

March 2018

The Best Of Times

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From Skeptic to Believer
the Story of Shroud Photographer Barrie Schwartz



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Inside this Issue



Briefs

- 6** Stat! Medical News & Info
- 18** Our Featured 5
- 24** Shreveport Then & Now
- 30** Snapshot Sleuth

Features

- 20** The Shroud of Turin: From Skeptic to Believer
The Story of Shroud Photographer Barrie Schwartz
by Jessica Rinaudo
- 26** From Thoroughbreds to Saddlebreds: Visiting the Horse Country of Kentucky
by Andrea Gross

In Every Issue

- 32** Get Up & Go!
- 34** Our Famous Puzzle Pages
Crossword & Sudoku
- 37** Parting Shots



Advice

- 8** From the Bench: Carrying Guns in Your Vehicles
by Judge Jeff Cox
- 10** Tech Talk: Internet Not Working? Here's How to Troubleshoot
by Mark Rinaudo
- 12** Eat Well Live Well: Water is Essential to Life
by Abigail McAlister
- 14** Laws of the Land: Use Our Form or Forget It
by Lee Aronson

Columns

- 16** Tinseltown Talks: Marlyn Mason, More Than an Elvis Girl
by Nick Thomas
- 28** Better, Healthier Baking ...
by Family Features



STEPPIN' OUT WITH BEN VEREEN

saturday
sept 30, 2017 - 8 pm

RENT

thursday
oct 12, 2017 - 8 pm

3 REDNECK TENORS

saturday
oct 28, 2017 - 8 pm

SHOJI TABUCHI CHRISTMAS SHOW

friday
dec 8, 2017 - 8 pm

CABARET

thursday
jan 18, 2018 - 8 pm

A CHORUS LINE

tuesday
feb 6, 2018 - 8 pm

DIRTY DANCING

friday
march 16, 2018 - 7 pm

THE ALL HANDS ON DECK SHOW

saturday
april 7, 2018 - 8 pm

WIZARD OF OZ

sunday
april 22, 2018 - 7 pm

PETER PAN: A 3-D STAGE SPECTACULAR

thursday
may 10, 2018 - 7 pm

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www.TheBestOfTimesNEWS.com

Broadcasting every **Saturday** morning **9:05 to 10 a.m. on News Radio
 710 KEEL**, a Townsquare Media radio station in Shreveport, LA.

March 3
"How to Write Your Own Obituary"
Guest: Sarah Greene Hamer, Editor,
 Teacher, and Book Coach

March 10
**"Esophageal Cancer and Gum Disease
 Treatment Options"**
Guest: Alvin H. Danenberg, DDS,
 Periodontist

March 17
"Shoulder Replacement Procedures"
Guest: Dr. Jason Kinkartz, Orthopedic
 Surgeon

March 24
"The Bishop's Pawn"
Guest: Steve Berry, Internationally
 Known Author and Historian

March 31
**"Unlocking Greatness –
 Your Journey to the Life You Want"**
Guest: Charlie Harary, clinical professor,
 personal growth speaker, and author

The Best Of Times

March 2018 • Vol. 27, No. 3
 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

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On the Cover

Contrast Enhanced Shroud of
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 photographic negative taken by Barrie
 Schwartz in 1978 during the Shroud
 of Turin Research Project.

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“A Grand Door Prize” will be awarded at 12:45 pm (must be present to win) – **A travel package “China Delights” for two persons to travel to China for 10 days** including airfare from a gateway city, airfare within China, hotel stays, most meals, guided tours, tips, taxes, and fees. The Grand Door Prize is compliments of *The Best of Times* magazine and Nexus Holidays. For more information, please visit www.thebestoftimesnews.com

PRE-REGISTRATION ENTRY FORM

SENIOR HEALTH FAIR AT THE BOSSIER CIVIC CENTER ON TUESDAY, APRIL 10, 2018

(Must be present to win door prize)

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E-mail Address: _____

To preregister for the Fair and be eligible to win a special door prize, email the above information to seniordayexpo@gmail.com by April 6, 2018 with subject line: “2018 Senior Health Fair Registration”. Or mail your pre-registration form to: 2018 Senior Health Fair, P. O. Box 19510, Shreveport, LA 71149-0510.

Stat!

Medical News & Info

• Link Between Severe Gum Disease and Cancer Risk

Data collected during a long-term health study provides additional evidence for a link between increased risk of cancer in individuals with advanced gum disease, according to a new collaborative study led by epidemiologists at Tufts University School of Medicine and Johns Hopkins Bloomberg School of Public Health and Kimmel Cancer Center. The study, published in the *Journal of the National Cancer Institute*, found a 24 percent increase in the risk of developing cancer among participants with severe periodontitis, compared to those with mild to no periodontitis. Among patients who had no teeth—which can be a sign of severe periodontitis—the increase in risk was 28 percent. The highest risk was observed in cases of lung cancer, followed by colorectal cancer.



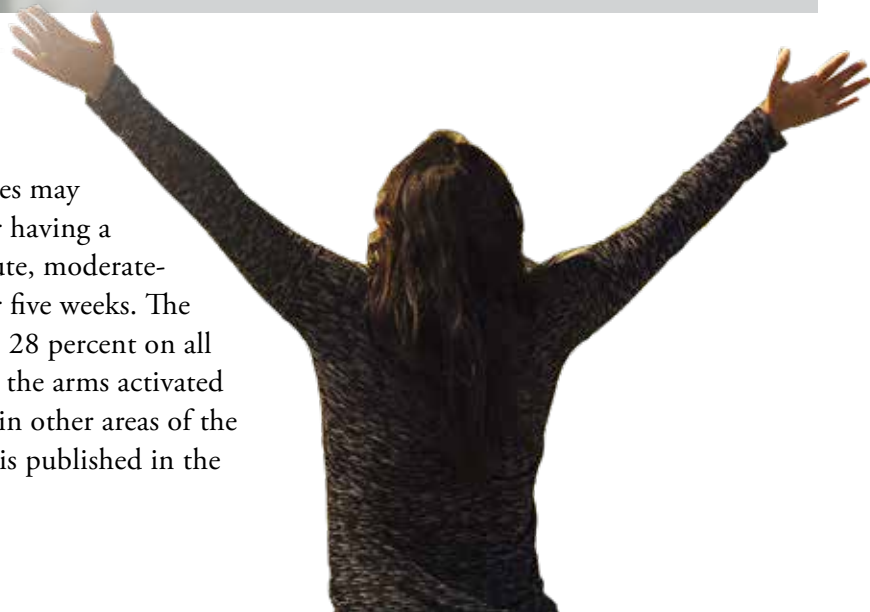
• Why Do We Trust, or Not Trust, Strangers?

Our trust in strangers is dependent on their resemblance to others we've previously known, finds a new study by a team of psychology researchers at New York University and reported in *Proceedings of the National Academy of Sciences*. Its results show that strangers resembling past individuals known to be trustworthy are trusted more; by contrast, those similar to others known to be untrustworthy are trusted less. The study reveals that strangers are distrusted even when they only minimally resemble someone previously associated with immoral behavior.



• Arm Exercise Improves Walking Ability After Stroke

A new study by researchers from the University of Victoria in British Columbia shows that arm exercises may improve walking ability months and even years after having a stroke. The volunteers participated in three 30-minute, moderate-intensity arm cycling training sessions each week for five weeks. The participants improved their performance as much as 28 percent on all the walking tests. Researchers believe that nerves in the arms activated and adapted to improve function of the spinal cord in other areas of the body, such as the legs, affected by stroke. The study is published in the *Journal of Neurophysiology*.



(Tear out and post this friendly reminder)

❑ Register for the 2018 S.A.F.E. Planning community workshop and
Learn about Protecting Assets from Nursing Home Costs and Medicaid
even if someone is already receiving care.

March 15th (Thursday) at 10 am

At the Broadmoor Branch Library – 1212 Capt. Shreve Drive – Shreveport

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Reserve your seats 24/7

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- *Avoid losing all your savings and investments!*
- **Your home is now a bigger target than ever—learn ways to protect it!**
- *Avoid leaving a spouse financially devastated!*
- **Does your will leave everything to your spouse? It might be a HUGE MISTAKE!**
- *How could **changing Medicaid rules and Expanded Medicaid** affect you?*
- **Do you know how a spouse can receive up to \$3,090 per month of the income of their spouse in a nursing home and have their care paid for even while owning substantial assets?**
- *Do you understand **Gifting Rules, Look-Back Periods**, how Medicaid treats common “**tax loopholes**” and ignores **pre-nuptial agreements**? Find out!*
- **Could an Irrevocable Trust become your worst enemy? Learn the pitfalls and traps!**
- *Do you know why it may be a bad idea to put **kids names on your accounts**?*
- **Do you know how preserving assets can better assure a patient's quality of care and quality of life?**
- **Is a loved one already in a nursing home or receiving care? Find out why it may not be too late to save their estate!**



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From the Bench by Judge Jeff Cox

Carrying Guns in Your Vehicles



The United States Constitution and Louisiana Constitution give citizens the right “to keep and bear arms.” The Louisiana Constitution further states that “Any restriction on this right shall be subject to strict scrutiny” meaning that the courts will take a very hard look at any laws that attempt to keep a person from possessing a gun. I have been asked on numerous occasions whether a person can carry a gun in their vehicle and what they should do if they are stopped by a law enforcement officer while carrying the gun in the vehicle.



Cox

In Louisiana, a person who is not otherwise prohibited from possessing a firearm may carry the firearm openly and loaded, without any permit, in places where firearms are otherwise allowed. This applies to both residents of Louisiana and non-residents who visit our state. A valid concealed permit does not restrict the right to open carry. In most cases, persons will carry holstered handguns on their side, but this right is not restricted only to handguns. However, private property owners, such as businesses or

homeowners, can restrict the carrying of firearms on their property.

