

December 2017

The Best *Of* Times

*"Celebrating Age
and Maturity"*



Making Spirits Bright

Extravagantly Decorated Wonderlands



The Choice is yours!

Senior adults today lead a more active lifestyle than generations before. This unretirement living means they want more choices and more time to do *what they want*.


The Oaks of Louisiana is a maintenance-free community filled with options from which to choose – floor plans, dining, state-of-the-art wellness center and heated indoor pool, lifelong learning classes, spiritual life programs, clubs ... we could go on and on.

With apartments starting at an affordable \$1,563 a month, the choice is not where to move but when! And, should your needs change, assisted living and skilled nursing options mean you never have to make another move!

- Enjoy the advantages of an independent lifestyle in a safe, secure environment
- Enjoy the freedom from household chores and expenses
- Make a move while you can enjoy all that an Oaks lifestyle has to offer
- Take charge of the decision and make a move on your terms

Live here and love it!



600 East Flourney Lucas Road • (318) 212-OAKS (6257) • oaksofla.com • 
Leasing Office open 9 to 5 weekdays. After-hours/weekend tours by appointment.

Inside this Issue



Briefs

- 6** Stat! Medical News & Info
- 20** Our Featured 5
- 22** Shreveport Then & Now
- 28** Snapshot Sleuth

20

Features

- 25** Making Spirits Bright: Extravagantly Decorated Wonderlands
by Kathleen Ward
- 36** Your Electronic Gift Guide
by Jessica Rinaudo

36



Advice

- 8** Laws of the Land: Some People Will Try Anything
by Lee Aronson
- 10** From the Bench: Does Estate Planning Matter?
by Judge Jeff Cox
- 12** Eat Well Live Well: Give Your Heart a Break: Ways to Reduce Salt Intake
by Abigail Scallan
- 14** Counseling Corner: Does Your Temper Sometimes Take Control
by American Counseling Association

Columns

- 16** Tinseltown Talks: The Roller-Coaster Life of Connie Francis
by Nick Thomas
- 18** Page by Page: Review of *Afterlife*
by Marcus Sakey
by Jessica Rinaudo
- 30** Traveltizers: A Christmas Treat in Colonial America
by Andrea Gross
- 32** Holiday Entertaining Excellence
by Family Features

In Every Issue

- 38** Get Up & Go!
- 40** Our Famous Puzzle Pages
Crossword, Sudoku, &
Word Search
- 44** Parting Shots





Proudly Presented by:

HEBERT'S
Town & Country
CHRYSLER • DODGE • JEEP • RAM
www.hebertstandc.com

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

Streaming live on the internet at
www.710KEEL.com and on Radio Pup
App on Apple and Android devices

Also broadcasting live on **101.7 FM**

Archived programs at
www.TheBestOfTimesNEWS.com

December 2 **Why Adults 50+ Tutor Others**

Guest: Richard Eisenberg,
author and 50+ Work Expert

December 9 **How to Write Your Own** **Obituary**

Guest: Sarah Greene Hamer,
Editor, Teacher, and Book
Coach

December 16 **Abusive Guardianship of** **Individuals**

Guest: Dr. Sam Sugar, President
of Americans Against Abusive
Probate Guardianship

December 23 **The Latest in Hip and** **Knee Surgery**

Guest: Dr. Chase Lobrano,
Orthopaedic Surgeon

December 30 **Fun Facts and Trivia** Special Guests

The Best Of Times

December 2017 • Vol. 26, No. 12
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

Publisher

Gary L. Calligas
Gary.Calligas@gmail.com

Editor

Tina Miaoulis Calligas
Editor.Calligas@gmail.com

Design

Jessica Rinaudo

Account Executives

Mary Driscoll
Ad.TBT.Mary@gmail.com

Webmaster

Dr. Jason P. Calligas

Writers

Kathleen Ward

Contributors

American Counseling Association,
Lee Aronson, Judge Jeff Cox,
Family Features,
Irv Green, Andrea Gross,
LSU-S Library, Jessica Rinaudo
Abigail Scallan, Nick Thomas,
Twin Blends Photography

THE FINE PRINT: All original content published
in THE BEST OF TIMES copyright © 2017
by TBT Multimedia, LLC, all rights reserved.
Replication, in whole or in part by any means
is prohibited without prior written permission
from the publisher. Opinions expressed are the
sole responsibility of the contributor and do not
necessarily reflect those of the publication, TBT
Multimedia, its publishers or staff. Always con-
sult properly degreed and licensed profession-
als when dealing with financial, medical, legal or
emotional matters. We cannot accept liability for
omissions or errors and cannot be responsible
for the claims of advertisers.



On the Cover



John Hobby helps his neighbor Owen
Holman hang Christmas lights outside
their home in Shreveport.



KEEPING YOUR BACK SIDE COVERED.

FOR ALL YOUR NEEDS:

- Hemorrhoids
- Rectal pain
- Rectal bleeding
- Fecal incontinence
- Colonoscopy

JoAnn E. Warrick, MD ▶

Board certified in colon
and rectal surgery



To schedule an appointment with Dr. JoAnn Warrick,
call (318) 631-9121 or visit gis.md.

GAS **GASTROINTESTINAL
SPECIALISTS** A.M.C.



Stat!

Medical News & Info

• **Phosphates in Processed Foods May Hike Blood**

Pressure According to researchers at UT Southwestern Medical Center, a diet high in phosphates, which are often present in large quantities in processed foods and cola drinks, may lead to increases in blood pressure, especially during exercise. In fact, the typical American diet includes about double the amount of phosphate as recommended. Phosphates occur naturally in many foods, including dairy products, meat, fish, and baking powder, but it is the consumption of fast foods, processed foods, and bottled drinks that can push phosphate levels up. When examining food labels, look for anything that contains “phos,” such as calcium phosphate, disodium phosphate, or monopotassium phosphate.

• **Women’s Heart Attack Symptoms May Be Different From Men’s**

Women don't always get the same classic heart attack symptoms as men, such as crushing chest pain that radiates down one arm. Forty percent of women having heart attacks experience no chest pain, but experience shortness of breath, nausea, palpitations, jaw discomfort or overwhelming fatigue.



• **Smell Loss Predicts Cognitive Decline in Healthy Older Adults**

A University of Chicago study of nearly 3,000 adults, aged 57 to 85, found that those who could not identify at least four out of five common odors (peppermint, orange, fish, rose and leather) were more than twice as likely as those with a normal sense of smell to develop dementia within five years. Five years after the initial test, almost all of the study subjects who were unable to name a single scent had been diagnosed with dementia. Nearly 80 percent of those who provided only one or two correct answers also had dementia, with a dose-dependent relationship between degree of smell loss and incidence of dementia.

~published in Journal of the American Geriatrics Society





● Eating Better Throughout Adult Years Improves Physical Fitness in Old Age

People who have a healthier diet throughout their adult lives are more likely to be stronger and fitter in older age than those who don't, according to a new study led by the University of Southampton. The study, published in *The Journals of Gerontology: Series A*, showed that those who ate more fruit, vegetables and wholegrain cereals, and fewer highly processed foods, across adulthood performed better in the three tests of physical function in older age. In addition, the study found evidence of better performance in two of the measures (chair rise speed and standing balance time) among participants whose quality of diet had improved across adulthood.

● Chair Yoga Effective Alternative Treatment for Osteoarthritis

For the millions of older adults who suffer from osteoarthritis in their lower extremities (hip, knee, ankle or foot), chair yoga is proving to be an effective way to reduce pain and improve quality of life while avoiding pharmacologic treatment or adverse events. Chair yoga is also associated with reductions in fatigue and improvement in gait speed. The study was conducted by researchers at Florida Atlantic University and published in the *Journal of the American Geriatrics Society*.





ASSISTED LIVING
memory care
IN A UNIQUE SETTING.



- 5 to 1 resident to staff ratio
- 15 residents per Cottage
- specialized resident-centered care with dignity
- social engagement between residents, staff
- monthly support group for families
- daily activities and wellness programs

THE COTTAGES
318-798-3500 | THEGLENSYSTEM.ORG

**THE MANY FACES OF
WATERVIEW COURT**



BILL GIDDINGS
Resident since 2013
Bill was married in 1940 and has three children. He has been retired since 1982 and worked for Shreveport City Bus Driving.

"I love the restaurant-style dining and all the items on the menu. There is a nice variety of planned meals that are well-prepared!"

Shreveport's Premier Senior Living Community
2222 E Bert Kouns Industrial Loop
Shreveport, LA 71105
318-524-3300



Waterview Court
Blue Harbor Senior Living

*There's something to satisfy every passion.
Become the next "face" of Waterview Court.*

www.waterviewcourtseniorliving.com   

Some People Will Try Anything

A lot of strange things happen down in south Louisiana, but this case takes the cake.

When Olivia* was diagnosed with cancer, she was told that she only had a few weeks left to live. Now Olivia was not a particularly rich woman, but her Daddy, who everyone called Grandpa Zeb was rich, rich, rich. Olivia knew that her daddy's will said that Zeb left everything to her, but his will also said that if she died before him, then her kids would inherit Grandpa Zeb's fortune.



Aronson

That really got in Olivia's craw because she had never really gotten along with her one and only child, John-Boy, especially since she had divorced John-Boy's father and married a new man. So Olivia went to Zeb and said, "I'm about to die, Daddy. You are going to live longer than me. Please change your will. Don't leave your fortune to your grandson John-Boy. Please leave everything to my new husband instead."

Grandpa Zeb said, "No way!"

So Olivia, after giving the matter some thought, came up with an idea that she thought would solve

everything. Care to guess what? This never would have occurred to me in a million years, but Olivia's idea was to adopt her new husband. That's right, she would officially make her husband her son. Why would she do that? Because Zeb's will said that if Olivia dies before him, then Olivia's kids get everything. If she adopted her new husband, then the new husband would not only be her husband, he would also be one of her kids. Which means that John-Boy would get half of Grandpa Zeb's stuff and the new husband would get the other half of Grandpa Zeb's stuff.

Wait a minute. I thought only kids could be

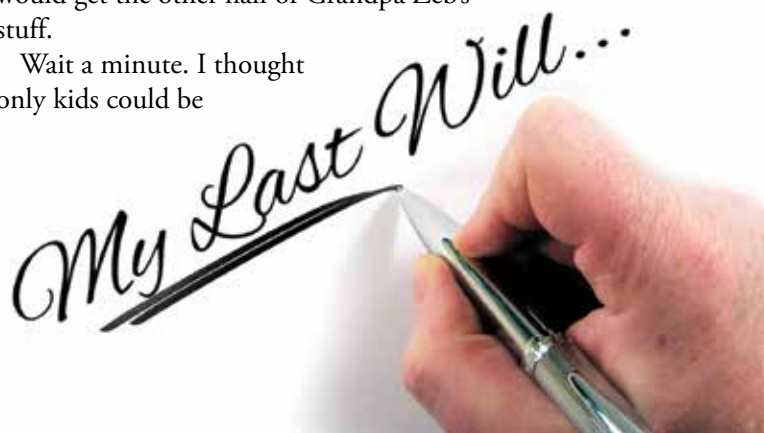


Image by Neil Johnson Photography

EVEN SANTA CAN USE SOME SUPPORT

For several years James Marshall, a retired special education teacher for Caddo Parish Public Schools, has been delighting children of all ages in his second career as a Santa model. Working together with area photographers during the holiday season, James makes "house calls" to help create beautiful photos and fond memories for local children and their families.

However, there are a few things that most kids don't know about Papa Noël. First of all, James wears an Unloader One® knee brace by Össur to keep the pain of his knee osteoarthritis from holding him back. Second is that when James isn't portraying "the big man in the red suit" he spends time in his studio creating beautiful glass skull art, which can be found in galleries like the Agora Borealis Art Market in Downtown Shreveport.

With a hearty HO, HO, HO we're honored to help James keep the twinkle in his eye.



Returning Independence to Our Patients for More than 100 Years

www.SnellsOnline.com

1833 Line Avenue | Shreveport | (318) 424-4167 | Toll-Free 1-800-219-5273
211 Hall Street | Monroe | (318) 388-3126 | Toll-Free 1-800-685-2268
1404 Jackson Street | Alexandria | (318) 443-6391 | Toll-Free 1-800-289-3260



adopted. The new husband, although a lot younger than Olivia, certainly wasn't any kid. But I was wrong: Louisiana law does allow for adults to be adopted.

