

October 2019

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**November 16th
Election**

Early voting for the **Saturday, November 16th** election will be held at the Caddo Registrar of Voters office, 525 Marshall Street, Suite 103, at the corner of Milam and Marshall Streets across from the courthouse in downtown Shreveport during the following dates and times:

**Open Saturday, November 2 through Saturday, November 9
(Closed Sunday, November 3)
8:30 a.m. – 6:00 p.m. each day**

All registered voters are eligible to vote on Governor, State, and Parish officials. Voters should bring proof of identification such as a driver's license, governmental ID, etc. For more information for what's on your ballot, please visit www.caddovoter.org and click on "Am I Registered?" or "What's on my Ballot?"

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October, 2019

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OCTOBER 5

**Senior/Boomer US
Congressional Activity**

*Mike Johnson, US Congressman
representing Louisiana's 4th
District*

OCTOBER 12

**Understanding Nutrition
Labels**

*Abigail McAlister, registered
dietician and nutrition agent with
LSU Ag Center*

OCTOBER 19

**2019 Senior Day Expo at the
Louisiana State Fair**

*Chris Giordano, President of The
Louisiana State Fair*

OCTOBER 26

Tales of Witchcraft

Sarah "Sally" Hamer, author and lecturer

NOVEMBER 2

Fascinating Trip to China

*Velma Johnson and Samuel Los, recent
visitors to China*

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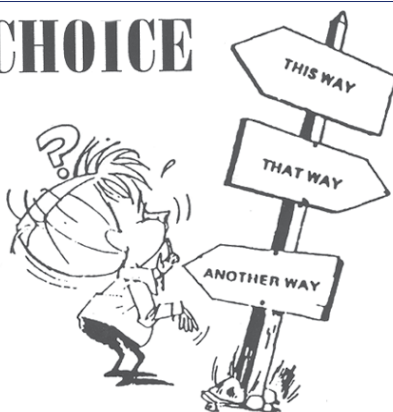
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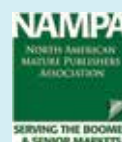
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To exhibit, email your request to gary.calligas@gmail.com by October 18, 2019. (Exhibit spaces are subject to availability)

Pre- Registration Entry Form for Senior Day EXPO and Grand Door Prize

(Must be present to win door prizes)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ E-mail Address: _____

Email the above information to seniordayexpo@gmail.com by October 22, 2019 with subject line: "2019 Senior Day Expo Registration" to pre-register for the Expo and be eligible to win a special grand door prize! Or, you may mail your registration form to: 2019 Senior Day EXPO, P. O. Box 19510, Shreveport, LA 71149-0510.



Stat!

Medical News & Info

Healthy Lifestyle May Offset Genetic Risk of Dementia

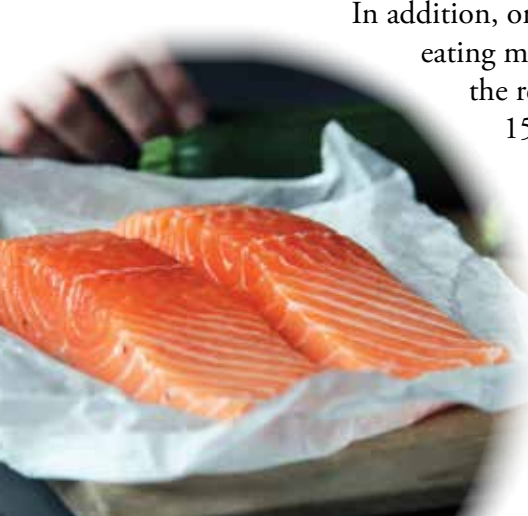
Living a healthy lifestyle may help offset a person's genetic risk of dementia, according to new research. The research found that the risk of dementia was 32 percent lower in people with a high genetic risk if they had followed a healthy lifestyle, compared to those who had an unhealthy lifestyle. The researchers considered no current smoking, regular physical activity, healthy diet and moderate alcohol consumption as healthy behaviors. The study was led by the *University of Exeter* and published in *JAMA*.



Americans Eat Too Much Processed Meat and Too Little Fish


A new study in the *Journal of the Academy of Nutrition and Dietetics* found that the amount of processed meat consumed by Americans has remained unchanged in the past 18 years, nor has their intake of fish/shellfish increased, despite public health guidelines to the contrary.

In addition, one quarter of US adults are still eating more unprocessed red meat than the recommended level, and less than 15 percent meet the guidelines for fish/shellfish consumption. On a positive note, Americans are eating less beef and more chicken than they did 18 years ago, and in fact, for the first time, consumption of poultry exceeds that of unprocessed red meat.



Keep the Stress Down

Exercising and eating right are certainly primary components of wellness. But don't underestimate the importance of keeping stress down. High stress really can interfere with your healthy eating and workout routines. Clinical dietitians from *Levinthal Hebrew Geriatric Center & Hospital* noted that stress can have as much of a negative impact as eating high-fat foods or not exercising and being sedentary. *LifeBridge Health* offered the following tips for lowering stress and staying in a happier mood – plan a trip, meditate, try smiling (even if it's forced), spend time with family and friends, get outside more, get good sleep, help others, exercise regularly, and practice gratitude.



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SENIOR DAY EXPO at the Louisiana State Fair Thursday, October 24th

TRICITY Fun Tours

Visit the Tri-City Fun Tours' Exhibit Booth
And register to win a special "Grand Door Prize"
WIN a FREE trip to Branson, MO

Please visit the Tri-City Fun Tours' exhibit booth at the **Senior Day Expo at the Louisiana State Fair** on **Thursday, October 24th** at the Hirsch Coliseum in Shreveport between **10 am and 2:30 pm** to **register** to win a special **"Grand door prize."**

The Grand Door Prize is **"A Trip for Two to Branson, Missouri"**, courtesy of Tri-City Fun Tours. This fabulous trip will be November 10 to 14, 2019 and consists of round trip transportation aboard a luxury motor-coach; 4 nights lodging; 2 hour guided tour of Branson, Gift of Lights drive-through display, admission to 7 fabulous Branson Shows; 8 meals, a side trip to Table Rock Dam and downtime in popular Branson Landing. **Value is \$1,230.**

The winner will be announced at the Senior Day Expo at 2:45 p.m. You must be present to claim the prize. No purchase is necessary to enter or win.

Odds & Ends



MANY OLDER ADULTS AREN'T FULLY PREPARED FOR EMERGENCY SITUATIONS

Most people over age 50 say they're ready for natural disasters and emergency situations, but a new poll from the National Poll on Healthy Aging shows that many haven't taken key steps to protect their health and well-being in case of severe weather, long-term power outages or other situations. Less than a third have put together an emergency kit with essential supplies and medicines. And only a quarter of those who rely on electrical power to run health-related equipment have a backup power supply. These findings suggest that older adults should take time to plan how they will cope and communicate in an emergency. Having a basic emergency plan to evacuate and stay safe during a flood, hurricane or fire is a smart idea for everyone. Preparing for natural disasters is particularly important for those who may have serious health and mobility challenges that need to be considered.


U.S. NEWS & WORLD REPORT RECOGNIZED WILLIS-KNIGHTON MEDICAL CENTER

Willis-Knighton Medical Center (which includes North, South, Bossier, Pierremont and Rehabilitation locations) has been recognized as a High Performing Hospital for 2019-20 by *U.S. News & World Report*. It is the highest performing hospital in northwest Louisiana and was ranked second in the state.



POLL HIGHLIGHTS PRESCRIPTION DRUG EXPERIENCES OF OLDER ADULTS

New polling from the Kaiser Family Foundation (KFF) explores the experiences of adults ages 65 and older with prescription medications. The data confirm that prescription drug affordability continues to be a top concern. While most older adults have prescription drug coverage through Medicare Part D, 76% think the cost of prescription drugs is unreasonable. One in five did not take their medications as prescribed at some point in the past year because of the cost.



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Which Type of Milk is Best for You?

by Abigail McAlister

Ever wondered why there are so many different “milks” at the grocery store, and which is best for you? Or why people drink almond or soy milk in the first place? People may choose milk alternatives for many different reasons. Some people are allergic to dairy or lactose intolerant, or dairy milk may not always agree with their stomach. Others may choose non-dairy milks for religious or ethical reasons. Some may just not prefer the taste of cow’s milk. Regardless of the reason, it’s important to be aware of the products we buy so we can make the best choices for ourselves and our families.

