

November 2019

The Best Of Times

*"Celebrating Age
and Maturity"*

Also Inside

Nevis Island:
Alexander Hamilton's
Birthplace

Be Aware of New
Rule for Spectators
at Ball Games



More Than Recreation:
the **YMCA** in
Early-American War Relief

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Value of Mindfulness

Greg Graber, author and lecturer

NOVEMBER 23

US Congressional Activity

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NOVEMBER 16

Hospice Care Services

Toni Camp, Administrator and Amanda Rogers, Marketing Manager of Regional Hospice

NOVEMBER 30

Upcoming Exciting Fun Tours

Angela Goodson with Tri-City Charter

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COVER AND FEATURE PHOTOS

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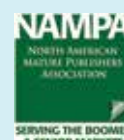
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The Best of Times is Over the Moon

The Best of Times was awarded **15 awards** at the North American Mature Publishers Association (NAMPA) convention. Kudos to our designers, writers and contributors for an exceptional job!

Best of Show!



FIRST PLACE:

- Briefs/Shorts (content) – STAT! Medical News
- Profile - Kathleen Ward, "CeCe, the Therapy Clown"
- Special Section - "End of Life"
- Table of Contents
- Briefs/Shorts (Design) – Our Favorite 5
- Self Promotion (In house)
- Self Promotion (Outside Source) - Strand Promo
- Self Promotion (Awards)
- Best Banner

SECOND PLACE:

- Annual Senior Resource Guide or Directory (Design) - *Silver Pages*
- Best Use of Color

THIRD PLACE:

- Column Review
Jessica Rinaudo, Page by Page
- Briefs/Shorts (content)
Our Favorite 5
- Best Overall Use of Photography

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Stat!

Medical News & Info



Caregivers of People with Dementia Are Losing Sleep

Caregivers of people with dementia lose between 2.5 to 3.5 hours of sleep weekly due to difficulty falling asleep and staying asleep — a negative for themselves and potentially for those who receive their care, Baylor University researchers say. Losing 3.5 hours of sleep per week does not seem much, but caregivers often experience accumulation of sleep loss over years. Losing 3.5 hours of sleep weekly on top of all the stress, grief and sadness can have a really strong impact on caregivers' cognition and mental and physical health. But the good news is that simple, low-cost interventions can improve caregivers' sleep and functioning. Notably better sleep was observed in caregivers after such simple behaviors as getting more morning sunlight, establishing a regular and relaxing bedtime routine and taking part in moderate physical exercise.



STOP SLEEP LOSS

- ☑ get more morning sunlight
- ☑ establish a regular and relaxing bedtime routine
- ☑ take part in moderate physical exercise.

Recognizing Signs and Symptoms of Sepsis Can Save Lives

More than 1.7 million Americans develop sepsis every year and nearly 260,000 die from it. Yet a survey published by *Sepsis Alliance* found that fewer than half of Americans have ever heard of the illness. Doctors from Houston Methodist Hospital stated that sepsis can occur from any type of viral, fungal or bacterial infection and become life-threatening very quickly. Symptoms include rapid breathing and heart rate, fever, chills, shortness of breath, red streaks around the infection and a drop in blood pressure. It's important to get immediate medical attention or go to a hospital ASAP if these symptoms occur. Although sepsis can happen to anyone, the elderly, people with weakened immune systems, children under 1 and people with conditions such as diabetes, liver disease, kidney disease and cancer are at highest risk. It is one of the top causes of death in hospitals, however, nearly 80% of cases start at home.



Memory Motion

A familiar tune has the ability to take the listener to another time and place. In the University of Pennsylvania Health System's Memory in Motion program patients with dementia reconnect with their past through the power of music. The program, housed under the Penn Memory Center, encourages patients with dementia and their caregivers to move and dance while listening to musical oldies. Researchers noted that many studies show the incredible memories recalled in connection with music and that music can enrich their daily lives.

Study links hearing aids to lower risk of dementia, depression & falls



Older adults who get a hearing aid for a newly diagnosed hearing loss have a lower risk of being diagnosed with dementia, depression or anxiety for the first time over the next three years, and a lower risk of suffering fall-related injuries, than those who leave their hearing loss uncorrected, a new study finds. Yet only 12% of those who have a formal diagnosis of hearing loss actually get the devices — even when they have insurance coverage for at least part of the cost, the study shows. It also reveals gaps in hearing aid use among people of different racial and ethnic backgrounds, geographic locations and genders. The findings by a University of Michigan team were published in the *Journal of the American Geriatrics Society*.



Light Smokers Are Not Exempt from Lung Damage

People who smoke fewer than five cigarettes a day cause long-term damage to their lungs, according to a new large study led by researchers at Columbia University Vagelos College of Physicians and Surgeons. It turns out that the difference in loss of lung function between someone who smokes five cigarettes a day versus two packs a day is relatively small. Lung function declines naturally with age (starting in one's 20s), and it's well-known that smoking accelerates the decline. Researchers found that lung function in light smokers declines at a rate much closer to that of heavy smokers than non-smokers. A light smoker could lose about the same amount of lung function in one year as a heavy smoker might lose in nine months.

1 in 4 Older Adults Prescribed a Benzodiazepine Goes on to Risky Long-Term Use

They may start as well-intentioned efforts to calm anxiety, improve sleep or ease depression. But prescriptions for sedatives known as benzodiazepines may lead to long-term use among one in four older adults who receive them, according to research by a team from the University of Michigan, VA and Perelman School of Medicine at the University of Pennsylvania and published in *JAMA Internal Medicine*. That's despite warnings against long-term use of these drugs, especially among older people, because they can increase the risk of car crashes, falls and broken hips, as well as causing other side effects. Those whose initial prescriptions were written for the largest amounts were more likely to become long-term users. For every 10 additional days of medication prescribed, a patient's risk of long-term use nearly doubled over the next year.



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Odds & Ends



MEDICARE REMINDER

In most cases, you can only make changes to your Medicare Part D prescription drug coverage during Fall Open Enrollment (October 15 through December 7). New coverage begins January 1 of the following year. You can change plans as many times as you need during Fall Open Enrollment, and your last choice takes effect January 1. If you have a Medicare Advantage Plan, you can also change your Part D coverage during the Medicare Advantage Open Enrollment Period (MA OEP), which runs January 1 through March 31 each year. To change your drug coverage during this period, you must disenroll from your Medicare Advantage Plan and join a different Medicare Advantage Plan with prescription drug coverage or Original Medicare with a stand-alone Part D plan. Changes made during the MA OEP will take effect the first of the month following the month you enroll. If you want to keep your Medicare Advantage Plan, you should not use the MA OEP to change drug coverage.

LOCALS RECEIVE LNHA AWARDS

The Louisiana Nursing Home Association (LNHA) awarded **Laura Campbell** at Garden Park Nursing and Rehabilitation Center, the Director of Nursing of the Year award at the 2019 LNHA Convention and Trade Show. LNHA presents the DON

Award each year to a nurse who is dedicated to improving outcomes, empowering other nurses and cultivating a healthy work environment. LNHA also presented **Dr. Robert C. Hernandez** of Heritage Manor Stratmore with the Medical Director of the Year. For nearly 25 years, Dr. Robert Hernandez has served as a physician to nursing facilities in Northwest Louisiana, providing clinical leadership and exceptional quality care to hundreds of residents.



FOOD BANK OF NWLA EARNS HIGHEST RATING FROM CHARITY NAVIGATOR AND GUIDESTAR

The Food Bank of Northwest Louisiana's sound fiscal management practices, financial health, accountability and transparency have earned the highest rating from two leading charity evaluators - Guide Star and Charity Navigator. The Food Bank earned the highest score (98.23 of 100) of any non-profit organization in Louisiana and a 4 Star Rating from Charity Navigator, America's largest independent charity evaluator. The Food Bank is the only non-profit in the Shreveport- Bossier City area to achieve this award. This is the fifth consecutive year the Food Bank of NWLA has earned 4 star rating. Similarly, the Food Bank earned the highest rating of Platinum Level from Guide Star, world's largest source of information on nonprofit organizations.

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Be Aware of New Rule for Spectators at Ball Games

by Judge Jeff Cox

Fall is here! The leaves start to change. School is back in session. Hunting seasons start. Outdoor firepits are lit and s'mores are not far behind. Football games and basketball games are being played all across the country. Grandparents will be attending their grandchild's games. However, a new rule passed by our Louisiana Legislature this year has changed how we watch from the stands.

It is easy to get caught up in the game. When a referee makes what the spectator thinks is a bad call, it is not unusual for the referee to hear about the call from the stands. It has almost become natural to hear chants from the stands after a bad call, especially if it involves your favorite school team or your favorite grandchild.



However, as a spectator, you now have to be aware of La. R.S. 14:38.4.

La. R.S. 14:38.4 was passed and went into effect in August of this year. This statute provides the following:

A. (1) No person shall engage in the harassment of a school athletic or recreation athletic contest official that occurs under either of the following circumstances:

(a) While the school athletic or recreation athletic contest official is actively engaged in the conducting, supervising, refereeing, or officiating of a school-sanctioned interscholastic athletic contest or a sanctioned recreation athletic contest.

