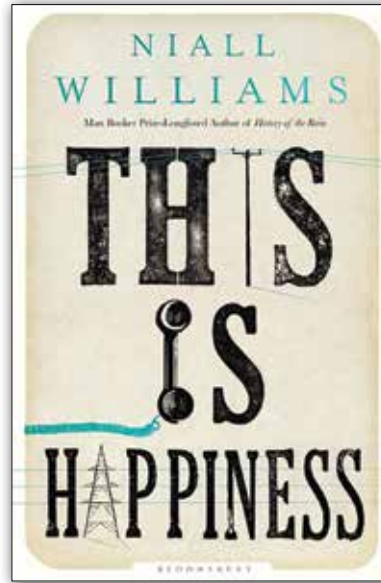


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## This is Happiness

by Niall Williams

I remember sitting by my grandfather's knee, listening to him tell stories of his childhood, chuckling all the while. *This is Happiness* is the book equivalent of those moments. In it, Noel, or "No" as he's called in the book, reflects back on his teenage years living with his grandparents in a small Irish town called Faha - a town where everyone knew one another and traditions were passed on from family member to family member for time immemorial. Nothing changed, and the people liked it that way.



Rinaudo

Change, however, found Faha in the form of electricity coming to town. And along with the push for power came the larger-than-life Christy, an electricity worker who boarded with No, and quickly drew the boy's full attention. Christy, as it turns out, was more than he seemed and his history of love and loss take on a life of their own as the people of Faha gossip about his deeds throughout their town.

The weather itself is its own character: relentless rain and unprecedented summers. So, too, is the all consuming life of the Catholic church within Faha. The characters revolved around its liturgical seasons and

had varying degrees of relationships both with their faith and their priest - all of which reflect back on their long standing roles within Faha.

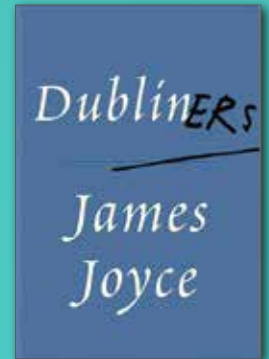
The book contains some of the most beautiful writing and lyrical descriptions I've ever read. Neighbors are described with good humor and an acceptance of their faults. Williams depiction of the people at Mass is told with such joy and realness that it's easy to feel like you're among them: "There was the world of children, twisting, turning, being sat, leg dangling. "Stop that." Turning, staring, fresh faced and wide eyed at the mystery of an adult on their knees behind them. Being pulled back, being sat again, but soon sliding off, finding the pews to be perfect pirate gangways, castle ramparts..."

I didn't read this book all in one go, instead I found myself wandering back to the book and sitting with it for chapters at a time, taking in the scenery and enjoying the charm of it. *This is Happiness* is a coming of age tale chock-full of nostalgia and beautiful language that's a joy to read.

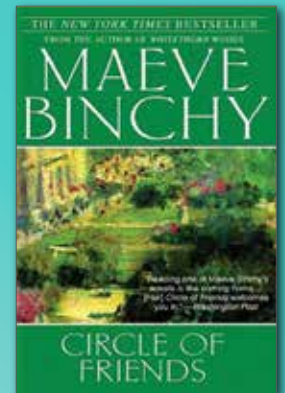
**Grade: B+**

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

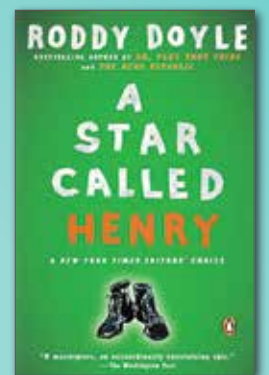
## Books About Life in Ireland



Fifteen stories about the lives of ordinary people in Dublin at the turn of the last century.



After growing up in small town Ireland Benny and Eve go to college in Dublin, where they meet a troublesome group new friends.



Henry Smart tells his life story from childhood in Dublin to soldier in the Irish Rebellion.





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## Lil' Ole Winemaker, Donna Mills

By Nick Thomas

**T**oasting the New Year by raising a glass of wine on December 31 is a tradition with many families and friends. But unlike most year-end revelers, actress Donna Mills can welcome the New Year with a bottle of wine from her own vineyard.

Schlepping up a hillside harvesting grapes probably wasn't an activity soap vixen Abby Ewing might have enjoyed on the old CBS TV series "Knots Landing." But Mills, who portrayed the manipulative character on the popular show for a decade, has no such reservations.

"I love working in the vineyard," said Mills from Mandeville Vineyards in Los Angeles where she lives with partner and fellow winemaker Larry Gilman (see [www.mandevillevineyards.com](http://www.mandevillevineyards.com)). "I'm up there in between the harvesting, too, because you have to maintain the plants."

"Up There" refers to the half-acre hillside behind Mills' 1-acre property which has been home to some 430 grapevines first planted in 2013. Before then, the area was overgrown with scrub brush and trees.

"One day Larry thought that maybe it could be converted into a vineyard. I said he was crazy, but he wouldn't take no for an answer. So he called experts to survey the area who said the soil would be okay to grow grapes but it wouldn't be easy."

With the help of a work crew, the land was cleared, Malbec and Cabernet grapes were planted, and the result of the first wines was rewarding.

"We won a silver medal at the prestigious San Francisco International Wine Competition for our first vintage," said Mills. "That made all the work seem worthwhile."

Fortunately, the devastating California fires last October spared Mills' property although her family was forced to evacuate their house for several days. But there have been previous hardships. "We lost the entire crop (in 2018) because we had a weird heat event where it was 116 degrees up on the hill for 2 days," she recalled. "It happened just as the grapes ripened so the heat turned them into raisins!"

Despite the career diversification as a vineyard owner, Mills still finds time for acting with three Christmas movies out last holiday season including "Christmas Wishes & Mistletoe Kisses" that debuted on the Hallmark Channel and which she called "one of those feel-good movies that Hallmark is famous for."

While acting and winemaking may seem to have little in common, Mills sees a link.

"Winemaking is very creative and what you do with the fruit is what determines how good the wine will be – like acting, in which you have a script but what you do with it determines how good the movie or play will be," she says. "The fact that we can grow fruit that makes wine that makes people happy is a true joy for me."