Open carrying of a firearm in Louisiana does not constitute disturbing the peace or negligent carrying of a concealed handgun/brandishing a handgun under Louisiana law. Charging a person with violation of one of these statutes requires proof of other bad conduct. Bad conduct which would be considered disturbing the peace would be appearing in an intoxicated condition and having a loaded firearm present. Another example of bad conduct is unholstering a handgun and waving it around in a crowd.

La. R.S. 32.292.1 is entitled **Transportation and storage of firearms in privately owned motor vehicles**. Under Section A of this statute “A person who lawfully possesses a firearm may transport or store such firearm in a locked, privately-owned motor vehicle in any parking lot, parking garage, or other designated parking area.” This statute gives the right of the person to carry firearms in their vehicle. The legislature has allowed an exception to the crime of illegally carrying a weapon on school grounds or school zones as long as the firearm is contained entirely within the motor vehicle and is

A person who lawfully possesses a firearm may **transport or store such firearm in a locked, privately-owned motor vehicle** in any parking lot...



not removed from the vehicle while on school grounds.

If you are stopped by a law enforcement officer and have a firearm in your vehicle, you need to follow a few common-sense rules. First, listen to the officer's instructions of whether he/she wants you to remain in the vehicle or get out of the vehicle. If the officer approaches the window, make no sudden moves but let him/her know that you have a firearm in the vehicle. One thing you can do is make sure the officer can clearly see your hands. The officer may ask where the firearm is located in the vehicle and may move you out of the vehicle away from the weapon for officer safety. The officer may remove the weapon from the vehicle until the stop is completed for officer safety but will return the weapon to the vehicle once the stop is completed unless there is some reason he/she has for not returning the weapon.

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



Right now, there are so many unknowns in medicine.

If you're over 50 or a Medicare recipient, it's tough to predict what will happen to your medical care coverage next year.

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RIDING FAST, WALKING TALL

From the first time Bobby Sims laid eyes on a motorcycle as a little kid, he knew that he wanted to ride, and ride fast. So, it came as no surprise when at the age of 17 he began racing in motocross events. Ironically, it was after Bobby quit riding competitively that he severely injured his left leg doing a "whip" stunt on a friend's motorcycle which led to the amputation of his left leg above the knee.

Snell prosthetists determined that Ottobock's X3 microprocessor knee was Bobby's best option considering his adventurous lifestyle. The result of a collaboration between the U.S. military and Ottobock, the X3 is a technologically advanced microprocessor prosthetic leg that has been "ruggedized" to withstand the conditions an active duty military member might face. With its built-in accelerometer and gyroscope, the X3 intuitively knows where the leg is in space, using the same technologies used in Wii™ gaming systems and smartphones. That means less worry of a stumble or fall and less concentration needed when Bobby is on the move such as when he ascends stairs or suddenly goes from walking to sprinting.

Even when Bobby's pursuits aren't as challenging as the ones the X3 was designed for, he still appreciates that it allows him to always be in control. "One of the best things about having this knee is that I can keep up with my little girl," he shared.



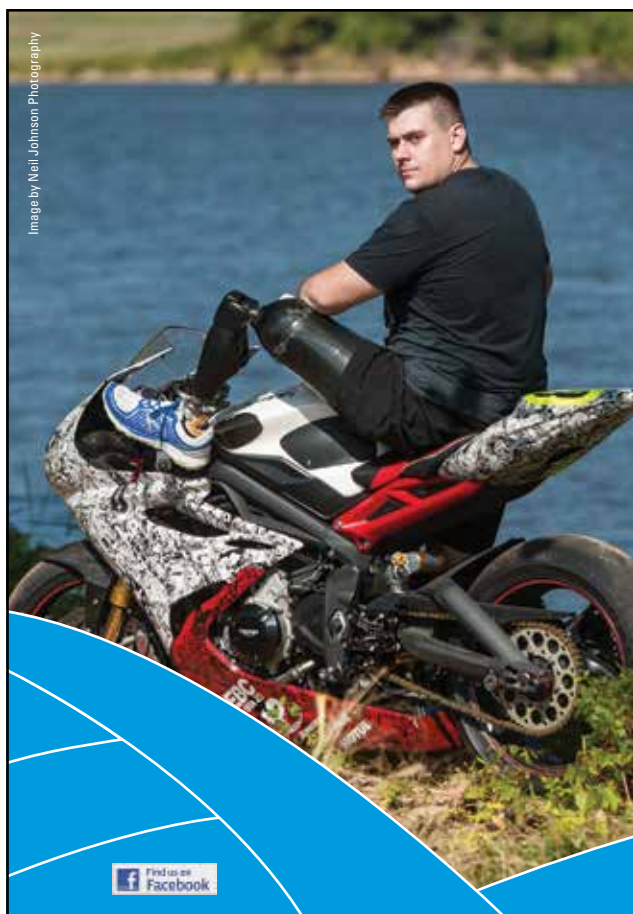
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Internet Not Working? Here's How to Troubleshoot

Question: What steps should I take to troubleshoot when my internet isn't working before calling my Internet Service Provider?

We've all been there. At the most inopportune time when you need your internet to be working, it's either completely off or it's cutting in and out.

Internet access is another utility almost as important as electricity. If you're without it, you're stuck – disconnected from the outside world. As more Internet Service Providers are offering other products to piggyback on your internet access, such as phone service, these outages are causing more of a disconnect for their customers. There are a few simple steps you can perform at home that may help bring your service back up without having to call your Internet Service Provider.

If you find that your computer or smart phone is not connecting to the internet, the first step is to look at your modem/router. If this devices is not lit up, that can definitely indicate a problem on your end. Power cycling the modem, which means to unplug its power and then plug it back in



Rinaudo

Most modems have a set of status lights on the front that **give a good indication of whether your service is up, or if it's experiencing an issue.**

after 30 seconds, is usually the first step given by Internet Service Providers' support staff. Service interruptions are commonly caused by work being performed in the area, and a simple power cycle of your modem can restore the service. The modem would eventually perform a reset after a certain amount of time, but manually power cycling the modem speeds up the process and restores your service sooner.

If you find that your modem is lit up, everything looks like normal and a power cycle does not fix the issue, then you may have a problem somewhere else on your system. If you only have a computer that's using your internet service, then you may have an issue with the computer itself. The first step I usually recommend to customers when something is acting

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awry on a computer is to reboot it. The beauty of rebooting a computer is that it's like starting over new and fresh, leaving behind whatever bugs have crept in and possibly caused the issue.

If after rebooting you still have no internet access, the next thing to check is whether you have connectivity to your modem. Your computer may be connected via wired connection or a wireless connection. If your computer is connected via a wire you can always trace from the modem back to your computer to ensure both ends of the cable are plugged in. Sometimes hardware can lock up and simply unplugging the cable and plugging it back in can reset the hardware. On your modem where the cable from your computer is plugged in you can unplug from there and then simply plug it back in.

Most modems have a set of status lights on the front that give a good indication of whether your service is up, or if it's experiencing an issue. If power cycling does not change the status lights on your modem, then it's most likely an issue on your service provider's end. All service providers have a way



for their customers to check if any outages are occurring on their network by visiting their website. This however does you no good when your Internet is down. However, if you have a smartphone with a data plan, you can simply turn off your wifi connection on your phone and then you'll be able to use your carrier's data network to visit your service provider's website to see if they are indeed having trouble.

With a little troubleshooting it's quite possible that you can restore your internet service on your own when you need it the most.

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

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Saturday Morning, April 28th
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 Byrd - Ladies Lunch 12:00 - 2:00 p.m. Wine Country
 Shreve - Co-Ed Luncheon 12:00 - 2:00 p.m. Tejas Kitchen

Saturday Evening, April 28th
 7:00 - 11:00 p.m.: East Ridge Country Club • 1000 Stewart Drive
 Dinner / Cash Bar / Music / Visit with 1968 Classmates
 Casual Dress

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MEMBER ID NUMBER: 000-00-0000-A

SEX: FEMALE

DATE OF BIRTH: 07-01-1906

HOSPITAL MEDICAL (PART A) 07-01-1906

Signature: Jane Doe

New Medicare Card

MEDICARE HEALTH INSURANCE

Subscriber: JOHN L. SMITH

Medical Record Number: 1EG4-TES-MK72

Cardholder is entitled to:

PART A 03-03-2016

PART B 03-03-2016

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

Beware of calls from individuals claiming to represent Medicare or Social Security Administration, saying the beneficiary needs a new Medicare card. They may threaten beneficiaries with the loss of Medicare benefits if they don't comply.

Learn to PREVENT, DETECT and REPORT possible Medicare fraud. To report fraud or for more information, call: 877-272-8702

Sponsored by eQHealth Solutions and funded in part through a grant from the U.S. Administration for Community Living.

Water is Essential for Life

Spring is approaching in Louisiana, which means temperatures will begin to rise and the blistering summer heat is just right around the corner. Staying cool becomes a priority, but staying hydrated should be of equal importance, especially as you age.

Water is essential to life. In fact, after oxygen, water is most important nutrient to maintain life. In the body, water makes up about 70% of the muscles, 75% of the brain, and 85% of our blood. Fluids help maintain normal function of every system in the body, including the brain, muscles, and heart.

As we age, our sense of thirst begins to diminish, and over time, staying hydrated may seem more difficult to accomplish. Your ability to conserve water is also decreased as your body's water content lessens during the aging process. A young person weighing 150 pounds has about 7 liters more water in their body than an elderly person of the same size. Older adults also often have trouble getting enough fluids and are at risk for becoming dehydrated, especially as temperatures rise.

In warmer temperatures, water plays an important role in preventing our bodies from overheating by excreting sweat. As sweat evaporates on the surface of the skin, it helps cool the tissue underneath. Warmer temperatures means more sweat is being produced, which means the body loses more water. Excess loss of fluids can lead to dehydration and impact normal bodily functions.