In terms of protein content, dairy milk reigns supreme at eight grams per cup. Soy milk is a close competitor with seven grams of protein, while oat milk has about four grams, and traditional almond milk has only one gram of

protein per cup. Rice milk and coconut milk are the lowest in protein, with less than one gram per serving. Keep in mind, though, that protein content can vary in milk alternatives depending on the brand. Some milks may even have protein added to them.

When comparing fat content of milk and milk alternatives, the differences are pretty minor. Skim dairy milk has miniscule amounts of fat. Soy and almond milks typically have about 2-4 grams of fat per cup, but they are mostly heart-healthy fats. Coconut milk is very high in saturated fat, which is also known as the “heart breaker” fat because it increases our risk for heart disease.

Added sugars are found in some milks and milk alternatives. Plain dairy milk has sugar, but they are naturally occurring sugars, so they don’t need to be limited as much. Milks with added sugars should be limited, as they can be



a culprit for extra calories. Unflavored white dairy milk, unsweetened almond milk, and unsweetened soy milk have no added sugars. Some almond and soy milks, however, have anywhere from 1-5 teaspoons of added sugars per serving to make them tastier. Coconut milk may also have added sugars. Be sure to read the nutrition facts labels on packaging and look for milks that are unsweetened or have minimal added sugars. Some labels will show the amount of added sugars in a milk. If a nutrition label doesn’t show added sugar content, glance at the ingredients list to see if sugar is added to the milk. Ingredients like sugar, cane sugar, syrup, cane syrup, evaporated cane syrup, organic cane sugar, organic dried cane syrup, and liquid sugar are some terms you may see on a label that mean the milk has added sugars.

Dairy milk ranks supreme among the milks for calcium content, and for good reason. Dairy milk is not only rich in calcium, but the calcium found in dairy is absorbed better in our bodies than calcium from other sources. Dairy milk is also usually fortified with vitamin D, which helps our bodies absorb calcium. Most milk alternatives have added calcium and vitamin D to match the amount in dairy milk, but it’s still not absorbed quite as well.

Which milk should we choose: whole, 2%, 1% or skim? Aim for low-fat (1%) or non-fat (skim) choices. When



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comparing whole milk, 2% milk, 1% milk, and skim milk, the only differences is the fat content. The total amounts of calcium, vitamin D, protein, carbohydrates, and other nutrients is the same in all four varieties of dairy milk.

The large array of milks available at the supermarket are not as simple as they seem, but the truth always lies in the nutrition facts. Food companies are continuously making newer products that are healthier and tastier, so each brand

of milk and milk alternatives may differ in what they offer nutritionally. When in doubt, check the nutrition label for protein, fat, added sugars, and other nutrients. If the taste and simplicity of cow's milk appeals to you, skim milk is always a nutritionally sound choice.

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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A caregiver, someone involved in assisting others with activities of daily living or perhaps medical issues as well, come in two different forms. Professional caregivers are paid to provide assistance in a variety of settings ranging from the person's home to some type of care center.

Providing such basic help to someone close to you can certainly be rewarding, but at the same time can also be difficult and demanding. A recent study of family caregivers found that almost half reported being "somewhat stressed," and more than a third were "highly

A starting point is simply to remind yourself that what you are doing has value, not just emotional value, but also real, measureable economic value. It's been estimated that fam-

Another key to avoiding burnout is not to isolate yourself. Talk to family and friends about the stresses you're facing and seek advice, support and help when it's offered. You might want to look online for some of the local and national caregiver support groups that offer advice and information, and can help connect you with others in a similar position.

as organized as possible to make your caregiving work a bit less stressful. But on another level it means recognizing that you aren't super-human. You need a break every now and then and must find time to take care of your own health.

Check with your local hospital or senior center to find out what they offer to support caregivers. Many communities today provide transportation services, home care, meal assistance and

Counseling Corner" is provided by the American Counseling Association. Comments and questions to ACAcornet@counseling.org or visit the ACA website at www.counseling.org.



14 October 2019

Avoid Nursing Home Costs Without Buying Insurance

10:00 am – 12:00 pm on Sept 12th – Thursday Morning

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➤ **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 2019 and 2020?**



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The Case of the Home Security System



by Lee Aronson

Samantha Stephens' (not her real name) neighbors were spying on her. Or so she thought. But it turned out that she was suffering from paranoid delusions. A clinical psychologist had assessed Mrs. Stephens and determined that "Stephens' cognitive functioning was impaired for executive decision making, and that her mental vulnerability would be apparent to anyone dealing with her in business transactions." In other words, she was the perfect mark for a con artist.

The con artist who got ahold of Mrs. Stephens was a fellow who owned a home-security company. He sold Mrs. Stephens a \$300,000 home security system. Mrs. Stephens used her \$394,000 retirement account at a well-known large brokerage firm to pay for it. When the check came through, Mrs. Stephens' financial adviser with the brokerage firm called her. He asked her why she was "taking all the money out?" and Mrs. Stephens explained about her neighbors spying on her and that she needed a security system. The financial adviser told Mrs. Stephens that he thought she was "getting taken" and "that's a lot of money for a security system even with the extras." But Mrs. Stephens insisted she was "paying what it cost."

Mrs. Stephens died soon thereafter. Her grandson, knowing that his grandmother had been taken advantage of and had

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gotten ripped off, contacted the police and the alarm salesman was arrested and sentenced to three years in jail. But that didn't get any of the money back. He then filed a FINRA complaint against the brokerage firm and his grandmother's individual financial advisor with the brokerage firm. FINRA, or the Financial Industry Regulatory Authority, is a nationwide organization that regulates some financial advisers.

A divided panel of three arbitrators ordered the brokerage firm and the financial adviser to pay Mrs. Stephens estate \$396,623 in damages.

One of the important facts of this case is that Mrs. Stephens lived in California. California, like Louisiana, requires that financial advisers who suspect financial abuse of an elder MUST report it to the local adult protective services agency or the local law enforcement agency. Mrs. Stephens' financial adviser didn't do that. In fact, no one at the brokerage firm did.

But that's not the end of the story. The brokerage firm and the financial adviser appealed because they thought that one of the arbitrators who ruled against them was biased. This arbitrator, who was an attorney, had recently represented a senior victim of financial exploitation. The court case in which the arbitrator was acting as an attorney had nothing to do with Mrs. Stephens, nor did it have anything to do with the brokerage firm or Mrs. Stephens' financial advisor. It was a completely different case with

completely different people and it wasn't a FINRA arbitration case. It was a regular case brought in a regular California court, but the facts of that case were eerily similar to Mrs. Stephens' case. In that court case, things got very nasty between the attorneys, including the attorney who was acting as an arbitrator in Mrs. Stephens' case.

The brokerage firm and its financial adviser felt that the facts were so similar, and things had gotten so nasty, that surely the arbitrator must have bad feelings for any professional that does not report elder abuse. The brokerage firm also pointed out that FINRA arbitrators need to fill out certain forms once they are assigned a case. One of the questions on one of the forms was, "Have you, your spouse, or an immediate family member been involved in a dispute involving the same or similar subject matter as the arbitration?" The arbitrator checked "no." Which the appellate Judge had a problem with. The appellate Judge didn't say that the arbitrator was biased, but he should have answered the question differently.

Because he didn't, the appellate Judge made them start the arbitration all over again with a different set of arbitrators.

Do you think the new arbitrators will rule for Mrs. Stephens again? I'll let you know how it turns out. *Lee Aronson is an attorney in Shreveport, Louisiana, with Gilsoul & Associates, LLC. His practice areas include estate planning and elder law.*

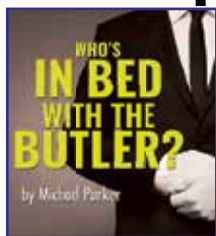


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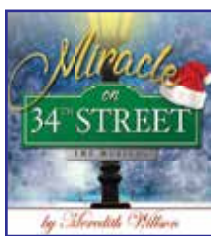
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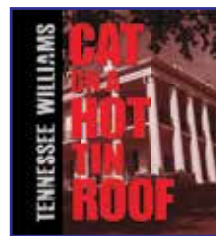
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New Unfair Trade Practices Law Benefits the Elderly/Disabled

by Judge Jeff Cox

Recently, I have been made aware of companies calling the elderly or disabled saying they are sending them a back brace, knee brace, or some type of walker. The person did not request any of these items, but agrees to take the items because the person says they will get the items free. The person selling the items then gets the person to give them their Medicare Insurance Number and Medicare is billed for the items. When the person selling the items has been found selling items fraudulently, they can be sued under the Unfair Trade Practices Act.