Olivia died about a week after the adoption, but because she had kept the adoption under her hat, Zeb didn't know about it. He didn't think he had any reason to change his will, so he didn't. When Zeb died about a year later, in marched Olivia's new husband with his adoption papers. "Look here! I am a kid of Olivia. It's official. Give me half of Grandpa Zeb's stuff please."

But here's what Olivia didn't consider: if you marry your kid, that's incest. Well, not really. If you marry your kid and your kid is related to you by blood, then that's incest. But if you marry your kid and your kid is not related to you by blood but rather by adoption, then technically that's not the crime of incest. So they couldn't go after Olivia's widower for incest.

But does that mean that the adoption was A-OK? No way. Even though

Olivia's widower pointed out that nothing in the law specifically prohibits the adoption of your spouse, the Judge held that "it is a matter of general acceptance and understanding" that "the whole concept of adoption focuses on a third person who is not one of the spouses." And because the adoption was no good, the new husband was not one of Olivia's kids, which meant that John-Boy would inherit all of Grandpa Zeb's estate.

That should have been the end of it, except that Olivia's widower decided to drag things out further by appealing. To which the appellate Judges eventually told the widower, "This we cannot allow," making John-Boy Grandpa Zeb's one and only true heir, finally allowing John-Boy to have his good night.

** all the names have been changed*

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

ON CALL

Medical Alert Systems

by **Acadian**
Total Security
Home | Business | Fleet | Video | Medical



On Call by Acadian Total Security provides help 24 hours a day, 365 days a year from Emergency Medical Dispatch-certified EMTs and paramedics at the touch of a button.

HOME + MOBILE GPS MEDICAL ALERT



No home phone line required.
Protects you at home or while on the go. Service is nationwide.

800.259.1234 | AcadianOnCall.com

*Please
join us
for our
69th
Season!*

The Magic Flute
November 4, 2017
Riverview Theater

Disney's
Beauty & the Beast
April 20 and 21, 2018
Riverview Theater

SHREVEPORT
PERA

318-227-9503
shreveportopera.org

Does Estate Planning Matter?

In recent months, everyone has been talking about what is happening with the Federal Tax Code. It seems you cannot go into a restaurant or be at any social event without someone bringing up this topic. Everyone has their opinion on whether or not the Tax Code will be changed and what changes will be made. Any changes to the Tax Code will have consequences, some of which can have a dramatic effect on the economy.



Cox

Considering that the national debt has risen, everyone is trying to consider how Congress will raise the money to fund our national and worldwide obligations. Many talks have centered over how to cut the budget in order to keep the national debt ceiling from rising while being able to cut taxes. Some of these discussions have included talks on Social Security, Medicare Benefits, and private retirement funding like IRAs and 401Ks. The current majority in Congress and our President want to simplify the Tax Code and lower tax rates as they feel the extra money saved by individuals will be used in the economy. But as in all things, there is another side that

Estate planning allows an individual to check beneficiaries on life insurance policies and **make sure the money goes to the person the decedent wants to have the money.**

.....

feels too much of the tax cuts will favor wealthy individuals and not benefit the middle class. Both sides will have to compromise if the Tax Code is to be rewritten to make it simpler for the taxpayer.

In light of the above back drop, estate taxes do not concern most individuals at the present time. Congress has raised the exemption to \$5,000,000 per individual or \$10,000,000 per a married couple. Most of the population in America will not have to pay estate taxes if this level remains constant. As such, most people think they will not need to do estate planning and these people will be wrong for the following reasons.

Estate planning has always been considered preparing

Regional Hospice CARE GROUP Of N.W. Louisiana

Over 95 years combined Hospice Experience

**TEAMWORK ~ KNOWLEDGE
COMPASSION & EXCELLENCE**

For Information call:

**Shreveport (318) 524-1046
or Minden 382-9396**

8660 Fern Ave., Suite 145
Shreveport, LA 71105

Locally Owned and Operated

The Future of Your
**Medicare or
Insurance Benefits**
May Seem HAZY...

But your vision doesn't have to be.

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.

Right now is the time to visit Planchard Eye & Laser Center for your cataract screening and take advantage of your current health insurance or Medicare plan.

Right now is the time to call Planchard Eye & Laser Center at **318-230-7083** for your cataract evaluation.



318-230-7083 | www.PlanchardEye.com
Flex Plans, HSAs, Medicare and Most Major Insurances Are Gladly Accepted!

one's estate for the time they die and stating to whom their assets will pass. Tax considerations have been part of the estate planning process but not the sole reason for estate planning. Estate planning tries to avoid the problems usually associated with the death of a person. These problems include where the property passes, who will pay final bills, where will the person be buried and how the burial will be paid for, and a myriad of other problems that can arise at the time of death.

Estate planning allows an individual to check beneficiaries on life insurance policies and make sure the money goes to the person the decedent wants to have the money. If minor children or grandchildren are to be included in a decedent's will, estate planning allows trust to be used in order to protect the monies until the minors reach an age where they can better able handle monetary responsibilities. Trusts can



also be used in case an heir becomes disabled before the decedent dies.

By thinking about and planning for the inevitable event of death, a person can hopefully avoid many of the traps that will cost the surviving family members' money (attorney fees, court costs, funeral costs, accounting fees, etc.), time, and frustration. Hopefully, by talking to qualified persons

who practice in the estate planning area, many of the traps associated with the death of a person can be avoided. In addition, plans can be put into any estate plan to prepare for any change in the estate tax exemption if Congress decides to lower this limit, which it may do if budget deficits continue to rise. Does estate planning matter anymore? In light of the above stated reasons, I believe it does.

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

THE NEXT GENERATION MINIVAN.



2018 CHRYSLER PACIFICA LIMITED

- PREMIUM NAPPA LEATHER-TRIMMED SEATS
- HANDS FREE SLIDING DOOR AND LIFTGATE
- STOW 'N VAC™ INTEGRATED VACUUM
- TRI-PANE PANORAMIC SUNROOF
- DUAL HEADREST DVD PLAYERS





NOW AVAILABLE AT

HEBERT'S

Town & Country

CHRYSLER • DODGE • JEEP • RAM

IN THE SHREVEPORT AUTOMALL! • HEBERTSTANDC.COM 318-221-9000

Give Your Heart a Break: Ways to Reduce Salt Intake

Americans today consume 50% more than the recommended serving of salt daily. Salt can be very harmful to the body, especially the heart. Excess salt consumption can lead to high blood pressure, stroke, heart attacks, and heart failure. Salt intake has become a worldwide issue with deadly results.



Scallan

The World Health Organization estimates 2.5 million deaths could be prevented every year if salt consumption around the world was reduced to the recommended level. The American Heart Association recommends a daily consumption of no more than 2,300 milligrams (mg) of salt and ideally, they recommend to keep your intake under 1,500 mg. Decreasing your salt intake in small ways can significantly reduce your risk for disease and death.

Mind Your Meats

Many meats have sizable amounts of added salt. Packaged meats are high in salt, especially lunch meats, sausage, and smoked meats. Generally, if a food stays well in the fridge for more than a couple days, there is too much salt in the product. Some fresh and frozen poultry even have added salt. Read the fine print on packages and watch for the words, “sodium solution” and “broth”, which indicate that the poultry has been injected with a salt solution.

Watch out for the “Salty Six”

The American Heart Association and the American Stroke Association created the “Salty Six”, which is a list of the foods that contribute the most salt to Americans’ diets. These foods include breads and rolls, cured meats and cold cuts, sandwiches such as cheeseburgers, pizza, soup, and chicken. Be mindful of the “Salty Six” when making choices, but there is no need to completely eliminate these foods. They can be incorporated into a healthy diet when they are eaten in moderation, balanced with healthful foods like fruits and vegetables, and when small portions are consumed.

Focus on the Facts

The Nutrition Facts label on foods will help you determine which products are lower in salt. Look

Watch Out for the “Salty Six”

Created by the American Stroke Association, this list of food contributes the most salt to Americans’ diets.



Bread & Rolls



Cured Meats



Pizza



Poultry



Soup



Sandwiches

for the section on the label that shows the sodium content. This will tell you how much salt is in a food. When you are at the store, compare different brands of similar products to determine which has less sodium. Every bit counts!

Homemade is Healthier

Over 75% of the salt we eat comes from restaurants and packaged foods. Aim for fresh, homemade foods when possible. Cooking with your own unprocessed ingredients gives you control over how much salt is going into your meals. If you do have to eat out, do your research ahead of time. If you are visiting a chain restaurant with more than 20 locations, nutrition information will be available to customers. You may have to search online or ask an employee at the restaurant for the nutrition facts.

Be Wise with Portion Size

The more food you eat, the more salt you consume. This is especially true with foods that are high in salt. Be mindful of the portion sizes of foods you eat daily, and aim for smaller portions for foods that are higher in salt. If you are eating at a restaurant, eat half of your plate and put the rest in a to-go box to eat later. This saves you the extra calories and sodium, as well as a few dollars.

Start Slow

Reducing your salt intake may take time. At first, your foods may seem less tasty, but over time, your taste buds will adapt. Start with small changes to your diet and gradually reduce your salt intake over several weeks or even months. After a few weeks, you may notice that you naturally want less salt in your foods. You may also begin to appreciate foods for their natural flavors, which may have previously been masked with salt.

Cutting back on salt is beneficial for your health, especially as you age. Those who are at a higher health risk from eating too much salt are people with diabetes or elevated blood pressure, African Americans, and people over age 50. Now is the time to make wise food choices and give your heart a break.

Abigail Scallan 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.

(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.

January 11th (Thursday) at 10 am

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

***Medicaid is now going after homes in Louisiana when patients die!
We can help!***

Reserve your seats 24/7

By phone: 318-869-3133 Or Online: safeplanning.net/event

**Don't Lose Everything Paying for
Nursing Home Care**

- 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 \$3,022.50 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!**



Experience Counts! Learn the Truth!
920 Pierremont Rd, Suite 105 Shreveport

Can't wait? Call now for help!

(318) 869-3133

safeplanning.net

**Unable to attend? You can
watch our videos 24/7 online at
safeplanningseminars.net**

Download **FREE** materials, including
our Risk Assessment Worksheet

Does Your Temper Sometimes Take Control?

It's clear we are living in an age of heightened anxiety and stress. News reports are full of events that range from extremely upsetting to utterly terrifying. It's little wonder that many of us feel on edge and easily upset so much of the time.

An unfortunate side effect of feeling stressed out is that it can be easier to become angry over even small things. While your anger might not seem a major problem, if occasionally you become angry enough to strike out, speak violently, or simply seem to lose control, this is unhealthy and dangerous behavior that needs attention.

Anger usually stems from believing that something is "unfair" and believing that you simply "can't stand it" when things are unfair. Sometimes such beliefs are so deep-seated that you react immediately to an event, action or even a statement, not stopping to think about the consequences of your actions.

If your reaction is a physical one, the outcome can be truly harmful, but even out-of-control

If occasionally you become angry enough to **strike out, speak violently, or simply seem to lose control, this is unhealthy and dangerous behavior** that needs attention.

.....

verbal anger can produce devastating results.

In order to control anger, time is a critical factor. Every second that passes between when something seems "unfair" to you and when you react greatly increases the chance that you will make a wiser, healthier decision.

And while it isn't easy to accomplish taking time to think rather than simply reacting, there are techniques that can help slow you down. The easiest is just to take one or more deep breaths. Because your thoughts of unfairness are what is causing your anger, any thought that replaces such thinking will help. Simply reminding yourself to take a deep breath, or to count to ten when you begin to feel anger, will provide such a distraction.

Some health experts recommend a method called "square breathing." Inhale slowly for a count of five, hold that breath for another count of five, and then exhale slowly. Do this repeatedly until you feel more in control of your thoughts and less angry.

Doing anything that makes you stop and think, rather than just reacting and striking out, is essential to anger control. If you find that you become angry often, and that techniques like deep breathing, or getting friends to warn you when you appear angry, aren't working for you, seek professional help. A professional counselor can offer a variety of approaches that can help you get your anger safely under control.

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

Techniques to Help Slow Your Anger

Control your anger by creating a time distance.