Dehydration can happen rapidly, even in less than eight hours. It has serious consequences including delayed wound healing, dizziness upon standing, slower reaction time, muscle tone depletion, drowsiness, headache, and decreased kidney function. Surprisingly, thirst isn't the most reliable indicator that you need to drink more water. If you feel thirsty, there is a chance you are already dehydrated. Instead, the best way to tell if you are dehydrated is to check the color of your urine. Dark urine with a strong smell indicates that you are not properly hydrated, while lighter urine is a sign that you have been



Scallan

Watch for Signs of Dehydration



Dry Mouth



Weakness



Sunken Eyes



Dizziness



Poor Skin Elasticity



Confusion

Staying hydrated doesn't simply mean drinking enough one day, **but being able to drink enough throughout the day.**

drinking enough fluids. Other signs of dehydration include dry mouth, low blood pressure, weakness, sunken eyes, poor skin elasticity, dizziness, confusion, and irritability.

Fluid needs can vary depending on the individual but a good way to tell if you are drinking enough is to monitor the color of your urine every few hours. Staying hydrated doesn't simply mean drinking enough for one day, but being able to drink enough throughout the day. An easy way to do this is to space out your water consumption. Drink fluids with medicine, meals, and in between. Carry a water bottle with you to work, the grocery store, on your evening walk, and to your social groups and make sure to take a few sips every half hour. Drink at least 8 ounces of water when you wake up and with every meal. When exercising, stay hydrated by drinking more than you usually would to make up for losses from sweat. A sports drink is usually not necessary unless you have been vigorously exercising in hot weather. Snacking on high fluid foods like fruit, vegetables, soup, and yogurt may also help contribute to your fluid needs. Don't forget to watch your hydration when you are traveling! Temperatures may change and it is often easier to forget to drink fluids.

Remember, always ask your doctor if you have questions about your fluid needs. Needs can vary greatly depending on the medications you take and your medical history.

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

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CRAWFORD



Laws of the Land by Lee Aronson

Use Our Form or Forget It



What was the very first thing you did after you got married? It probably wasn't what Amy* did.

Amy is a detailed kind of person. When she got married, one of the details she knew she wanted to take care of was changing the beneficiary of her life insurance policy. She called her insurance company and explained that if she were to die, she no longer wanted her mom to get the insurance proceeds. Instead, the money should go to her new husband. The insurance company told Amy that they would mail her a form so she could make this change. Amy received the form, filled it out, signed it and sent it back to the insurance company.



Aronson

A couple of weeks later, she got a letter from her insurance company saying that she had filled the form out wrong: she signed the form with her new married name, which was not the name that the insurance company had on file for Amy. Apparently, it didn't matter to the insurance company that Amy had sent them a copy of her marriage certificate along with the change of beneficiary form.

Let's say Amy reads the letter, gets furious and immediately has a heart attack and dies, clutching the letter in

her cold dead hands. Who would get the insurance money? Amy's mom, the original beneficiary? Or her new husband, who Amy had tried to make the new beneficiary?

Here's what the Louisiana law says: the internal procedures of the insurance company don't matter. What matters is what the actual insurance policy says. So in Amy's case, the insurance company's internal policy that their forms must be signed with the exact name that the company has on file is not the deciding factor. Instead, the deciding factor is the actual policy, which said that Amy could change her beneficiary "by giving written notice to the Company at its Home Office."

Had Amy given written notice of her desire to change her beneficiary? Yep. Had she sent it to the company's home office? Yep again. From a legal point of view, her new husband gets the money.

Something similar happened to a guy named Howard. Howard sent a hand-written letter to his insurance company instructing them to change his beneficiary to his wife. The insurance company got the letter but refused to make the change because Howard hadn't used the company's official change of beneficiary form. Although the company's internal procedure required that their official form be used to change the beneficiary, Howard's policy said, "the beneficiary may be

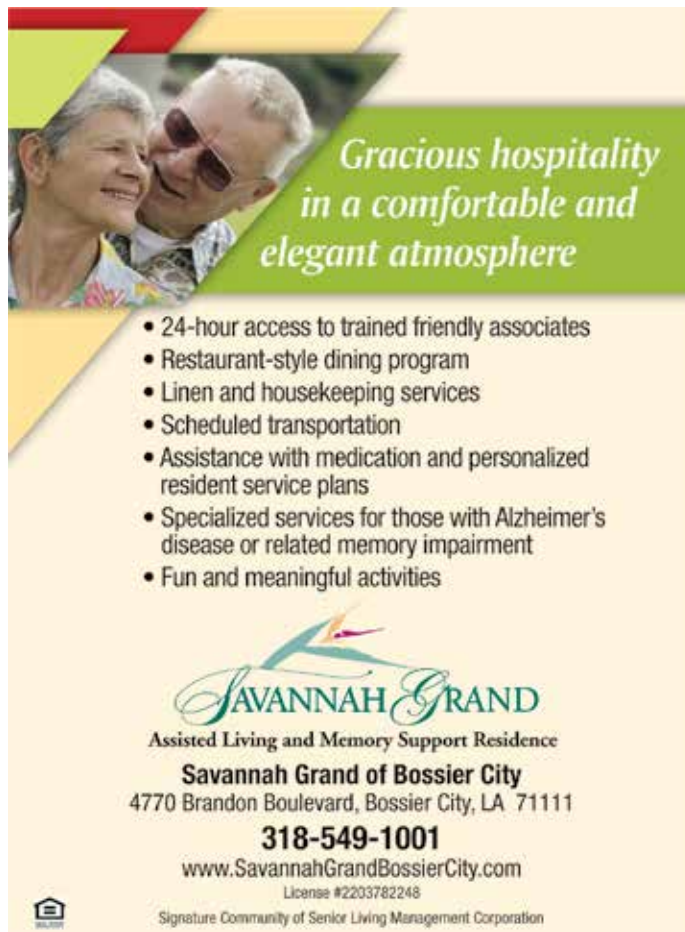
Regardless of what your will says,
**if your insurance has a
 beneficiary, then the beneficiary
 gets the money.**

changed by notifying the Company through the Grand Lodge.” Howard’s letter was sent to the Grand Lodge and was therefore good enough to legally change his beneficiary.

Let’s get back to Amy. Suppose she had never gotten around to changing her life insurance beneficiary from her Mom to her new husband, but she had gotten around to making a new will. And suppose her new will said that she leaves everything to her new husband. Does that mean that the new husband would get the insurance money? No. Regardless of what your will says, if your insurance policy has a beneficiary, then the beneficiary gets the money. This means if you list your spouse as your beneficiary and then you get divorced but forget to change your beneficiary, your ex-spouse will get the money. This is a good reason for you to make sure that your beneficiaries are always up to date.

**all names have been changed*

Lee Aronson is an attorney in Shreveport, Louisiana, with Gilsoul & Associates, LLC. His practice areas include estate planning and elder law.



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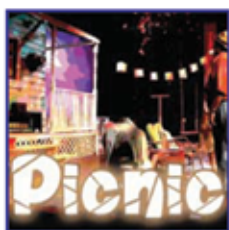
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Marlyn Mason, More Than an 'Elvis Girl'

Beginning in 1960 and for some three decades thereafter, Marlyn Mason appeared in almost one hundred television series, earning the unofficial title of TV



Thomas

"Guest Star Queen." While her film roles were far fewer, fans of Elvis Presley movies remember the actress as Elvis's vivacious co-star in his next-to-last film, 1969's "The Trouble with Girls." However, Marlyn left Hollywood – literally – in the early 1990s. "When my Hollywood career came to a halt I moved to Oregon," said Mason from her home in Medford. But she didn't retire from acting completely. Taking advantage of the lush, natural settings and charming towns for location shooting as well as regional talent, Mason has written, starred in, or produced several dramatic Oregon-based short films over the past decade.

"I wrote a screenplay about a lonely woman who's an aging, nude artist's model ('Model Rules,' 2008)," she said. "The only way she can get attention and fulfill her fantasies is to pose nude for artists. It's kind of a sad piece but there is humor in it."



Marlyn Mason and Elvis Presley in a scene from *The Trouble with Girls* - MGM

A local filmmaker, Ray Robison, directed the film which won best actress or best screenplay awards for Mason at several film festivals around the country. In 2010, the duo teamed up again for "The Bag," a very personal account of Mason's mother's decision to end her life and which featured Hollywood veteran actors Richard Erdman and Peggy Stewart playing Mason's parents.

"It's a rather grim topic, but the actors bring a natural humor to the piece," said Mason. "I wanted to make a non-political, non-religious comment on the mere fact that some elderly people simply want to go to sleep and not wake up."



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My mom was one of those people. She was 92 and deserved the right to die the way she wanted.”

In 2013, Mason headed back to California briefly to film her romantic drama “The Right Regrets,” directed by veteran TV director Ralph Senensky. “He was turning 90 and came out of a 26-year retirement to direct this love story I did with Maxwell Caulfield. It’s beautifully photographed and looks like a mini-feature. Ralph has the special touch that translates magnificently onto the screen.”

Last summer, Mason also returned to feature films with the release of the thriller “Besetment” (see www.barbedwirefilms.com). “It’s very creepy, and I’m very creepy in it!” she said, laughing. “The director, Brad Douglas, wrote the role for me and I had a wonderful, fun 20 days filming.”

While her early Hollywood days remain fond but distant memories now, they are ones she is often asked to share at film conventions, especially in connection with Elvis. “I just got invited to Quebec for the annual Elvis show in October.”

Mason was one of the numerous actresses (‘Elvis Girls’) to appear in Presley’s 31 feature films, but was not a fan of Elvis or his music when they began filming “The Trouble with Girls.” In fact, she was prepared for Elvis to flaunt his superstar status but “he turned out to be the best guy in the world to work with.”

When not looking back and sharing Hollywood memories, Marlyn continues to look forward to more

filmmaking. “It’s not about the length of the film or even the role. I just love to keep working!”

Her current ‘bucket list’ also contains three additional life goals. “I want to be feeling good – not sick – when I die and I want to be the next Betty White, still working at 95.”