*Nick Thomas teaches at Auburn University at Montgomery in Alabama and has written features, columns, and interviews for over 750 newspapers and magazines.*

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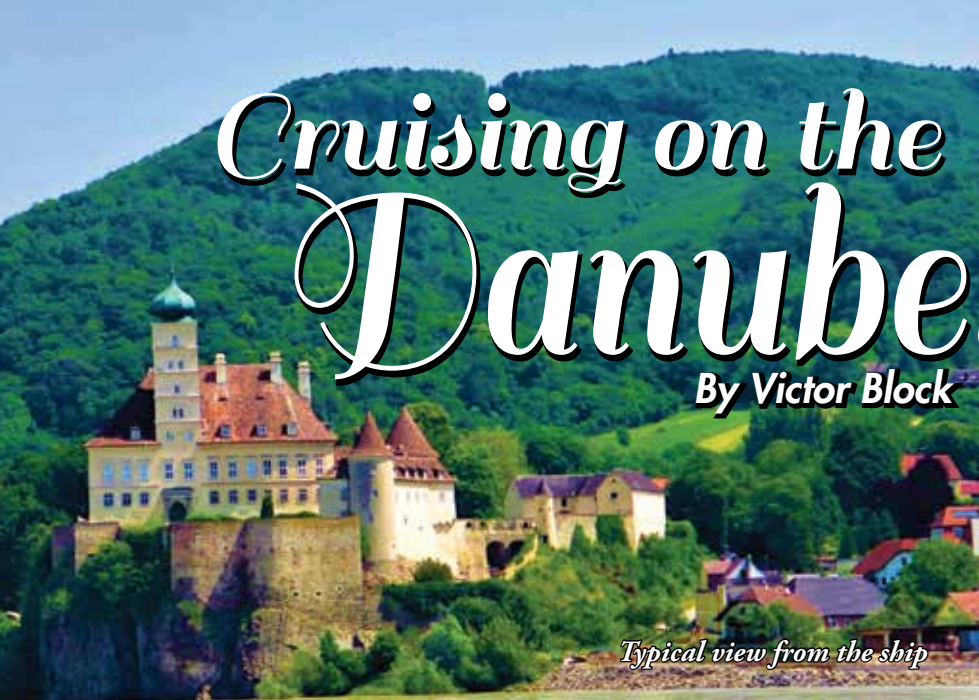
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# Cruising on the Danube...

By Victor Block



*Typical view from the ship*



*A narrow lane in Vienna*

“NOW WE’RE HEADING TOWARD DURNSTEIN, ONE OF THE LOVELIEST TOWNS IN AUSTRIA,” THE SHIP’S LOUDSPEAKER INTONED. “SO MANY ARTISTS HAVE PORTRAYED THE BEAUTIFUL SETTING THAT IT WAS CALLED THE PAINTERS’ CORNER.”

The fact is that on the way to Durnstein we sailed past lovely town after lovely town. My wife Fyllis and I joined other passengers in oohing and aahing over their beauty, and that of tiny villages that also hug the river banks. We spotted steeped churches, turreted castles and other historic landmarks, and marveled at scenery that made us wish that we had the talent to capture on canvass what we were seeing along the shoreline.

Just another day admiring majestic cities and tiny hamlets along the banks of the Danube River as it runs through through the Czech Republic, Austria, Slovakia and Hungary.

Our Grand Circle Cruise Line trip took us to Prague, Vienna and Budapest, three of the most magnificent cities in Europe, and little Bratislava, the capital of Slovakia. Their architectural riches and intriguing histories place them high on many travelers’ “must see” list.

For starters, each is an architectural showcase that spans centuries and styles. Many a beautiful palace, castle or cathedral, if located elsewhere, would be considered a cherished gem. Here it’s just another example of some of mankind’s most creative accomplishments.

The settings double as outdoor art and sculpture museums. Spires of churches and other structures pierce the skyline. A museum-quality selection of statues, frescoes and other adornments adds to the scene. Even in settings of such stunning architecture, spanning multiple centuries, some treasures stand out.

The Schonbrunn Palace in Vienna was built between 1696 and 1712 at the direction of Emperor Leopold I for his son, Joseph I. The goal was to have the 1,441-room castle equal the splendor of Versailles in Paris.



*The Palace Complex,  
Budapest*



*The Buda part of Budapest*





*Prague and the Charles Bridge*

Prague Castle, built more than 1,000 years ago, is the largest in Europe. The castle complex stretches over 18 acres, and encompasses a number of other buildings and inviting gardens.

The Bratislava Castle was erected in 1430 at the place where a fortification had stood since at least 800 AD. The white fortress-like structure, set off by a stocky tower at each corner, resembles a story book castle. It houses a museum which traces the history of the area from the Middle Ages to the present.

All four of the capital cities that we visited boast of world-class art museums. Collections include masterpieces by some of the most renowned painters and sculptors from various eras.

Exhibits in those cities and elsewhere also introduce visitors to a varied selection of other intriguing topics. For example, separate displays in the Czech Republic town of Cesky Krumlov trace the horrid history of torture, and introduce the magic of marionettes and puppetry.



*Marionette Museum in Cesky Krumlov, Czech Republic*

An equally light-hearted museum in Krems, Austria features caricatures and cartoon drawings, while among more than 100 galleries in Budapest, Hungary are those devoted to pin-ball machines and miniature bottles.

Along with excursions to such typical visitor attractions in port cities where our ship docked, and transportation to



*Schonbrunn Palace surrounded by gardens*



*Street musicians in Prague*

others just outside them, one of our most enjoyable and memorable experiences was a home-hosted dinner in Bratislava.

That provided an opportunity for us to get a basic education in many things Slovakian, while the family members with whom we dined had a 101-course in our lives.

During the ride to our destination, before splitting into small groups assigned to different families, our Program Director -- as Grand Circle identifies its tour guides, who are much more than that term might suggest -- encouraged us not to be shy about asking questions of our hosts. And we took him at his word.

We engaged them in a discussion of politics in their country and ours, compared the education systems and asked and answered questions about our respective situations regarding immigrants.

At their invitation we strolled through the lavish garden growing in the back yard, picked and sampled some of the vegetables and then enjoyed a dinner entrée of chickens which, we learned to our dismay, had been scampering around the fenced yard earlier that day. The lucky rabbits which shared the compound had escaped that fate -- at least for the time being.

That very personal interaction with a local family contrasted with our visits to monumental cathedrals and other famous landmarks. Both kinds of experience added to our knowledge and enjoyment.

*If you go. Among cruises that Grand Circle offers are five that ply the Danube River. Prices begin at \$2,195 including international air fare, all onboard meals with beverages, guided tours with headsets in every port, the use of e-bikes, and gratuities for local guides and drivers and a number of other amenities.*

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# BURGLARS, ROBBERS, & THIEVES, OH MY!

## How to Prevent Burglary and What To Do If It Happens When You're Home

by Kimberly Blaker

**I**t's something almost everyone has experienced. You're nearly asleep when suddenly, you're startled by a strange noise. Instantly, you're paralyzed by the fear of an intruder.

Fortunately, most of the time those bumps in the night turn out to be little more than the ice maker or house settling. Nonetheless, according to statistics by the U.S. Department of Justice, approximately 3.7 million burglaries occur each year. Most alarming is that someone is home 28% of the time – and 7% of those fall victim to violence.

So how can you protect your home and yourself? Prevention is the best line of defense. But it's equally important to be prepared and know what to do should a burglary occur when you're at home.

### BURGLARY PREVENTION

The front door is one of the most common entry points for burglars. In fact, it isn't uncommon for burglars to knock on the front door to see if anyone's home.

There are several things you can do to prevent unwanted entry into your home through doors. First, keep your doors locked at all times, whether you're home or not.


Also, install a deadbolt on all doors. Proper installation is crucial to your security. So follow the manufacturer's instructions to a T. Better yet, have locks installed by a locksmith.

Many security experts recommend double cylinder locks, particularly for doors with glass panes, sidelights, or within 40" of a window. A cylinder lock requires the use of a key on both sides of the door. For that reason, cylinder locks pose other safety risks and are an inconvenience. As a result, most people end up leaving the key inserted in the deadbolt on the interior, which defeats the purpose of a cylinder lock.