The Unfair Trade Practices Act is found in La. R.S. 15:1401 et. seq. La. R.S. 15:1409(A) provides:

- Any person who suffers any ascertainable loss of money or movable property...as a result of the use or employment by

another person of an unfair or deceptive method, act, or practice declared unlawful by La. R.S. 51:1405, may bring an action individually...to recover actual damages. If the court finds the unfair or deceptive method, act, or practice was knowingly used, after being put on notice by the attorney general, the court shall award three times the actual dam-

ages sustained. In the event damages are awarded under this Section, the court shall award to the person bringing such actions reasonable attorney fees and costs. Upon a finding by the court that an action under this Section was groundless and brought in bad faith or for purposes of harassment, the court may award to the defendant reasonable attorney fees and costs.

La. R.S. 15:1409(A) provides for sizable damages plus attorney fees and costs. This is one of



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the few statutes in our law that allows recovery of attorney fees. As such, if someone is abusing the process and found to be filing a lawsuit to harass someone, this statute allows the defendant who is not found liable to recover their attorney fees and court costs due to their having to defend a frivolous lawsuit.

As of the past legislative session, La. R.S. 51:1409.1 was added to the Unfair Trade Practices Act section. This act provides protection for the elderly and disabled regarding electronic mail or telecommunication devices, such as computers, and telephones, including text messages, instant message, or direct messages sent to communicate with an elderly or disabled person.

La. R.S. 51:1409(B) provides:

- In addition to any damages to which a person is entitled pursuant to R.S. 51:1409, the court may award damages not to exceed ten thousand dol-

lars per violation if a person knowingly sends deceptive information to any elder person or person with a disability, as those terms are defined in R.S. 51:1402, who suffers damage or injury as a result of an offense or violation described in this Chapter through marketing by telephone, electronic mail, or text messaging.

This new statute is an enhancement to the penalties found under La. R.S. 51:1409. When an elderly or disabled person has been targeted by deceptive or unfair trade practices, the court can now award additional damages. These damages act like punitive damages and punish the wrongdoer for taking advantage of the elderly and disabled.

Our Legislature has provided a means for the Judges of our state to protect and compensate those who cannot care for themselves.

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



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2 Hocus Pocus



3 The Witches of Eastwick



4 Harry Potter and the Sorcerer's Stone



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Weird Sisters

A SHORT HISTORY OF WITCHCRAFT

By Sarah (Sally) Hamer

Double, double toil and trouble; Fire burn and caldron bubble.
Fillet of a fenny snake, In the caldron boil and bake;
Eye of newt and toe of frog, Wool of bat and tongue of dog,
Adder's fork and blind-worm's sting, Lizard's leg and howlet's wing,
For a charm of powerful trouble, Like a hell-broth boil and bubble.

*Double, double toil and trouble; Fire burn and caldron bubble.
Cool it with a baboon's blood, Then the charm is firm and good.
-- William Shakespeare, Macbeth*

These famous words conjure up a classic image of witches – three crones huddling around a boiling caldron full of horrific ingredients, chanting a mysterious and obscure spell. But is it a true picture? What are witches? Why do they get such a bad rap? Do they really exist?

Almost every culture in the world has some kind of witch lore, most of it very old and connected to a religion. In the Old Testament, Exodus 22:18 tells us that “Thou shall not suffer a witch to live.” St. Paul insists that witchcraft is one of many things that will keep a soul out of heaven. Even Buddhism is against

witchcraft and divination.

The definition of witchcraft seems to depend on who is being asked. Some think it's a belief in magic or the devil. Some witches profess to have been born that way, while others believe they can become one through study and profession of faith. In some societies witchcraft is widely accepted. while in others, it's considered dangerous. But in all, it's very controversial.

Were there really witches? Or did political, religious and social climates merge into a perfect storm of fear, superstition and accusations?



LEFT: The Three Witches from Shakespeare's *Macbeth* by Daniel Gardner, 1775

TOP: The Salem Witch Trials by Joseph E. Baker, ca. 1837-1914, artist.

Before the Romans brought Christianity to the British Isles, belief in multiple gods, in gods living in trees and rivers, and worship around ancient stone circles, were all part of a strong magical culture. Early Christianity absorbed traditions and holy places as was needed. But in the mid-1400s, soon after Martin Luther posted his ninety-five theses on the door of All Saint's Church in Wittenburg, Germany, the tolerance for "oddness" began to shift.

Traditionally, we think of witches being older women who lived on the outskirts of a village and made potions for varying ailments, from a love-sick young man to a goat that needed healing, or were evil creatures who enticed children into the woods. But that wasn't the case in reality. Yes, these older women could be accused, but many times women – or men – were powerful leaders in the community. In Salem Town, Massachusetts, for instance, a well-respected minister and two up-standing female members of the church were accused, as well as one of my ancestors, John Howard, who was a carpenter. The hysteria finally caught up almost two hundred people, twenty of whom were executed.

In Scotland between 1563 and 1727, almost 6,000 people were tried for witchcraft, three times the number of trials in

England, a country with four times the number of people. Of these, an estimated 1,500 were burned, strangled or drowned. 75% of them were women. Almost none of them were vagrants or beggars, instead being settled, long-term members of the communities that accused them. Many of them already had reputations of being witches, although dancing with the Devil wasn't always necessary to be accused.

An interesting story is that King James VI of Scotland, who became King James I of England after Queen

Elizabeth's death, was a firm believer in witches. He accused his own cousin, Francis Stewart, Fifth Earl of Bothwell, of conjuring up a storm while James and his new bride were returning from Denmark across the North Sea. The trial of the

Witches of North Berwick in 1590 attempted to prove that Bothwell, a scoundrel and rabble-rouser, was also a witch. Legend has that Shakespeare's *Prospero* was based both on Bothwell and the "tempest" he created.

During the examinations (and torture) of the accused witches, James VI had a large chair installed in the dungeon of Edinburgh castle, so that he could observe and make suggestions to the torturers as they questioned the prisoners.

**In Scotland between 1563
and 1727, almost 6,000 people
were tried for witchcraft...**

BELOW: Samanthan and Uncle Arthur from the TV show *Bewitched*.



Bothwell escaped the fate of many of his fellow accused, but was exiled from England for the rest of his life.

Modern witches can be beautiful and smart and good, like Harry Potter's friend, Hermione Granger, or green and wicked, like Dorothy's nemesis. One of my favorites was Samantha on the TV show, *Bewitched*, who was willing to live as a mortal to keep her husband. The series, *Outlander*, has Clare, who really would have been considered a witch if people had known she'd come through the stone circle at Craigh na Dun, tried for witchcraft, even though witchcraft was no longer considered against the law. She is rescued by her husband, Jamie Frasier, in the nick of time, but would have been burned if she'd been convicted.

So, the question remains. Do witches exist? Is it possible that some people are just a little different? Can mass hysteria cause people to believe in witches? And, one last question. Do you believe?

Sarah (Sally) Hamer is a teacher of memoir, beginning and advanced creative fiction writing, and screen writing at Louisiana State University in Shreveport. She writes in many genres - mystery, science fiction, fantasy, romance, medieval history, non-fiction - and has won awards at both local and national levels, including two Golden Heart finals. She is also a book coach, with many of her students and critique partners becoming successful, award-winning authors. You can find her at sallyhamer.blogspot.com.

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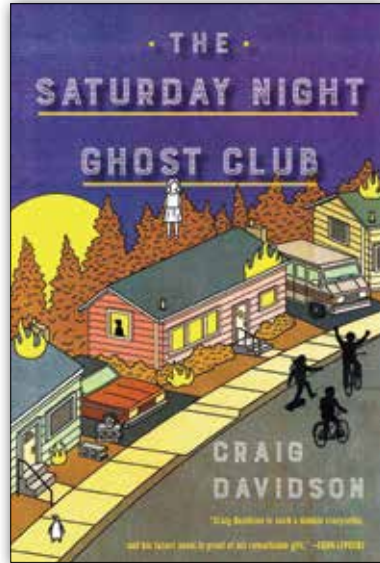
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The Saturday Night Ghost Club

by Craig Davidson

When October rolls around, I love to find books in the spirit of Halloween. Though not a fan of horror, I do enjoy a spooky story, a whodunit, or, in this case, a good campfire style ghost story. *The Saturday Night Ghost Club* by Craig Davidson is a perfect tale for the season.