(b) In the immediate vicinity of a school-sanctioned interscholastic athletic contest or a sanctioned recreation



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athletic contest and is based on the official's performance in the conducting, supervising, refereeing, or officiating of a school-sanctioned interscholastic athletic contest or a sanctioned recreation athletic contest.

(2) For purposes of this Paragraph, "harassment" shall include verbal or non-verbal behavior by the offender that would cause a reasonable person to be placed in fear of receiving bodily harm.

The statute goes on to define that a "Recreation athletic contest official" is any referee, umpire, coach, instructor, administrator, staff person, or recreation employee. It further defines a "School athletic contest official" as a referee, umpire, coach, instructor, administrator, staff person, or school or school board employee of any public or private elementary school.

Whoever commits an offense under this statute shall be fined not more than five hundred dollars, imprisoned

without hard labor for not more than ninety days, or both. In addition, to the fine and/or prison sentence, the court shall order the offender to perform forty hours of court-approved community service work. Additionally, the court can order anger management, abusive behavior intervention, or any other type of counseling deemed necessary by the court at the offender's expense. If the community service and counseling is not completed, the offender's probation can be revoked and they can be ordered to jail.

As this is a new law, the public needs to be aware of the consequences of harassing referees or umpires at school games. Depending on how an official takes the harassment, the person harassing the official could find themselves in violation of this statute and then be arrested.



Cox

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

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2020

Finding Neverland

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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**

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Mutts Gone Nuts

SATURDAY, MAY 2 • 2:30 PM

One Night of Queen

SATURDAY, JULY 25 • 8 PM

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Getting Your Stress Under Control

from the American Counseling Association

Stress affects all of us these days. Jobs, family issues, the daily news and hundreds of other factors can all help create and promote the stress and anxiety that so many of us feel.

Of course, there are always going to be factors in your life that make you worried and can leave you feeling nervous, afraid or uncomfortable. That's simply life. But there are ways you can minimize the effect stress may be having on your physical, mental and emotional health.

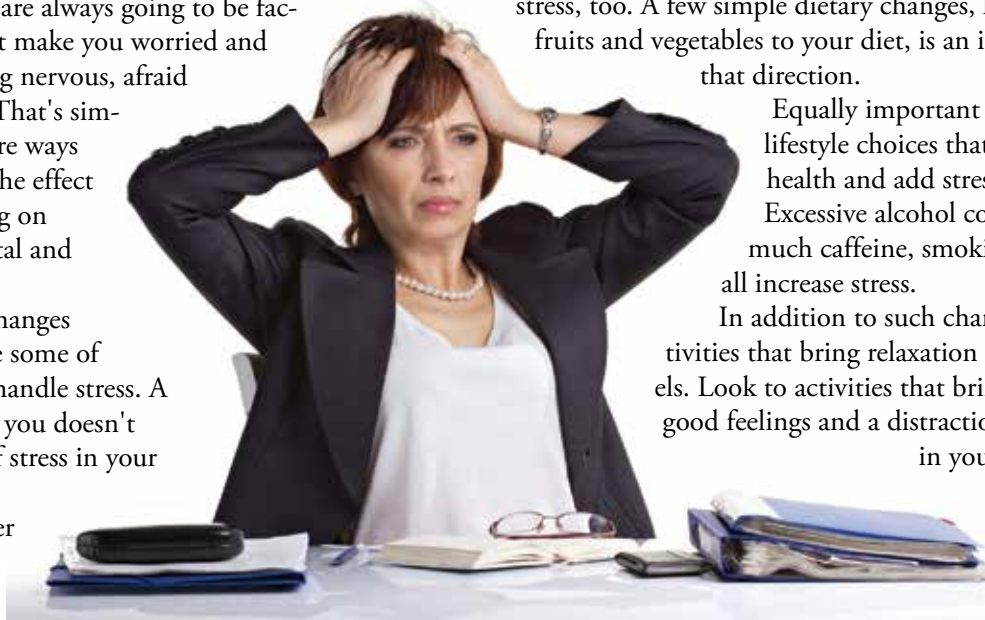
Simple lifestyle changes for better health are some of the easiest ways to handle stress. A physically healthier you doesn't make the sources of stress in your life disappear, but does leave you better equipped to handle them.

High on the healthier lifestyle list is being more active and eating healthier. Something as simple as adding a daily walk or bike ride improves physical health and helps refocus your attention away from the things that might be bothering you.

Being physically healthier can help you better manage stress, too. A few simple dietary changes, like adding more fruits and vegetables to your diet, is an important step in that direction.

Equally important is avoiding poor lifestyle choices that both weaken your health and add stress all on their own. Excessive alcohol consumption, too much caffeine, smoking and overeating all increase stress.

In addition to such changes, try adding activities that bring relaxation and lower stress levels. Look to activities that bring you enjoyment, good feelings and a distraction from the stressors in your life. A walk in the park serves such a purpose. So does daily meditation, a yoga



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class, or reading or listening to something that provokes laughter. Music can often be calming, or just putting aside time to read a good book. Time spent with good friends is another way to relax.

But if finding time to work in relaxation activities is a problem, make a change. Excessive demands on your time also create stress. You may need to learn to sometimes say "no" in order to make time for yourself.

Stress is a basic part of life, but excessive stress and anxiety bring real costs. If you find that taking self-care measures isn't enough, consider talking to a professional counselor who can help you identify the sources of your stress and can provide tools to help you better cope with them.

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

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Talking Turkey: Thanksgiving Leftover Food Safety

by Abigail McAlister

Thanksgiving is just around the corner, which means all of those delicious “bird day” leftovers will be in full swing. The copious amounts of leftovers that take over the fridges of many households makes food safety especially important during this season. Proper handling, storage, and reheating are key to safe leftovers for the days that follow.

The first step to keeping your leftovers safe is to refrigerate or freeze foods that require reheating within two hours of serving. Cooling foods in a timely manner helps prevent bacterial growth. It's easy to lose track of time during a large family gathering, so try to make it a priority to

get those leftovers put away shortly after the meal.

Proper storage of leftovers is also important in keeping foods safe. Avoid refrigerating or freezing leftovers in large storage containers, pots, or large serving dishes. Food needs to reach 40°F or below as quickly as possible to stay safe after serving. Storing soups, gravies, and other hot dishes in large

pots or containers means the food will take a lot longer to cool down and reach 40°F once it is in the fridge, which leaves more time for bacteria to develop and multiply at unsafe temperatures. This can lead to food-borne illness, even if your food is sitting in a fridge or freezer. To solve this problem, prepare for large meals by keeping



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smaller food storage containers on hand. The ideal height for a food storage container is 2-3 inches or less. The same rule applies for storing large portions of meat and poultry. Avoid storing a cooked turkey, chicken, ham, roast, brisket, or other large piece of meat in its entirety in the fridge. Cut large items or pieces of meat into smaller portions, which allows the food to cool faster. For example, when preparing to store your leftover Thanksgiving turkey, make sure the bird is broken down and slice the breast meat. Wings and legs can be stored whole. Store all leftovers in airtight containers, wrap, bags, or packaging, which also helps keep bacteria out.

How long can leftovers be kept in the fridge until they are no longer safe? Generally speaking, about 3-4 days. So, in the instance of Thanksgiving, you have until Monday to eat refrigerated leftovers before they need to be frozen or thrown out. Frozen leftovers can be kept safe indefinitely. For best taste and quality, keep leftovers in the freezer for about 2-6 months.

Reheating leftovers properly is another important practice to keep our foods safe. Reheat soups, sauces, and gravies by bringing them to a boil. When microwaving, cover your food and rotate it to ensure even heating. Make sure your food is arranged evenly on a microwave-safe dish as well. Reheated foods should reach an internal temperature of 165°F, so try to keep a food thermometer handy when heating your leftovers.

During the holidays, it's much easier to let food safety slip by the wayside, but it's still just as important to follow. This Thanksgiving, make a game plan ahead of time to avoid a food safety faux pas.

If you have any questions about the safety of your poultry, meat, or egg dishes, call the USDA Meat and Poultry Hotline toll-free at 1-888-MPHotline (1-888-674-6854). This hotline is available year-round, Monday-Friday from 9 a.m. to 5 p.m.

CT. The hotline is even available on Thanksgiving from 7 a.m. to 1 p.m. CT.



McAlister

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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The Case of the Negligent Road Barrier

by Lee Aronson

Fred (all names have been changed) was driving home late one night when he ran into a concrete barrier in the middle of the road. What was it doing there? Road construction.

Now I know what you're thinking: someone in Louisiana driving late at night? He must have been drunk! But that wasn't the case here.

This article is based on a real-life Louisiana case. Fred was not drunk, but he was hurt pretty badly, so he sued the company in charge of the construction, Rubble Road Construction. Here's how Louisiana law works: streets and highways can be dangerous and road construction can make them even more dangerous. So companies that do road work

need to be careful. No unnecessary risks. No carelessness.