Take Deep Breaths



Count to 10 or Something Similar to Redirect Your Thoughts



Try "Square Breathing" with 5 Second Inhales and Breath Holding



Highland Place

Rehab & Nursing Center

Home of Transitions Rehab



Caring from the Heart

Post Acute Therapy & Nursing Care Both Short-Term Acute & Long-Term Care

- ◆ Physical Therapy, Occupational Therapy (Upper Body) & Speech Therapy
- ◆ Nurse Practitioner on Staff
- ◆ IV Therapy Management
- ◆ Respiratory Therapist on Staff
- ◆ Dialysis Management
- ◆ Free wifi
- Chemo, Radiation, Dialysis Transportation
- Tracheostomy Care & Weaning
- Burns and other Wound Care Treatment by professional Treatment Nurses dedicated to healing wounds. Wound Vacs accepted.
- Fitness Maintenance Program

Call our Admissions Department today
for more information at **(318) 221-1983**,
Direct Line **318-841-8704**, or stop by for a tour at
1736 Irving Place, Shreveport, LA 71101.
www.highlandplacernc.com



Vicki Ott
Executive Administrator



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

The Roller-Coaster Life of Connie Francis

The tragedies that befell singer Connie Francis throughout her life would challenge the most resilient of souls. Nevertheless, she navigated each dark, engulfing personal tunnel with unwavering tenacity, always eventually emerging aided by her sense of humor.

"It never failed me and kept me going," she said from her home in Parkland, Florida. "From the age of 10, I worked on TV with many comedians like Don Rickles and developed a sense of humor."



Thomas

While her professional breakthrough came in the late 1950s, it was soon tempered in the early 60s when her father thwarted any chance of a lasting relationship with the love of her life, singer Bobby Darin. But the 70s and 80s were especially devastating. Her brother was killed by mob hitmen, she was raped, she lost her voice requiring years to recuperate, and she was diagnosed with manic depression. Along the way, there was also a miscarriage and four failed marriages.

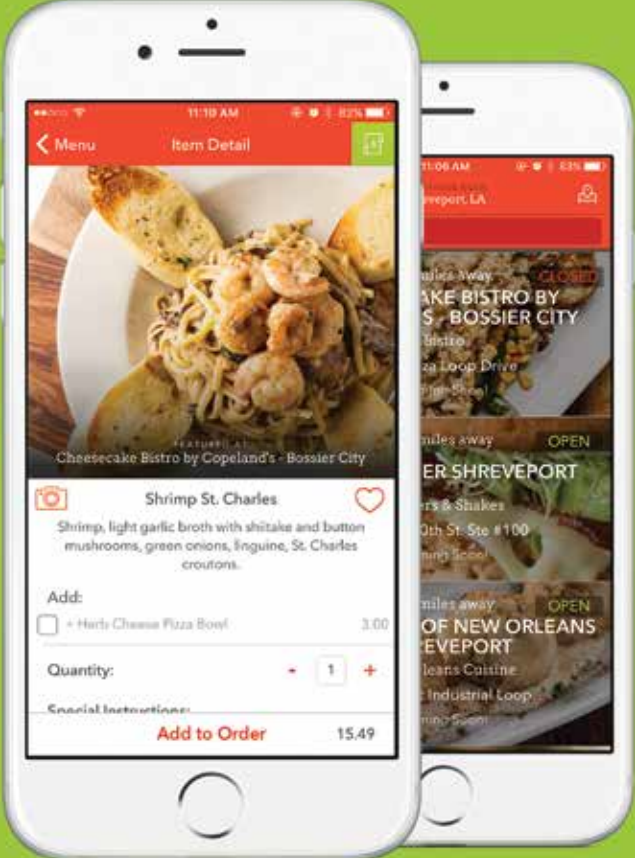
"I tried to see humor in everything, even when I was in a mental institution. But I have to say the support of the public has also been incredibly uplifting. They saw me through the



Connie Francis, left, Dolores Hart, Yvette Mimieux, and Paula Prentiss on the set of *Where The Boys Are*, 1960 - MGM

best and worst of times and never stopped writing from around the world to encourage me."



The ups and downs of her life are detailed in a new autobiography, "Among my Souvenirs: The Real Story, Volume 1," due for release on December 12 – her 80th birthday, see



— MEET —



WAITR®

Discover. Order. Eat.



SEE YOU IN OCTOBER

CARRYOUT OR DELIVERY
DOWNLOAD NOW FOR FREE



www.conniefrancis.com (some sources give her birth date as 1938 but, she states emphatically, "I was born in 1937").

She says writing the book "was an enormous amount of work – a real roller-coaster ride. One day I'd be laughing hysterically and the next be hysterical with tears."

After making a series of unsuccessful singles in the 50s, she recorded 'Who's Sorry Now?' a song her father had nagged her to record. The song rocketed up the charts and by the end of 1958, Billboard and others named Connie Francis the number one female vocalist in the country. A string of hits followed into the early 1960s including "Everybody's Somebody's Fool," "Lipstick on Your Collar," and "Heartaches by the Number."

A pop sensation, Hollywood soon came calling to cash in on her fame. MGM placed her in 1960's "Where the Boys Are," also singing the hit title song. But Francis never caught the acting bug. "I just didn't feel comfortable, as though I didn't belong there," she admitted.

By 1965, her final film,

"When the Boys Meet the Girls," was released. "I was so pleased it was my last one."

Battling back from the tragedies of her life established Connie Francis as a true hero to her fans. But she also has since found time to support many worthwhile causes and campaigned for mental health awareness and for victims of violent crime. And since her 1967 trip to Vietnam entertain the troops has remained especially close to the military veteran she calls "the real heroes."

Happily living now in Florida for some 20 years (her home

was spared damage from devastating hurricane Irma), she is now retired from performing.

"I no longer do concerts because I just can't sing as well as I used to," she says. "I would never want to disappoint the fans who have been so good to me throughout my life."

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



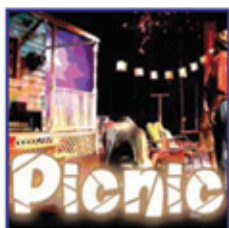
Connie at home today in Florida. provided by Connie Francis

THE SHREVEPORT LITTLE THEATRE 96th SEASON 2017-2018

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



September 14-24, 2017



Oct. 26 - Nov. 5, 2017



Nov. 30 - Dec. 10, 2017



March 1 - 11, 2018



April 19 - 29, 2018

ALL FIVE MAINSTAGE SHOWS

For only: \$90 (adults) or \$80 (seniors, students, active military)

a savings of \$10 off individual ticket price



SHREVEPORT LITTLE THEATRE

www.shreveportlittletheatre.com

FOR MORE INFORMATION

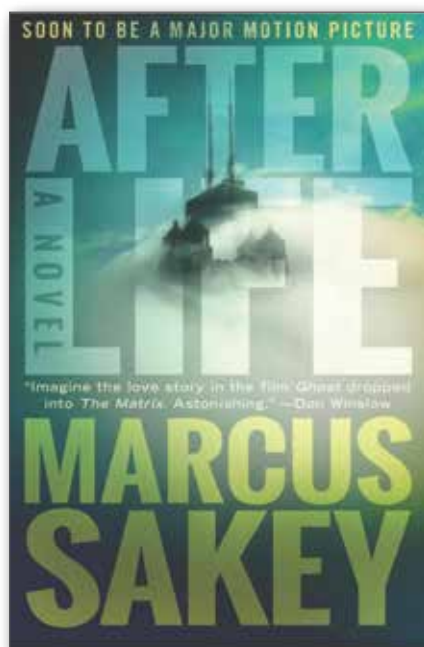
Call (318) 424-4439

or online at www.shreveportlittletheatre.com

Or visit our Box Office 812 Margaret Place

Noon - 4 p.m. Monday - Friday





Afterlife

by Marcus Sakey

It seems like nearly every day the news headlines reflect another terrible tragedy. Mass shootings and brutal attacks leave people feeling sad and confused. How could someone do such terrible things? But what if there was a reason behind it - something or someone supernaturally evil lurking below the surface of those perpetrators. This is the premise behind an elusive sniper and an evil that looms over Chicago in *Afterlife* by Marcus Sakey.

Despite the bleak set up, *Afterlife* is also a love story - a secret romance between two FBI agents, Claire and Brody, who are both working together through the dense clues to track down the sniper. Disaster inevitably strikes though, and the book takes us into the after life - and it's not what anyone would expect.

It might seem like death is the ultimate ending to a story, but in *Afterlife* it's just the beginning. In an "echo" that mimics life, there is a city of people, all gathered there because their lives ended abruptly and too soon. The rules are different in the afterlife though. There's no fire, no electricity, just the ability to live in a paused echoes of life. There are good people and there are very

bad people who get juiced up on killing the already dead.

Evil lurks on both sides of the veil though and both Claire and Brody, who are trying to process their own grief over the loss of one another, soon find themselves receiving dreams and visions about the sniper and each other.

Afterlife is an adventure with clear lines between good and evil. It's filled with an overarching sense of a bigger mystery with larger powers playing at high stakes that affect both the living and the dead. It's a great love story between two adults who struggle to do the right thing for the good of all people and also take care of one another. It's supernatural and hauntingly beautiful - one of those books that will stay with you for a while after you read it.

The book immediately grabbed the attention of Hollywood before it was even officially published this past summer, and is slated for a film rendition with Ron Howard at the producing helm.

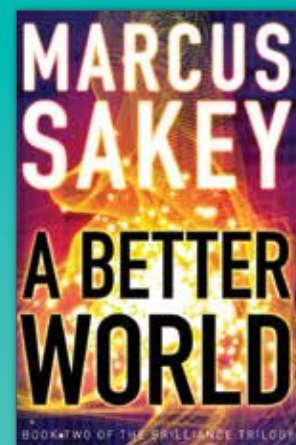
Grab this book up now and enjoy the mystery, the love and the fantastic storytelling.

Grade: A

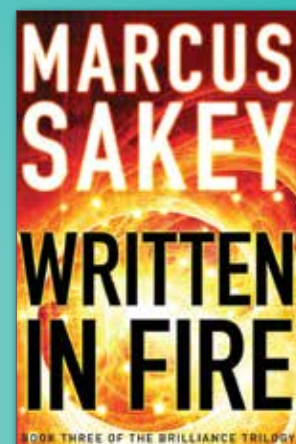
Check Out This
Great Trilogy
also written by
Marcus Sakey



Brilliance



A Better World



Written in Fire



Nexus Holidays

YOU CHOOSE
TOUR LENGTH:
4-11 DAYS

DEPARTURE DATE:
2017/09/07,14,19,28



NEXUS HOLIDAYS
— TAX INCLUDED —

CLASSIC DUBAI

UP TO \$800 SAVING PER PERSON


HOTEL ACCOMMODATION (4 STAR)

Depart from US major getaway airport from **\$899**
including int'l airfare & tax

HIGHLIGHT: • Dubai City • Palm Jumeirah
• Dubai mall and so much more!

EXPLORE NOW !

 **1-800-919-8041**

 www.nexusholidays.com

Other
Trips
Available

• CUBA • RUSSIA • DUBAI • AUSTRALIA
• NEW ZELAND • WESTERN EUROPE

Our Featured 5 FACTS ABOUT *Santa Claus*



1 According to Dutch legend, Sinter Klaas (St. Nicholas) delivered treats to children on December 5. The name was anglicized to Santa Claus in a newspaper story that appeared in 1773.

2 The department store Santa dates back to 1890 when Massachusetts businessman James Edgar came up with the idea of dressing in a Santa Claus costume as a marketing tool.

3 Popularized by the 1934 song "Santa Claus Is Coming to Town", Santa is believed to make a list of children throughout the world, categorizing them as "naughty" or "nice".

4 The first mention of a spouse for Santa was in the 1849 short story A Christmas Legend by James Rees.

5 The modern day image of Santa Claus as a portly, jolly, white-bearded man wearing red fur-trimmed coat and trousers, black leather belt, and boots is credited to Clement Moore's 1822 poem A Visit From Saint Nicholas (commonly referred to as "Twas the Night Before Christmas") and Thomas Nast's drawings for *Harper's Weekly*.