Set in the 1980s, the book is told from the perspective of adult Jake reflecting back on one summer of his childhood, a time when Jake was an outcast. With no friends and the target of bullies, Jake hung out with his eccentric uncle Calvin in the occult store he owned. There he witnessed his uncle sell all sorts of supernatural objects, deal in tales of the weird, and take conspiracy phone calls from his band of likewise oddball friends on the store's "bat phone."

When Billy, a boy Jake's age, wanders into Uncle C's store one day looking for a way to talk to his dead grandmother, Calvin sees it as an opportunity to help his nephew form a friendship. He invents the Saturday Night Ghost Club and invites the boys, along with his turtleneck wearing, beta tape selling friend, and to join him in researching local legends and ghost stories.



Rinaudo

Billy's sister, the odd and tomboyish Dove, also joins the posse.

Together they venture into tunnels at night to look for the ghost of a girl who appears when a match is lit while Uncle C tells of her tragic death. They investigate sunken cars and visit the sites of burned homes, all the while learning more about the history of the small town they live in through its tales of horror and tragedy.

The storytelling of the bygone era of the 1980s, paired with the coming of age tale of a beautiful and quirky cast of characters is matched with a look at how the brain, memories and personalities all come together to create who people are. It perfectly reflects how children view the world of the supernatural and conjures memories of hot summer days and trying to figure out where you fit in.

The Saturday Night Ghost Club is a quick read, but absolutely perfect for October. I'd recommend it to anyone who ever loved "The Goonies", or simply scaring their friends with tales of things that go bump in the night.

Grade: A

Former Shreveporter 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.

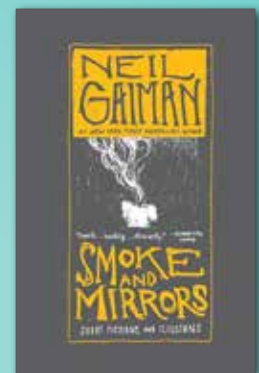
Spooky Books for October



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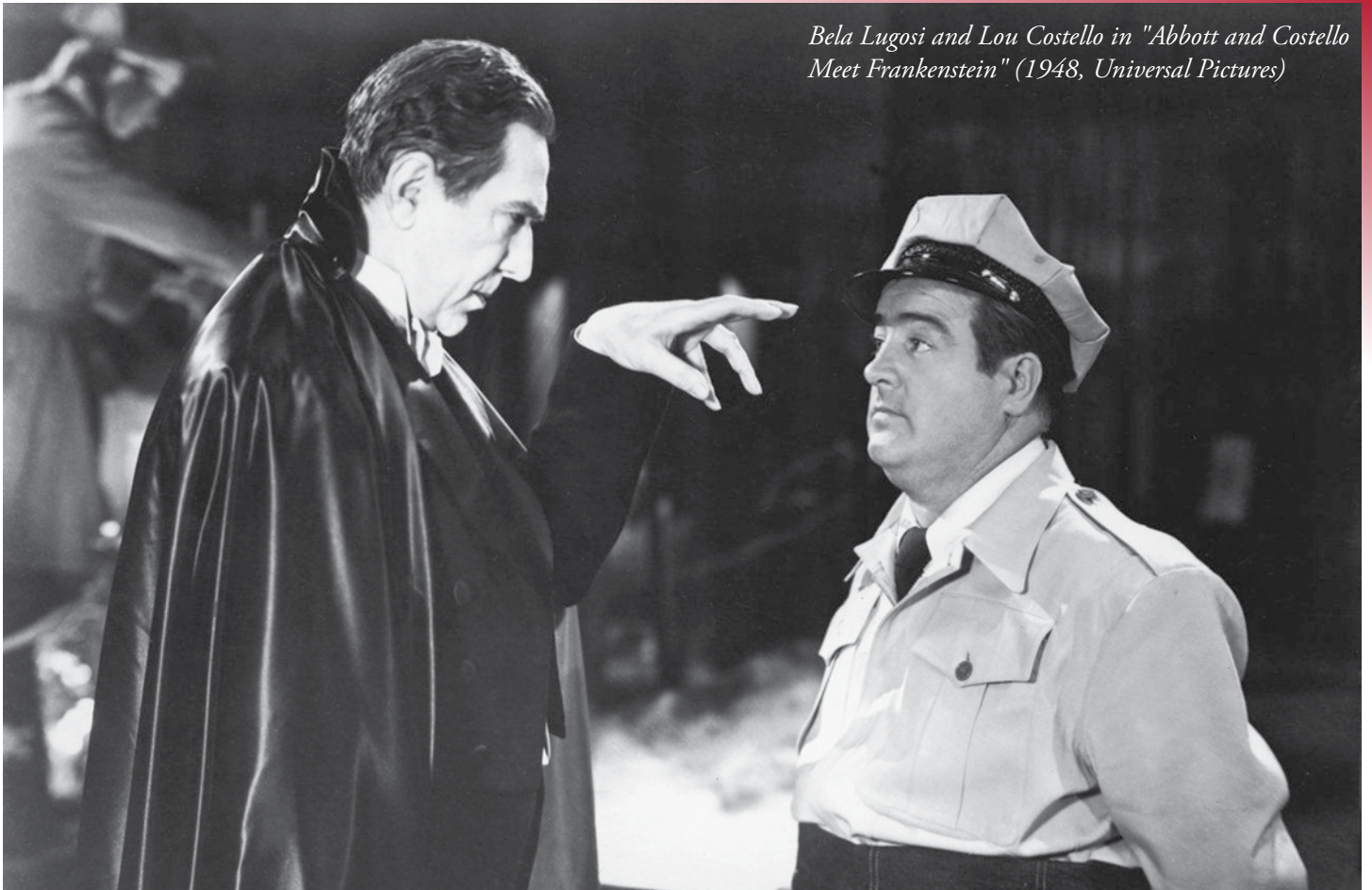
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Bela Lugosi and Lou Costello in "Abbott and Costello Meet Frankenstein" (1948, Universal Pictures)



Growing Up With 'DRACULA' in Your Blood

By Nick Thomas

Béla Ferenc Dezső Blaskó was a veteran of over 170 stage plays and several silent films in his native Hungary when forced to flee to Germany in 1919 for political reasons. Known under the stage name Arisztid Olt, the 6' 1" actor with piercing blue eyes re-branded himself after his hometown of Lugos and appeared in a dozen German films billed as Bela Lugosi before moving to the United States in 1920.

A decade later and approaching 50, Bela Lugosi's name would become forever etched in Hollywood history when the mesmerizing actor portrayed bloodsucking Count Dracula in Universal's 1931 horror masterpiece, "Dracula," a role he previously played in theaters across America for 3 years (see www.belalugosi.com).

Married five times, his only son — also named Bela Lugosi — may have inherited the Lugosi genes, but not the craving to act.

"I actually took my dad's good advice and stayed away from the camera because he thought actors were too dependent on producers and agents," said Lugosi, now in his early 80s, from Los Angeles. "He hoped I would follow some other career path, so I went to law school and worked in the area of celebrity rights."

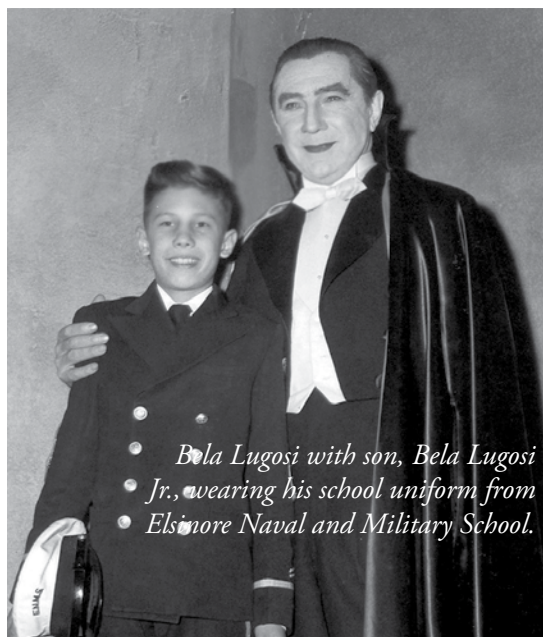
Nevertheless, the younger Lugosi couldn't escape the

famous name throughout life and even attempted to minimize the attention for a while growing up.