Fred thought that leaving a concrete barrier in the middle of the road was pretty careless and that it should have been better marked. Why weren't there any reflectors on the barrier? This was a high traffic area!

Barney, the president of Rubble Road Construction, pulled out the project plans and showed them to the Judge. Barney explained that the Department of Transportation had given him some very specific plans for this job and the plans showed exactly where the barriers were to be placed during construction. Barney's company had followed those plans to the letter.

Does it sound like Barney had a good defense to you?

Louisiana law says that a contrac-



Celebrating 40 Years



Humberto Aguilar, MD • John Bienvenu, MD • Douglas Rimmer, MD • L. Webster Johnson, MD • James Hobley, MD
Sathya Jaganmohan, MD • David Philips, MD • Arthur Poch, MD • J. Mark Provenza, MD • David Dies, MD • John Kirkikis, MD



tor is not liable if he is constructing the work according to plans furnished to him by someone else. But this law doesn't apply in every situation. Let's say I'm a contractor and you hire me to build your house. You give me some plans that you got off the internet and tell me to follow them exactly. I look the plans over and realize they're horrible. If I follow these plans, your house will fall down within a year. But I figure you're the customer, and the customer is always right, so I follow the plans just like you told me to. I finish the house, you move in and a couple of weeks later, the whole thing collapses, killing you and your entire family. Do I have a problem? You better believe it. I can't rely blindly on plans and specifications. If I know that sticking to the plans would be dangerous, then I just can't just stick my head in the sand.

But let's say that I'm a moron. As a moron, I honestly have no idea that sticking to the plans would be dangerous, but anyone in the business should know that sticking to these plans would be dangerous. Does my ignorance protect me? Nope. If I knew or if I didn't know but should have known that the plans created a hazard, then sticking to the plans will be no defense.

Which meant that Fred's case against Barney came down to this: should Barney have known that leaving a concrete barrier without reflectors in the middle of the road would create a hazardous condition?

Barney pointed out that although there weren't any reflectors on the barrier, there were reflective buttons striping the lanes and there were traffic control warning signs cautioning motorists of the construction.

And Barney thought that was good enough.

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



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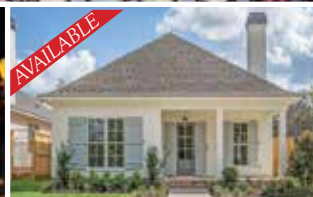
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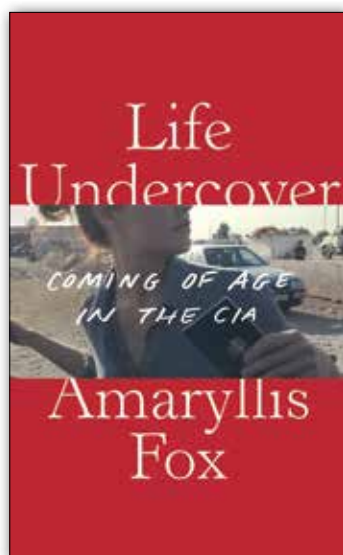


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Life Undercover: Coming of Age in the CIA

by Amaryllis Fox

When I began reading *Life Undercover: Coming of Age in the CIA* by Amaryllis Fox, there were two things I wasn't prepared for:

1. How young most people are when they're recruited to join the CIA, and 2. Just how scary the world around us has the potential to be.

In her memoir, Fox begins with the story of her childhood – one that set her up for a life of constant moving and a mostly absent father. During her early childhood, she has her first brush with terrorism when a plane carrying one of her friends was taken down. That event forever left a mark on Fox, inspiring her to explore and, for a time, live in the world of revolutionaries in Burma. She left to attend Oxford and then Georgetown's School of Foreign Service.

It's her work at Georgetown, using algorithms to pinpoint likely terrorist targets, that captures the attention of CIA operatives. She's recruited at 21 by the agency, first as an information synthesizer, and then quickly moved up the ranks. She trained for six months at "the farm" learning the ins and outs of approaching "assets" in



Rinaudo

the field, dodging tails and self protection.

Fox's high intelligence and innovative thinking lead her to nab one of the most coveted roles in the CIA: a spy under non-official cover (NOC).

Fox's life in her early 20's was simply mind-boggling. She was deployed across the globe to interact with weapons dealers in the Middle East, attempting to uncover terrorist attacks and flip weapons dealers to their side. The risk she undergoes is striking - all done while everyone she knows and loves believes that she's an art broker.

During her 10 years as an operative, she marries twice and even has a baby. Some of her colleagues die on missions and Fox struggles with remembering who she truly is.

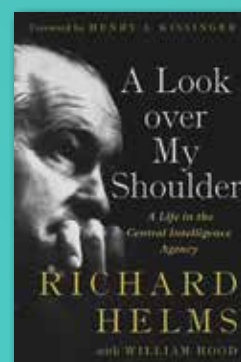
It's hard to imagine someone so young risking everything, giving their lives up so completely to an organization – while keeping it all a secret.

Life Undercover is a thrilling read that will soon be adapted for Apple TV. Scoop it up now, and prepare to devour it in all its tense goodness.

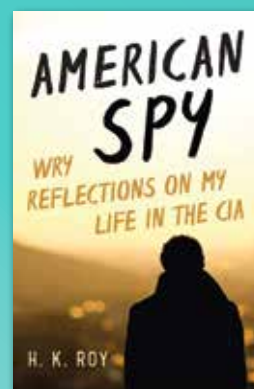
Grade: A

Jessica Rinaudo is an editor and writer who has fostered a love of reading since childhood. Originally from Shreveport, she now lives in Cincinnati with her husband and four children.

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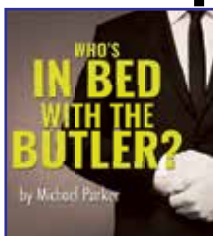
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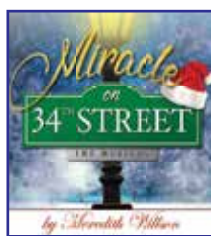
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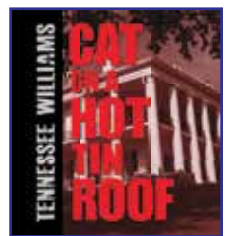
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Calling all Marshas: 102-year-old Marsha Hunt Wants to Hear from You

By Nick Thomas

If your name is Marsha, there's a good chance you were named after Marsha Hunt who turned 102 in October. Whether you're named directly or indirectly after the veteran actress probably depends on your age, but nonetheless, Ms. Hunt believes she holds claim to being the first girl named Marsha – at least with that spelling.

As a teenager in New York in the 1930s, she accompanied her mother to the cinema one day to see "No More Ladies" starring Joan Crawford whose film character was named Marcia. During the movie, Mrs. Hunt whispered to her daughter, "That's your name." This was a surprise to the teen since she had always been called Betty!

Hunt related this story to Roger C. Memos, writer, director, and producer of the 2015 documentary on Hunt's life "Marsha Hunt's Sweet Adversity" and to me when I interviewed her in 2014. As Hunt recalls, when the pair exited the theater, she asked for more information from her mother who revealed that as a newborn, the baby had indeed been originally named Marcia. But a persuasive family member had been concerned that with a sister named Marjorie it could be confusing for siblings to grow up with such similar names.

"So poor mother, in her weakened conditioned, gave in and that night I was renamed Betty," Hunt explained.

But on hearing the story, teenage 'Betty' fell in love with her original name and remembers thinking how smoothly 'Marcia Hunt' rolled off the tongue. So the next day she surveyed her school friends for their thoughts.

"My parents tell me it's an old English name and it's spelled M-a-r-c-i-a," Hunt informed her friends. But they explained with that spelling, it should be pronounced differently such as Mar-see-ah.

So Hunt decided on the spot that if she ever needed a professional name, she would not only adopt it but make sure it was



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spelled and pronounced unambiguously: M-a-r-s-h-a.

And so, a year or two later, when Betty Hunt boarded a New York train bound for California to begin work for Paramount, she ditched the name along the way and emerged from the train in Pasadena as Marsha Hunt.

"M-a-r-s-h-a, so far as I know, was born in 1935," she said.

After her first movie "The Virginia Judge" was released the same year, Hunt says she began receiving letters from pregnant women across the country telling her: "Marsha, what a pretty name. If it's a girl, I'm going to name it after you."

"Who knows how many Marshas have been so named?" asked Hunt. "I would love to find out!"

"It would bring her a lot of joy," said filmmaker Roger Memos in a recent interview. "She always told me she would love to hear from people who were named after her."

Memos says he still receives

letters and notes from viewers of his Hunt documentary released 4 years ago.

"When I go over to see Marsha I read them to her and she just loves that," he said. "Sometimes she has me read them twice."