The safer option is to install a solid metal or wood door with a peephole.







**DON'T HIDE A  
KEY UNDER THE  
DOORMAT, PLANTER,  
OR ELSEWHERE.  
BURGLARS KNOW  
PEOPLE COMMONLY  
HIDE KEYS IN THESE  
AND OTHER PLACES.**

If you have a sidelight, consider eliminating it and framing in the area. Alternatively, you can add decorative iron security bars to the sidelight. Security window film can also prevent entry, or at least slow down a burglar.

## **Patio doors**

Typically, sliding glass doors don't come with very secure locks. But there's a variety of locks available for sliding doors such as keyed patio door locks and security pins. A security bar or wooden dowel placed in the door track will also add a good layer of protection.

As with sidelights, security window film will make the glass more difficult to break. Decorative security film will also add privacy. Before you purchase security film, do your research. The thicker the film, the more effective it is in preventing glass breakage.

## **Windows**

First, make it a habit to lock your windows every time you close them, even if you plan to reopen them later. Otherwise, it's easy to forget about them when you leave or go to bed.

The latches that come with most windows do offer some security. But did you know skilled burglars can pry open windows secured only by these latches? Therefore, keyed window locks or other security window locks add an extra

layer of protection.

Also, as with sliding doors, a wooden dowel can be wedged in the window track. Security window film will also slow down burglars or prevent glass breakage.

Decorative iron security bars are another option. But it's crucial they have easy fire-release hardware so you can escape in the event of a fire. Bear in mind these can also slow down firefighters from being able to make a rescue.

Finally, don't forget about your basement windows. Small burglars can and do enter this way.

## **Security alarms**

At one time, security alarms weren't an affordable option for most people. But today, there are window and door alarms to fit nearly every budget.

Although security alarms don't block access, they can be a deterrent. Some would-be burglars avoid homes with a security system sign posted outside. However, many burglars realize people often post signs when they don't have a security system and that most people often don't arm their systems. So it isn't a fail-proof deterrent.

Still, there are several benefits to security alarms. Many burglars are scared off when an alarm sounds. Also, you'll be alerted if someone does enter your home. Depending on the alarm and service plan you have, it may put in a call to the police as well.

Before you purchase security alarms, do your research, and get the best you can afford. Most security alarms don't alert you if a window is broken, only if it's opened. But there are glass-break alarms on the market.

Wireless alarms are often very affordable since you don't have to pay for installation. The drawback is you'll need to replace your batteries regularly. But they still add a level of security and offer peace of mind.

## Lighting

Make sure all entry points to your home, including windows, are well lit. This serves as a deterrent and also makes braver burglars more visible to you, neighbors, or passersby. If you don't want lights on all the time, install motion lights.

A very affordable option is wall mount solar lights. These can be had for only \$25 for a half a dozen lights.

Indoor lighting also deters burglars by creating the perception someone is home and awake. So leave one or two lights on in main rooms of your home at night or when you're away.

## Other prevention tips

Don't hide a key under the doormat, planter, or elsewhere. Burglars know people commonly hide keys in these and other places.

Keep shrubs and trees around your home trimmed, particularly near access points, so burglars don't have a hiding place.

Install window coverings on all windows and close them at night so burglars can't see in.

If you have a garage door opener in your car, keep your car locked at all times. Also, make sure the opener isn't in view. Better yet, keep it in your home.

Don't forget to lock the door from your garage to your home. Many burglars are able to access garages that are locked or secured by garage door openers.

## WHAT IF A BURGLARY OCCURS WHEN YOU'RE AT HOME?

Being prepared is crucial to reduce your risk of being a victim of violence. So first, consider ways you can escape your home safely.

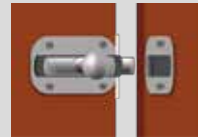
Two story homes or apartments that aren't

# 5 WAYS TO HELP PREVENT BURGLARY



### LOCK IT

Keep your doors locked at all times, whether you're home or not.



### BOLT IT

Install a deadbolt on ALL doors.



### INSTALL IT

Install a solid metal or wood door with a peephole.



### DECORATE IT

Add decorative iron security bars to the sidelight.



### LIGHT IT

Make sure all entry points to your home, including windows, are well lit.



at ground level pose an added challenge. So an escape ladder stored in an easily accessible spot is a worthwhile investment. You can also use the ladder to escape a fire.

Also, sleep with your bedroom door locked at night. That way you'll be able to hear if someone tries breaking in your room. Because bedroom door locks are easy to pick, consider installing keyed door knobs.

A safe room in your home is a good plan. Choose a room, closet, or bathroom that's easily accessible, particularly if a burglary occurs at night. A room with an escape route is optimal. Install a deadbolt on the door. For better security, hang a solid wood or steel door on the room. If possible, keep an extra phone in there. In the event burglars do try to enter the safe room you're in, they likely realize you're in there. So tell them "we've" called the police, so they don't think you're alone.

Carefully consider the pros and cons of keeping a weapon near your bed or in your safe area and the type of weapon. Realize guns are more likely to be turned against gun owners.

Even weapons such as a knife or pepper spray can increase your risk depending on many variables. First, most burglars don't intend to cause harm. But if they feel threatened, things can quickly escalate, and you don't know if the burglar is carrying a gun or other weapon. Also, pepper spray has a high incidence of not working. Even when it does, the mist can end up in your own eyes and anyone else's in close proximity.

Still, it's a good idea to sleep with your car keys next

to your bed. If you hear a burglar, hit the panic button. Sometimes this will scare off an intruder who fears neighbors will awake.

Also, keep your phone near your bed at night and fully charged.

If a burglar is at your door and hasn't yet gained access to your home, tell him through the locked door that you "and your husband" are home and have already called the police. Then immediately dial 911. Don't let a stranger convince you they're there for another reason and to open the door.

If you think a burglar is already inside your home, you don't know his intentions. So quietly grab your phone and lock yourself in a room, preferably one with an escape window. Be as quiet as possible and call 911. Give dispatch your address followed by the details. That way if your call is disrupted, dispatch knows your location. Then stay on the phone until dispatch informs you police have arrived and it's safe to come out.

At this point, if there's an escape route in the locked room you're in, it's time to get out. Do so as quietly as possible while remaining on the phone with dispatch.

Finally, once you've developed a safety plan and backup plan, practice them so you're prepared in the event of a burglary.