Finally, she adds jokingly, “and I want to be the sole surviving Elvis leading lady – there are about 18 of them left who I have to kill off! But seriously, I’ll be 78 this year, I’ve had a good life, and have nothing to cry about.”

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



Marlyn Mason, L, and Abby Wathen in *Besetment* - Barbed Wire Films. Provided by director Brad Douglas

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2 Since 1962 Chicago has been celebrating Saint Patrick by dumping 40 tons of green dye into the Chicago River to get it to a suitably festive shade!

3 "Drowning The Shamrock" is the custom of floating the shamrock on the top of whiskey before drinking it. The Irish believe that if you do, then you will have a prosperous year.

4 Since its inception in 1762, New York City's Saint Patrick's Day Parade has grown into one of the world's largest, but it doesn't allow floats, cars, or other modern trappings.

5 According to WalletHub, on St. Patrick's Day more than 13 million pints of Guinness are consumed around the world.



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THE SHROUD OF TURIN

From Skeptic to Believer

the Story of Shroud Photographer Barrie Schwartz

by Jessica Rinaudo

The Shroud of Turin has been surrounded by intrigue and controversy for centuries. Many proclaim this cloth, depicting the face and body of a man who was tortured, beaten and crucified, to be the death shroud for Jesus Christ, himself. But many men were crucified - and who is to say that the cloth itself isn't some sort of elaborate reproduction, some painting or modified object?

Barrie Schwartz certainly began as a skeptic. In the 1970's Schwartz, a young Jewish man, was working as a technical photographer in California. Due to the nature of his skill set, he was often enlisted to work on specialty projects, including a classified one for Los Alamos National Laboratories that was related to atomic bombs. During that seven month long project, Schwartz worked with Don Devan, an imaging scientist.

> (l to r) Ray Rogers, John Jackson and Prof. Giovanni Riggi, members of the 1978 team that performed the first ever in-depth scientific examination of the Shroud of Turin, take a first look at the underside of the cloth in 400 years.

©1978 Barrie M. Schwartz Collection, STERA, Inc.



A short time after they completed the project, Devan called Schwartz and explained that a group of Americans were being granted permission to do something no one else had ever done before: spend time analyzing the Shroud of Turin in an attempt to prove or disprove its authenticity. Devan told him "They're planning to put together a team and the first thing they said was that they would need a photographer. Since you and I worked together for the last seven months, I immediately thought to call you. So would you be interested in being on the team?"

Schwartz was hesitant though, and initially turned the project down, telling Devan, "But Don, I'm Jewish."

Schwartz continued, "Don laughed and said, 'So am I!'"

But what finally convinced Schwartz to join the team, was the results from putting the Shroud's image into a VP8 image analyzer. "It's an old analog device with black and white video camera and the results displayed on the green screen and extract the image into 3D space based on the lights and darks of the image," said Schwartz. "Put a normal photo in there, you get a jumble of shapes and nothing that looks normal. It's all distorted and jumbled. With the image of the Shroud, you get the natural relief for the human form... From this I knew right way that sort of eliminated artwork or photography and I was curious."

Schwartz did eventually agree to join the Shroud researchers. The team spent 17 months preparing for their five day window with the Shroud of Turin. They knew they would be contained in a relatively small room and didn't want to inflict any kind of damage on the cloth. They came up with special rotating tables to hold the cloth, as well as customized mounting tools and a special rail system to slide the camera along.

In 1978 the time to analyze the cloth finally arrived, but getting to the Shroud itself came with its own share of troubles. The team's x-ray machine got held up in customs and it took a Catholic priest with knowhow of the system to retrieve their tools so they could set up and begin work.

When the Shroud was at last unveiled before the team, Schwartz took his 10x loop and examined it closely. "I was looking at it and looking down in between the fibers because paint pigment binders are going to be visible - they're not going to disappear and just leave an image," said Schwartz. "And so I knew probably within 10 or 15 minutes of the Shroud being unveiled that whatever it was, it wasn't a painting."

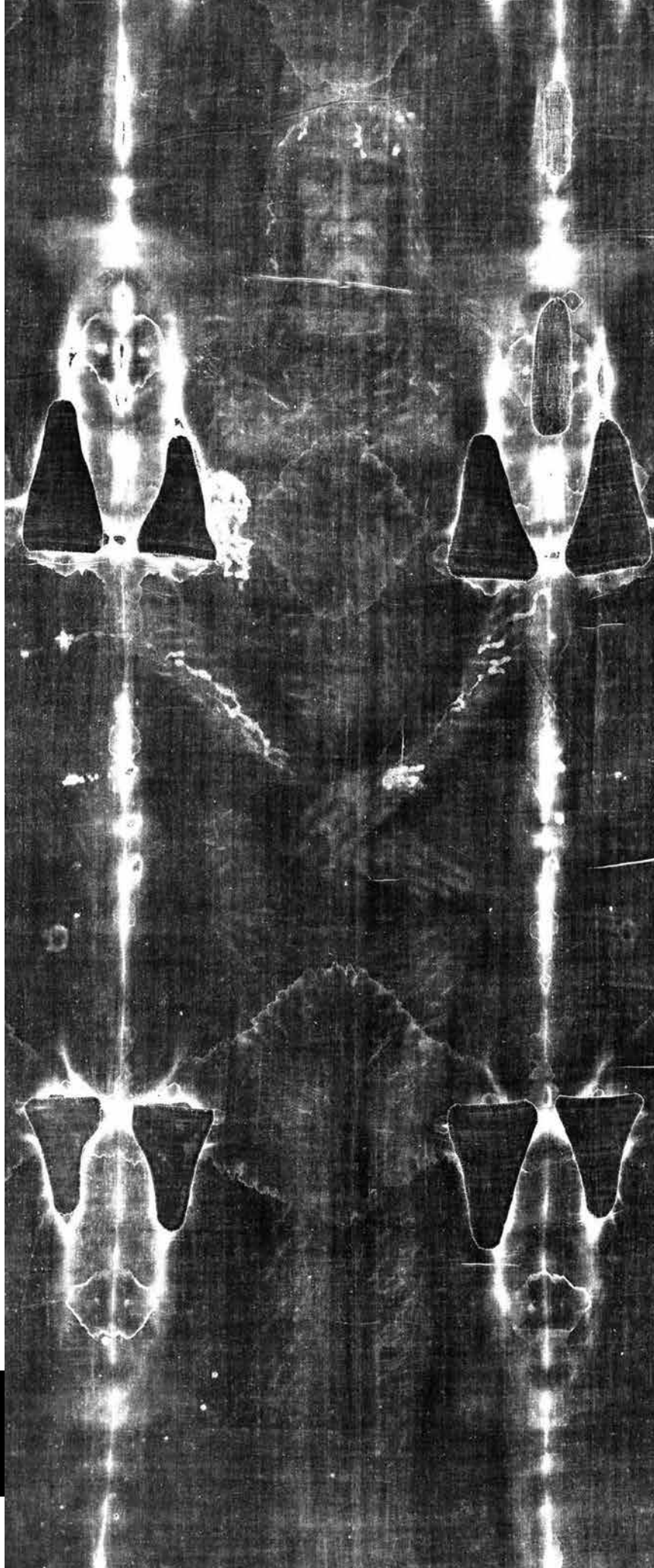
Over the course of those five days, Schwartz took many photographs of the cloth which have since become synonymous with the Shroud of Turin. They have been published in national magazines across the globe and continue to be a source of fascination and study. Samples were collected and analyzed by blood chemists and scientific researchers, with the primary goal of determining what the substance on the cloth is. Their results didn't receive much press at the time due to their technical nature, but can now be read in full at Shroud.com.

Their final 1981 report stated, "We can conclude for now that the Shroud image is that of a real human form of a scourged, crucified man. It is not the product of an artist. The blood stains are composed of hemoglobin and also give a positive test for serum albumin. The image is an ongoing mystery and until further chemical studies are made, perhaps by this group of scientists, or perhaps by some scientists in the future, the problem remains unsolved."

Schwartz continued, "And yet after completing our work coming back and spending the next two and a half years reducing our data and having it published in highly regarded peer reviewed scientific journals, it still took 17 years for me to be convinced the Shroud was authentic."

> The ventral image on the Shroud of Turin, as it appears on a photographic negative. Accordingly, the image has been flipped left to right.

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SCHWORTZ COMING TO CATHEDRAL OF ST. JOHN BERCHMANS IN SHREVEPORT



Barrie Schwartz's tale, experience and gift for storytelling while sharing scientific facts, makes him an engaging and fascinating speaker. **He will be in Shreveport at the Cathedral of St. John Berchmans on March 17.** In addition to his talk, **the Cathedral has a life-sized cloth reproduction of the Shroud of Turin** on display, as well as replicas of items connected to the crucifixion, such as a flagrum, a crown of thorns and nails. **The event will be from 9:30-11:30am. For more information, visit www.sjbcathedral.org.**

It took another Jewish man, Alan Adler, a world-renowned blood chemist who was also on the original team, calling Schwartz in 1995 to finally settle the authenticity question for Schwartz. The one thing that was keeping him from believing was the fact that the blood on the Shroud was still red. Schwartz said that Adler told him that when he did the chemical analysis on the blood samples from the Shroud, he consistently found very high content of bilirubin, which is a compound made in the liver. "When somebody is beaten, scourged, tortured, not given any water, goes into hypovolemic shock, the liver starts pumping extra bilirubin into the bloodstream... He said that it turns out that bilirubin is a hemolytic agent that breaks down red blood cells' cell walls, releasing hemoglobin. That's what remains red forever."

And it was that, said Schwartz, "That gave me the final piece of the puzzle."

To add to that, 10 years later, another chemist from the team, Ray Rogers, researched the manufacturing of ancient linen and discovered that they used a naturally occurring plant-based detergent. Schwartz said, "They used to wash or soak linen cloth after they were manufactured because linen is a little more stiff than cotton is... it needs to be treated a little bit." This plant-based detergent turned out to be a hemolytic agent - which may have also contributed to the blood remaining red.