Ann Sothern, Fay Bainter, Joan Blondell, Marsha Hunt (top right), and Margaret Sullivan in *Cry Havoc*. - MGM publicity photo

So if readers have stories about themselves or perhaps a parent whose name is Marsha, they can be emailed to Memos (rogc-memos@gmail.com) who will share them with Ms. Hunt as she celebrates a very special birthday this year.

"Marsha Hunt's Sweet Adversity," Memos documentary on Hunt's film career, blacklisting years, and extensive charity work, is also available free on TubiTV.com (https://tubitv.com/movies/491094/marsha_hunts_sweet_adversity?tracked=1).

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

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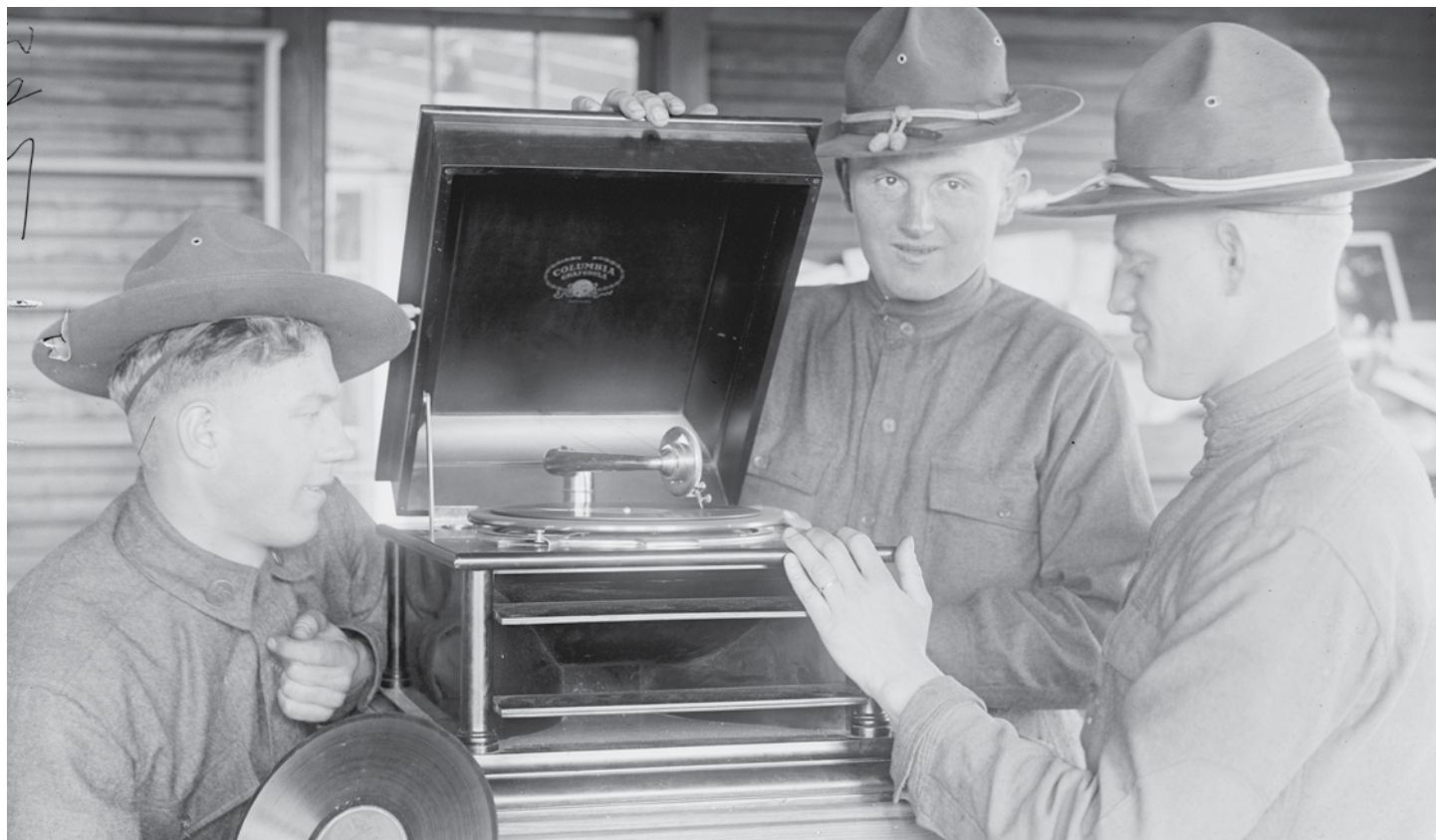


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More than Recreation: the **YMCA** in Early-American War Relief

by J.A. Stackhaus



All photos: Young Men's Christian Association activities in training camp in 1918.

When most people hear the letters YMCA, they think of little-league sports, summer camps, Indian Guides, and swimming pools. But prior to World War II, the YMCA played a vital role in the lives of soldiers during times of war.

In 1851, the American branch of the Young Men's Christian Association (or YMCA, or Y) was started to help young rural men find jobs and housing in the big cities. By 1876, the new group had spread from Boston to other cities and boasted 73,000 members. YMCAs provided low-cost housing, employment services, Bible training, and, in some areas, English-as-second-language (ESL) classes.

When America went to war with itself in 1861, the YMCAs in both the North and the South sprang

into action. Both sides used Y-facilities as distribution centers or to house soldiers. Northern YMCA members ministered to Southern prisoners of war in places like Johnson's Island Prison in Ohio, prompting forty-eight Rebel prisoners there to write Richmond asking that the workers be treated with respect by other Confederates.

After the war, the North and South YMCAs reunited, continuing their mission of ministering to mind, body and spirit. When the Spanish-American War got underway in 1898, the Y again mobilized to support American troops, sending 500 volunteers to the Caribbean and the Philippines. Large tents were erected among deployed brigades to help the soldiers feel as at-home as possible. Despite the war lasting only a few months, the YMCA's efforts impressed the U.S.

The **YMCA “Red Triangle”**
huts were heralded as being
the only sources of “decent”
amusement for soldiers stationed
in **American training camps...**

government enough that it formed a committee dedicated to helping the Y support the troops at all times.

Perhaps the most impressive efforts of the YMCA came when Europe erupted into the Great War in 1914. Although not yet a full-fledged campaign to do recruit volunteers, the American Y, indeed, had volunteers on the ground overseas early on, assisting with prisoners of war on both sides of the conflict. YMCA volunteers also helped solve labor disputes between men recruited from China to do manual labor for the Allies and the Allied officers who oversaw them. But it wasn't until the U.S. entered the war in 1917 that the YMCA launched its greatest fundraising and volunteer recruitment campaign to date.

Between April and June of 1917, the American YMCA formed the National War Work Council (NWWC) with Dr. John R. Mott, the international YMCA director, as its head. The stated intent of the Y's



work would be to boost the troops' morale and protect the troops from immorality and, thus, disease. Citizens were assured that the lack of sanitation and disease that soldiers experienced during the Spanish-American War had not been forgotten and that the Y would make sure those evils were not repeated. The U.S. President and military leaders felt the YMCA was the best defense against soldier immorality both at home and abroad, and the President gave the Y permission to visit camps, erect huts, and “do whatever else is necessary” to protect the men, essentially, from themselves.

YMCA “Red Triangle” huts – so called for the red YMCA triangle emblem prominently displayed on them – were heralded as being the only sources of “decent” amusement for soldiers stationed in American training camps stateside and “over there” in French villages. In these huts, soldiers could buy food and drinks, attend lectures, educational classes and religious services, enjoy music and games, and visit with one another and volunteers. One of the most common services the





Y provided to soldiers, though, was stationary on which to write home. In fact, the YMCA was charged with coordinating the entire postal exchange for American soldiers abroad during the war.

In the spring of 1918, the NWCC released its financial report covering May 1, 1917 through March 31, 1918. The numbers are staggering. In a year's time, the YMCA erected over 530 buildings for its military efforts within the U.S., and either built or managed another 500 overseas. Their workers overseas totaled over 2100 men and 202 women. The Y distributed 6.5 million pieces of Christian literature and New Testaments among soldiers. French and English classes were offered to illiterate and non-English speaking American soldiers at home and abroad, with attendance running as high as 50,000 per month.

For the troops overseas, sports equipment filling 1,271 cases were shipped over, along with 21,000 music records, record players, movie equipment, and stereopticons. Food was a staple of the Red Triangle huts and included 30 million cans of fruit, over two million packs of chewing gum, 374,000 pounds of coffee, and nearly 3.3 million pounds of sugar. Additionally, over 115 million

cigarettes, nearly 10 million cigars, and \$10,000 worth of matches were also given out to the troops.

All totaled, the YMCA spent an impressive \$20 million on the war effort by March 1918, and still had \$17.7 million on hand for the remainder of the war. However, the War Council's report may have been modest: estimates now place the Y's overall numbers for the entire war, which concluded just seven months after the 1918 report, at 1500 canteens in the U.S. and France, 4000 huts, and \$235 million raised – the equivalent, according to one source, of \$4.3 billion today. The Y's support of WWI troops continued past the Armistice in late 1918, but once soldiers were back home, its efforts on behalf of American troops would not be repeated to the same extent in future wars.