*Kimberly Blaker is a freelance lifestyle writer. She's also founder and director of KB Creative Digital Services, a niche marketing agency for the healthcare and mental health industries at [kbcreativedigital.com](http://kbcreativedigital.com).*

**IT'S A GOOD  
IDEA TO SLEEP  
WITH YOUR CAR  
KEYS NEXT  
TO YOUR BED.  
IF YOU HEAR  
A BURGLAR,  
HIT THE PANIC  
BUTTON.**





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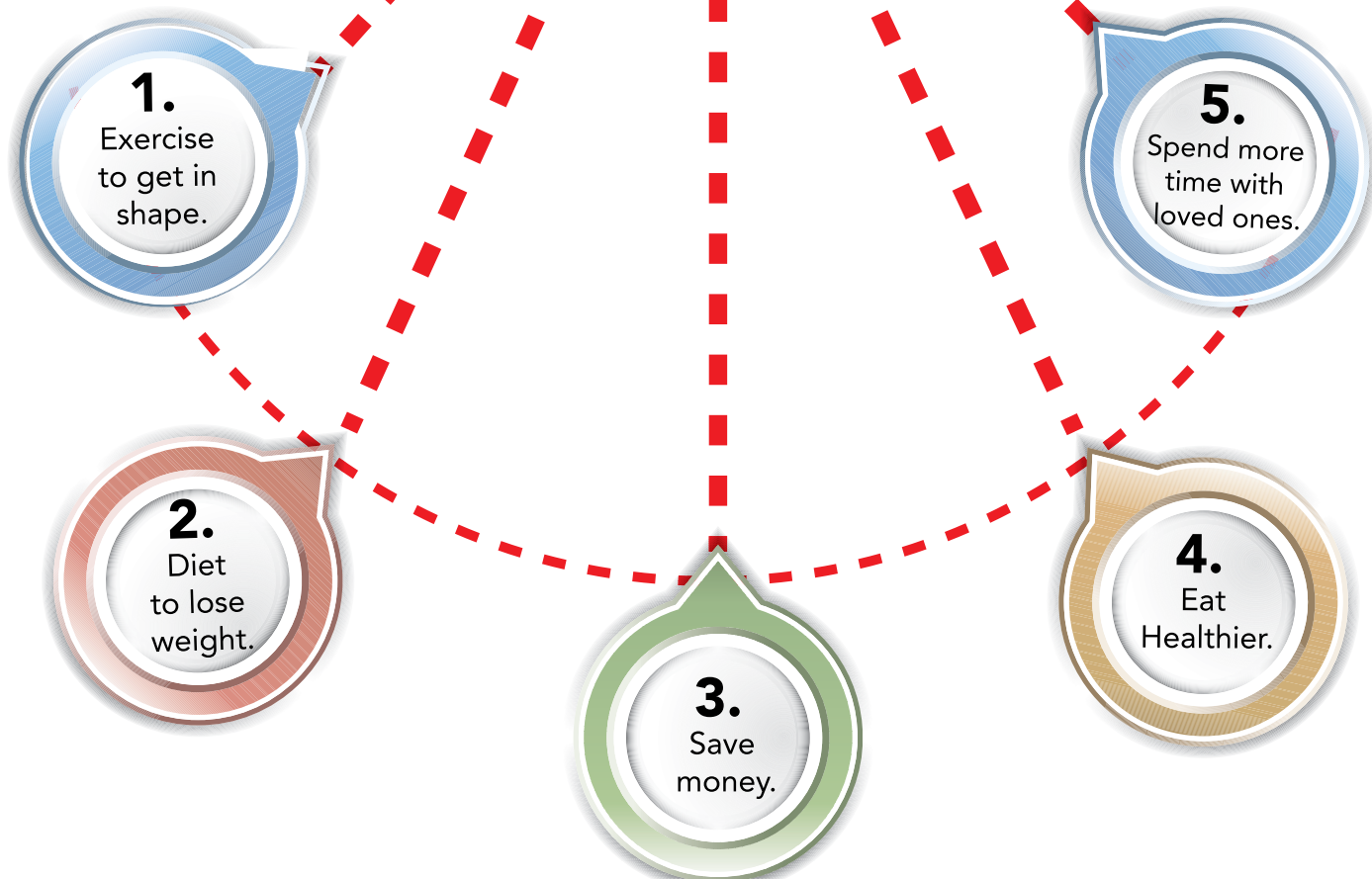




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*Angie Hayes*  
Administrator

*Highland Place Rehab & Nursing Center*

1736 Irving Place,  
Shreveport, LA 71101  
[www.highlandplacerc.com](http://www.highlandplacerc.com)

**Main Number:** (318) 221-1983

**Admissions:** (318) 841-8704



Highland Place welcomes all persons in need of our services without regard to race, age, disability, color, national origin, religion, marital status, gender and will make no determination regarding admissions or discharges based upon these factors. We comply with Section 504 of the Civil Rights Act.



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In many cases, special telescopic glasses can be prescribed to enhance visual performance. She can often help people read, watch TV, see the computer and sometimes drive.

Telescopic glasses cost between \$1900-\$2600. It is a small price to pay for the hours of enjoyment with better vision and more independence.

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## Rachmaninoff & the Firebird

SAT., FEB. 1, 2020—7:30 PM

RiverView Theater

Michael Buttermann, conductor

McTEE Circuits

**Aleksi Moriarty, video artist**

RACHMANINOFF

Piano Concerto No. 1

**Dominic Muzzi,**

**Wideman Gold Medalist**

HOVHANESS Symphony No. 2

("Mysterious Mountain")

**Stephen Lias, video artist**

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## Do you recognize any of the people or 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](mailto:editor.calligas@gmail.com) or Laura at [laura.mcmemore@lsus.edu](mailto:laura.mcmemore@lsus.edu) if you have any memory or comments about these images.



(above) The photo was simply labeled "Rainbow Girls". We would love an ID of any of these people and some info about who the "Rainbow Girls" were. (1953)

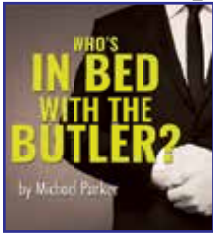
(below) Dignitaries at a housing opening ceremony in Shreveport, Feb. 1954. Mayor Clyde Fant is second from the right, front row. Others are not identified.



# THE SHREVEPORT LITTLE THEATRE

**98th SEASON 2019-2020**

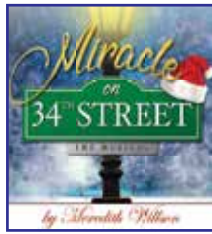
**Shreveport Little Theatre... American Theatre at its best!**



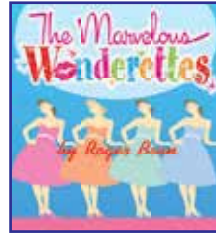
September 5-15, 2019



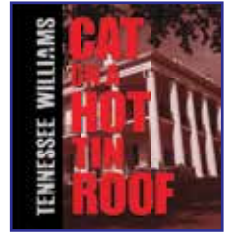
October 17 - 27, 2019



December 12-22, 2019



Feb. 27 - March 8, 2020



April 16 - 26, 2020

## ALL FIVE MAINSTAGE SHOWS

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**FOR MORE INFORMATION**

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A Season That  
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2019 | 2020



**2019**

**Richard Marx**

FRIDAY, SEPT. 6 • 8 PM

**Yakov Smirnoff**

FRIDAY, OCT. 4 • 8 PM

**The Color Purple**

SATURDAY, NOV. 16 • 8 PM

**A Christmas Carol**

THURSDAY, DEC. 5 • 7 PM

**2020**

**Finding Neverland**

SATURDAY, FEB. 8 • 8 PM

**An American in Paris**

FRIDAY, MARCH 6 • 8 PM

**Beautiful-  
The Carole King Musical**

FRIDAY, MARCH 27 • 8 PM

**You're A Good Man  
Charlie Brown**

SATURDAY, APRIL 4 • 7 PM

**Mutts Gone Nuts**

SATURDAY, MAY 2 • 2:30 PM

**One Night of Queen**

SATURDAY, JULY 25 • 8 PM

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# 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](http://www.facebook.com/twinblendsphotography).