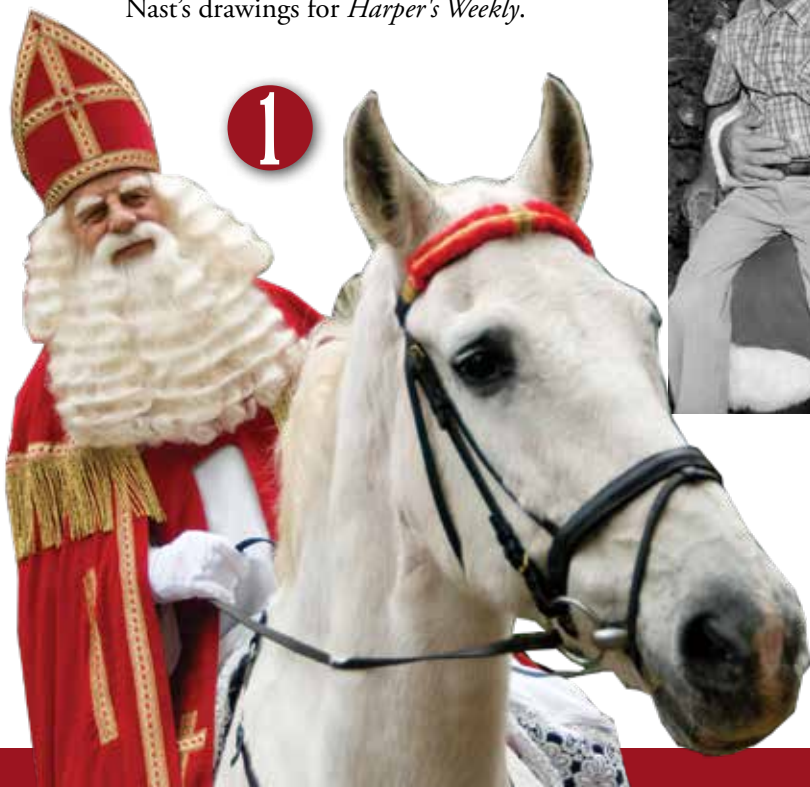
5



2



1



3



4



New Device Stops a Cold Before it Starts

New research shows you can stop a cold in its tracks if you take one simple step with a new device when you first feel a cold coming on.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread and cause misery.

But scientists have found a quick way to kill a virus — touch it with copper. Researchers at labs and universities worldwide all agree — copper is “antimicrobial.” It kills microbes, such as viruses and bacteria, just by touch.

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.

Researchers say a tiny electric charge in microbe cells is short-circuited by the high conductance of copper, destroying the cell in seconds.

Tests by the Environmental Protection Agency (EPA) show germs die fast on copper. So some hospitals switched to copper touch surfaces, like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold coming on he fashioned

a smooth copper probe and rubbed it gently in his nose for 60 seconds.

“It worked!” he exclaimed. “The cold went away completely.” It worked again every time he felt a cold coming on. He asked relatives and

jewel really works.”

People often use CopperZap for prevention. Karen Gauci, who flies often, used to get colds on crowded flights. Though skeptical, she tried it several times on travel days. “Sixteen flights and not a sniffle!”

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.”

Users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. She tried CopperZap. “I am shocked! My head cleared, no more headache, no more congestion.”

Many people also report success in stopping cold sores and warts. Copper may even stop flu if used early and for several days. In a lab test, scientists placed 25 million live flu viruses on a CopperZap. No viruses were found still alive soon after.

The EPA says the natural color change of copper does not reduce its ability to kill germs.

CopperZap is made in the U.S. of pure copper. It carries a 90-day full money back guarantee and is available for \$49.95 at CopperZap.com or toll-free 1-888-411-6114.



New research: Copper stops colds if used early.

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

Soon hundreds of people had tried it and given feedback. Nearly 100% said the copper stops their colds if used within 3 hours of the first sign. Even up to 2 days, if they still get the cold it is milder and they feel better.

Users wrote things like, “It stopped my cold right away,” and “Is it supposed to work that fast?” and “What a wonderful thing.”

Pat McAllister, age 70, received one for Christmas and called it “one of the best presents ever. This little

(paid advertisement)

CopperZap LLC * 5151 E Broadway Suite 1600 * Tucson AZ 85711-3777

Shipping \$4.95 for one CopperZap. **FREE SHIPPING** for two or more. (Check box next to desired order. For other quantities, use blank.)



CopperZap

\$49.95 →

(CopperZap only)

<input type="checkbox"/>	1 CZ:	\$49.95
	shipping:	\$4.95
	Total:	\$54.90

<input type="checkbox"/>	2 CZs:	\$99.90
	shipping:	FREE
	Total:	\$99.90

<input type="checkbox"/>	3 CZs:	\$149.85
	shipping:	FREE
	Total:	\$149.85

<input type="checkbox"/>	CZs:	
	shipping:	FREE
	Total:	



Include a velvet pouch

\$3.95 →

(CopperZap w/ pouch)

<input type="checkbox"/>	1 CZ:	\$49.95
	1 pouch:	\$3.95
	shipping:	\$4.95
	Total:	\$58.85

<input type="checkbox"/>	2 CZs:	\$99.90
	2 pch's:	\$7.90
	shipping:	FREE
	Total:	\$107.80

<input type="checkbox"/>	3 CZs:	\$149.85
	3 pch's:	\$11.85
	shipping:	FREE
	Total:	\$161.70

<input type="checkbox"/>	Qty	CZs:	
		pch's:	
		shipping:	
		Total:	

Name: _____ Phone: _____ Email: _____

Address: _____ City, State, Zip: _____

Credit card number: _____

*Send check payable to CopperZap LLC
money order or credit card information*

Expiration: _____ Security Code: _____ Amount authorized to charge: _____

You can also order at www.CopperZap.com or call toll-free 1-888-411-6114

SHREVEPORT *Then & Now*

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



Municipal Auditorium, located at 705 Elvis Presley Boulevard in Shreveport, was built in the 1920s and dedicated to the Soldiers of the Great War on Armistice Day (now known as Veterans' Day) on November 11, 1929. Beginning on April 3, 1948 the building hosted "The Louisiana Hayride". (Bill Grabill Collection)



Originally the J & M Record Shop No. 1, Stanley J. Lewis purchased the building, located at 728 Texas Street in Shreveport, in 1948 and founded Stan's Record Shop. Stan "The Record Man" ultimately became the largest independent record distributor in the area.

(Crow Media Collection)

AZALEA ESTATES

ASSISTED LIVING AND RETIREMENT COMMUNITY

When it's time to make a decision on Assisted and Retirement living, be sure you make the right choice... Consider Azalea Estates.



516 E. Flournoy Lucas Rd.
Shreveport, LA 71115
 Call Lorrie Nunley or Tori Self
318-797-2408
www.azaleaestates.com










ELDER LAW ATTORNEY KYLE A. MOORE

CALL TODAY TO SCHEDULE AN APPOINTMENT **318-222-2100**

AFRAID YOU CAN'T AFFORD TO PAY FOR YOUR LONG-TERM CARE?

WE CAN HELP.

We offer our clients sound legal advice and work with each family to develop an individualized plan to protect their assets from potentially devastating nursing home costs. Whether you are planning for the future or already in the nursing home, we can help. Do not make these difficult decisions alone. Schedule an appointment with us today.

LONG-TERM CARE PLANNING • MEDICAID/ VETERANS BENEFITS
ESTATE PLANNING • SUCCESSIONS



KYLE A. MOORE

Kyle A. Moore of the law firm of Weems, Schimpf, Haines, Landry, Shemwell & Moore, APLC has been selected as the newest member of the Special Needs Alliance. The Special Needs Alliance (SNA) is a national, non-profit collective of many of America's leading disability and public benefits attorneys. Currently in 48 states, the SNA's mission is to help enhance the quality of life for people with disabilities by coordinating private resources with public benefit programs through special needs planning and trusts. Membership to the SNA is extended by invitation only and Moore is one of only three members in Louisiana.



VICKIE T. RECH,
*Client Care Coordinator
and Certified Medicaid Planner™*

Vickie Rech is the Client Care Coordinator in the estate planning practice of Weems, Schimpf, Haines, Landry, Shemwell & Moore, APLC assisting clients with their long-term care planning, including qualification for Veterans Benefits and long-term care Medicaid. Mrs. Rech has achieved the designation of Certified Medicaid Planner™ through the Wealth Preservation Institute. To become a CMP™, a candidate must meet certain educational and experience requirements, successfully pass the certification exam, and agree to abide by the highest ethical/professional conduct. Mrs. Rech is the only CMP™ in Louisiana.

WEEMS, SCHIMPF, HAINES, LANDRY, SHEMWELL, & MOORE, APLC
912 KINGS HIGHWAY, SHREVEPORT, LA 71104 | WWW.WEEMS-LAW.COM

NO MORE!
**LEAKS
 DRIPS
 BREAKS
 CLOGS**

Leave Your Plumbing Problems to the Specialists!

- 24 years experience
- licensed and insured

Repair. Replace. Install
Faucets • Toilets • Sinks • Shower • Bathtub • Drainage
 Sewer Lines • Gas Leaks • Water Leaks
 New Construction • Remodels • And Much More

Evans Brothers Plumbing
 318-560-7710
 evanscde3@att.net





*Gracious hospitality
 in a comfortable and
 elegant atmosphere*

- 24-hour access to trained friendly associates
- Restaurant-style dining program
- Linen and housekeeping services
- Scheduled transportation
- Assistance with medication and personalized resident service plans
- Specialized services for those with Alzheimer's disease or related memory impairment
- Fun and meaningful activities

Savannah Grand
 Assisted Living and Memory Support Residence
Savannah Grand of Bossier City
 4770 Brandon Boulevard, Bossier City, LA 71111
318-549-1001
 www.SavannahGrandBossierCity.com
License #2203782248



DR. CHRISTOPHER SHELBY *is the man to 'See'*

Always incorporating the newest technology for clearer vision.

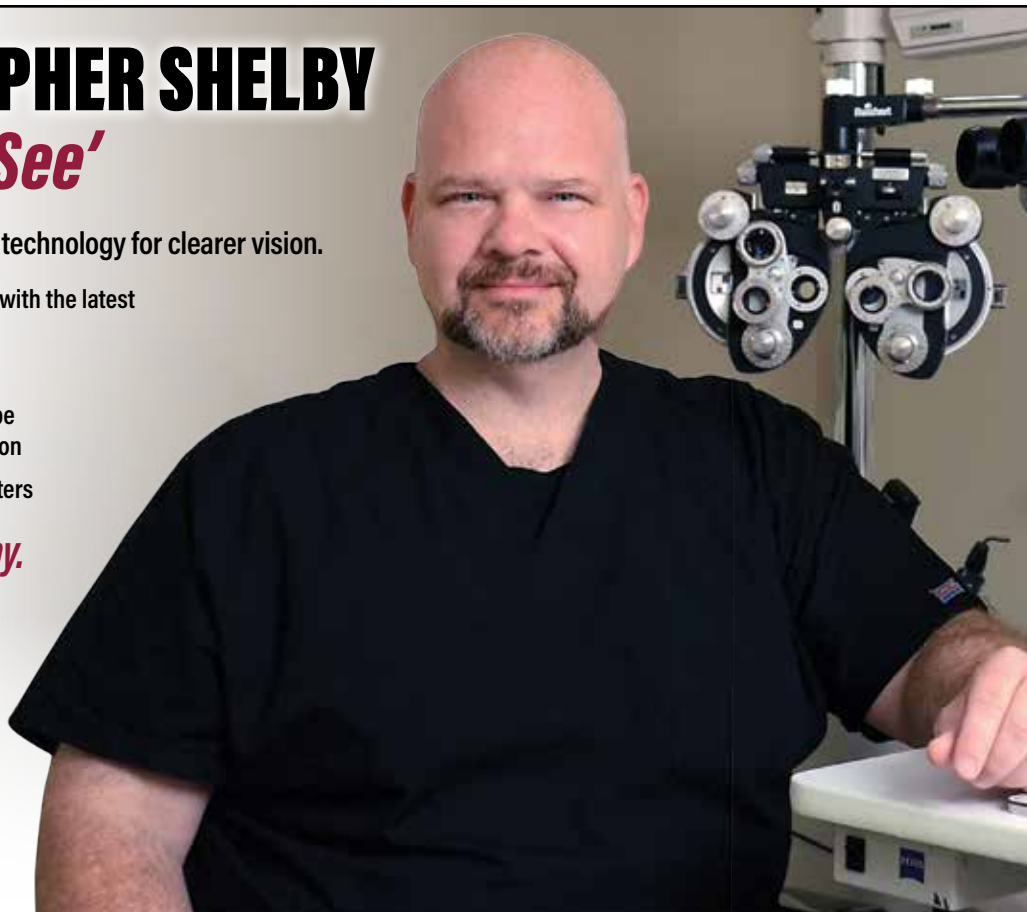
- Laser cataract surgery techniques with the latest in multifocal and toric lens
- I-Stent technology for glaucoma
- The implantable miniature telescope for age related macular degeneration
- Laser treatment for removal of floaters

Trust your eyes to Dr. Shelby.