At the onset of World War II, the YMCA teamed up with other organizations to create the United Service Organizations, or USO, essentially stepping out of direct war work. It refocused its efforts on domestic concerns, such as fitness, child care, and civil rights. Since the beginning of the twenty-first century, however, the Y's most visible role in the U.S. has been that of physical fitness and recreation support, causing the YMCA's legacy of sacrifice and support on behalf of soldiers and those afflicted by war to fade farther into the past and nearly out of the collective memory altogether.





Nevis Island:

ALEXANDER HAMILTON'S BIRTHPLACE

By: Fyllis Hockman

Alexander Hamilton Birthplace & Museum of Nevis History

A few years ago, the fact that an island was the birthplace of Alexander Hamilton would have elicited very little excitement. But since the advent of the hit Broadway musical “Hamilton,” Nevis is a must-see destination. The very first line of the musical leads you here: “How does a bastard, orphan, son of a whore and a Scotsman, dropped in the middle of a forgotten spot in the Caribbean...” That spot would be Nevis, but more on that later.

Nevis is the baby sister of St. Kitts, two tiny islands in the West Indies. St. Kitts is the more outgoing, gregarious of the two; Nevis, more shy and retiring. Whereas I won \$100 at a casino on St. Kitts, the only things worth counting on Nevis are an assortment of goats, sheep, donkeys and monkeys. Lots of monkeys. But Nevis has a recent suitor – the aforementioned Hamilton - who is making her irresistible to throngs of tourists.

Before Hamilton brought history and fame to the island, that position was held by old sugar mill plantations. Sugar cane was king in the 17th-19th centuries, and what remains of several of the plantations are now housing all those Hamilton-seeking throngs.

The Nisbet Plantation, the largest of the lot, has its own claim to history. Here, Captain Horatio Nelson (later, Admiral and Lord), a British Naval hero, met Frances Nisbet,

the daughter of the plantation owner. The wedding took place in 1787 at nearby Montpelier Plantation, also on our itinerary. But Nisbet, where remnants of the 18th Century plantation windmill greet you upon arrival, has its own wedding tradition: if you get married on the property - and there are few more beautiful settings - they plant a coconut tree with your names on it. And you're welcome to come back and visit any time. How's that for a marketing ploy?

Nisbet, despite its sugar mill connection, is the most modern of the inns, with 36 rooms, each named after a local village, spread out over 30 acres. Its wealth of palm trees sets it apart and it has the very real benefit of being the only plantation inn on the water.

Montpelier, the site of the Nelson-Nisbet nuptials, was turned from a historic ruin into an inn in the 1960's. The beautifully landscaped, manicured property with profusions of color popping up everywhere mixes handsomely with the stone remnants of the sugar mill factory it once was. So much of the equipment is sprinkled around the grounds and enmeshed into the decor that you might not even recognize it for what it is unless you knew to look for it.

The current Great Room boasting original stonework from 300 years ago is where guests gather in the evening for canapés and drinks before moving on to dinner. And what a



The Great House of The Hermitage Plantation

dinner that is! Imagine dining in the only sugar mill in the world that houses a restaurant inside - where every morsel is a history-laden, stone-studded candle-lit magical memory.

But even more history and magical edible moments await at the next sugar mill plantation/cum Inn. The Great House of The Hermitage Plantation, dating back to 1640, is said to be the oldest wooden house in the Caribbean. When Richard Lupinacci bought the run-down property in 1971, he recognized the value of the original Great House - but it was when he chose to expand his home into lodging that he became really inspired. To make room for more guests, he moved eight old wooden houses from other areas on the island where they lay in disrepair. Each cottage, lovingly restored, promotes an old island feel, an authentic lifestyle not found in other more modern settings, making the property a living architectural museum. Adding to the authenticity is an old slave privy from the 1740's sitting amidst the cottages. Fortunately, it is not still functional...

What is still very functional is the Wednesday night Pig Roast. Sitting in the Great Room awaiting its theatrical entrance, I couldn't help but reconnect with the plantation owners and their guests of yore who feasted on roasted pig and its many local dishes over 300 years ago.

But we were talking about Hamilton. He didn't stay at any of these inns but his own family's plantation is still on the island. Much to the government's chagrin, however, it hasn't been restored. You can visit, but to really connect with the renowned American, a visit to the Charlestown Nevis History Museum is required. The museum building, like so much else in Nevis, was originally built in 1680. The history and culture of Nevis is enticingly displayed, but the piece de resistance



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history AND fame **TO THE**
ISLAND, THAT POSITION WAS
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is the Alexander Hamilton section, which chronicles his remarkable life, contemporaries, influences, accomplishments and impact on the history of the United States.

Because he was brought up in the islands, he brought a very different perspective to American politics than his Founding Father cronies. His early life influenced his views on racial equality (having been born across the street from a slave trade podium which horrified him at a young age), economic diversity and financial stability - ideas that were considered very

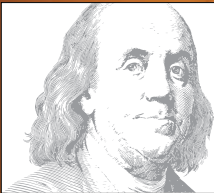
progressive in early American politics. Hamilton had more of an impact on American history and politics than most Americans realized before the advent of the Broadway play.

If you have seen the show, you will fall in love with Hamilton all over again. If you've just visited the museum, you will want to buy tickets to the show -- which unfortunately, I suspect, you can't afford! A fact which I doubt Hamilton would have been pleased by. What would please him is everything else his early island home has to offer.

For more information, contact nevisisland.com, montpeliernevis.com, nisbetplantation.com and hermitagenevis.com.



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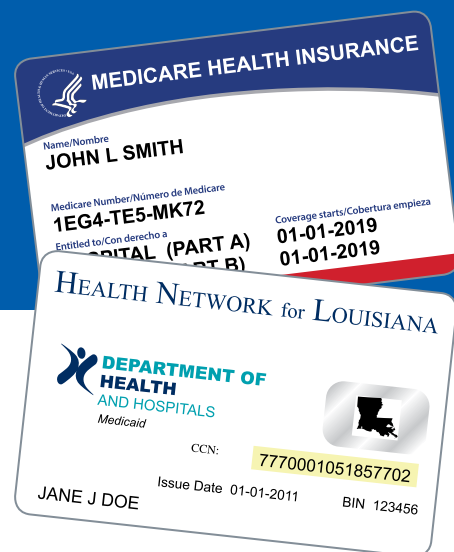


1. A family group observes a man who appears to be a blacksmith at a forge. They are in a log cabin. Possibly 1980s or 1990s. (J. Frank McAneny)
2. Tri-State Hospital Nurses, May, 1950. (Jack Barham)



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SHREVEPORT *Then & Now*

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(Above) The Edward Jacobs mansion at Travis and McNeill was the largest house in Shreveport at the time of its construction in 1886. It was demolished in 1923 to build the downtown Y.M.C.A.

(Below) The downtown Shreveport Y.M.C.A., then and now. Vintage photo taken in 1946. (Photographer Jack Barham)



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FAMILY FEATURES

When holiday gatherings turn into all-day events, having meals ready from morning to night becomes an important part of seasonal hosting. Starting with breakfast through the main course followed by a savory dessert, a full day of celebration calls for a variety of dishes. Find more holiday recipe inspiration at Culinary.net. For more recipes visit auntjemima.com, eatwisconsinpotatoes.com, and dominosugar.com.

A Full Menu for Fun-Filled Holiday Festivities

Black Forest Cake (Servings: 8)

Cherry Filling:

- ½ cup Sugar
- 1 tablespoon cornstarch
- ½ cup water or unsweetened cherry juice
- 2 cups fresh or frozen pitted tart (Montmorency) cherries
- 2 tablespoons cherry brandy (optional)

Cake:

- 1⅓ cups all-purpose flour
- ⅔ cup cocoa powder
- 1½ teaspoons baking soda
- 1 teaspoon salt
- ½ cup butter, softened
- 1½ cups Sugar
- 2 eggs
- 1 teaspoon vanilla
- 1½ cups buttermilk

Stabilized Whipped Cream:

- 1 teaspoon unflavored

- gelatin
- 2 tablespoons cold water
- 2 cups (1 pint) heavy whipping cream
- 2 tablespoons Sugar
- chocolate curls or shavings, for garnish (optional)

To make cherry filling: In medium saucepot, whisk sugar and cornstarch with water or juice then bring to boil over medium heat. Stir in cherries and cherry brandy, if desired, and boil 2-3 minutes, stirring, until sauce is thick and translucent. Drain cherries from sauce and set both aside.

To make cake layers: Heat oven to 350 F.

Line bottoms of three 8-inch round cake pans with

parchment paper. Grease and flour bottoms and sides.

In medium bowl, sift flour, cocoa powder, baking soda and salt.

In mixing bowl, cream butter and sugar 2 minutes on medium speed. Add eggs and vanilla; beat 1 minute. Stir in flour mixture and buttermilk.

Pour batter evenly among cake pans and bake 20-22 minutes, or until toothpick inserted in center comes out clean.