"So we have two reasons why the blood is still red," said Schwartz. "Both of them credible and perhaps both are the answer."

Explanations for the blood remaining red convinced Schwartz that the Shroud of Turin was an authentic burial cloth, but what made him convinced that this was indeed the shroud that covered the face of Jesus after his death?

"The Romans crucified lots of people. They scourged lots of people, they probably speared a bunch of them, too. But only one man that we ever know of, who proclaimed himself the King of Jews, was crowned with a cap

or crown of thorns," said Schwartz. "And we have all those wounds that are attributed from the Gospels to Jesus forensically accurate on the Shroud of Turin. We don't know anybody but one man who had all those tortures applied to him and that was Jesus of Nazareth."

Schwartz also recounts speaking to his traditionally Jewish mother about the Shroud. After she first heard him speak, Schwartz asked what she thought. To his great surprise, she replied, "Well of course it's authentic... They wouldn't have kept it for 2,000 years if it belonged to anybody else." Schwartz said, "I laughed until I thought about what a profound observation that is. That cloth violates two Jewish laws: it's got blood on it and it's got an image on it, and so you can not take that out of the tomb, it has to be buried with the body... Whoever rescued it put themselves at great risk to save the cloth."

Schwartz, despite his revelations, remains Jewish to this day. He says he believes the cloth belonged to Jesus, but doesn't know whether he was the Messiah, instead deferring to theologians to make that decision.

"I can stand there in front of a group of any denomination of faith and say, 'Look, here's what the evidence is about a piece of cloth. But the answer to faith isn't going to be on a cloth, but in the eyes and hearts of those who look upon it.'"

Armed with his in depth knowledge, experience and belief in the science validating the Shroud of Turin's authenticity, Schwartz founded Shroud.com, a non-profit information resource that predates even Google. He travels, sharing his story, his incredible photos taken in 1978, and the science behind why he believes the Shroud of Turin is indeed the burial shroud of Jesus. •



Who is the Man of the Shroud? Podcast Series

with Father Peter Mangum & Dr. Cheryl White

To help the community prepare for Schwartz's upcoming visit, Shroud scholars Fr. Peter Mangum, rector of the Cathedral of St. John Berchmans, and Dr. Cheryl White, history professor at LSU-Shreveport, have launched a podcast entitled, "Who is the Man of the Shroud?" In each 10 minute episode, Fr. Mangum and Dr. White lend their knowledge and address specific topics surrounding the Shroud of Turin including, "The Three-Dimensional Code of the Shroud of Turin," and "Pollen Evidence on the Shroud of Turin." This podcast is free and available in the Apple Store or through the Cathedral's website, www.sjbcathedral.org.

< Dr. Cheryl White and Fr. Peter Mangum are Shreveport Shroud scholars. Together they have produced a free podcast on the topic.



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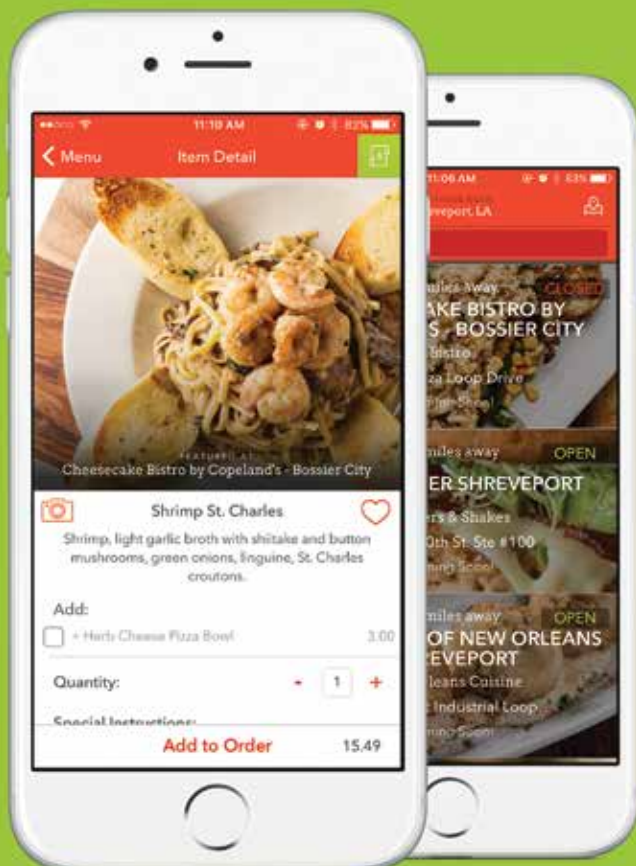
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Broadmoor Garage is located at 505 East Kings Highway in Shreveport. Then (1949) and now. According to their

Facebook page, the garage has operated in its current location since the 1930s. The business outgrew its original building, so in 1966 it was expanded to include the former Delaware Bottling Company building next door. (*Jack Barham Collection*)

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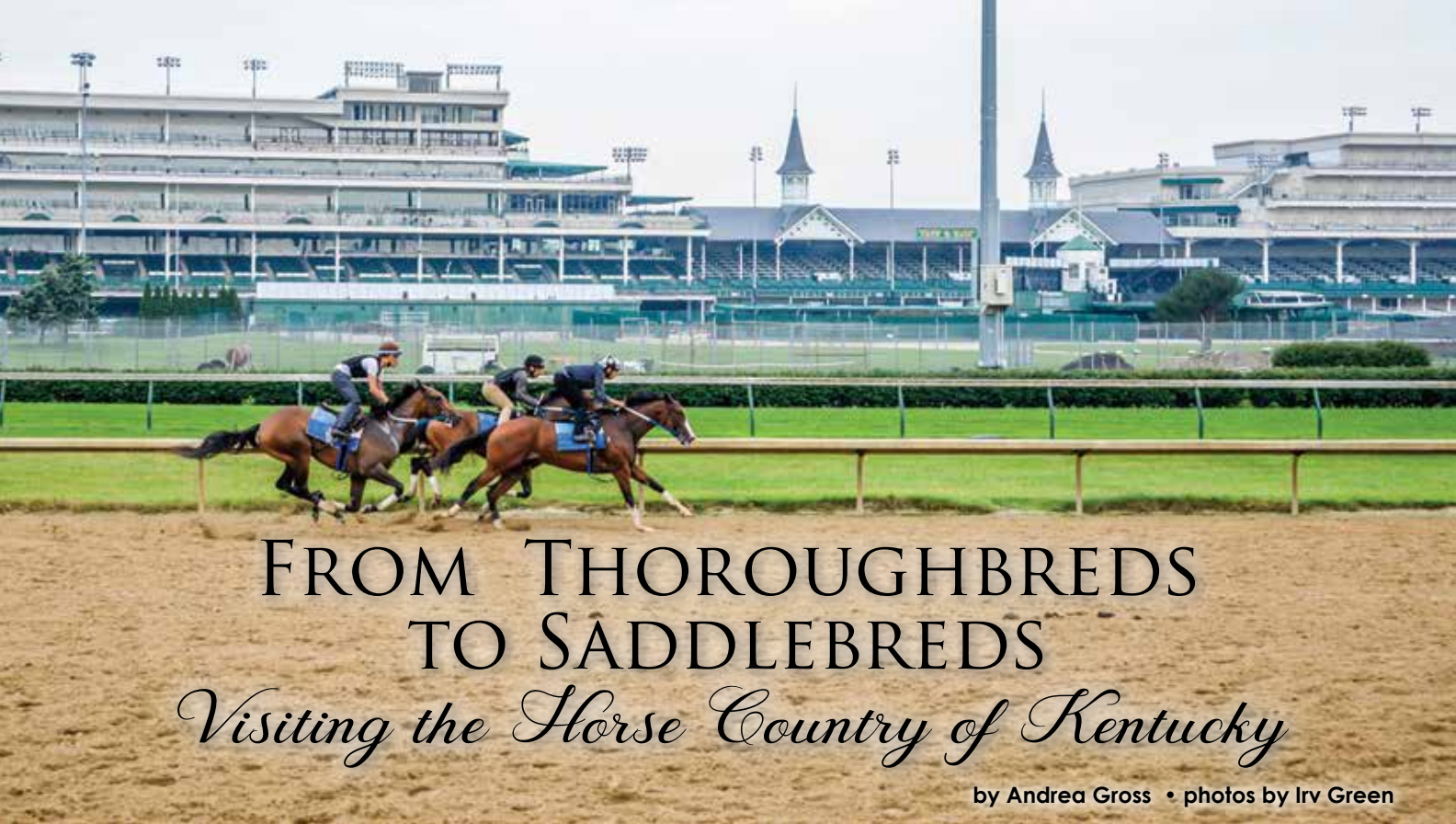
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FROM THOROUGHBREDS TO SADDLEBREDS

Visiting the Horse Country of Kentucky

by Andrea Gross • photos by Irv Green

The temperature in Louisville, Kentucky is predicted to hit the mid-eighties by noon, but now, at 8:30 in the morning, it's still blissfully cool. I'm standing on a platform overlooking the Churchill Downs racetrack, watching as trainers lead some of the best thoroughbreds in the world through their daily workout.

Will the stallion that's now rounding the bend become the next Secretariat or American Pharoah? It's highly possible, for Churchill Downs is the home of the Kentucky Derby, often dubbed "The Greatest Two Minutes in Sports." Winning the Derby is the first step toward capturing the Triple Crown, given only to horses who win all three of the most prestigious races in the United States — the Derby, Preakness and Belmont — thus gaining fame and fortune. The most recent

winner, American Pharoah, earned nearly \$9 million in prizes and more than \$20 million per year in post-retirement stud fees.

I stand transfixed as one horse after another rounds the bend, the famed spires of the Churchill Downs racetrack behind them. This area is accessible only to folks who have signed up for the "Barn and Backside Tour," offered through the Kentucky Derby Museum, which is adjacent to the racetrack.