"Until I started law school, I went by Bill instead of Bela," he said.

"But it didn't deflect the recognition. So I've gone by Bela G. Lugosi or Bela Lugosi Jr. most of my life and am proud of it, of course. Hardly a day has gone by that someone hasn't recognized the name. But people are very nice, although some still think I'm actually my father!"

Young Bela Jr. spent much of his early life at military school, but the memories of his dad remain vivid.



Bela Lugosi with son, Bela Lugosi Jr., wearing his school uniform from Elsinore Naval and Military School.

"He was a very caring father, but also an authority figure," he explained. And when mischief was afoot, his father only had to conjure up the menacing stare of his most famous character.

"Oh yeah, that look was all it took!" he said, laughing. "And no, he didn't dress up as Dracula for Halloween which I don't really even remember because I was away at boarding school a lot."

Bela Lugosi only appeared twice as Dracula in feature films, the second being 1948's "Abbott and Costello Meet Frankenstein."

"I visited him during the production," said Lugosi. "I remember they hired a comedian to come on set to make everyone laugh and relax. I also remember everyone treating my dad with so much respect, just as I've heard he always treated the cast and crews he worked with."

Despite working for two more decades after the original "Dracula" film, Lugosi says his father could never escape the role he famously created.

"He was such a versatile actor before that movie and it typecast him, but he was proud to have made the character his own," he said. "I'm sure he'd be totally amazed to know his popularity today and how fondly he's still remembered."

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



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By Victor Block

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Panama offers the sun-and-sand attractions of countries that front the Caribbean Sea and Pacific Ocean. Sun bathers find stretches of seashore perfect for working on their tan.

Many inviting beaches rim the San Blas Islands off the Caribbean coastline. More than 350 atolls offer sugar white sand fronting clear turquoise water.

Another reason to visit the San Blas Islands is the Kuna, one of seven indigenous groups that comprise about 12 percent of Panama’s population of approximately four million. The peaceful setting on the San Blas Islands contrasts with the scene in Panama City.

Development in recent years has transformed it into an architectural showcase. The skyline of shimmering towers resembles a never-never land of myriad shapes and colors.

At the same time, Panama City has reminders of its Colonial past. Panama Viejo (Old Panama) is where the first Spanish city on the Pacific

coast of the Americas was founded in 1519. From this location expeditions embarked which conquered the powerful Inca Empire.

The city was sacked in 1671 and its ruins provide only a hint of its former grandeur. They include remnants of a soaring cathedral, elaborate churches and stately homes built by wealthy citizens.

Following the destruction of Panama Viejo, a new city was constructed nearby. Casco Viejo encompasses about 800 buildings in a mixture of architectural styles. In recent years the ancient site of cobblestone streets has turned into a chic neighborhood where boutique hotels and trendy bars contrast with crumbled reminders of the original setting.

Outside the country’s capital are smaller cities with their own attractions. Colon is Panama’s major port, La Palma is surrounded by undisturbed nature and both Santiago and Portobelo are treasure troves of graceful colonial architecture.



Panama Viejo



Panama City skyscrapers



Ships in canal

Then there's the Canal. Its history, construction, and the efficiency with which it operates after more than a century intrigue and impress those who visit the waterway.

Its route follows a trail that indigenous people used to cross the isthmus. The canal was completed by U.S. engineers and workers, and the first ship traversed the channel in 1914.

Today close to 15,000 vessels make the voyage each year, passing through three sets of locks that lift them a total of 85 feet. New, wider locks that opened for traffic in 2016 can accommodate most of the largest freight and container ships afloat, some of which squeeze through with inches to spare on each side.

A man who swam through the canal as a stunt in 1926 was charged 36 cents. Today the toll for most ships that use the older locks ranges from \$200,000 to \$300,00, and the average for vessels that pass through the new locks is about \$500,000. While that's a steep price to pay, shipping companies save up to 10 times that much by eliminating the long journey around the tip of South America. People seeking a first-hand experience may board a tourist boat which traverses part of the route.

Given its location as the last link in the land bridge



Capuchin monkey

connecting North and South America to emerge from the sea, the isthmus of Panama played a major role in the world's biodiversity. It enabled migration in both directions, and its varied terrain of tropical rainforests, mountain cloud forests, woodlands and wetlands provide a welcome environment which prompted many species to stay.

Jaguars, ocelots and panthers are among big cats that make Panama their



Sloth doing what sloths do

home. Aptly named sloths lead their sedentary lives hanging upside down from branches of trees through which capuchin, spider and other monkeys swing. Crocodiles sun themselves on river banks while killer and humpback whales, sharks and bottlenose dolphins find the reefs off both coastlines to their liking.

During a small boat cruise in the Gamboa Rainforest Preserve I saw crocodiles and Iguanas dozing in the sun. Tamarin and howler monkeys peered at me from the treetops, while braver white-faced capuchins swung down to the front of the dinghy to peel and devour bananas that I placed there.

Panama also is one of the best birding sites in the world, with more species than are found in Europe and North America combined. Resident populations include parrots, toucans, macaws and the harpy eagle, the nation's national bird.

From animal life to architectural treasures, enticing cities to beautiful beaches, Panama has diversity enough to attract visitors with a variety of interests. Add the world-famous Canal and it's no wonder that more than one million people each year include the country in their travel plans.

For more information call (800) CARAVAN (227-2826) or log onto caravan.com.

Victor Block has traveled throughout the United States and to more than 75 other countries around the world, writing about what he sees, does and learns. He loves to explore new destinations and cultures, and his stories about them have won a number of writing awards.



Peanut-Powered Protein

Nutritious ideas for flavor-filled family meals

FAMILY FEATURES

Sitting down for a homemade meal may feel harder to come by these days, but recipes that are both nutritious and flavorful can help bring your loved ones together at the family table. From morning to night, these recipes from the Georgia Peanut Commission provide power-packed solutions loaded with protein to help your family take on a full schedule while coming together for memorable meals and moments. Find more recipe ideas for meals throughout the day at gapeanuts.com.

Peanut Power Bowl

Recipe courtesy of Parker Wallace of Parker's Plate. Servings: 2

Peanut Dressing:

1 cup creamy peanut butter
 3/4 cup full-fat coconut milk, plus additional, if desired lime juice

Bowl:

1 cup cooked farro or quinoa
 1/2 cup chopped cabbage
 1 cup shredded carrots

1 avocado, sliced
 1 cup spiralized zucchini or butternut squash
 1/2 cup pomegranate arils
 1 cup mandarin pieces
 1/2 cup roasted peanuts
 chopped cilantro, for garnish
 green onions, for garnish

To make Peanut Dressing: In bowl, whisk peanut butter, coconut milk and lime juice until smooth. Add coconut milk, if necessary, to achieve desired consistency.

To make bowl: Layer farro or quinoa then top with cabbage, carrots, avocado, zucchini or squash, pomegranate arils, mandarin pieces, peanuts and Peanut Dressing. Garnish with cilantro and green onions.



Thai Chicken Lettuce Wraps with Peanut Sauce

Recipe courtesy of Parker Wallace of Parker's Plate on behalf of the Georgia Peanut Commission. Prep time: 30 minutes
Cook time: 15 minutes. Servings: 4

Peanut Sauce:

½ cup creamy peanut butter
2 tablespoons low-sodium soy sauce
1 tablespoon rice vinegar
2 tablespoons brown sugar
3 teaspoons chili garlic sauce
½ lime, juice only
2-3 garlic cloves, pressed or grated
2 tablespoons fresh ginger
1 teaspoon fish sauce
½ cup full-fat coconut milk
4 tablespoons warm water, plus additional, if necessary

Lettuce Wraps:

2 heads Boston or butter lettuce
1 pound cooked chicken
1 red bell pepper, thinly sliced
4 green onion, sliced
3 carrots, shredded and grated
½ cucumber, sliced into matchsticks
1 bunch fresh basil
1 bunch fresh mint
¼ cup crushed peanuts
sliced limes, for garnish

To make Peanut Sauce: In small saucepan over low heat, combine peanut butter, soy sauce, rice vinegar, brown sugar, garlic sauce, lime juice, garlic, ginger, fish sauce, milk and water. Add more water for thinner sauce, if desired.

To make Lettuce Wraps: Fill lettuce leaves with chicken and Peanut Sauce; top with bell pepper, onion, carrots, cucumber, basil and mint. Sprinkle crushed peanuts on top and garnish with lime slices.