Cool and remove layers from pans.

To make stabilized whipped cream: In small pan or microwaveable bowl, combine gelatin and cold water; allow gelatin to bloom. Heat

until gelatin melts and dissolves; set aside.

In chilled bowl, whip cream with chilled beaters until soft peaks form. Add sugar and gelatin; beat until stiff.

Prick tops of two bottom layers with fork and brush cherry filling over layers. Sandwich bottom layers with a ¼-inch-thick spread of stabilized whipped cream. Sandwich second and top layer with same whipped cream. Spread remaining whipped cream over top layer and sides.

Garnish with shaved chocolate, if desired, and decorate with any remaining whipped cream.

Browned Butter Smashed Potatoes with Butternut Squash



- | | |
|---|--|
| <p>1 pound (3 medium) yellow-flesh potatoes, cut into 3/4-inch chunks</p> <p>1 small butternut squash (about 1 pound), peeled, seeded and cut into 1-inch chunks</p> <p>water</p> | <p>1 teaspoon salt, plus additional, to taste, divided</p> <p>3 tablespoons butter, divided</p> <p>8-10 fresh (2-3-inch) sage leaves, stacked and cut into 1/4-inch strips</p> <p>1/2 cup 1% milk</p> <p>freshly ground black pepper, to taste</p> |
|---|--|

In 3-quart saucepan, cover potatoes and squash with water; add 1 teaspoon salt. Bring to boil over high heat; reduce heat, cover and cook until tender, 12-15 minutes.

In small saucepan over medium heat, mix 2 tablespoons butter and sage. Tilting pan and watching closely, cook about 3 minutes, until butter foams and begins to brown; keep warm.

Thoroughly drain potatoes and squash, return to pan and shake 1-2 minutes over low heat. Using hand masher, roughly mash to create chunky mixture.

Over low heat, gently mix in remaining butter and milk.

Season with salt and pepper, to taste.

Spoon into serving bowl and drizzle with brown butter and sage.

Hot Cocoa Pancakes (12 pancakes/3 per serving)

- 2 tablespoons unsweetened cocoa powder
- 1 1/2 tablespoons sugar
- 1 cup 2% or non-fat milk
- 1 teaspoon vanilla extract
- 2 cups Original or Buttermilk Pancake & Waffle Mix
- 1/4 cup water
- marshmallow spread (optional)
- chocolate syrup (optional)
- Syrup (optional)

Heat skillet over medium-low heat or electric griddle to 375° F.

In microwave-safe bowl, mix cocoa powder, sugar, milk and vanilla until well combined. Heat in microwave 30 seconds, or until warm. Stir again to ensure mixture is combined.

Combine cocoa mixture, pancake mix and water. Stir until large lumps disappear (do not beat or overmix). If batter is too thick, add additional 1-2 tablespoons water.

Pour slightly less than 1/4 cup batter onto lightly greased skillet or griddle. Cook 90 seconds, or until bubbles appear on surface. Turn and cook additional 30 seconds. Repeat with remaining batter.

Top pancakes with marshmallow spread and drizzle chocolate syrup, or top with syrup.



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PUZZLE pages

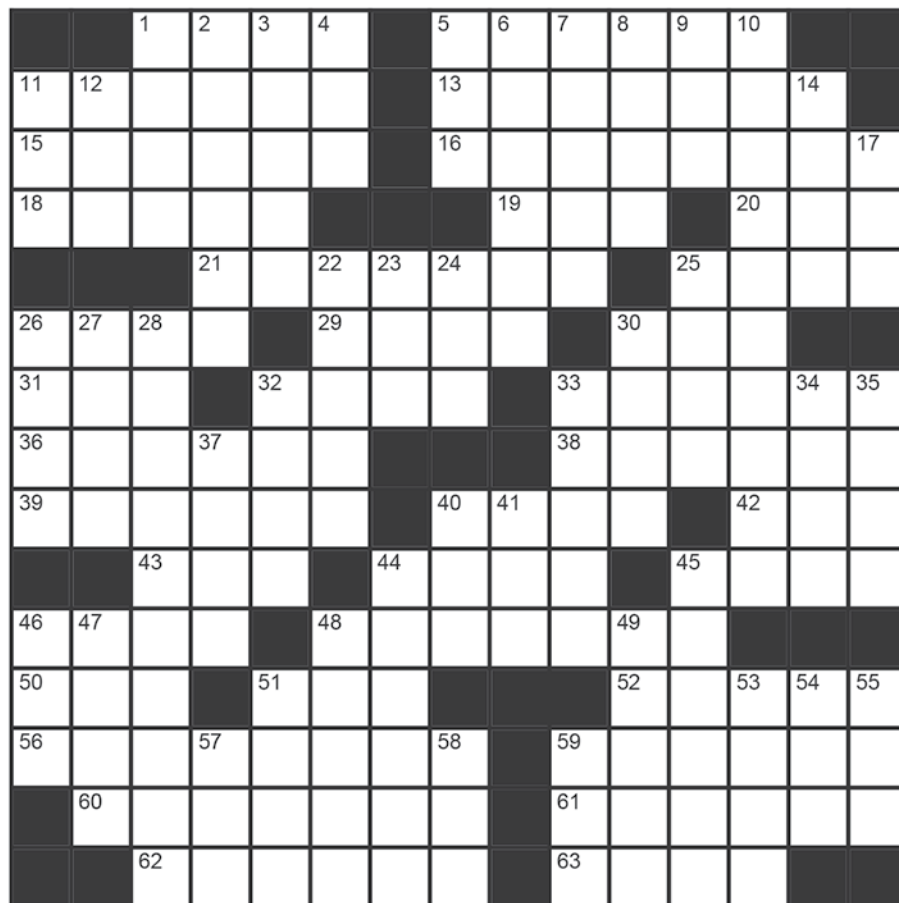
Turn to page 43 for all puzzle solutions.

Across

- 1 City on the Skunk River
- 5 Economical
- 11 Classic theater name
- 13 Gives
- 15 Neighbor of Namibia
- 16 Tries
- 18 Coronet
- 19 Be bedridden
- 20 Kanga's kid
- 21 Stress, in a way
- 25 Canvasback kin
- 26 Healthful retreats
- 29 Carnival attraction
- 30 Kind of welder
- 31 Short snooze
- 32 Pirate name
- 33 Cattle breed
- 36 Like some humor
- 38 Damage
- 39 Bygone money
- 40 Mice catchers
- 42 Last (Abbr.)
- 43 Corn site
- 44 Horse fly
- 45 Orbison tune, "___ the Lonely"
- 46 Terrarium plant
- 48 Artemis, for one
- 50 In the past
- 51 North Pole toymaker
- 52 Waldorf salad ingredient
- 56 Like a crime scene, usually
- 59 Late-night name
- 60 Contract
- 61 Smart ___ (Pl.)
- 62 Diner
- 63 Things on rings

Down

- 1 Aquatic plant
- 2 Relatives of Tahitians
- 3 Enthusiastic approval
- 4 The briny
- 5 Part of HHS
- 6 Spin
- 7 Loosen, as laces
- 8 Highlander
- 9 PIN requester
- 10 Irish folklore creature
- 11 Like some answers
- 12 Black cuckoo
- 14 Greek portico
- 17 Our sun
- 22 Susan Lucci's Emmy role
- 23 Purge
- 24 Put two and two together
- 25 Duffer's challenge
- 26 Scissors cut
- 27 Scale down
- 28 Punctuation mark
- 30 Venus de Milo's lack
- 32 Toy with a tail
- 33 Hogwash
- 34 Manufacturing plant
- 35 Affectedly creative
- 37 It's a gas
- 40 Outdated
- 41 Marry
- 44 Chest for storing valuables
- 45 Fish hawk
- 46 Away's partner
- 47 Self-images
- 48 Boxing equipment
- 49 Fine fur
- 51 Computer menu option
- 53 Snaps
- 54 Albanian coin
- 55 Lt.'s inferior
- 57 Diamond stat
- 58 Aviate
- 59 Symbol of might



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

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BEE	LOUSE
BEETLE	MANTIS
BLACKFLY	MIDGE
BUTTERFLY	MITE
CICADA	MOSQUITO
COCKROACH	MOTH
CRICKET	SPIDER
EARWIG	STONEFLY
FLEA	THRIP
GADFLY	TICK
GNAT	WASP
GRASSHOPPER	WEEVIL