For more information,
 call or go online to:

7607 Youree Drive
(318) 212-EYES (3937)
wkeyeinstitute.com

WKEYE INSTITUTE
PIERREMONT

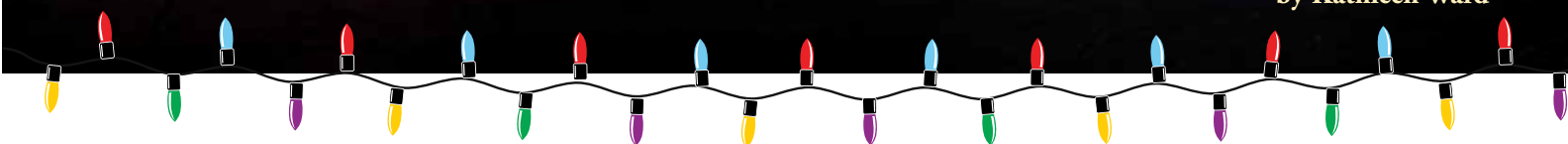




Making Spirits Bright

Extravagantly Decorated Wonderlands

by Kathleen Ward



One was motivated by a dare, the other inspired by memories of Christmas with her father. So began two years-long projects that invite strangers to share extravagant, unique and personal wonderlands created through imagination, planning, great expense and hard work.

"It all started with an email from a buddy of mine who is also a neighbor, John Hobby," said Owen Holman, whose light show on Gilbert Place started in 2006. "He sent a video and said, 'I'll bet you can't do this.' I responded, 'I bet I can!'"

Holman, an IT professional, enlisted his wife Cindy, his two daughters Victoria and Vivian, his brother-in-law Kevin Hesterly, and neighbor Hobby to begin.

"We started in the spring, gathering equipment, planning and designing the layout. The first year was horrible, working in the July and August heat" as they dug trenches for underground wiring, built an FM transmitter from a kit and began installing the structures and lighting. "Nothing has ever been hired out. We do everything by hand," said Holman.

Friends, it was worth it. The displays are custom made from hundreds of thousands of pulsating LED lights coordinated with music that can be tuned to at 106.1 FM in your car.

"It took months to program the songs to all of the lights. We do tweak and improve the songs to the lights, add things

and remove things if the lights fail. We have been considering adding another song, but it is a huge effort," said Holman.

About a mile away, John and Bitsy Smith's home at the corner of Pierremont and Fern is a must-see each Christmas as drivers gape at scores of inflatable toy soldiers, snowmen, snow globes, reindeer and Santas.

"I see them pointing out the window to what we have added. John loves watching the cars and limos pass by, enjoying our hard work. It brings us such joy," said Bitsy Smith. "As a child, Christmas was such a special time for me, thanks to my father. It's also special to us since John proposed to me on Christmas Eve 26 years ago," said Smith.

It takes around three weeks to set up all the yard displays and, along the way, people drop off things to add to the yard. "Sometimes we come home and people have left decorations or extension cords. We get one or two anonymous thank you cards a year," said Smith.

Because her dad loved fireworks, the Smiths shoot off



thousands on Christmas Eve and New Year's Eve. "One man put \$100 in an envelope and said, 'Thank you. I enjoy your fireworks.'"

"I've gathered decorations on my various travels, ordered out of catalogs, purchased locally and still make some of them and repair the older ones. I decorate on the inside as well. My living room and dining room are covered with Santas," she said.

"The most frequently asked question is, 'Where do you put everything?' John always says, 'I'm a real good packer.' For years I stored everything in large plastic tubs in the garage. Last year John put a small storage building in the backyard," said Smith.

Because of the intricacies involved in connecting the right lights to the correct computer, Holman carefully sorts and stores his family's extravagant displays in an off-site warehouse on huge shelves he constructed that hold 200 labelled plastic bins.

"There are 29 remote computer controllers in the front yard talking to one master computer in the house. Each one

of the remote computer controllers has 16 'light switches' where different things can be turned off and on. That makes 464 different receptacles to plug in all of the lights. Since they are all coordinated by color and position, each of the 464 must be plugged into the correct receptacle in order for the light show to be perfect. It takes quite a lot of time to accomplish this," said Holman.

"The 24'-tall 'mega tree' in the center of the cul-de-sac circle was constructed out of oil field drill pipe. The mega tree has 288 strands of lights just for the tree and that doesn't count the star. Each single color strand can be turned on or off. I can turn on the blue strand #1 only, the red strand #10 only, or any combination." During the rest of the year, Holman replaces his handmade Christmas tree star with a flag pole topper.

"I have created a Facebook group, Holman Christmas Light Show Group, to post updates and keep all of our followers informed on our progress and status of the show. The light show opens on Black Friday and runs through the weekend after New Year's Eve from 5:00 p.m. to 11:00 p.m.," he said.

"We also decorate the gate entrance to our neighborhood with a Christmas scene so everyone that drives by can experience a little of our Christmas spirit," said Holman. For times and the temporary code to enter the neighborhood, check the Facebook page.

"We use four colors in most of our decorations: red,



green, blue, white (RGBW). That is the sequence that everything works on. My children say that I mumble that in my sleep, 'RGBW.' The huge mega tree in the cul-de-sac has 24 strands coming down, each strand consists of three lengths of four colors. It takes seven 16-channel controllers just to operate that one tree; that is 112 channels," said Holman.

Both families are frequently asked why bother to work so hard to create a few moments of joy for people they don't know.

"Each year we receive dozens of calls and notes from people thanking us for putting on the show. Quite frankly, this is our inspiration for continuing the hard work," said Holman.

"Christmas for us is the time to give back. I have been blessed with a gift of understanding electronics, computers and technology. It is my opportunity to combine these skills and provide a unique experience for the community, especially the children."

"We love Shreveport and especially the Broadmoor area, where my husband was born and raised. This is just our small way of saying thank you," said Smith. •



Top and Left:
The Smiths' home at the corner of Pierremont and Fern is a must-see each Christmas. **Right:**
Installation of 29 remote computers in the front yard of the Holman home and the result of some of the lights.

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 an image.



1. 3-year-old boy eyes turkey, Nov. 20, 1962 (*Langston McEachern*). 2. First Cuban immigrants in Shreveport, December 21, 1961 (*Jack Barhams*). 3. KWKH-TV filming safety show. (*Langston McEachern*). 4. Bossier High School Students food drive for Christmas, Dec. 20, 1960 (*Jack Barham*).

CARRYING THESE CARDS?



Humana.

Humana Gold Plus (HMO SNP)

A Medicare Health Plan with Prescription Drug Coverage

CARD ISSUED: MM/DD/YYYY

MEMBER NAME

Member ID: HXXXXXXXXX

Plan (80840) 9140461101

RxBIN: XXXXXX

RxPCN: XXXXXXXX

RxGRP: XXXXX

Copayments

OFFICE VISIT: \$XX

SPECIALIST: \$XX

HOSPITAL EMERGENCY: \$XX

MedicareRx
Prescription Drug Coverage

CMS XXXXX XXX

Then you may also be able to carry this card and **GET EVEN MORE BENEFITS!**

Call today to find out more about the Humana Gold Plus® designed with you and your needs in mind.

1-866-215-7354 (TTY: 711)

8 a.m. – 8 p.m., seven days a week

¿En Español? Llame gratis al

1-866-215-7451 (TTY: 711)

Humana.

Humana is a Coordinated Care plan with a Medicare contract and a contract with the Louisiana Medicaid program. Enrollment in any Humana plan depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions may apply. Benefits, premium and/or member cost share may change on January 1 of each year. You must continue to pay your Medicare Part B premium. This plan is available to anyone who has both medical assistance from the state and Medicare. Eligibility varies by state. Please contact Humana Customer Care to see if you're eligible to enroll in this plan. Premiums, copays, coinsurance and deductibles may vary based on the level of extra help you receive. Please contact the plan for more details. A licensed Humana sales agent will be present with information and applications. Applicable to Humana Gold Plus® (HMO SNP-DE) H1951-041. If you currently have an EPIC Plan, you may be eligible for help from the state paying your Humana Medicare Advantage plan premiums. Humana Inc. and its subsidiaries ("Humana") do not discriminate on the basis of race, color, national origin, age, disability or sex.

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-866-215-7354 (TTY: 711). **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-215-7451 (TTY: 711). **繁體中文 (Chinese):** 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-866-215-7354 (TTY: 711).

Y0040_GHHJJ8ATE18_177 Accepted



A CHRISTMAS TREAT IN COLONIAL AMERICA

Story by Andrea Gross • Photos by Irv Green

So tangy with spices and sweet with molasses that they've become a traditional holiday treat, so fragile that they're often called "glass cookies" because they'll shatter if dropped, Moravian cookies hold a special place in the hearts and stomachs of millions of folks. But who are these Moravians, and how did their cookies become such an integral part of so many people's holiday celebrations?

To find out, my husband and I go to Winston-Salem, North Carolina, one of the two largest Moravian communities in the United States, the other being Bethlehem, Pennsylvania. The town, located about 100 miles west of Raleigh, is both a thoroughly modern city of approximately a quarter million people and the home of Old Salem, a living history site that is so well preserved it has been declared a National Historic Landmark.

The modern city is known for its vibrant arts scene, culinary delights (many of which are Moravian-inspired) and nearness to the more than forty vineyards of Yadkin Valley.

But for us, the draw is historic Old Salem. It's not as well known as Williamsburg or Sturbridge, and while today's Moravians blend into the dominant population in a way that the Amish with their distinctive dress do not, Old Salem

provides visitors with a close-up view of life in the mid-eighteenth century.

The Moravians are a religious group whose core beliefs are similar to those of other Protestant denominations, differing mainly in the details of specific rituals and practices. They left the old Central European countries of Bohemia and Moravia in the early 1700s and came to America seeking religious freedom and economic opportunity. After stints in Georgia and Pennsylvania, they arrived in North Carolina, where in 1766 they founded the town of Salem. They soon became known for their hard work, fine craftsmanship, business ingenuity and their absolutely delicious, supremely delicate paper-thin cookies.

Meanwhile, as the Moravian community flourished, the nearby secular city of Winston also became a thriving industrial center. In 1913 the two towns merged into a

hyphenated whole, now known as Winston-Salem.

As we walk through the business district of Old Salem, an interpreter, clad in a traditional outfit that shows how people dressed during the heyday of the community, explains that the main ingredients for the traditional cookies—molasses, ginger and cinnamon—were hard to come by in the Old Country, but an experienced baker could stretch the dough into incredibly thin sheets. This literally made it go further



Moravians were — and still are — known for their culinary talents.

and feed more. Why, some folks could roll the dough so thin that an inch-high stack would contain upwards of 16 cookies — a Christmas gift indeed!

Many of the stores on the main street have two doors, one that traditionally led into a sales area and the other that opened into the owner's home. Highly-trained volunteers are hard at work inside some of the buildings where they demonstrate historic trades such as wood-working and gun-smithing.

Nearby is the Moravian Log Church, which was built in 1823 to serve Salem's African and African-American residents, most of whom were enslaved. In 1861 it was replaced by St. Philips Church, now one of oldest existing African-American churches in the United States. It was from this new pulpit that a Union Army Cavalry chaplain read the Emancipation Proclamation to the congregants.



Old Salem became known as a "merchant town" because so many of its residents were skilled craftsmen and women.

Equally interesting is the Salem Tavern, a place to house "outsiders" as they passed through town on business. When it was built in 1784 to replace an older one that had been destroyed by fire, it was deliberately constructed without windows on the first floor. "After all," says our guide, "the townspeople didn't need to know what all those outside folks might be up to!"

Today the Tavern is a museum, best known as a sleeping spot for George Washington, who stayed there for two nights while making good on his campaign promise to visit every state if elected.