(above) **The Davis Theater**, located at 913 Barksdale Boulevard in Bossier City, opened on May 17, 1942. The building is still there.

(below) **National Bank of Bossier** was located at 601 Barksdale Boulevard in Bossier City. It's now home to Hoot & Holler Archery. (Vintage portion of photo from Jack Barham collection)



# Avoid Nursing Home Costs Without Buying Insurance

**2:00 pm – 4:00 pm on JAN 16<sup>th</sup> – Thursday Afternoon**

**Broadmoor Branch Library in Shreveport**

1212 Captain Shreve Drive - Main Meeting Room

## Think it's too late?

**We routinely help families already paying thousands every month**  
for someone in a nursing home to save 65-100% of their estate

### Come and Learn:

- Ways to avoid paying \$5,500 to \$6,500 each month for a nursing home stay that could go on for years
- Ways to avoid losing your savings and even your home
- Ways a spouse can often draw up to \$3,160 per month of a nursing home patient's income or keep much more
- Ways to protect small or even very substantial estates without purchasing long-term care insurance

**Estate Rescue 2020**  
Don't Lose an Estate Paying for a Nursing Home

**Free Public Workshop — Reserve seats easily online or call:**  
**[safeplanningseminars.net/event](http://safeplanningseminars.net/event)**  
**318.869.3133**

**Can you answer “Yes” to all of the questions below? If not, call and reserve your seat!**

➤ **Did you know that if you have a spouse who needs long-term care that it's almost always possible to save practically everything with proper planning even if they're already in a nursing home?**

➤ Do you know why you **SHOULD NOT** have your children's names listed on your accounts? It's amazing how many unexpected problems it can cause!

➤ **Do you know what can go wrong with a trust?**

➤ Do you know why your Living Trust will likely make you ineligible for long-term care benefits, and what to do about it?

➤ Do you know what estate planning documents are needed and, most importantly, what they need to say to help protect your estate from courts and unintended consequences?

➤ Do you know there are **benefits available to many veterans and widows of veterans** that can help pay for long-term care and that many VA employees aren't aware of them?

➤ Do you know the common mistakes many families make when they have a loved one that is qualified for Medicaid that can knock them off their benefits?

➤ Did you know that the state has the right to recover money they spent on your care after you die and before it goes to your heirs? Do you know how to keep this from happening?

➤ Did you know that the nicest facilities in the area accept Medicaid patients and that you can choose your facility, not Medicaid?

➤ Have you implemented an estate plan that not only protects assets while you are alive but also passes them to your heirs in an efficient, low-cost, and tax-preferred manner?

➤ Do you have someone to guide you in the process of obtaining the benefits you deserve who can get results?

➤ If you or a family member is in a nursing home, do you want to have someone cut through bureaucracy and red tape to help you save thousands of dollars a month on their care?

➤ **Do you know about the changes in 2020?**



**EXPERIENCE MATTERS:** For over twenty years we've helped hundreds of clients save their estates from devastating nursing home costs. ***Come hear the truth!***







Photo courtesy of Getty Images

# Busy Season Solutions

## Quick and tasty meals and snacks

### FAMILY FEATURES

For those who are always on the go, it can be difficult to find time to whip up meals and snacks that are both nutritious and tasty. However, with some simple changes – and timesaving recipes – you can create delicious dishes and meals that will keep you feeling energized to fuel your busy lifestyle. Find more recipes to help kickstart a nutritious eating plan, at [Atkins.com](http://Atkins.com).

### Egg Roll Bowl with Shrimp

*Servings: 4*

- 5 cups frozen cauliflower rice
- 3 tablespoons canola oil
- 3 tablespoons sesame oil
- 4 teaspoons minced or pressed garlic
- 2 teaspoons ginger paste
- 6 cups pre-cut coleslaw (cabbage and carrots)
- 1 cup sliced red bell pepper
- ½ cup thinly sliced scallions, root and tips trimmed
- 1 teaspoon Chinese five-spice blend
- ¼ cup tamari soy sauce
- 2 tablespoons mirin rice cooking wine
- 1 pound cooked and peeled shrimp, thawed
- 4 teaspoons sesame seeds

In microwave, steam cauliflower according to package instructions.

While cauliflower is cooking, warm large, nonstick skillet with lid over medium heat. Add oils, swirl to coat pan and, when shimmering, add garlic and ginger. Sauté until sizzling and fragrant, stirring constantly, about 30 seconds.

Add coleslaw, bell pepper and scallions; continue sautéing, stirring frequently, until cabbage just begins to wilt, about 3 minutes.

Sprinkle on five-spice blend and stir to incorporate. Add soy sauce and mirin rice cooking wine to pan and stir to evenly coat cabbage. Add shrimp to skillet; toss to evenly distribute. Reduce

heat to medium-low, cover with lid and allow shrimp to warm, about 3 minutes.

Measure about 1 cup cooked cauliflower rice into bottom of four bowls. Top evenly with shrimp and cabbage mixture, about 1 cup vegetables and 9-11 large shrimp per serving, drizzling with pan sauce evenly. Sprinkle each bowl with 1 teaspoon sesame seeds and serve while hot.

**Notes:** To help meal come together quickly, use frozen cauliflower rice, pre-grated ginger paste, pre-minced jarred garlic and bagged coleslaw mix. Green onions and bell pepper can also be pre-sliced.

## Avocado Chocolate Mousse

*Servings: 4*

3 avocados

½ cup unsweetened coconut milk

½ cup sugar-free chocolate chips

2½ tablespoons cocoa powder

2 tablespoons Erythritol (low-carb sweetener)

3 teaspoons stevia-based sugar substitute

2 teaspoons vanilla extract

⅛ teaspoon salt

Mash avocado and place in blender with coconut milk. Blend until smooth.

In microwave-safe bowl, heat chocolate chips 20 seconds, stir well and heat in 10-second intervals until melted, stirring in-between. Once melted, add to avocado mixture and continue to blend while scraping down sides of bowl.

Add cocoa powder, sweetener, sugar substitute, vanilla and salt. Blend and scrape down sides of bowl until all ingredients are well combined and mousse is smooth and creamy. Add additional sugar substitute ¼ teaspoon at a time if sweeter mousse is desired.

**Note:** All ingredients should be at room temperature to make blending smooth and easy.



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### Questions About Your Medicare?

**Did you know you may be eligible for Additional Benefits?**

Represented by over 170 agents that have helped more than 70,000 Medicare beneficiaries, MMA has the experience necessary to help guide you or a loved one through anything Medicare related.