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

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

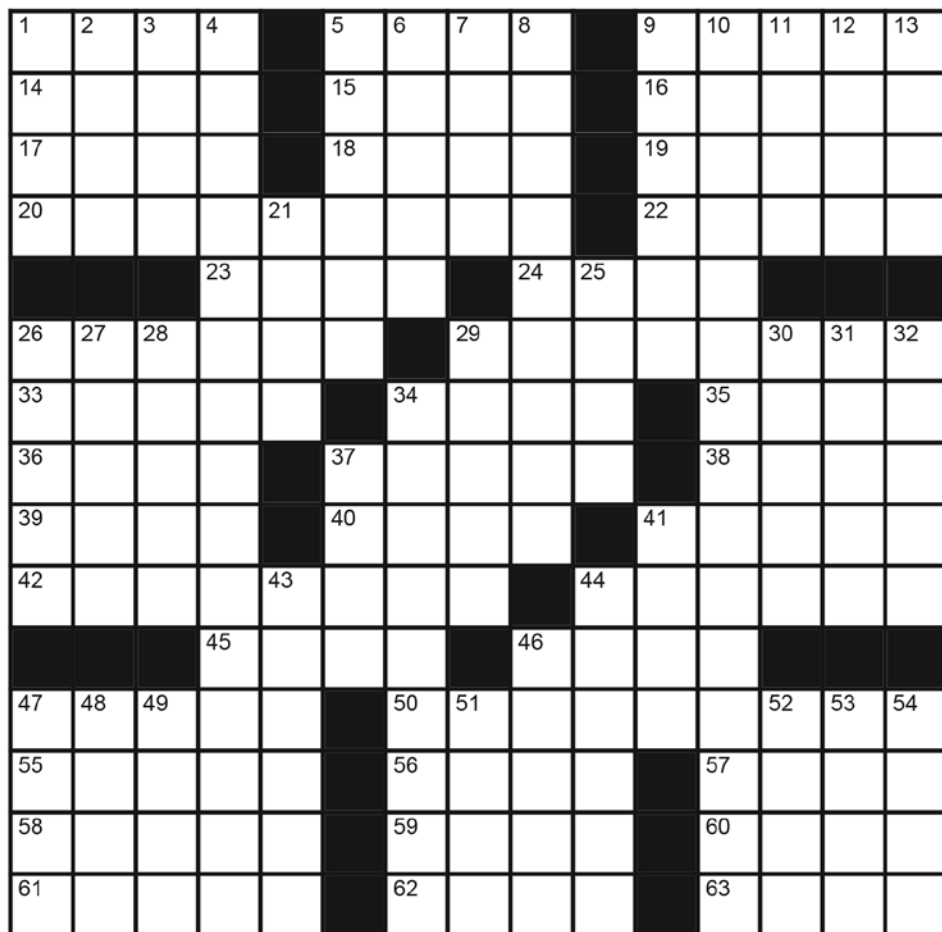
1			9	4				
		6	7			9		
	4		5					
	1						2	4
				7				6
		5						1
	5						7	8
8	2			3		1		
9					5			

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BONUS puzzle

The incorrect clues were printed with our September crossword. We apologize for the inconvenience. Solution on page 42.

- | | |
|------------------------------------|--|
| Across | Down |
| 1 Farm equipment | 1 Furtive summons |
| 5 Ploy | 2 Make-up artist? |
| 9 ___ Booth Luce | 3 Gumbo vegetable |
| 14 Punjabi believer | 4 Truman made one |
| 15 Blackhearted | 5 Porter |
| 16 Fleeced | 6 Relating to the eye |
| 17 Madras dress | 7 Capital of ancient Chinese empire |
| 18 It may be raw | 8 Third chief justice of the United States |
| 19 Cupcake topper | 9 Carpentry tool |
| 20 Garbage bins | 10 Scotland's legendary creature |
| 22 Disreputable | 11 Atlas section |
| 23 Freshwater duck | 12 Rip apart |
| 24 As soon as | 13 Nervous |
| 26 Coarse jute fabric | 21 Get wind of |
| 29 Morning preparation | 25 Conceal |
| 33 Basket material | 26 Dome-shaped dessert |
| 34 Fat | 27 Like some suspects |
| 35 Mystery writer Paretsky | 28 Unbending |
| 36 Large cups | 29 Ballroom dance |
| 37 Richard of "The Godfather" | 30 Golden Horde member |
| 38 Hollywood Boulevard sight | 31 Characteristic |
| 39 Switch's partner | 32 Premature |
| 40 Actor Grant of "About a Boy" | 34 One who should be tongue-tied? |
| 41 In-box contents | 37 Burn slightly |
| 42 Imaginary place of great wealth | 41 Epic poem |
| 44 Like some cars | 43 Turns back the clock, perhaps |
| 45 Salon offering | 44 Does a slow burn |
| 46 English prep school | 46 City on the Ruhr |
| 47 Highlanders, e.g. | 47 Atlantic food fish |
| 50 Irrational preoccupation | 48 Sugar source |
| 55 Rapids transit | 49 ___ and for all |
| 56 Constellation animal | 51 La ___ Tar Pits |
| 57 Heavy reading? | 52 Little bit |
| 58 Full-length | 53 Arabian Sea nation |
| 59 Overflow | 54 Hatchling's home |
| 60 Greek vowels | |
| 61 Equals | |
| 62 ___ Christian Andersen | |
| 63 Deliver a tirade | |



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SAVE the Date



Rockets Over the Red • Nov. 30

CONCERT

● Mozart & Schubert

Saturday, November 16 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. Join rising star Francisco Fullana, 2018 recipient of the prestigious Avery Fisher Career Grant, for Mozart's energetic and exotic 5th violin concerto, followed by Schubert's charmingly beautiful Symphony No. 5. Opening the program is film music by the brilliant

Jonny Greenwood of Radiohead fame. Tickets are \$15 - \$63. Call 318-227-TUNE (8863) or shreveportsymphony.com.

COUNCILS ON AGING

● Bossier Council on Aging 706

Bearkat Drive, Bossier City
• Weekly Dances - Every Thursday evening from 7 to 9:30. \$6/person. Call 318-741-8302 or visit www.bossiercoa.org 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, November 1, 8, 15, 22 - 10:00 Senior Tech Talk. Introduction to Laptops, tablets and smart phones and other tech tips

• Thursday, November 7. 10:00 "Caregiver, Coffee, Cookies & More",

Bonita Bandaries

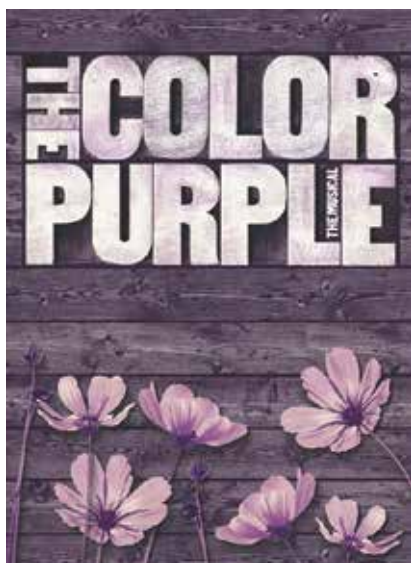
• Thursday, November 14. 10:00 "Healthy Holiday Cooking", Abigail McAlister

• Thursday, November 2. 10:00 "Importance of Wellness Visits", Wendy Neely

EVENTS

● Red River Express Cruise

'Tis the season to book your tickets for the Red River Express Cruise to the North Pole, part of Shreveport Aquarium's Christmas experience. The cruise will depart on an enchanting journey for the "North Pole" from Nov. 29 through Dec. 22. Once aboard, enjoy tasty treats, sing Christmas carols and listen to stories while making the short boat journey around the bend to the "North Pole". Once docked, Santa will board and give each child a special first gift of Christmas - a silver sleigh "Believe" bell. Departure from the Red River boat launch next to the aquarium in downtown Shreveport at 5, 6 and



The Color Purple • November 16



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7 p.m. during the selected dates. \$25 Tues - Thurs; \$30 Fri - Sun. For more information and to purchase tickets visit www.shreveportaquarium.com.

● **Rockets over the Red**

Saturday, Nov. 30, 4 - 7 p.m. Presented by the Shreveport-Bossier Convention and Tourist Bureau, the City of Shreveport, the City of Bossier City, Louisiana Boardwalk Outlets and Pyromania Fireworks. Two viewing areas – Riverview Park in Shreveport and the Louisiana Boardwalk Outlets in Bossier City. Entertainment and fireworks. **FREE**.

● **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, representing about 300 species of fish and invertebrates. 601 Clyde Fant Parkway in Downtown Shreveport. For more info visit www.shreveportaquarium.com, or call 318-383-0601.

● **WAM (Wine, Art, Music)**

Wed, Nov. 6, 5:30 – 8:30 PM at the Shreveport Aquarium, 601 Clyde Fant, Shreveport. Presented by the Bossier Arts Council, Eagle Distributing, and The Shreveport Aquarium. Featuring a preview of the upcoming East Bank Gallery art shows of 2020. Art will be on display one night only. \$40.

MEETINGS

● **Ark-La-Tex Genealogical Association Meeting**

Saturday, November 9 from 1 to 3 PM at the Broadmoor Branch Library, 1212 Capt Shreve Dr., Shreveport. Guest speaker is Jason Church, Materials Conservator and Preservationist at Nat'l Park Service. His topic is Cemetery Preservation. This program is **FREE** and open to the public. For information: Call 746-1851 or visit www.altgenealogy.com.