Finally, we go to Mrs. Hanes' Hand-Made Moravian Cookie Shop. It isn't physically part of Old Salem — it's ten miles away — but culturally it's as authentic as it can be. Owner Evva Foltz Hanes learned to make Moravian cookies from her mother, who in turn traces cookie-making in her family back six generations.

Today Mrs. Hanes' shop, employing the famed Moravian penchant for resourcefulness, makes cookies in a variety of flavors, from traditional ginger to crispy chocolate, and ships them all over the world. This is why people can happily enjoy Moravian Christmas cookies even in mid-July!

For more on North Carolina travel, see www.traveltizers.com. •

MACULAR DEGENERATION

Imagine A Pair Of Glasses That Can Help You See Better!

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and easier to see. Dr. Mona Douglas is using miniaturized binoculars or telescopes to help people who have decreased vision, to see better.

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

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

For more information and a
FREE telephone interview call:
1-888-243-2020



Dr. Mona Douglas, Optometrist

Shreveport . Monroe . Lafayette
www.IALVS.com



**AFFORDABLE
SENIOR HOUSING**

****Rent based on Income****

**Call Today
318-227-2591 ext. 2**



From savory appetizers to delicious holiday gifts, cheese is a must-have holiday ingredient. These recipes from Chef George Duran, host of TLC's "Ultimate Cake Off" and Food Network's "Ham on the Street," make it easy to elevate your cheeseboard, serve up delightfully delicate puffed pastries or make glass canning jar gifts to give away to guests. Each dish features Jarlsberg Cheese, which was created in 1956 and remains based on the original Norwegian recipe. Find more ideas to elevate this holiday season at jarlsberg.com.

Tomatoes Gratin

Servings: 4

- 4 tomatoes
- 2 ounces balsamic vinegar
- 1/3 cup extra-virgin olive oil, plus 4 ounces, divided
- 4 garlic cloves, sliced thin
- 4 sprigs fresh thyme
- salt, to taste
- pepper, to taste
- 2 ounces pine (pignoli) nuts
- 8 ounces shredded Jarlsberg Cheese

Heat oven to 350 F.

Cut tomatoes in half. In bowl, whisk together vinegar, 1/3 cup olive oil, garlic, thyme, salt and pepper; gently mix in tomatoes. Transfer to ovenproof dish. Place tomatoes cut-side up and bake 15 minutes.

In pan, toast pine nuts with remaining olive oil until golden then set aside.

When tomatoes are cool enough to handle, remove skins and return to baking dish. Sprinkle tomatoes with shredded cheese. Return to oven and broil about 5 minutes, or until cheese turns golden and bubbly. Top with toasted pine nuts.

Holiday Entertaining Excellence

FAMILY FEATURES

Savory appetizers, gifts and more

French-Style Marinated Cheese

Servings: 1 jar

- 6 ounces Jarlsberg Original, Lite or Hickory Smoked Cheese
- 2 ounces black or green olives
- 1 small leek, bulb only (or small shallot)
- 1 tablespoon fresh oregano or tarragon (or equivalent dried)
- 1 teaspoon green or black peppercorns
- 2 sprigs fresh thyme (or equivalent dried)
- 1 clove garlic
- 2 tablespoons white wine vinegar
- 4 tablespoons extra-virgin olive oil
- 1 glass canning jar

Cube cheese and thinly slice olives and leek. Finely chop oregano and peppercorns, and finely mince thyme and garlic.

To make marinade: Whisk vinegar with oil, oregano, peppercorns, thyme and garlic. Layer cheese, olives and leeks inside jar. Cover with marinade and seal tightly.

Place jar in refrigerator to marinate 1 day. For best results, use within 3 days.





Cranberry and Walnut Phyllo Triangles

Servings: 4

Filling:

- 1 cup chopped fresh or frozen cranberries
- $\frac{1}{3}$ cup sugar
- $\frac{1}{3}$ cup raisins
- 2 tablespoons honey or maple syrup
- 1 tablespoon finely grated orange peel
- 3 tablespoons freshly squeezed orange juice

Triangles:

- 10 sheets fresh or frozen phyllo dough
- $\frac{1}{3}$ cup melted butter
- 2 $\frac{1}{2}$ cups Jarlsberg Chunk Cheese, cut into 25 cubes
- 2 cups chopped walnuts

Heat oven to 375 F.

In saucepan, combine cranberries, sugar, raisins, honey, orange peel and orange juice; bring to boil. Reduce heat and simmer uncovered 5 minutes, stirring occasionally. Cool to room temperature.

Carefully lay one phyllo sheet on cutting board and brush with melted butter. Place another sheet of phyllo on top and brush with melted butter. Cover remaining sheets with damp towel to prevent drying out. Position brushed pastry horizontally and cut into five strips.

Place $\frac{1}{2}$ teaspoon cranberry filling, one cube of cheese and $\frac{1}{2}$ teaspoon chopped nuts in lower corner of each strip. Fold dough over filling to form triangle. Fold triangle up then over, forming another triangle. Continue folding to end of strip. Brush top with melted butter and sprinkle with $\frac{1}{2}$ teaspoon chopped nuts. Repeat with remaining strips of dough and remaining sheets of phyllo.

Bake 12-15 minutes, or until golden brown. Cool on wire rack before serving.

Note: If using frozen phyllo dough, thaw in refrigerator overnight.



Companion Home Services provides support services 24/7. From assistance with personal hygiene, mobility and meals to routine house-keeping, grocery shopping, companionship and more, we can provide the support needed to help our clients remain living independently at home!

*For more
info call
429-7482
today!*



COMPANION
Home Services

820 Jordan Street, Ste. 240 ♦ Shreveport

LEX Plant Farm & Garden Center
Residential & Commercial Landscaping & Irrigation

Your **LAWN IRRIGATION** specialists
Annual Lawn Irrigation System Service Agreements

Offering an annual service contract to keep your irrigation system working properly and efficiently

- ☒ Three periodic system inspections
 - ✕ Spring Startup
 - ✕ Midsummer Checkup
 - ✕ Winterization Shutdown
- ☒ Rapid response to irrigation problems

For more information
call (318) 797-6035
9045 East Kings Highway • Shreveport, LA 71115

Holiday Deviled Eggs

Servings: 12

- 6 eggs
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 teaspoon white vinegar
- 1 teaspoon mustard
- $\frac{1}{4}$ cup mayonnaise
- 1 cup shredded Jarlsberg Cheese

Topping options:

- Paprika
- Parsley
- Bacon
- Shredded Jarlsberg Cheese
- Cooked crab meat
- Scallions

Boil large pot of water. Carefully add eggs and boil on high 2 minutes then simmer 13 minutes.

While eggs cook, chop parsley and scallions, if desired.

Once eggs are cooked, transfer to bowl of ice water; cool 8-10 minutes. Peel eggs and cut in half lengthwise. Separate egg yolks into another bowl. Reserve egg white halves. Combine egg yolks with salt, pepper, vinegar and mustard. Add shredded cheese and mayonnaise; mix until smooth.



Spoon about 1 tablespoon of yolk mixture into each egg white half.

Add toppings, as desired. For classic deviled eggs, sprinkle paprika and chopped parsley over eggs. For a savory alternative, cook four strips of bacon and chop. Top eggs with chopped bacon and shredded cheese. For a unique variation, try topping eggs with cooked crab meat and chopped scallions.



BEYOND DIGITAL IMAGING, LLC

MEMORY CATCHERS



Beyond Digital Imaging:
Restore and capture memories

Services include:

- Photo Restorations
- Printing
 - Small and large format (up to 44 inches wide)
 - Posters
 - Banners,
 - Personalized note cards
 - Giclee printing from artwork
 - Paper variety including canvas
- Slide Show Compilation
- High Resolution Scans
- VHS-DVD Transfers

318-869-2533

www.beyonddigitalimaging.com

Beyond Digital Imaging, L.L.C.
106 E. Kings Hwy, Suite 103
Shreveport, LA 71104

NOW LEASING!




CANAAAN TOWERS

SENIOR APARTMENTS

"Home is where the heart is. Come be a part of ours!"

- Rent Based on Income
- All Utilities Paid
- Social Services
- Barrier Free Apartments

- Gated Community
- Video Security
- Community Room
- On-site Laundry Room

■ On-site Beauty Shop

CALL TODAY (318) 222-4230, Ext.2



Canaan Towers Senior Apartments

400 N. Dale Avenue – Shreveport, LA 71101



Nexus Holidays

YOU CHOOSE
TOUR LENGTH:
10-15 DAYS

NEXUS HOLIDAYS
— TAX INCLUDED —

CHINA HIGHLIGHT

UP TO \$1200 SAVING PER PERSON

HOTEL ACCOMMODATION (4/ 5 STAR)

Depart from US major getaway airport from
including int'l airfare & tax

\$649

HIGHLIGHT:

- Beijing • Shanghai • Suzhou • Wuxi • Hangzhou
- Xi'an Extension Special offer **10%** off

EXPLORE NOW !

 **1-800-919-8041**

 www.nexusholidays.com

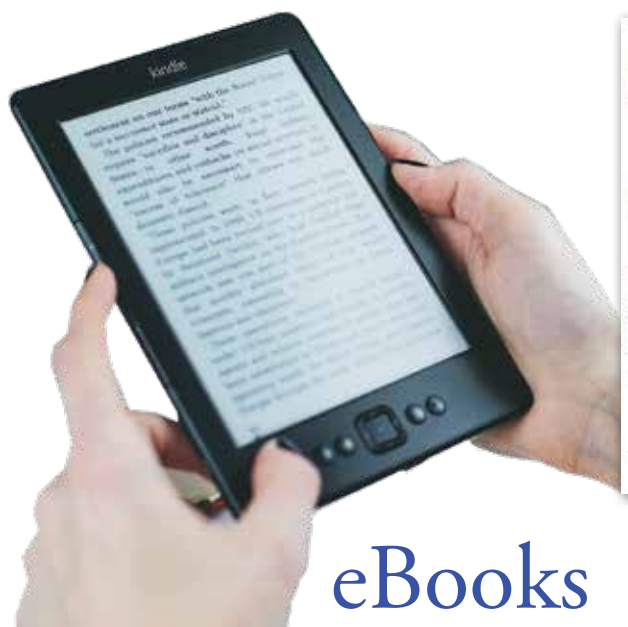
Other Trips Available:

- CUBA • RUSSIA • DUBAI • AUSTRALIA
- NEW ZELAND • WESTERN EUROPE

YOUR ELECTRONIC GIFT GUIDE

Do you feel like your gifts collect dust or clutter the closet? Or maybe you're looking for something to give to the person who already has everything. Electronic gifts can provide information and entertainment for anyone even a little tech savvy on your list without taking up space. Check out some of our suggestions!

by Jessica Rinaudo



eBooks

Does your recipient have a Kindle, Nook or an app on their device for either service? You can buy ebooks for them and have them emailed directly to the recipient - all you need is their email address! Visit Amazon, Barnes and Noble or the Apple store to purchase and send them.

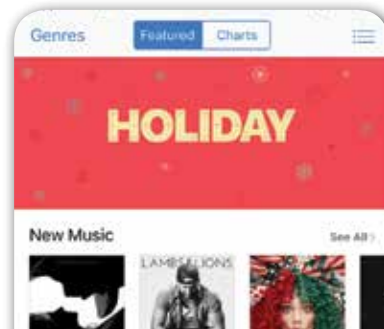


The News

Popular news websites like *The New York Times* and *The Washington Post* limit the number of free articles you can read each month. Monthly subscriptions are required for unlimited reading. The perfect electronic gift for a news-savvy recipient!

Music

The options for listening to music are limitless! One option is to purchase specific digital songs and albums from resources like the Apple store or Amazon and have them sent via email to a recipient. Another option is to buy a subscription to Pandora One - an online music radio streaming service that can be listened to on all mobile devices, computers and even many blu-ray players. Pandora One subscriptions allow for ad-free listening based on music the user likes.



Streaming Video

Network television and satellite services are no longer a requirement to watch good TV and movies. Streaming services like Netflix, Hulu and HBO Go have skyrocketed in popularity - and you can purchase gift cards for all three! The recipient can use their gift card to pay for months of activation service, giving them access to giant databases of entertainment!