- Medicare Advantage
- Medicare Supplements
- Health Insurance
- Life Insurance
- Hospital Indemnity
- Medicaid

#### Need Additional Benefits?

- Dental/Dentures
- Vision/Hearing
- Prescription assistance
- Transportation
- Medicaid



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# PUZZLE pages

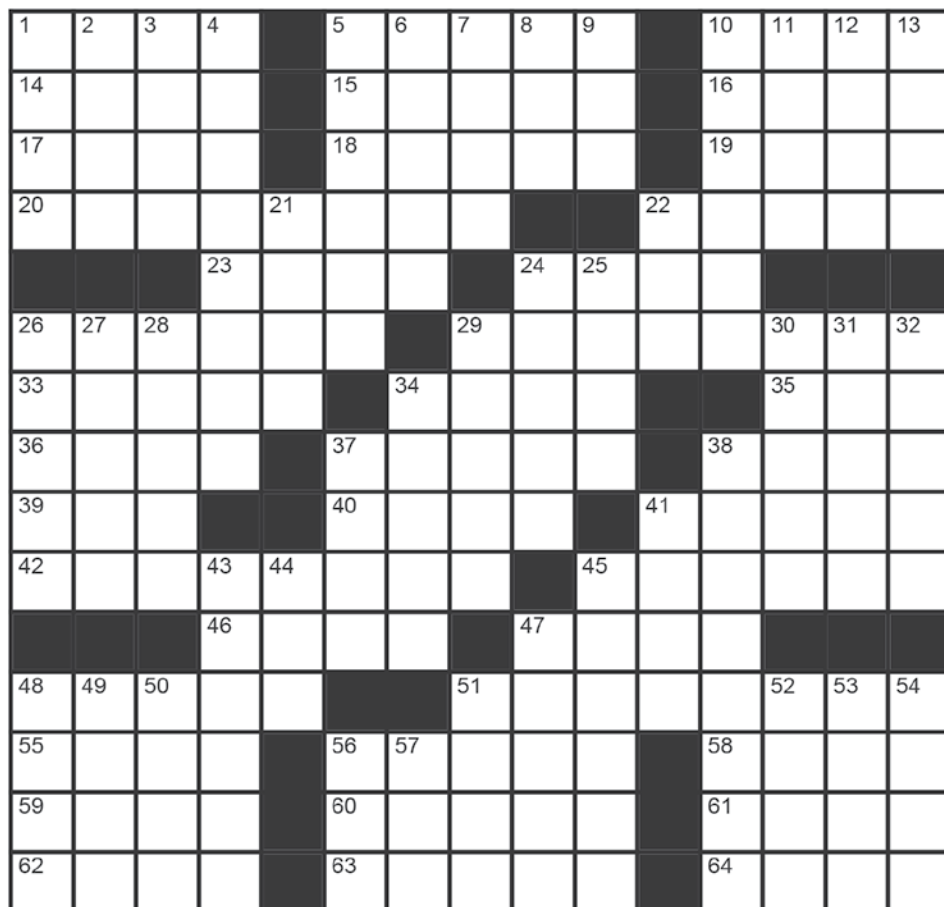
Turn to page 45 for all puzzle solutions.

## Across

- 1 Sinuous dance
- 5 City-like
- 10 Painter Chagall
- 14 Fiendish
- 15 Pacific island republic
- 16 Chinese nurse
- 17 Before boy or buoy
- 18 Boob tube
- 19 Kind of party
- 20 Restaurants
- 22 Scrooge
- 23 Mount Olympus dwellers
- 24 "Hurry up!"
- 26 Off the mark
- 29 Light dimmer
- 33 English romantic poet
- 34 Airplane assignment
- 35 Nuptial agreement
- 36 Rainbow goddess
- 37 Kind of game
- 38 North Carolina's Cape \_\_\_\_\_
- 39 Twosome
- 40 Coal unit
- 41 Acrobatic feat
- 42 Greek letters
- 45 Shanty
- 46 \_\_\_\_ of time
- 47 Penthouse feature
- 48 Midsection
- 51 Nautical lifting device
- 55 What's more
- 56 Get out of bed
- 58 Radiate
- 59 Descend
- 60 Busybody
- 61 Teed off
- 62 Branch headquarters?
- 63 Mystery writer's award
- 64 Distort

## Down

- 1 Daughter of Zeus
- 2 Eye part
- 3 Cheerful tune
- 4 Musical passages to be performed quickly
- 5 Messy
- 6 Four-star reviews
- 7 Kiss
- 8 "Chances \_\_\_\_"
- 9 Protein source
- 10 Morning prayers
- 11 Singer Tori
- 12 Fury
- 13 Blacken
- 21 Horse of a certain color
- 22 Farm call
- 24 Title-holder
- 25 Distribute, with "out"
- 26 Tolerate
- 27 Pancake topper
- 28 Singing groups
- 29 Lots and lots
- 30 Link
- 31 Show flexibility
- 32 Trunk
- 34 Walked stealthily
- 37 Coalition
- 38 Perfect
- 41 Graze
- 43 Shoe part
- 44 Blotto
- 45 One-dimensional
- 47 Peace Corps cousin
- 48 Drift
- 49 Winglike
- 50 Man, for one
- 51 Chicken order
- 52 In a frenzy
- 53 Father
- 54 One-dish meal
- 56 Sailor's assent
- 57 Inflamed



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## New Plans Now Available in Caddo, Bossier, Webster, Red River, and Surrounding Parishes.

Is your **Medicare supplement** cost going up each year?

Did you know that if you have a "Plan F" or "Plan G" Medicare Supplement that you may be eligible to get approved for the same exact coverage for a much cheaper rate? (If you have not had any major health issues in the last couple of years)

People will often say, "Well, Company X is always good about paying, I never get any bills." And they would be RIGHT! (They are contracted with Medicare)

But all Medicare Supplement companies are good about paying medical bills because they are required by law to do so.

Just like with car insurance...two people could be the same age, gender, have the same driving record, and the same coverage, but one person pays drastically more than the other. One particular company may have the best rates now, but several years from now, that can and will change.

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## Word Search

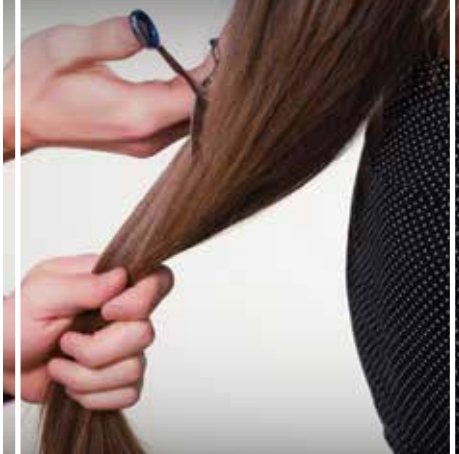
BEFORE & AFTER "SHOW"

AIR	OFF
AND TELL	PEEP
BOAT	PICTURE
BUSINESS	PLACE
CASED	PUPPET
DOG	ROAD
DOWN	ROOM
FLOOR	SIDE
GAME	STOPPER
HORSE	STRIP
LIGHT	TALK
MAGIC	TICKETS
ME STATE	TIME
MINSTREL	VARIETY
NEWS	WILD WEST

L	L	R	R	E	P	P	O	T	S	N	M	F	R	E	B	H
B	D	J	O	P	L	A	C	E	L	E	R	T	S	N	I	M
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C	I	G	A	M	O	T	J	R	L	T	H	E	D	U	T	E

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## Sudoku

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

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

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# SAVE the Date



Krewe of Elders Bal • Jan 24

## CONCERT

### ● The Music of Queen

Saturday, January 11 at 7:30 PM at Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. Windborne Music and the Shreveport Symphony Orchestra pay tribute to the timeless genius of Freddie Mercury and his bandmates. Soaring vocals, a full rock band and a live orchestra. Tickets are \$25 - \$69. Call 318-227-TUNE (8863) or shreveportsymphony.com.