● **Creative Art Connection Monthly Meeting**

630 Barksdale Blvd., Bossier City, in The Annex. November 11, 6:00 – 8:00 pm. Featuring artist and book illustrator Erica Branch who will present a demonstration on her colorful and wonderful technique.



Red River Express • Nov 29 - Dec. 22

Refreshments and social time will precede demonstration. Public is invited. **FREE**. For more information call 318-965-0798.

THEATRE

● **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.

● **The Color Purple**

Saturday, Nov. 16 at 8 PM. Strand Theatre, 619 Louisiana, Shreveport.



Man of La Mancha • November 9

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SAVE the Date

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TOURS

● Branson, MO Tour

With Tri-City Tours, Nov. 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



WAM • November 6

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 info and reservations, call 903-663-5514 or visit www.tricitycharter.com

WORKSHOP

● Estate Rescue

Thursday, November 7, 6 – 8 p.m.
Broadmoor Branch Library, 1212

Captain Shreve Dr, Main meeting room, Shreveport. Presented by SAFE Planning, Inc. Learn ways to protect your estate from nursing home costs without buying insurance. **FREE** and open to the public. Reserve your seat by calling 318-869-3133 or visit safeplanningseminars.net/event.

● Improvisation Workshop

Offered by Shreveport Little Theatre. Friday, November 15, 6:30 to 9 p.m.; Saturday, November 16, 10 a.m. until noon, then 1 until 4 p.m.; Sunday, November 17, 12 noon until 4 p.m. in SLT's Studio at 812 Margaret Place, Shreveport. This is an opportunity for those with and without performance experience to exercise their creativity. Those who attend are encouraged to bring a snack, a bottle of water and a journal. **FREE** and will cater to individuals 18-years of age and older. For further in, call (318) 424-4439.

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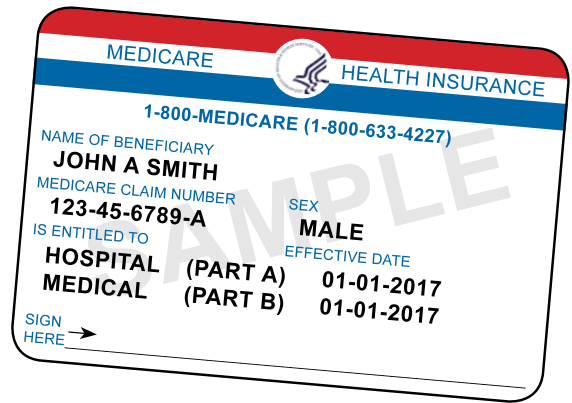
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From page 38.

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

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- ? Are you retiring and losing your employer healthcare coverage**
- ? Is your Medicare Insurance Plan not fulfilling your needs**

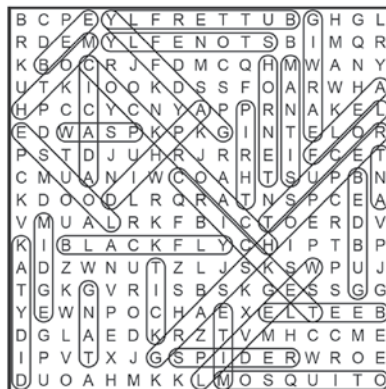
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PUZZLE answers
(from page 36 & 37)



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



Answers from the Experts

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

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

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



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

My father has glaucoma and is blind in one eye. When should I be checked, even though I see fine?

A family history of glaucoma is a very strong risk factor for the disease. Other risk factors include advancing age, African-American race, and nearsightedness. If you have a first or second degree relative with glaucoma, you should be evaluated as soon as possible. Glaucoma is a painless progressive disease which, left untreated, causes irreversible blindness. If you have a family member with glaucoma or have other risk factors, schedule a screening at 212-3937.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
(318) 212-3937
See our ad on page 10.

My shoulder hurts. Should I play through the pain?

Over 12 million people visit a doctor's office for a shoulder problem annually. Athletes are particularly prone to shoulder injuries due to repetitive, cumulative stress/injuries. Injuries occur during sports, as well as every day home and work activities. Most shoulder problems involve muscles, tendons, and/or ligaments and can be treated effectively with exercises, medications, physical therapy, etc. Steady pain, limitation of motion, difficulties with work activities of daily living or difficulty with sleep should alert you to seek an orthopedic surgeon for help in diagnosing and treating your shoulder pain.



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

What is a gasping and wheezing homeowner to do?

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



Mike Thomas
AC Duct Cleaners
9803 Hastings Court
Shreveport, LA 71118
(318) 218-0770
See our ad on page 17.

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

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



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

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

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



Dewey Burchett
Providus Financial Serv.
318-572-4662 (call
or text)
Dburchett.providus-
group@gmail.com
See our ad on page 36.

Seven years without a cold?

Copper in new device stops cold and flu

More and more people are saying they just don't get colds anymore.

They are using a new device made of pure copper, which scientists say kills cold and flu viruses.

Doug Cornell invented the device in 2012. "I haven't had a single cold since then," he says.

People were skeptical but EPA and university studies demonstrate repeatedly that viruses and bacteria die almost instantly when touched by copper.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell and destroys the cell in seconds.

So some hospitals tried copper touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

Colds start after cold viruses get in your nose, so the vast body of research gave Cornell an idea. When he next felt a cold about to start, he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold never got going." It worked again every time.

He asked relatives and friends to try it. They said it worked for them, too, so he patented CopperZap™ and put it on the market.

Now tens of thousands of people have tried it. Nearly 100% of feedback said the copper stops colds if used within 3 hours after the first sign. Even up to 2 days, if they still

get the cold it is milder than usual and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it supposed to work that fast?"

"What a wonderful thing," wrote Physician's Assistant Julie. "No more colds for me!"

Pat McAllister, age 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works." Now thousands of users have simply stopped getting colds.

People often use CopperZap preventively. Frequent flier Karen Gauci used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a sniffle!" she exclaimed.

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids had colds going round and round, but not me."

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some users say copper stops nighttime stuffiness if used just before bed. One man said, "Best sleep I've had in years."

Copper can also stop flu if used early and for several days. Lab technicians placed 25 million live flu viruses on a CopperZap. No viruses



New research: Copper stops colds if used early.

were found alive soon after.

Dr. Bill Keevil led one of the teams confirming the discovery. He placed millions of disease germs on copper. "They started to die literally as soon as they touched the surface," he said.

People have used it on cold sores and say it can completely prevent ugly outbreaks. You can also rub it gently on wounds, cuts, or lesions to combat infections.

The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family.

Copper even kills deadly germs that have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away from you and your loved ones. It may even save a life.

The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

CopperZap is made in America of pure copper. It has a 90-day full money back guarantee. It is \$69.95.

Get \$10 off each CopperZap with code **LABT3**.

Go to www.CopperZap.com or call toll-free 1-888-411-6114.

Buy once, use forever.

(paid advertisement)

25th Annual Angel Award Gala

Blue Cross and Blue Shield of Louisiana Foundation held their 25th Annual Angel Award Gala on October 14 in Baton Rouge. Four individuals from North Louisiana received The Angel Award® to honor their work on behalf of Louisiana's children.



Honorees Pamela Allen, executive director of the Louisiana Center for the Blind; Dr. Deirdre Barfield, longtime volunteer at the Martin Luther King Health Center and Pharmacy; K.C. Kilpatrick, foster parent and founder of Geaux 4 Kids, Inc; Yolanda Green, registered nurse who works in the school-based health center at Linwood Public Charter School.

Krewe of Elders Coronation XXII

The Krewe of Elders held their Coronation XXII on September 13 at the VFW post in Bossier City. Theme for the evening was 'A little bit country and a little bit rock and roll'.



(L-R) Duke & Duchess Dale & Reba Martin, Captain Wanda Cunningham, Queen & King Patsy & Troy McGee, Co-Captain Ginny Bates, Duchess & Duke Faye & Don Jackson, Duchess Kathy Long



(L-R) Jane Hudson, Paulla Boulanger, Sheryl Burnett, Linda Smith



(L-R) LaWanda Turner, Rick Turner



Cassandra Glausier, Bill Stell, Pat Stell

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●●● 25th Annual North American Mature Publishers Association

The Best of Times was honored to receive the prestigious "Best of Show" award at the 25th Annual North American Mature Publishers Association convention on October 14 in Memphis.

NAMPA President Tim Edwards presents the trophy to Gary Calligas, publisher of TBoT.



●●● Comedian Yakov Smirnoff

was the featured entertainer at The Strand on October 4.

Yakov Smirnoff
(center)
with
Robert and
Debbie Grand



●●● Food Prize Mixology Experience

Food Prize Mixology Experience was held on October 3 at the Remington Suite Hotel in Shreveport.



(l to r) Gregory Kallenberg, Leonard Washington, Kheysia Washington, Candy Welch and Jerry Welch.

Fashion Week Mix and Mingle

Shreveport Bossier Fashion Week Mix and Mingle event was held at the LeBossier Event Center on September 27.



Cheryl Young,
Ronnie Lowery
and
Candy Welch

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