Peanut Butter Squares

| | |
|--|---------------------------------------|
| Nonstick cooking spray | 2/3 cup light corn syrup |
| 1 package (17 1/2 ounces) peanut butter cookie mix | 2 tablespoons butter |
| 3 tablespoons vegetable oil | 2 teaspoons vanilla |
| 1 tablespoon water | 1 bag (10 ounces) peanut butter chips |
| 1 egg | 2 cups crispy rice cereal |
| 3 cups miniature marshmallows | 2 cups salted roasted peanuts |

Heat oven to 350 F. Spray 13-by-9-inch pan with nonstick cooking spray.

In large bowl, stir cookie mix, oil, water and egg until soft dough forms. Press dough into prepared pan.

Bake 15-20 minutes, or until set.

Sprinkle marshmallows over crust. Bake 1-2 minutes until marshmallows begin to puff.

Remove from oven.

In 4-quart saucepan over low heat, heat corn syrup, butter, vanilla and peanut butter chips, stirring constantly until chips are melted and smooth. Remove from heat.

Stir in cereal and peanuts; spoon mixture evenly over marshmallow layer.





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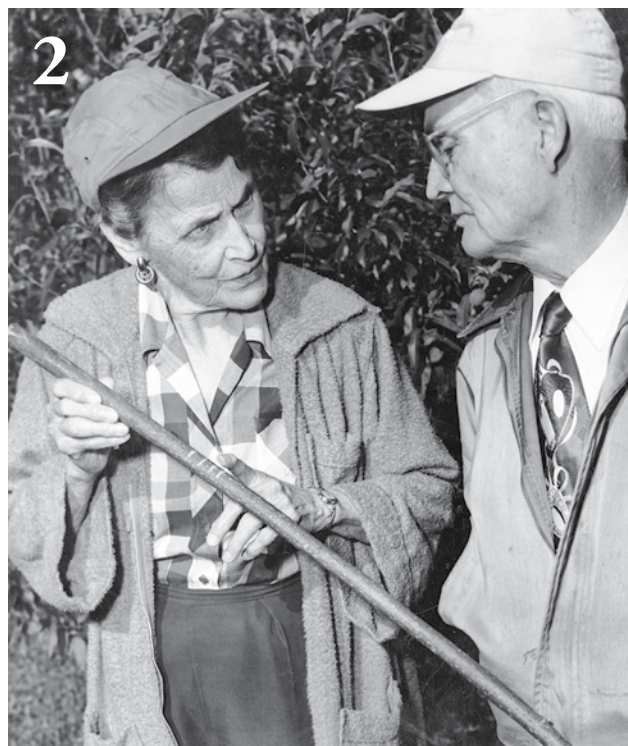
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family, or do you still have
that to do?

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Snapshot SLEUTH

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 or Laura at laura.mclemore@lsus.edu if you have any memory or comments about these images.



1. Boy Scouts inspecting clothes for Goodwill Industries Clothes Drive, April 2, 1951. (Jack Barham)

2. Woman and man discussing a long stick with marks on it, no date, but appears to be late 20th century.
(J. Frank McAneny)

3. Businessmen drinking coffee at the Columbia Restaurant, Feb. 4, 1944.
(Jack Barham)



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Depart

- **Longview: 7 a.m.**
Parting from the yard
- **Bossier: 8 a.m.**
Parting from Pierre Bossier Mall

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SHREVEPORT *Then & Now*


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(Above) Ground was broken for Shreveport Charity Hospital in 1903 at the corner of Texas Avenue and Murphy Street, and opened its doors on June 1, 1904. It was demolished 53 years later in 1955. In 1956 (63 years ago), the Civic Center building was built and it served as City Hall. When City Hall moved out, it became the Shreveport Police Department.

(Below) Baird's Building (Allen Building) was located at the corner of Texas and McNeil in Shreveport. The Baird Shoe Company of Shreveport, Louisiana was owned by Robert Lincoln Baird. Later the Baird building became Walgreens.

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Years of work by innovative engineers have resulted in a personal electric vehicle that's truly unique. They created a battery that provides powerful energy at a fraction of the weight of most batteries. The **Zinger** features two steering levers, one on either side of the seat. The user pushes both levers down to go forward, pulls them both up to brake, and pushes one while pulling the other to turn to either side. This enables great mobility, the ability to turn on a dime and to pull right up to tables or desks. The controls are right on the steering lever

so it's simple to operate, and its exclusive footrest swings out of the way when you stand up or sit down. With its rugged yet lightweight aluminum frame, the **Zinger** is sturdy and durable yet convenient and comfortable! What's more, it easily folds up for storage in a car seat or trunk—you can even gate-check it at the airport like a stroller. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life. It folds in seconds without tools and is safe and reliable. It holds up to 275 pounds, and it goes up to 6 mph and operates for up to 8 hours on a single charge.

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The Zinger Chair is a personal electric vehicle and is not a medical device nor a wheelchair, and has not been submitted to the FDA for review or clearance. Zinger is not intended for medical purposes to provide mobility to persons restricted to a sitting position. It is not covered by Medicare nor Medicaid.

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Crossword

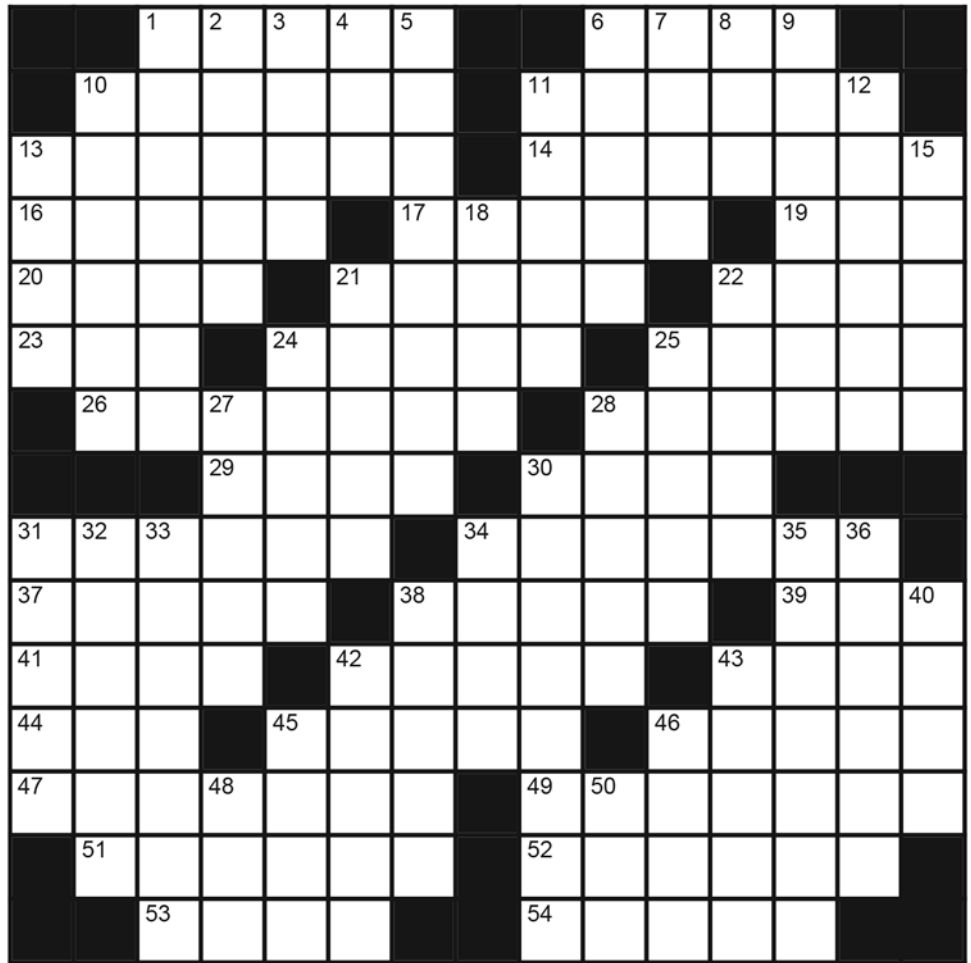
Turn to page 46 for all puzzle solutions.