Audiobooks

With mobile devices always available, listening to audiobooks is easier than ever. You can purchase and send specific books from Audible.com to any recipient (they just need the Audible phone app or a computer with access to the Internet. Another option is to purchase an Audible subscription for someone as a gift and let them choose their own book to listen to!



Lost your data?
We Can Help

PDS
Preferred Data Solutions

318-550-3381

Call Today & Schedule Your Tour!

Cedar Hills

Senior Apartment Homes

We pride ourselves in excellence and aim to provide all our residents with the gold standard in senior living. With rent based on income, and all utilities included, our seniors can enjoy luxury living worry free. Come home to Cedar Hills.
"Where apartments become homes and friends become family."

7401 St. Vincent Ave 318-861-6915 (Ext 2)

CENTURIES & HILL CREST
FUNERAL HOMES • CEMETERIES • FLORISTS

Have you made **prearrangements** for your family, or do you still have that to do?

Leaving these decisions to your children on the worst day of their lives is a terrible emotional burden.

Call Today To Receive a FREE Family Planning Portfolio

Centuries Memorial 8801 Mansfield Shreveport, LA 71108 (318) 686-4334	Hill Crest Memorial 601 Hwy. 80 East Haughton, LA 71037 (318) 949-9415
--	---

Get Up and Go!



CADDO COUNCIL ON AGING

• **Senior Center Fun** - Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Caddo Council on Aging. Coffee and cookies at 9:30 AM. **FREE**. 318-676-7900.

• Thursday December 7 - 10:00 a.m. "The Shreveport Symphony" by Jazz Trio

• Thursday December 14 - 10:00 a.m. "Seniors and Personal Safety" by Lifford Jackson

• Thursday December 21 - 10:00 a.m. "Santa Flunks Retirement" by The Senior Stars

• Thursday December 28 - 10:00 a.m. "Orphan Train" By Leigh Lewis

• Friday December 8, 15 - 10:00 a.m. Senior Tech Talk. Introduction to laptops, tablets and smart phones

• Friday December 29 - Closed

CONCERTS

• **An Evening with Sutton Foster - Presented by the Shreveport Symphony.** Saturday, December 2, at 7:30 PM at RiverView Theater, 600 Clyde Fant Parkway, Shreveport. Celebrate the season with Broadway and TV star Sutton Foster. This concert features tunes from Broadway, the Great American Songbook, and Holiday. Tickets are \$22 - \$66. Call 318-227-8863 or visit www.shreveportsymphony.com.

• **Shoji Tabuchi Christmas Show** - Friday, December 8 at 8:00 p.m. Strand Theatre, 619 Louisiana Avenue, Shreveport. The Shoji Tabuchi Christmas Show, on a limited holiday tour from Branson, stars Shoji and his wife Dorothy in a sparkling, family variety show. A former Bossier City resident, his music includes country,

bluegrass, big band, Cajun, Broadway and movie tunes, pop, swing, classical, and even some Led Zeppelin! \$52.50, \$42.50, \$32.50. For tickets call (318) 226-8555 or visit www.thestrandtheatre.com.

• Christmas Tapestry

Concert - Tuesday, December 19 at 7:00 pm at St. Joseph Catholic Church, 204 Patton Ave, Shreveport. A choral program featuring the Adult Choir and Handbell Choir of the parish and the St. Joseph School Choir. Guest choirs are the Women's Choral Ensemble and the Shreveport Regional Choral. All are welcome! Admission is **FREE**.

EVENTS

• **"A Child's Christmas in Wales"** - By Dylan Thomas and presented by Dr. Donald Webb. Special accompanying music by the Centenary Suzuki School. Sunday, December 17 at 3:00 p.m. East Bank Theatre, 630 Barksdale Blvd., Bossier

City. **FREE**. A seasonal contribution by Christ in the City. For more information, call (318) 741-8310.

• **Christmas in Roseland** - American Rose Center, 8877 Jefferson Paige Rd, Shreveport. Friday, Saturday and Sundays through December 17, 5:30 PM to 9:00 PM. Special Encore Nights are December 18th - 23rd. Featuring thousands of twinkling lights, dozens of lighted displays, giant Christmas Cards to the Community, nightly entertainment, photos with Santa, rides on the Roseland Express train and tons of fun for the whole family! Please note that Christmas in





KEITH SWEAT

JAN. 12

ticketmaster®
Must be 21 or older to attend show

711 DiamondJacks Blvd | I-20, Exit 20A
1-318-678-7777 | 1-866-5JAXMAX (552-9629)
www.diamondjacks.com

DIAMOND JACKS
BOSSIER CITY

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

Roseland is a walking event only and no carts are available. \$20 per carload or \$5 per person — ages 2 and under get in free.

• **Downtown Holiday**

Artwalk – Wednesday, December 6, 5:00 p.m. to 8:00 p.m. Beginning at artspace, 708 Texas Street, Shreveport. Walk through HOLIDAZE, the downtown art market. Then walk to stops for food, shopping and fun events. Jump on the free iShuttle buses to visit Santa at The Agora Borealis, make Christmas jammies at Definition Industries Inc., attend the Shreve Memorial Library's Festival of Lights program and their giant Friends book sale, and view the art of Christine Bailey and other artists at Norsworthy Gallery. It's **FREE** and family friendly. For more info, visit www.DowntownShreveport.com.

• **Highland Christmas**

Home Tour – Saturday December 9 - Candlelight Tour, 5:00 to 9:00 p.m. Sunday, December 10 to A Very Merry Christmas tour 1:00 – 5:00 p.m. Hop on the holiday trolley and get a glimpse of the most beautiful and intriguing homes within

the Highland and Fairfield historic districts. The Saturday evening candlelit tour takes guests through the stately mansions of Fairfield Avenue, while the Sunday Very Merry tour explores the heart of the Highland neighborhood. Enjoy cocktails and treats along the way and peruse the artwork of our Highland artists throughout both tours. Individual tours are \$20 per person or \$15 for Highland Restoration Association or Fairfield Historic District Association members. A package deal for both tours is \$35. For more information, contact Christmas Home Tour Chair Michele Marcotte at 318-313-7176 or wellredtexan@gmail.com.

• **Shreveport's "Nutcracker"**

– Saturday, December 9 at 6:30 p.m. and Sunday, December 10 at 3:00 p.m. Riverview Theatre, 600 Clyde Fant Pkwy, Shreveport. Shreveport Metropolitan Ballet and the Shreveport Symphony Orchestra bring this holiday classic to life with their 40th anniversary production. Tickets range from \$15 to \$45 and can be purchased online at www.shreveportmetroballet.org or by calling Shreveport Metropolitan Ballet at 318-221-8500.

• **Songs of the Season** –

December 13 to 15 at 7:00 p.m.; December 16 to 17 at 2:00 p.m. and 7:00 p.m. at the Shreveport Community Church, 5720 Buncombe Road, Shreveport. All the excitement of a Broadway show and Christmas fun wrapped up into one incredible production. Outside the event, participants can experience the petting zoo, pony rides, and a live nativity. Ticket prices are \$10, \$15 and \$20 and can be purchased at www.songs of these season.com, at Shreveport Community Church located at 5720 Buncombe Road in Shreveport, or by calling 318-683-1562.

SUPPORT GROUPS

• **Caregivers' Memory Loss**

Support Group - Support group for those caring for loved ones suffering from memory loss related illnesses. 5:30 – 6:30 p.m., on the first Thursday of every month at Harrell Library at The Glen (Access via Main Entrance on Flournoy Lucas Road). **FREE**. For information call 798-3500 or email info@theglensystem.org.

• **Weight Loss Support**

Group - The All Women's chapter of Take Off Pounds



Sensibly (TOPS) meets every Monday at 5:30 PM at Fitness Lady, 1800 Old Minden Road. Contact 318-773-5923 for more information.

THEATRE

• **A Comedy of Tenors** - Shreveport Little Theatre, 812 Margaret Place, Shreveport. November 30, December 1, 2, 8, and 9 at 7:30 pm; December 3 and 10 at 2 p.m. It's 1930s Paris and the stage is set for the concert of the century – as long as the producer can keep his Italian superstar and his hot-blooded wife from causing runaway chaos. Prepare for an uproarious ride, full of mistaken identities, bedroom hijinks, and madcap delight. \$18 for seniors, students and active military and \$20 for adults. Tickets can be purchased at shreveportlittletheatre.com, or call (318) 424-4439.

NEW YEAR'S EVE

Ring in 2018 with us!

- ★ Live entertainment
- ★ Cash & Jackpot drawings
- ★ Champagne toast at midnight
- ★ Free party favors

711 DiamondJacks Blvd | I-20, Exit 20A
 1-318-678-7777 | 1-866-5JAXMAX
 (552-9629) | www.diamondjacks.com

WIN A FORD® F-150!

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

PUZZLE pages

Turn to page 42 for solutions.

Across

- 1 Study for finals
- 5 Chinese nurse
- 9 Antibacterial
- 14 Tibetan monk
- 15 Woodworking groove
- 16 Take forcibly
- 17 Mideast's Gulf of ____
- 18 Exclamation of annoyance
- 19 Copenhageners
- 20 Muralist Rivera
- 22 Words to live by
- 24 A unit of force
- 25 Sandstorm
- 27 Albanian monetary units
- 29 Dome-shaped shrine
- 31 Subtlety
- 35 Twosome
- 38 Embellishes
- 40 Throw, as dice
- 41 Inquired
- 43 Regulus's constellation
- 44 Rope fiber
- 45 Kind of admiral
- 46 Shakespearean verse
- 48 German river
- 49 Audition
- 51 Cook's garb
- 53 Junk E-mail
- 55 Bigots
- 59 Back muscle

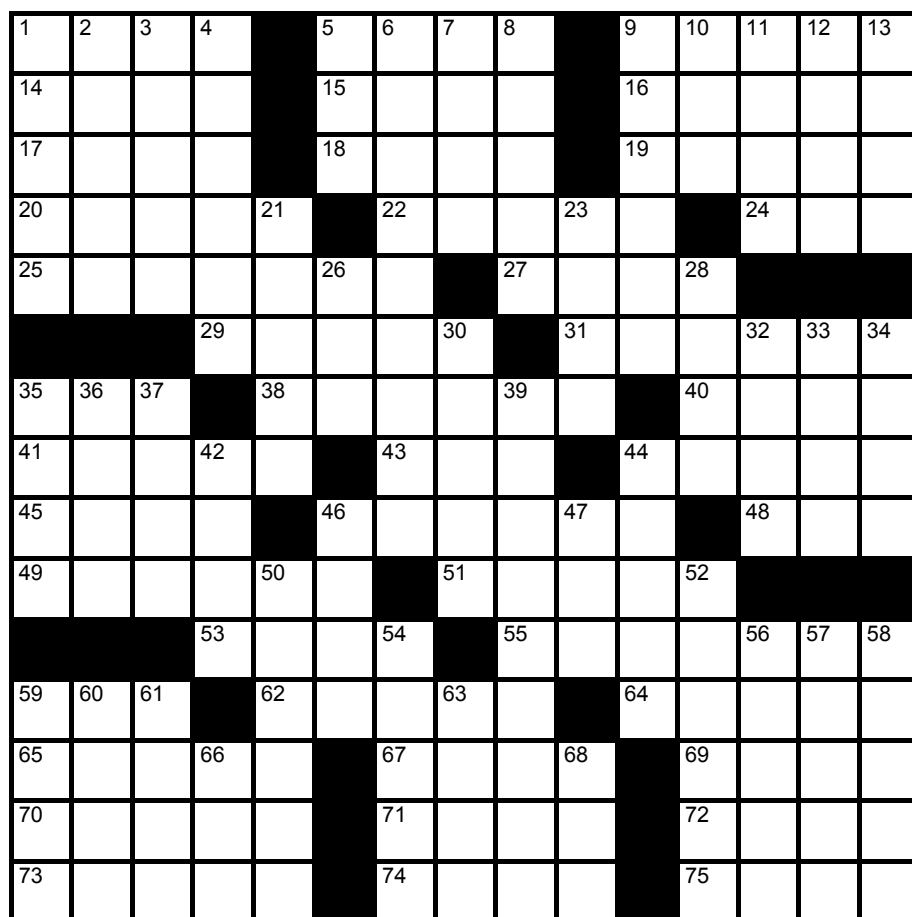
- 62 Former capital of Japan

- 64 Silk-cotton tree
- 65 Informed
- 67 Davenport
- 69 ____ slaw
- 70 Spunk
- 71 Ireland
- 72 Like some chatter
- 73 Airship
- 74 Himalayan legend
- 75 Branch headquarters?