### ● Rachmaninoff & the Firebird

Saturday, Feb. 1, 7:30 p.m. at Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. Featuring the



Rachmaninoff & Firebird • Feb. 1

Wideman Gold Medalist Dominic Muzzi. Two world-premiere videos add depth to this program. Tickets are \$25 - \$69. Call 318-227-TUNE (8863) or shreveportsymphony.com.

## COUNCILS ON AGING

### ● Bossier Council on Aging 706

Bearkat Drive, Bossier City

- Weekly Dances - Every Thursday evening from 7 to 9:30. \$6/person. Call 318-741-8302 or visit [www.bossiercoa.org](http://www.bossiercoa.org) for more info or to learn which band is playing on a particular date.
- Coffee and Conversation - Every Friday at 10:30 a.m. Speaker and topics can be found at [www.bossiercoa.org](http://www.bossiercoa.org).

### ● Caddo Council on Aging

Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. 9:30 a.m. Coffee and cookies; 10 a.m. program. **FREE**. Call 676.7900 for more information.

- Fridays, December 10, 17, 24, 31. 10 a.m. Senior Tech Talk. Introduction to Laptops, tablets and smart phones and other tech tips
- Thursday, Jan. 9. 10:00 a.m. "Bingo Under the Stars, Part II", Taylor Jerome

- Thursday, January 16. 10:00 a.m. "Magic to Geaux Smile" Eric Lang, Lang Orthodontist

- Thursday, January 23. 10:00 a.m. "VFW Post 4588", Commander Ron Delaney

- Monday, January 27. 1:00 - 2:00 at Cedar Grove/Line Ave. Branch Library, 8303 Line Avenue, Shreveport. Caddo Council on Aging Annual Board and Membership Meeting, Refreshments will be served.

- Thursday, January 30. 10:00 a.m. "Importance of Lab Values", Sierra Thomas, LPN, Elite Health Solutions

## EVENTS

### ● Auditions for Senior Follies

The Shreveport Little Theatre's Senior Acting Company is auditioning for talented men and women 55 years old and older to perform in the Louisiana Senior Follies premiering in Spring 2021. Come prepared with a one to two -minute presentation. Piano player will be provided or bring your own soundtrack. All talents are encouraged, including singers, dancers, actors, showgirls,

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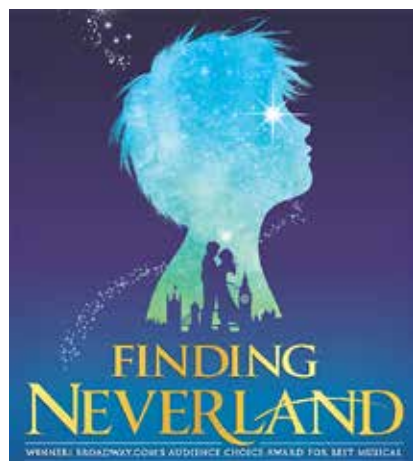
G A M B L I N G P R O B L E M ? C A L L 1 - 8 7 7 - 7 7 0 - 7 8 6 7

comedian, magicians, instrumentalists, specialty acts and more. Auditions will take place on Saturday February 1st and Sunday, February 2nd, from 2 to 5 pm at 812 Margaret Place in Shreveport. For more information, please call (318) 424-4439 or email to [boxoffice@shreveportlittletheatre.com](mailto:boxoffice@shreveportlittletheatre.com)

● **Christus Louisiana Athletic Club**  
Grand Re-opening. Thursday, January 13, 3 - 6 p.m. 9425 Healthplex Dr., Shreveport. Ribbon Cutting at 4:30. Exciting and fun events all day.

● **Family Health Day**  
February 8, 9 a.m. - 1 p.m., Feist-Weiller Cancer Center, 1405 Kings Highway, Shreveport. **FREE** health screenings and tests. No reservation required. **FREE** breakfast and lunch. **FREE** health information. Door Pizes. Call 318-813-1485 for more info.

● **Krewe of Elders Grande Bal**  
January 24 at 6 p.m. at the American



Neverland • Feb. 8

Legion on Cross Lake. Tickets: \$50 for members and \$65 for non-members. No tickets sold at door nor money exchanged. Cash bar, buffet. Entertainment by Lady Chazz and The Trampets.

● **Saturday Morning Art Collective**  
An experimental unstructured art program by Shreve Memorial Library, intended for adults who enjoy art. Every 2nd and 4th Saturday of each month from 10 a.m. to noon in Study Room A at the Broadmoor Branch Library, 1212 Captain Shreve Drive. No prior art experience is required. Participants may use the provided art supplies or bring their own supplies and art to share. No registration is required. For more information about this and other art programs at Shreve Memorial Library, please visit [www.shreve-lib.org](http://www.shreve-lib.org).

● **Sno-Port: The Science and Wonders of Snowflakes**  
Sci-Port Discovery Center, 820 Clyde Fant Parkway in downtown Shreveport. Sno-Port will transform the entire first floor of Sci-Port Discovery Center, and will include interactive exhibitions and activities including a blizzard tunnel, "Make-a-Flake," ice fishing, a chair lift ride, "Snowball Castle," igloo-building, "Snow Globe Discovery," and a virtual reality-enhanced experience called the "Red River Rocket Sled." Running through Jan. 30. \$5 for Sci-Port members and children ages 12 and younger, \$12 for adults, and free for children ages 1 and younger. Wednesdays, 9 a.m.-5 p.m.,



Art Collective • 2nd and 4th Sat.

Thursdays through Saturdays, 9 a.m.-8 p.m., Sundays, 12-5 p.m., and closed Mondays and Tuesdays. Visit [www.sciport.org](http://www.sciport.org) or call 318-424-3466.

## MEETING

### Creative Art Connection Monthly Meeting

630 Barksdale Blvd., Bossier City in The Annex. January 13, 6:00 – 8:00pm. Professional face painting artist Sandy Kalnasy will demonstrate and talk about her approach to face painting. Refreshments and social time will precede demonstration. Public is invited. **FREE**. For more information call 318-861-3324.

## THEATRE

### ● "Cry It Out"

Presented by the Shreveport, Little Theatre as a Lagniappe performance. January 10 and 11 at 7:30 p.m.; January 12 at 2 p.m. A comedy with dark edges, *Cry It Out* takes an honest look at the absurdities of being home with a baby,

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**The Best of Times**

Email submissions to  
editor.calligas@gmail.com  
by February 7th



# SAVE the *Date*



the power of female friendship, and the dilemma of going back to work. Tickets are \$15, Call (318) 424-4439 or email [boxoffice@shreveportlittletheatre.com](mailto:boxoffice@shreveportlittletheatre.com)

● **"Family Planning"**

Presented by the Shreveport Little Theatre as a Lagniappe performance. Jan. 24 and 25 at 7:30 p.m.; Jan. 26 at 2. First comes love. Then comes marriage. Then your parents move in. Tickets are \$15. Call (318) 424-4439 or email [boxoffice@shreveportlittletheatre.com](mailto:boxoffice@shreveportlittletheatre.com).