Across

- 1 Pens
- 6 Repair
- 10 Beach shelter
- 11 Prefers
- 13 Chemical compound
- 14 First
- 16 Accounting item
- 17 Inhabit
- 19 Caustic substance
- 20 "Beat it!"
- 21 Journal
- 22 Muse of history
- 23 Shack
- 24 Bright and pleasant
- 25 Astronaut John
- 26 Flustered
- 28 Grievance
- 29 Sushi fish
- 30 Builder's need
- 31 Off course
- 34 Bedding
- 37 Great divide
- 38 Valentine symbol
- 39 Got an eye for
- 41 Spur (on)
- 42 Coffee order
- 43 Gull-like bird
- 44 Bus. card abbr.
- 45 Dish with seasoned rice
- 46 Bake, as eggs
- 47 Skyscraper, e.g.
- 49 Ideal
- 51 Donuts, maybe
- 52 Powerful herbivorous ungulates
- 53 Other phone numbers, briefly
- 54 Sticks in the mud

Down

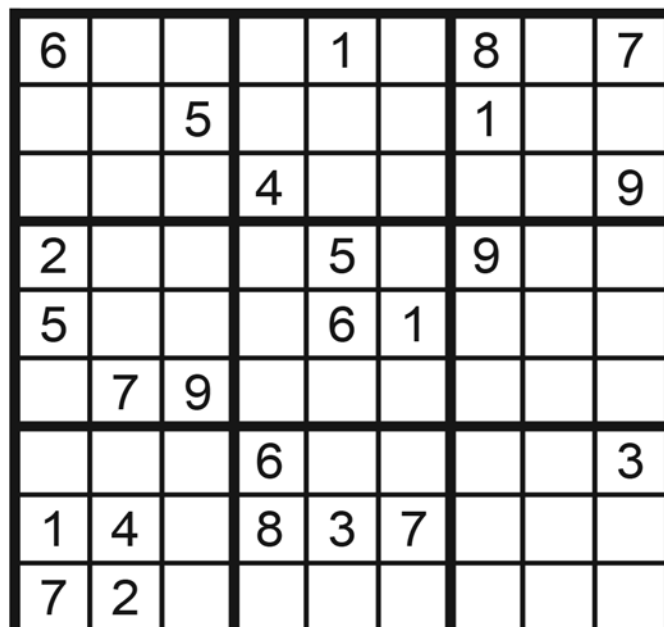
- 1 Choral composition
- 2 End early
- 3 Ill-smelling
- 4 Compass heading
- 5 Small fatty fish
- 6 Virile
- 7 Diabolical
- 8 "___ a chance"
- 9 Make a hole
- 10 Agree
- 11 Passionate
- 12 Axiom
- 13 Fit together
- 15 Western director Sergio
- 18 Scepter
- 21 Without luster
- 22 Thump
- 24 Fulton's power
- 25 Permit
- 27 Brusque
- 28 Driving hazard
- 30 Bandstand
- 31 Critical
- 32 Destroys, as documents
- 33 Movie teaser
- 34 Kind of blocker
- 35 Arctic inhabitants
- 36 Constellation
- 38 Nathan and others
- 40 Welcoming
- 42 Laps up
- 43 Excel
- 45 Ancient Briton
- 46 Recipe direction
- 48 Office machine
- 50 ___ Beta Kappa



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

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Word Search

A DAY ON THE GOLF COURSE

| | |
|----------|-------------|
| APPROACH | FLAG |
| BAG | GLOVE |
| BALL | GRASS |
| BIRDIE | GREENS |
| BOGEY | HAZARDS |
| CADDY | HOLE IN ONE |
| CART | MULLIGAN |
| CHIP | PUTTER |
| CLUBS | ROUGH |
| CUP | SCORE |
| DIVOTS | SHOTS |
| DRIVER | SLICE |
| DROP | STROKES |
| EAGLE | SWING |
| FAIRWAY | TEE OFF |



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SAVE the Date

Red River Revel • Sept. 28 - Oct. 6

CONCERT

● A Gershwin Celebration

Saturday, October 26 at 7:30 PM at First Baptist Church, 543 Ockley Dr., Shreveport. Free pre-concert discussion starts at 6:40 PM. Presented by Shreveport Symphony Orchestra. Program includes *Rhapsody in Blue* as well as a concert version of *Porgy & Bess*, featuring an all-star cast of singers and two choirs. Tickets are \$15 - \$63. Call 318-227-TUNE (8863) or visit shreveportsymphony.com.



A Gershwin Celebration • Oct. 26

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 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.

● 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, October 4, 11, 18, 25. 10 a.m. Senior Tech Talk. Introduction to



Laptops, tablets and smart phones.

- Thursday, October 3. 10 a.m. "Empowering Women"
- Thursday, October 10. 10 a.m. "Finances in Retirement"
- Thursday, October 17. 10 a.m. "The Woodwind Trio"
- Thursday, October 31. 10 a.m. "Prescription Disposal Bags"

EVENTS

● 10th Annual Senior Day Expo at the LA State Fair

Thursday, October 24, 10:00 am to 3:00 pm, Hirsch Coliseum at the Louisiana State Fair Grounds, (3701 Hudson Avenue in Shreveport, Louisiana). Presented by *The Best of Times* and the State Fair

of Louisiana. **FREE** admission, parking, and admission to the Fair Midway. Live entertainment. **FREE** health care screenings and info, flu and pneumonia shots (**FREE** with Medicare card), shingles shots (insurance card and payment required). Exhibits from 100+ organizations, agencies, and businesses. Contests, giveaways, and door prizes, including the Grand Door Prize of a trip for 2 to Branson, MO compliments of Tri-City Fun Tours (you must be present to win all door prizes).

● 12th Annual Mission Marketplace

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3715 Youree Dr., corner of Anniston and Albany entrance. Preview event includes early shopping and music on Friday from 6 to 8 p.m. for a \$10 admission. **No cost** Saturday from 10 a.m. to 3 p.m. Annual faith-based, initiative to improve the lives of people all over the world where fair-trade items are sold. Handmade items, foods and beverages, jewelry, pottery, woven baskets, candles, scarves, dolls, soaps, purses and Christmas items. Proceeds go back to the mission to support women and artisans in underdeveloped nations.

Haunted Tours of Shreveport Municipal Auditorium
6:30 p.m. on Fridays in Oc-

tober (including Oct. 4, 11, 18 and 25) as well as Halloween night. 705 Elvis Presley Avenue, Shreveport. 90 minute paranormal-themed, guided tours. Shreveport Municipal Auditorium is commonly thought to be one of the most haunted buildings in north LA and has been investigated by well-known paranormal investigation teams including Syfy's *Ghost Hunters* as well as *Discovery's Ghost Lab*. Tickets are \$20 per guest and must be purchased in advance. Early purchase is recommended, as previous installments of this tour have sold out in advance. Purchase by visiting the "Tours" tab at www.shreveportmunicipalauditorium.com.



Tchaikovsky's Swan Lake • Oct. 19



10th Senior Day at State Fair • Oct. 24

● **Krewe of Elders Halloween Party**

October 27 at American Legion on Cross Lake from 2:00 to 5:30 pm. Entertainment by Red Shute Review. Open to public. \$5:00 for members, \$10:00 for non members. Buffet. Bring food item of your choice to share. Door prizes. Prize for best costume.

● **Pumpkin Shine on Line**

Betty Virginia Park will glow on Tuesday, October 22nd (Rain date is Wednesday, October 23rd). Hundreds of jack-o'-lanterns and creative pumpkin displays will fill the park. **FREE** and family-friendly event. Hosted by Southfield School and SPAR (Shreveport Public Assembly and Recreation).

Free iShuttle transportation available at Dillard's (Mall St. Vincent) from 4:00 - 9:00pm. Concessions available for purchase. Visit www.southfield-school.org/pumpkinshine or www.facebook.com/pumpkinshine/.

● **Red River Revel Arts Festival**

Sept. 28 - Oct. 6 in downtown Shreveport's Festival Plaza, 101 Crockett Street in downtown Shreveport. Nonstop live music, visual arts booths, and food vendors. \$5 on weekends and after 5:30 p.m. on weekdays, **FREE** on Monday, and free with valid military ID. 9-Day Reveler Passes may be purchased for \$10. For complete festival

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Michael Buttermann, conductor
Richard Glazier, piano & host
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New Dimensions Choral Society
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Dwayne Clark, tenor
Alvy Powell, bass-baritone

Join pianist and host **Richard Glazier** for a fascinating insider's exploration of the genius of George Gershwin. The program includes *Rhapsody in Blue* as well as a concert version of *Porgy & Bess*, featuring an all-star cast of singers and two choirs.