Our guide tells us that horses are big business in Kentucky. They've been in the Bluegrass region since the late 18th century when westward-bound settlers found that their animals thrived on the nutritionally-rich grass, named after the ground cover that blooms in early May. By 1789 a census showed that there were 9,607 horses but only 9,000 people living in the area.

Today people outnumber horses approximately 14 to one, but horses are integral to both the culture and the economy. All told, the economic impact of the state's equine industry is \$4 billion.



ABOVE: The Twin Spires of Churchill Downs, constructed in 1895, are one of the racetrack's most striking features.

LEFT: White planked fences weave through the rolling hills of central Kentucky.

The workouts wind down about 9 o'clock, and after a quick drive past "shed row", where trainers bathe and walk the horses to bring down their vitals, we go back to the museum.

I ogle the colorful Southern Belle hats, my husband ignores the fedoras and bowler hats favored by men, and we settle on a souvenir glass that we can fill with the Derby's traditional drink, an icy mint julep.

While Derby Days are attended by upwards of 170,000 people, only the most rarefied and those on the museum's "Behind the Scenes Walking Tour" are allowed into the Churchill Downs clubhouse. Here, in areas such as Millionaires Row and Horseman's Lounge, the views are unparalleled, the artwork exquisite and gossipy stories reveal details about past visitors, who include royals such as Queen Elizabeth as well as celebrities such as Harry Connick Jr.

A thirty-mile drive east past rolling hills threaded with four-planked fences gets us to Shelbyville, "The American Saddlebred Capitol of the World." The area is home to more than 90 farms, breeding and training facilities.

Although the flashy Thoroughbreds — handsome, high-strung and potentially high-earning — garner most of the attention, the saddle horse, which is a genetic mix of the sturdy animals used by the pioneers and the spirited stallions imported from England, is the only true "American horse."

Traveller, a grey American Saddlebred, served General Robert E. Lee during the Civil War. Mr. Ed, another Saddlebred, talked his way to American television fame. Strong and spirited.... What could be more American than that?

That night we go to Shelbyville's Saddlebred Horse Show, which is a Very Big Deal, one of the last stops on the road to the Kentucky State Fair where more than 2,000 horses compete for over \$1 million in awards.

At the Saddlebred Show horses don't race, they prance. Indeed whether they're carrying a rider or pulling a carriage, these horses are show horses, and as they demonstrate their various gaits, they put on quite a performance.

We spend our remaining few days in Kentucky's "Horse Country" exploring its non-horsey charms: award-winning wineries in Shelbyville, top-notch distilleries along the Bourbon Trail, a Shaker farm in Harrodsburg, a musical production of "The Stephen Foster Story" in Bardsville and the wonderful neighborhood of Old Louisville, which is one of the country's largest preservation districts to feature almost entirely Victorian architecture.

Once home we mark our calendars for the first Saturday in May when the next Derby will be held. Then we fill our souvenir glasses with a syrupy mix of sugar and water, add a healthy dose of Kentucky bourbon and crushed ice, and top it with a sprig of fresh mint. Holding our mint julep high, we toast the state of Kentucky, a place where we learned not only about the two greatest minutes in sports but also had two great weeks of vacation.

For more on Kentucky travel and an article on the Bourbon Trail, see www.traveltizers.com

Clockwise (top left) : The Shelbyville Horse Show features the American Saddlebred, the only true "American Horse." • The rich and famous wear Southern Belle hats that are lavishly festooned and may be up to three-feet wide. Ordinary folks get souvenir versions at the Kentucky Derby Museum. • Churchill Downs hosted the first Kentucky Derby in 1875. It was declared a National Historic Landmark in 1986.



Dark Chocolate Souffle

Prep time: 10 minutes • Cook time: 18 minutes

Servings: 2

- ½ tablespoon extra light olive oil, plus additional for coating pan
- ¼ cup granulated sugar, plus additional for coating pan
- 4 ounces 70 percent cocoa dark chocolate
- 1 ounce 30 percent heavy cream
- 3 egg whites
- 2 egg yolks
- pinch of cream of tartar

Heat oven to 375 F. Grease two 6-ounce ramekins with olive oil and dust with sugar.

In double boiler, melt chocolate, ½ tablespoon olive oil and cream; let cool. Using electric mixer, beat egg whites until soft peaks form.

Whisk egg yolks into cooled chocolate mixture; fold in egg whites, ¼ cup sugar and cream of tartar. Pour into prepared ramekins; bake 15 minutes.

Tips: This recipe can be easily doubled. Garnish with fresh berries, if desired.



Better, Healthier Baking

FAMILY FEATURES



Double-Chocolate Olive Oil Cake with Salted Chocolate Caramel Icing

Recipe courtesy of Chef Sharon Sanders

Prep time: 15 minutes

Cook time: 35 minutes

Servings: 8-10

- ½ cup, plus 2 tablespoons, extra light olive oil, divided
- 1 cup all-purpose flour
- 1 cup granulated sugar
- ¼ cup unsweetened cocoa
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon table salt
- ½ cup half-and-half

- 1 teaspoon pure vanilla extract
- 1 large egg, lightly beaten
- ¼ cup, plus ⅓ cup, mini dark chocolate chips, divided
- 1 cup canned dulce de leche

Position rack in center of oven and heat to 350 F. Lightly coat 9-inch round cake pan with olive oil and line bottom with parchment paper. Lightly coat parchment with olive oil.

In large mixing bowl, combine flour, sugar, cocoa, baking powder, baking soda and salt. Stir in half-and-half, ½ cup olive oil and vanilla. With electric mixer, beat in egg until well blended. Scrape batter into prepared cake pan

Olive oil is a flavorful and versatile cooking oil that is often trusted in popular cooking methods such as sauteing, marinating and grilling. It can also earn your trust when it comes to baking. Additionally, it provides high levels of mono-unsaturated fat (“good” fat) and low levels of saturated fat (“bad” fat), making it a more nutritional choice when compared to butter or margarine. Because you need less olive oil than butter in baking, you’ll save calories as well.

Explore more recipes using olive oil at filippoerio.com.

and sprinkle top with ¼ cup mini chips.

Bake cake 25-30 minutes, or until toothpick inserted into center comes out clean. Place cake on cooling rack 10 minutes then turn cake out onto rack and let cool completely.

In medium saucepan, heat dulce de leche over medium heat, stirring occasionally, until softened. Add remaining olive oil and chocolate chips and stir until chocolate has melted and mixture is smooth. Remove pan from heat. Transfer cake to serving plate. Pour icing over cooled cake, sprinkle with flaky salt, if desired, and serve.

Double-Chocolate Biscotti

Prep time: 30 minutes

Cook time: 25 minutes

Servings: 40

- 3 cups all-purpose flour
- ½ cup cocoa powder
- 1 ½ teaspoons baking powder
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt
- ½ cup extra light olive oil, plus
- 1 tablespoon for coating pans
- 1 cup packed light brown sugar
- 2 eggs, plus 1 egg yolk
- ⅓ cup milk
- 1 tablespoon balsamic vinegar
- 1 cup semisweet or bittersweet chocolate morsels

On sheet of waxed paper, combine flour, cocoa powder, baking powder, cinnamon and salt; set aside.

Using electric mixer, beat olive oil with sugar until smooth and light. Add eggs and egg yolk, one at a time, beating until smooth. Add milk and vinegar; beat until smooth. With mixer on low speed, gradually add flour mixture, beating until just combined. Stir in chocolate morsels with large spoon; cover with plastic wrap. Refrigerate at least 4 hours.

Heat oven to 325 F. Grease two large baking sheets with ½ tablespoon olive oil each. On lightly floured surface, divide dough into quarters. Roll each piece of dough into log, about 1½ inches in diameter. Place logs on baking sheets, leaving space in between. Bake about 30 minutes, or until golden and set. Transfer to rack; let cool 10 minutes.

Reduce oven temperature to 300 F. On cutting board using serrated knife, cut each log into ¾-inch-wide slices diagonally. Place slices, cut-side down, on baking sheets. Bake 15-18 minutes, or until toasted. Transfer to racks; let cool.



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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.mcmclmore@lsus.edu if you have any memory or comments about the image.

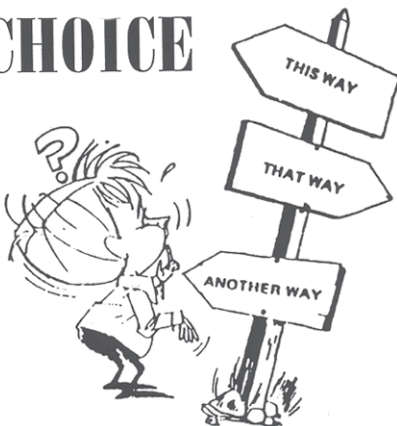


1. "A" Train, 11-13-1981 2. Shreveport Ethnic Drum Ensemble provided music at press conference, June 10, 1986.
3. Start of 5k run, Fant Parkway, Holiday Inn Dixie, 1984. (All photos courtesy of the Shreveport Journal Collection.)

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Day 1 Departure

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Day 2 Arriving Beijing

Meet and greet. Private transfer to your hotel. The rest of the day is yours to explore and relax.

Day 3 Beijing (Breakfast)

A day at leisure to explore at your own pace. We suggest an optional excursion (USD\$65/person) with lunch to the Forbidden City, the former seat of the emperors throughout the Ming and Qing dynasties. It is a true architectural masterpiece and home to the National Palace Museum. After an included lunch, proceed to the Summer Palace, a former royal retreat and now a lovely park. Then visit a Chinese Herbal Institute to learn about traditional Chinese medicine.

Day 4 Beijing (Breakfast, Lunch)

Today's highlight is an excursion to the majestic Great Wall (Juyongguan), one of the "Seven Wonders of the World"! Recognized by UNESCO, and get a chance to climb a portion of this 3,700-mile marvel. Then tour the iconic "Beijing 2008 Olympic Center"; which includes the famous Bird's Nest and Water Cube which now hosts many spectacular opening ceremonies and events. Although there is no tour inside these buildings, it is a magnificent architectural structure from the outside, providing a perfect photo opportunity. Visit one of the largest Jade Exhibitions in Asia enroute. After lunch, see skilled artisans work at a Cloisonné Factory.