● **"Finding Neverland"**

Saturday, February 8 at 8 p.m. at the Strand Theatre, 619 Louisiana Ave, Shreveport. *Finding Neverland* tells the incredible story behind one of the

world's most beloved characters: Peter Pan. Based on the critically acclaimed Academy Award winning film. \$75, \$62 \$45, \$25 Student. For tickets call (318) 226-8555 or visit [thestrandtheatre.com](http://thestrandtheatre.com).

**WORKSHOP**

● **Estate Rescue**

Thursday, January 16, 2 – 4 p.m. Broadmoor Branch Library, 1212 Captain Shreve Dr, Main meeting room, Shreveport. Presented by SAFE Planning, Inc. Learn ways to protect your estate from nursing home costs without buying insurance. **FREE** and open to the public. Reserve your seat by calling 318-869-3133 or visit [safeplanningseminars.net/event](http://safeplanningseminars.net/event).

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A copy of US Passport is needed by  
March 1, 2020 to apply for Russia Visa  
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Total Cost for the June 25, 2020 tour  
from Shreveport is \$3,399 per person,  
based upon double occupancy for an  
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To make your reservations: Call Nexus Holidays  
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Mention tour code **NHFRR13-BOT**  
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# Answers from the Experts

EXPERTS: If you would like to help your community by answering a question here, call 636-5510

READERS: Send your questions to The Best of Times, Box 19510, Shreveport, LA 71149

## *What is a "floater" and can they be treated?*

A floater is debris in the vitreous fluid behind your lens. Vitreous is a clear fluid that allows light to pass all the way from your lens to your retina. Everyone has a little debris in the vitreous that floats around. When this debris passes through light it casts a shadow onto your retina and you see that as a floater. Some floaters are black dots, some look like strings and others can look like clouds that float across your vision. If we can see the floaters in the vitreous fluid and they are not too close to your retina, we can use a laser to break them up so you don't see them as much.



**Chris Shelby, MD**

WK Eye Institute  
7607 Youree Dr.  
Shreveport, LA 71105  
(318) 212-3937  
See our ad on page 12.

## *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 42, 48.

## *Is Osteoarthritis (OA) hereditary?*

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



**John J. Ferrell, M.D.**

Mid South Orthopaedics  
7925 Youree Drive;  
Suite 210  
Shreveport, LA 71105  
(318) 424-3400

## *What is a gasping and wheezing homeowner to do?*

As the supply ducts blow air into the rooms, return ducts pull in airborne dust especially of concern when your doors are open and suck it back into the blower. Add moisture to this mixture and you've got a breeding ground for allergy-inducing mites, and bacteria. Many filters commonly used today can't keep dust and debris from streaming into the air, and over time, sizable accumulations can form — think dust bunnies, only bigger.



**Mike Thomas**

AC Duct Cleaners  
9803 Hastings Court  
Shreveport, LA 71118  
(318) 218-0770  
See our ad on page 37.

## *How important is it to have my carpet cleaned every 18-24 months?*

One of the biggest unknown facts about carpet warranties are that you must get your carpet professionally cleaned every 18-24 months by a licensed floor cleaner, preferably with the hot water extraction method. Across the board of manufacturers this is to be found in the fine print of their warranty guides. Even though your carpet may not appear to be dirty after just 2 years, the professional cleaning process does remove debris that gets trapped down into the fibers and through the backing of the carpet. This will make your carpet last longer and hold retention better and result in the life of the carpet lasting longer.



**Trey McGee**

Henson Carpet One  
1609 Jimmie Davis  
Highway  
Bossier City, LA 71112  
(318) 746-3886

## *What can I do about the price of my Medicare supplement going up so much each year?*

Over time all Medicare supplements get more expensive as you get older. However, if you are relatively healthy, or have been over the past couple of years, there is a good chance you would be eligible to enroll in the exact same coverage perhaps with another company, at sometimes half the cost. Remember, a Plan F or Plan G has the same exact coverage under another company as the coverage you have now...the only difference is the premium you pay.



**Dewey Burchett**

Providus Financial Serv.  
318-572-4662 (call  
or text)  
Dburchett.providus-  
group@gmail.com  
See our ad on page 38.

## The Glen Annual Fall Luncheon

The Glen welcomed current and former board members for its annual fall luncheon on November 21 at Superior's Steakhouse. Attendees received an update on recent happenings at The Glen and plans for the future.



Jerry and Frank Moore



Carolyn Tillman and Kyle Dobbins



Linda Bundrick and Virginia Israel



Jane West, Debra Williams,  
and Shirley Wilhite



Sue Rubenstein, Marla Simmons, and Marie Davis



Rhonda Anglin and Ann Conrad-Falter

## PUZZLE answers (from page 38 & 39)



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



# Welcoming Dr. Jason Calligas to the Asthma, Allergy & ENT Center



Jason Calligas, MD

Ochsner LSU Health Shreveport's Asthma, Allergy & ENT Center is excited to welcome Dr. Calligas to the team at our Shreveport and Bossier City locations. Our Bossier City location offers allergy injections and treatment services. Our Shreveport location offers services from allergy injections to cochlear implants and solutions for chronic conditions. Our team of specialists treats patients of all ages.

Dr. Jason Calligas, a board-certified Otolaryngologist, provides a diverse, general ENT practice with clinical interests in head and neck cancer, endocrine surgery and chronic sinus disease. He attended LSU School of Medicine here in Shreveport, LA, and went on to complete his Internship and Residency in Otolaryngology at Emory University in Atlanta, GA. His areas of expertise and procedure experience cover all areas of ENT.

## Procedures:

### Otology

- Tympanostomy Tube Placement
- Tympanoplasty
- Mastoidectomy
- Management of Pulsatile Tinnitus

### Pediatric Otolaryngology

- Tympanostomy Tube Placement
- Tonsillectomy
- Adenoidectomy
- Frenectomy (upper lip tie and lingual)
- Congenital Mass Excision
- Lymph Node Biopsy
- Preauricular Pit Excision

### Head and Neck

- Excision of Cutaneous/Oral Oropharyngeal/Pharyngeal/Laryngeal Lesions
- Neck Dissections
- Thyroidectomy
- Parathyroidectomy
- Parotidectomy
- Laryngectomy
- Submandibular Gland Excision

### Rhinology

- Septoplasty (classic and endoscopic)
- Turbinate Reduction (celon and submucosal resection)
- Functional Endoscopic Sinus Surgery
- CSF Leak Repair
- Transnasal Endoscopic Skull Base Surgery


### Laryngology

- Injection Laryngoplasty
- Flexible and Direct Laryngoscopy
- Micro-Surgical Management of Laryngeal Lesions
- Laser Laryngoscopic Procedures

## Schedule an Appointment

 463 Ashley Ridge Blvd., Ste. 100  
Shreveport, LA 71106

 4440 Viking Dr., Ste. 100  
Bossier City, LA 71112\*  
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 318.221.3584



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- Full time Respiratory Therapist on staff
- Aide services for bathing, personal care, and feeding
- Social Worker to assist with resources
- Chaplain to provide spiritual support
- Medical equipment delivered to your home
- Medications provided and delivered to your door

Shreveport  
318.524.1046

Minden  
318.382.9396

Homer  
318.927.9217

Coushatta  
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*Locally Owned and Operated*

*home: patient's home, nursing home, or assisted living*



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