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details, visit www.RedRiverRevel.com.

● Shreveport Aquarium Thursdays for Seniors

Seniors age 55 and over can enjoy \$5 admission to the Shreveport Aquarium on Thursdays through November from 2 to 5 p.m. Shreveport Aquarium has more than 3,000 animals, ranging from snails to sharks, representing about 300 species of fish and invertebrates. 601 Clyde Fant Parkway in Downtown Shreveport. For more information visit www.shreveportaquarium.com, or call 318-383-0601.

● Tchaikovsky's *Swan Lake*

Presented by the Russian Ballet Theatre at the Shreveport Municipal Auditorium on Saturday, Oct. 19 at 7 p.m. Tickets for the Shreveport performance are \$38 - \$83 and are available online at www.RussianBalletTheatre.com.

● Yakov Smirnoff "Happily Ever Laughter"

Friday, October 4 at 8:00 PM. Strand Theatre, 619 Louisiana, Shreveport. Yakov is a mainstay on the entertainment scene; his insightful and comedic take on life, love, family and country promises an evening of laughter and delight! \$49, \$39, \$29. For tickets call 318-226-8555 or visit www.thestrandtheatre.com.

MEETINGS

● Ark-La-Tex Genealogical Association Meeting

Saturday, October 12 from 1 to 3 PM at the Broadmoor Branch Library, 1212 Capt Shreve Dr., Shreveport. Guest speaker is Sarah (Sally) Hamer will present "Researching a Historical Event". **FREE** and open to the public.



Yakov Smirnoff • Oct. 4

For information call 746-1851 or visit www.altgenealogy.com.

● Creative Art Connection Monthly Meeting

Monday, October 14, 6:00 – 8:00 PM. 630 Barksdale Blvd., Bossier City in The Annex. Judy Horne will demonstrate painting on glass. Hands-on experience for participants. Public is invited; **FREE**; 318-549-1251.

SEMINAR

● Seminar on Social Security, Retirement and Medicare

Wednesday, October 9. Social Security Session: 10 a.m. – 11 a.m.; Medicare Session: 11 a.m. – 12 p.m. Caddo Parish Library, Broadmoor Branch, 1212 Captain Shreve Dr., Shreveport. Presented by Social Security Administration, SHIIP and the Caddo Council on Aging. **FREE**. For info: Monica Wright, Caddo COA at 318-676-7900 or Vicki Dufrene at 225-219-7731, vicki.dufrene@ldi.la.gov

THEATRE

● Bright Star

October 17, 18, 19, 24, 25, 26 at 7:30 pm; October 20 and 27 at 2:00 pm. Shreveport Little Theatre, 812 Margaret Place, Shreveport. Bright Star is a musical set in the Blue Ridge Mountains of North Carolina in 1945-46 with flashbacks to 1923. Adults \$22, Seniors/military \$20. For tickets call 318-424-4439 or visit www.

shreveportlittletheatre.com.

● **Man of La Mancha**

Presented by the Shreveport Opera with the Shreveport Symphony Orchestra. November 9, 7:30 p.m. at Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. Don Quixote is the mad, aging nobleman who embarrasses his respectable family by his adventures. Backed by his faithful sidekick Sancho Panza, he duels windmills and defends his perfect lady Dulcinea. Tickets are \$25 - \$95. For tickets call (318) 227-9503 or email boxoffice@shreveportopera.org.

TOURS

● **Branson, MO Tour**

Visit Branson with Tri-City Tours, November 10 to 14. Includes round-trip transportation aboard a luxury motor coach with a tour guide, 4 nights hotel accommodations, 2 hour guided tour of Branson, a Gifts of Lights drive through display, admission to 7 fabulous Branson shows, 8 meals, a side trip to Table Rock Dam and visit to Branson Landing. Tour departs at 7 am from Longview and 8 am from Bossier City. Seats are limited. For more information and reservations, please call 903-663-5514 or visit www.tricitycharter.com



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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

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 16.

Why should I have my ducts cleaned?

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Mike Thomas
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(318) 218-0770
See our ad on page 19.

I am told once I choose hospice I cannot return to the hospital. If I choose hospice care, am I able to return to the hospital?

YES, once you select hospice care, your care and options are actually expanded, not limited. The hospice team is there to help you manage your healthcare decisions. Call Regional Hospice at 318-524-1046 any day of the week to arrange an informational visit.



Toni Camp
Regional Hospice Care
Group
8660 Fern Avenue, St. 145
Shreveport, LA 71105
(318) 524-1046
See our ad on page 43, 48.

I broke a bone last year. Do I have osteoporosis?

In certain high risk groups the risk of a serious fracture can double after a first fracture. Those who experience an osteoporotic hip fracture have a 24% increased risk of dying within one year following the fracture. This is not only a disease of aging white women. Osteoporosis occurs in all racial groups and men have a 1:8 chance of having an osteoporotic fracture. Although there is no specific cure, you can: Get enough Vitamin D and Calcium. Get regular exercise (weight bearing and low impact). Do balance exercises to avoid falls (Tai chi decrease falls in older individuals) and if you have a broken bone talk to your doctor about a bone density test.



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

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

●●●● AARP Louisiana

AARP Louisiana hosted a free shredding event on September 21st at Safety Town where over 400 persons brought sensitive documents to be shredded to avoid identity theft.



Local AARP chapter members who helped in the event (L to R) Gwen Burton, Louise Burton, Issac Tolliver, and Margaret Ford.

●●● Shreveport Club

Guest Chef Tre Wilcox was the guest chef at the Shreveport Club on September 20. Chef has twice been nominated for the "Rising Star Chef" by the James Beard Foundation. He also appeared on *Top Chef* and beat the team headed by Bobby Flay on *Iron Chef*.



(L to r, standing) – Gary Calligas, Ted Lyles, Rob Franks, Chef Wilcox, Vicki Franks, Tina Calligas, Sheryl Little, and Linda Dowling; (seated) Claudia Lyles, Rebecca Miller, and Alan Little.



●●● Super Safety Saturday

Super Safety Saturday was held on Saturday September 21st at Safety Town in Shreveport. Over five hundred kids and grandkids learned about safety. Leonard Gresens brought his grandson, Kolston Wilburn to the event.



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A Season That POPS! 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

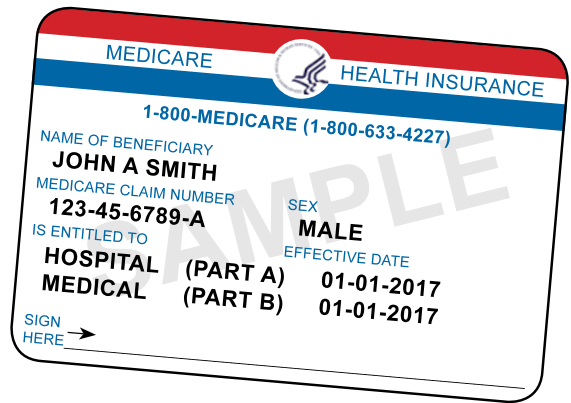
SATURDAY, MAY 2 • 2:30 PM

One Night of Queen

SATURDAY, JULY 25 • 8 PM

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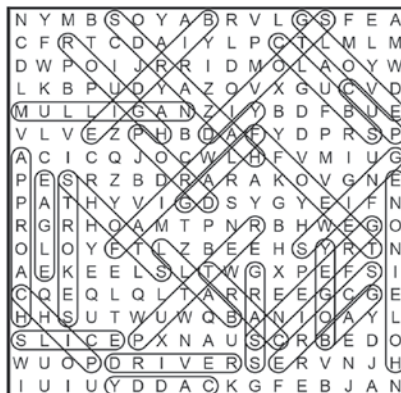


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| 5 | 8 | 4 | 9 | 6 | 1 | 3 | 7 | 2 |
| 3 | 7 | 9 | 2 | 8 | 4 | 6 | 5 | 1 |
| 9 | 5 | 8 | 6 | 4 | 2 | 7 | 1 | 3 |
| 1 | 4 | 6 | 8 | 3 | 7 | 2 | 9 | 5 |
| 7 | 2 | 3 | 1 | 9 | 5 | 4 | 6 | 8 |

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other benefits, too. It helps with correct spinal alignment and promotes back pressure relief, to prevent back and muscle pain. The overstuffed, oversized biscuit style back and unique seat design will cradle you in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. **It even has a battery backup in case of a power outage.**

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