Day 5 Beijing fly to Shanghai, Bus to Suzhou (Breakfast, *Lunch included only with optional tour, *Dinner on airplane)

Today you are free to explore Beijing, or you can sign up to join one of our popular day tour programs. We will take a late evening flight to Shanghai. Upon arrival at Shanghai airport, transfer directly to Suzhou by bus. It is only about a one hour drive.

Day 6 Suzhou / Wuxi (Breakfast, Lunch- Wuxi Style Ribs)

Suzhou is known as the Oriental Venice for its ex-

quisite canals, bridges, pagodas, and beautiful gardens. After breakfast, tour the Lingering Garden and visit the Suzhou Silk Factory to discover the processing of silk. After lunch, Wuxi is apparently best known for 'Hong Shao Pai gu' or braised spare ribs. In late afternoon, continue to Wuxi, visit the Lingshan Grand Buddha.

Day 7 Wuxi-Hangzhou (Breakfast, Lunch, Dongpo Pork)

This morning tour the Brilliance of Lake Lihu located at Famous Lake Taihu, followed by visit a Fresh Water Pearl Farm. Continue to Hangzhou to enjoy a slow cooked Dongpo Pork.



Day 8 Hangzhou-Shanghai (Breakfast, Lunch- Steamed Bun Xiao Long Bao)

Hangzhou, also known as the "Paradise on Earth" After breakfast, visit The West Lake, the most beautiful lake in the country. Featured lunch Steamed Bun Xiaolong Bao- (a type of steamed bun) Then, visit No.1 Tea Plantation and taste the well-known Dragon Well Tea. After lunch, drive to Shanghai. Walking along the famous Bund, lined by the colonial architecture of European design it is now the called "Wall Street of the East".

Day 9 Shanghai (Breakfast, Lunch, Farewell Dinner- Shanghai Local Cuisine Ben Bang)

In the morning, tour Shanghai Museum, to see ancient Chinese art, furniture and jade, followed by a visit to an Emerald exhibition center. Then visit the City God Temple Bazaar, which is composed of specialty stores, selling traditional Chinese arts and crafts, medicine and souvenirs. This evening, enjoy Farewell Dinner Shanghai cuisine, also known as Hu cuisine, is a popular style of Chinese food. In a narrow sense, Shanghai cuisine refers only to what is traditionally called Benbang

Day 10 Shanghai- Home (Breakfast)

After breakfast transfer to the airport, departure Shanghai and head back home or extend your trip to other city in China.

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- All visits and admission fees including entertainment shows mentioned in the itinerary;
- English speaking guide;

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*Due to the limited room availability, for in case that we may use other similar standard hotels for substitution

March Get Up and Go

CADDO COUNCIL ON AGING

• Senior Center Fun

Fridays at 9:30 a.m. refreshments; 10:00 a.m. Senior Tech Talk. Introduction to laptops, tablets and smart phones. Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Caddo Council on Aging. **FREE**. 318-676-7900.



Bernstein, March 24

CONCERT

• Bernstein at 100: A Choral Spectacular

March 24 at 7:30 p.m. Presented by the Shreveport Symphony with the Centenary Choir and the

vocal ensemble Prisma. Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. Tickets are \$20 - \$60. Call 318-227-8863 or visit www.shreveportsymphony.com.

EVENTS

• Crawfest

Saturday, **March 24**, from 11:00 a.m. – 7:00 p.m. at Betty Virginia Park in Shreveport. Crawfish boiled onsite, beer, burgers, sodas, and other concessions will be available for sale. Live music featuring rock, country, blues, and Americana bands from Shreveport and Nashville. Local artists will have their works on display, and a kid's activities area is also being planned. A portion of the proceeds will be donated to the South Highlands Neighborhood Association for improvements to the park. **FREE** and open to

the public. For details visit www.facebook.com/crawfestshreveport.

• Estate Rescue 2018 Seminar

March 15 at 10:00 a.m. Presented by SAFE Planning at the Broadmoor Branch Library, 1212 Captain Shreve



Crawfest, March 24

Drive, Shreveport. Learn how regulatory changes affect you. Reserve your seat by calling 318-869-3133 or online at safeplanning.net/event.

• Greek Easter Bread Sale

Tuesday, **March 27**, 10:00 am – 5:30 pm. St. George Greek Orthodox Church Activities Center, 542 Wichita, Shreveport. Easter bread, koulourakia and baklava. Preorders are highly recommended. Order forms are available at www.gosaintgeorge.org or by calling 318-747-4478.

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March 10

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• Mini Medical School

Beginning March 6 and continuing every Tuesday through March 27 (March 6, 13, 20, 27) from 5:30 – 7:00 p.m. This popular program gives community members an insider's view of the medical school as they learn from LSU Health Shreveport faculty. Cost is \$40 and includes a white lab coat for each participant, or \$20 for past participants. For more information call (318) 675-8789 or visit www.lsuhschshreveport.edu/about/CommunityOutreach/Mini-Med-School/mini-med-school.

• Nursing Home Care Seminar

Presented by Gilsoul and Associates on **March 24**, 2:00 to 4:00 p.m. at Shreve Memorial Library, Broadmoor Branch, 1212



Dirty Dancing, March 16



Turin Talk, March 17

Captain Shreve Drive, Shreveport. Learn ways to pay for nursing home care. **FREE** For reservations call 318-524-9966.

• Shroud of Turin Expert Speaking Event

On March 17, from 9:30 – 11:30 a.m. at the Cathedral of St. John Berchman, 939 Jordan St., Barrie Schwartz, the original documenting photographer of the Shroud of Turin Research Project in 1978 will give a presentation on his life story including past and current work with the Shroud of Turin. Cost is \$10, or \$5 for students. For more information, visit www.sjbcathedral.org, or call 318-221-5296.

MEETING

• **Ark-La-Tex Genealogical Association Meeting**
March 10 from 1:00 to 3:00

p.m. at the Randle T. Moore Center, 3101 Fairfield Ave (corner of Fairfield Ave and Kings Hwy), Shreveport. Guest speaker Margaret Ford, Retired Lawyer and Family Historian, will present “Researching the Ferrell Family – Georgia to Claiborne Parish” (Overcoming the challenges of researching an African American family). **FREE** and open to the public. For information call 746-1851 or email jjohnson747@suddenlink.net.

SENIOR OLYMPICS

• Senior Residence Communities Competition

• **Friday, March 16:** Bean Bag Baseball, 9:00 a.m. Bellaire Fitness Center, 4330 Panther Drive, Bossier City.
• **Friday, March 23:** Washer Pitch, 8:30 A.M. Azalea Estates, 516 Flournoy Lucas Rd., Shreveport.

THEATRE

• **Dirty Dancing**
March 16 at 7:00 p.m. at Strand Theatre, 619 Louisiana Avenue, Shreveport. The classic story on stage is an unprecedented live experience, exploding


with heart- pounding music, passionate romance and sensational dancing. \$45.50 - \$72.50. For tickets call 318-226-8555 or visit www.thestrandtheatre.com.



Golden Pond, Mar, 1-11

• On Golden Pond


Shreveport Little Theatre, 812 Margaret Place, Shreveport. **March 1, 2, 3, 9, and 10** at 7:30 p.m.; **March 4 and 11** at 2:00 pm. On Golden Pond is the love story of Ethel and Norman Thayer, who are returning to their summer home on Golden Pond for the forty-eighth year. They are visited by their divorced, middle-aged daughter and her fiancé, who go off to Europe, leaving his teenage son behind for the summer. \$18 seniors; \$20 adults. Tickets can be purchased at shreveportlittletheatre.com or call (318) 424-4439.



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PUZZLE page

Turn to page 36 for solutions.

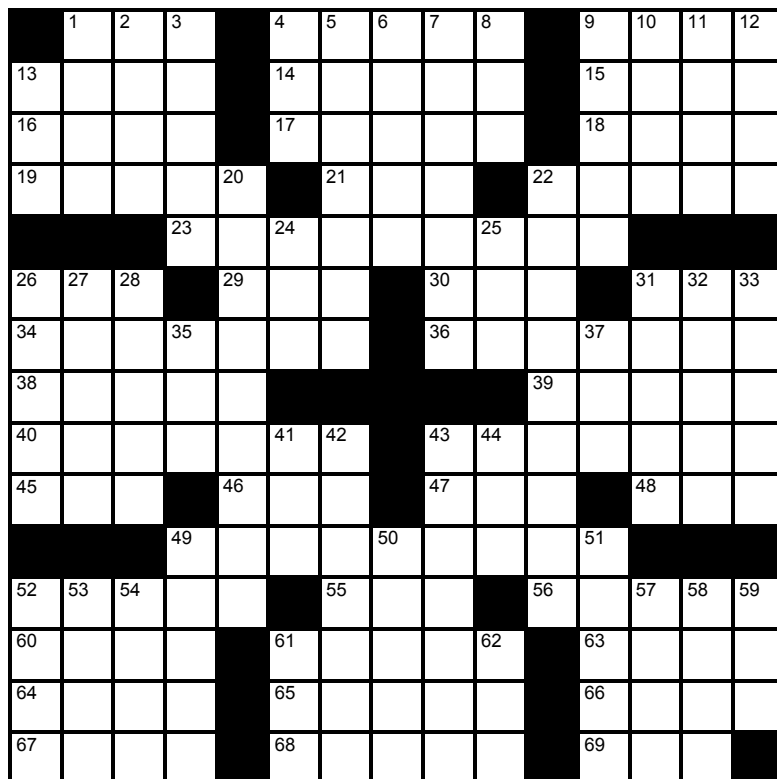
Across

- 1 Brit. fliers
4 Pandemonium
9 Winter Palace resident
13 Toy
14 Stringed instrument
15 Old Italian coin
16 Genesis brother
17 60's protest
18 Condo division
19 Place to wash up
21 Chest protector?
22 Cry of defeat
23 Wall Street problem
26 Tokyo, once
29 Corn site
30 Egyptian cobra
31 Petition
34 Green Mountain State
36 Burn slowly
38 TV studio sign
39 California's San ____ Bay
40 Very large profit
43 Big eater

- 45 Printers' widths
46 Dinghy propeller
47 Heating alternative
48 Be in debt
49 Relating to the government
52 Sensational promotions
55 Assembled
56 Freedom fighter
60 "____ Lang Syne"
61 West Pointer
63 Yielded
64 Dog biter
65 Mites
66 Wild goat
67 Blue-green
68 Brusque
69 Mark of perfection

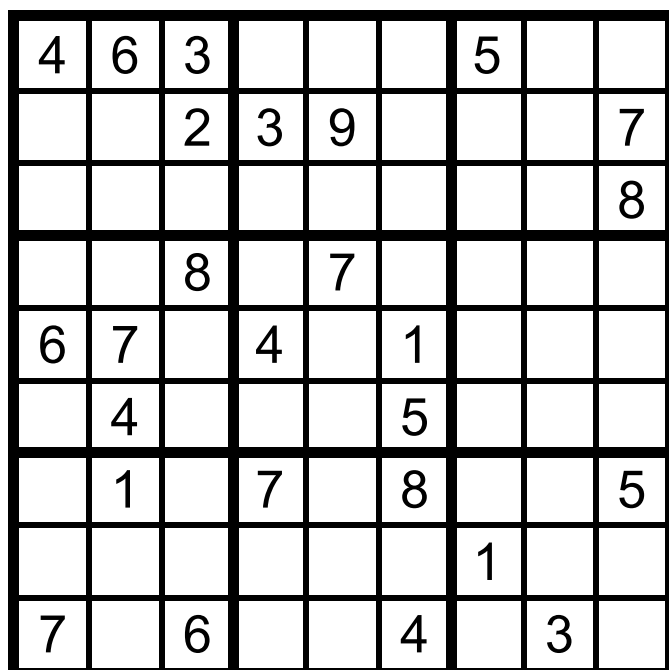
Down

- 1 Spanish flower
2 "What a pity!"
3 Liquid
4 Letterman's network
5 Head covering



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



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- | | | |
|---------------------------|----------------------------|---------------------|
| 6 The opposition | 25 Any doctrine | 44 Mouth piece |
| 7 Algonquian language | 26 Bring to mind | 49 Medallion |
| 8 Prince, to a king | 27 Jeans material | 50 Closet wood |
| 9 Adhered | 28 Some exams | 51 On the up and up |
| 10 Brass component | 31 Supplement | 52 Knife handle |
| 11 Seed coat | 32 Goat antelope | 53 Festive time |
| 12 Evaluate | 33 Money in Norway | 54 Entreaty |
| 13 Cotillion girl | 35 "Thanks a ____!" | 57 Newborn |
| 20 Infamous | 37 Authorize | 58 Fifty-fifty |
| 22 Regarded with disfavor | 41 Thai river | 59 Superman foe |
| 24 Hit the jackpot | 42 Make a face | ____ Luthor |
| | 43 Enlarged thyroid glands | 61 Tabby |
| | | 62 Dead heat |



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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

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
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See our ad on page 10.

My father is taking many prescription medications and is about to be admitted to a nursing home for rehab care from hip surgery. How will he get prescriptions refilled and will Medicare cover them?

The hospital's discharging physician will write orders for medications. Generally, the nursing home's primary pharmacy will dispense the meds and they will be delivered to the center the same day. As to cost, if your father admits under Medicare Part A, the medications are paid for by the nursing center. If he admits as private pay, either your father or his prescription drug plan will be billed for the costs. If he is eligible for Medicaid and has been awarded benefits, the pharmacy will bill Medicaid for reimbursement.



Vicki Ott
Highland Place
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 13.

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
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318-212-3937;
See our ad on page 39.

What are the symptoms and treatment of torn cartilage?

Meniscus tears are the most common surgical condition involving the knee. Medial meniscus (inside) tears are 3 - 4 times more common than lateral tears (outside). The meniscus support 50% of the body weight with the knee extended and 90% with the knee flexed 90°. Because the meniscus supports body weight every attempt should be made to repair or maintain as much meniscus tissue as possible. Popping, giving way, locking, tenderness at the joint line, stiffness, and swelling are some of the signs/symptoms of cartilage tears. Arthroscopic surgery is generally done on an outpatient basis and recovery is from a few days to a few weeks.



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

parting shots

LUNCHEON

Sweetheart Luncheon was hosted by Horseshoe Casino & Resort for the Bossier Council on Aging on February 13th at Horseshoe's Riverdome.



Kim Holt Allums & Laura Wood



Peggy & Duane Chilton



Patricia Robichaux, Velma Johnson
& Gerry Robichaux



Ron & Ruth Taffi



Catherine & Jim Vanderberry

REMINGTON

Super Sunday Event was held on February 4th at The Remington Suite. (l to r) Actor Ranard Johnson, Former Mayor Bobby Washington, Gwen Washington, Singer Delecia Washington, Jamaal Smith, Jerry Welch and Candace Welch.



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STRAND

The Strand Theatre Board of Directors hosted a good news announcement and thank you party for long-time supporters and friends of the Strand on January 20th at the home of Mr. and Mrs. Vincent Glorioso.



Sarah Glorioso & Jenifer Hill



John & Lynne Manno



Joanne Sigler & Elizabeth Horne



Jodie Glorioso & Margaret Shehee

WAM

Bossier Arts Council quarterly WAM (Wine, Art, Music) event was held on February 7 at Boomtown Casino.



Rose Nichols & Donna Natali



Maria Ashcraft, Adena Helm & Marion Davis



David Luebbert, Wesley Touchstone & Tina Flanagan



Stephen and Dawn Banks

KREWE

The Krewe of Elders "Murder at the Masquerade Bal" was held February 2 at The American Legion.



Area Krewe Queens: Diane Marie (Artemis), Tracey Cox (Justinian), Sue Cooksey (Gemini), Diane Allen (Les Femmes), Pamela Brown (Elders), Tari Bradford (Haramee), Melissa Hale (Akewa), Tara Sabbath (Sobek) and Paige Porter (Centaur)



Above: Duke George Kalmbach, Captain Julia Collins, Co-Captain Doug River, Queen Pamela Brown, King Michael Brown, Duchess Patsy McGee, Duke Troy McGee
Left: Queen Pat Stell, Queen Pamela Brown & Past Queen Sue Prudhomme

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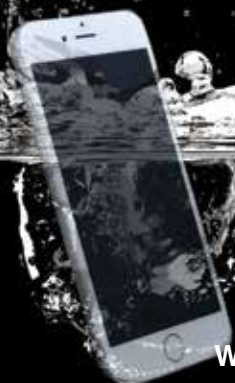
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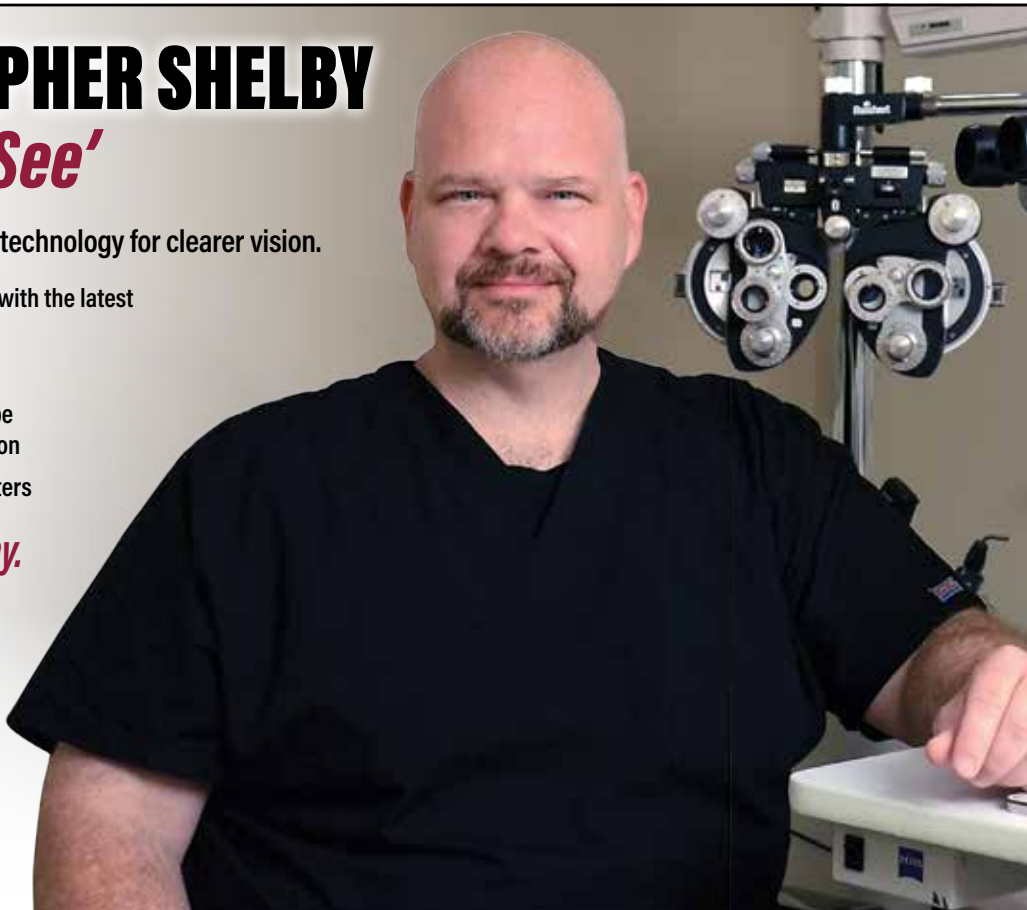
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