Down

- 1 Like some coins
- 2 Arm bones
- 3 Ruler or chieftain (Var.)
- 4 Oval tropical fruit
- 5 Do sums
- 6 Venetian explorer
- 7 Jewish month
- 8 Monopoly purchase
- 9 Logic puzzle
- 10 Red-white-and-blue inits.
- 11 Air bag?
- 12 Complimentary
- 13 Cathedral recess
- 21 Group of eight
- 23 Burrows
- 26 Something to chew on
- 28 Hindu garment

crossword



Copyright ©2017 PuzzleJunction.com

- 30 Boxing venue
- 32 Bridge site
- 33 Chowder morsel
- 34 Building additions
- 35 Blowgun missile
- 36 Computer operator
- 37 Sanction
- 39 Not commercially motivated
- 42 Cupid's counterpart
- 44 Have on hand
- 46 Command to Fido
- 47 Baseball stat
- 50 Maintenance
- 52 B vitamin
- 54 Walk leisurely
- 56 English potter Josiah
- 57 Road and bridge fees
- 58 Shooting game
- 59 Mary follower
- 60 Military no-show
- 61 Hack
- 63 Raced
- 66 Canyon feature
- 68 Cuckoo bird

What Makes Us Different...

- Wide range of hearing aids to fit your budget
- FREE follow-up visits
- Best customer service
- FREE lifetime programming and adjustments to your hearing aids
- FREE hearing screening

Audibel of Shreveport

701 Jordan St, Suite D • Shreveport, LA 71101

Call **(318) 425-5417** today!

Visit us online at:

www.audibelofshreveport.com

We Will File Your Insurance!



Sammy San Angelo, Jr.
Owner, L-HIS
54 Year Hearing Aid User

AUDIBEL
American Hearing Excellence™

Find us Online!

TheBestofTimesNews.com



sudoku

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

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

Copyright ©2017 PuzzleJunction.com

word search

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

Adams	Cooking	Jelly	Red
Big	Core	Juice	Sauce
Blight	Crab	May	Tarts
Brown Betty	Delicious	McIntosh	Tree
Butter	Dumpling	Orchard	Turnover
Candy	Fritters	Pie	Wood
Cart	Golden	Pine	
Cider	Jack	Polisher	



**INSURANCE
SOLUTIONS**

MIKE SAKIEWICZ

www.mikesakiewicz.com



318.210.0185



318.294.6669



mike.sakiewicz@american-national.com

910 Pierremont Rd., Suite 251
Shreveport, LA 71106

Representing American National Insurance Company,
Galveston, Texas, ANPAC Louisiana Insurance Company
and affiliates, Springfield, Missouri

Name _____
Address _____
Phone _____
Email _____
Simply fill out this form and drop it off at LearningRx to be entered into the drawing to win a Smart Family Game Box.
8856 Youree Drive, Suite D, Shreveport, LA 71105 | 318.797.8523

**Register
to Win**



A box filled with games and activities that build brain skills in children and adults of any age. (Valued at \$350)

**Give the Gift of
LearningRx!**

One-on-one brain training at
LearningRx of Shreveport Bossier.

**FREE
SMART GAME**
w/ purchase of a
LearningRx Brain
Skills Assessment
JUST \$101
When You Mention Code: 101
Regularly \$200, expires 12/31/17



When a child struggles to learn, it's essential to know WHY. A LearningRx brain skills assessment will identify the cause of the struggle, then customize a brain training program to improve your child's skills in school, at home, and in life.

We want to help you help.

8856 Youree Dr., Ste. D, Shreveport | 318.797.8523 | www.learningrx.com/shreveport

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

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



Toni Camp
Regional Hospice Care Group
8660 Fern Avenue, St. 145
Shreveport, LA 71105
(318) 524-1046
See our ad on page 10.

After a person is admitted to a nursing home, how long will they stay there and will they ever return to their home?

Length of stay varies and is generally dependent on 3 things:
1) the potential for improvement to the point that the individual is able to resume caring for themselves and meet their own vital needs (this is frequently the case after health management and rehab), 2) the ability of the family to provide the care themselves in a home environment, and 3) the comfort level of the physician that the person's needs can be met outside a medical setting.



Vicki Ott
Highland Place
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 15.

I am a 50-year-old female who has worn contacts and glasses for my nearsighted condition for years. Will the new eye procedures eliminate my need for contacts or glasses?

After age 40, most people become presbyopic, meaning you lose your near vision. There are many options for people who want to reduce their dependence on glasses or contacts. Some people are great candidates for LASIK, while others would benefit more from the ReStor Multifocal Lens Implant. In order to know exactly which procedure is best for you, you should be examined. Call 212-3937 today to learn about all of the options available to you.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
See our ad on page 24.

Is Osteoarthritis (OA) hereditary?

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



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

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

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

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

Wow! A Simple to Use Computer Designed Especially for Seniors!

Easy to read. Easy to see. Easy to use. Just plug it in!



"I love this computer! It is easy to read and to use! I get photo updates from my children and grandchildren all the time."

— Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world

at your fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games— you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time

NEW

Now comes with...

Larger 22-inch hi-resolution screen – easier to see

16% more viewing area

Simple navigation – so you never get lost

Intel® processor – lightning fast

Computer is in the monitor – No bulky tower

Advanced audio, Better speaker configuration – easier to hear

Text to Speech translation – it can even read your emails to you!

U.S. Based Customer Service

FREE
Automatic
Software Updates

you took part? Call now, and you'll find out why tens of thousands of satisfied seniors are now enjoying their WOW computers, emailing their grandchildren, and experiencing everything the Internet has to offer. Call today!

- Send & Receive Emails
- Have video chats with family and friends
- Surf the Internet:
 - Get current weather and news
- Play games Online:
 - Hundreds to choose from!

Call now and find out how you can get the new WOW! Computer.

Mention promotional code 107729

for special introductory pricing.

1-888-752-1201



© 2017 firstSTREET for Boomers and Beyond, Inc.



**SHREVEPORT
SYMPHONY
ORCHESTRA**

MICHAEL BUTTERMAN, MUSIC DIRECTOR

THE MAJESTY OF MUSIC

WILLIS-KNIGHTON MASTERWORKS SERIES

HOLIDAY POPS WITH BROADWAY STAR SUTTON FOSTER

SAT., DECEMBER 2, 7:30 PM

RiverView Theater

Sutton Foster, vocalist

w/ music director Michael Rafter

Michael Buttermann, conductor

Celebrate the season with true star power! Broadway and TV star Sutton Foster has won two Tony Awards for her performances in *Thoroughly Modern Millie* and *Anything Goes*. Come find out why at this concert featuring tunes from Broadway, the Great American Songbook, and Holiday.



Tickets start at \$22; Students \$12!

www.shreveportsymphony.com

318.227.TUNE (8863)



WILLIS-KNIGHTON HEALTH SYSTEM



parting shots

AARP

AARP Louisiana Tailgate Party was held at the Shreveport Hilton on October 29th.



Former Dallas Cowboy defensive back Emerson Walls with former Grambling State Cheerleader Cheryl Wheeler



Troy Broussard, LA State Representative Larry Bagley, Emerson Walls, and Linedda McIver



Verna Murray, Emerson Walls, and Lorraine Williams

SURPRISE BIRTHDAY

A surprise birthday celebration was held at Brotherly Love Seafood Restaurant in Shreveport on November 4 for former Cullen Mayor and Pastor Bobby Washington.



Delicia Washington, Gwendolyn Washington, Bobby Washington and Jamal Smith

RECORDING FAMILY HISTORY

TBoT publisher Gary Calligas gave a presentation on recording family history at the Bossier Council on Aging on October 27.



Verlie Lee and Gertrud Drumfoole



Gloria Kerry and Lois McAvoy



Ruth Taffi and Betty Wegner



Frank Holbrook and Jim Holdcroft

FOOD BANK DONATION

Home Federal Bank ("HFB") recently donated \$3,550 to the Food Bank of Northwest Louisiana in Shreveport.



Martha Marak, Executive Director of the Food Bank of Northwest Louisiana; David Barber, SVP of Mortgage, HFB; Vannessa Gray, Assistant Branch Manager, HFB Southern Hills; and Mary Jones, COO / SVP Retail, HFB.

A SEASON YOU'LL NEVER OUTGROW 2017-2018 The Strand

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

THE STRAND THEATRE
(318) 226-8555 or thestrandtheatre.com

SENIOR DAY EXPO

The 8th annual Senior Day at the State Fair, sponsored by *The Best of Times* and The State Fair of LA, was held on October 26 in the Hirsch Coliseum.



Linda Russell, Garland Moellerkamp, and Sue Ross



Writer-educator Sally Hamer and former Teamsters GM and writer Laird Evans



Marlene Simonton, Ken Donnelly, and Phyllis Liberto



Len and Madeline Elford



Brenda Caraway with her guide dog, Max

Is it time for "The Talk" with Mom and Dad?



The Holidays are a time when many families consider in-home care needs for their loved ones. **We can help!**

Non-Medical In-Home Care
Caregivers & Assisted Living Referral Services



4700 Line Avenue Suite 111
Shreveport, LA 71106
424-5300

State Licensed • Insured • Bonded • Locally Owned Since 2011

Call Now: 844-748-1872

Are You Still Paying Too Much For Your Medications?

You can save up to **97%** when you fill your prescriptions with our Canadian and International prescription services.

THEIR PRICE	VS	OUR PRICE	THEIR PRICE	VS	OUR PRICE
Viagra™ \$2556.71 <small>Typical US Street Price for 10mg x 100</small>		Sildenafil™ \$146.00 <small>Rx Price for 10mg x 100</small>	Cialis™ \$2526.76 <small>Typical US Street Price for 30mg x 30</small>		Tadalafil™ \$194.00 <small>Generic Price for 20mg x 30</small>
Nexium™ \$927.16 <small>Typical US Street Price for 40mg x 100</small>		Esomeprazole™ \$90.00 <small>Rx Price for 40mg x 100</small>	Advair™ \$1203.13 <small>Typical US Street Price for 250/400mg x 180</small>		Salmeterol & Fluticasone Prospan™ \$160.00 <small>Generic Price for 250/100mg x 180</small>
Premarin™ \$458 <small>Typical US Street Price for 6.35mg x 90</small>		Conj. Estrogen™ \$51.00 <small>Rx Price for 6.35mg x 90</small>	Evista™ \$772.37 <small>Typical US Street Price for 40mg x 180</small>		Raloxifene™ \$92.00 <small>Generic Price for 40mg x 180</small>
Abilify™ \$2994.49 <small>Typical US Street Price for 150mg x 112</small>		Aripiprazole™ \$92.00 <small>Rx Price for 150mg x 112</small>	Zetia™ \$994.42 <small>Typical US Street Price for 160mg x 180</small>		Ezetimibe™ \$87.00 <small>Generic Price for 10mg x 180</small>
Celebrex™ \$743.17 <small>Typical US Street Price for 100mg x 180</small>		Celecoxib™ \$79.00 <small>Rx Price for 100mg x 180</small>	Januvia™ \$1151.87 <small>Typical US Street Price for 100mg x 90</small>		Sitagliptin Phosphate™ \$146.00 <small>Generic Price for 100mg x 90</small>

Get an extra **\$15 off** plus **FREE SHIPPING**

Call toll-free: 844-748-1872

Please note that we do not carry controlled substances and a valid prescription is required for all prescription medication orders.

Prescription price comparison shown is valid as of June 15, 2017. All trademarks (TM) rights reserved with the brand name products in this ad belong to their respective owners. *Generic drugs are usually regulated medications that have the same active ingredients as the original brand name drug, but are generally cheaper to produce.



TBoT publisher Gary Calligas congratulates Grand Door Prize winner, Velma Johnson, on winning a 10 day trip for two to China compliments of Nexus Holidays



TBoT publisher Gary Calligas (right) introduces attorney Joe Gilsoul



Shelia Gross, Martha Hoolahan, Linda Beene, Pat Flurry, and Margaret Newton



Winners of the Best Exhibit Booth competition were Terry Tisdale & Laura Farmer with Superior Hospice, Amanda Rogers with Northwest Hospice Care Group, and Somanya Jackson with Highland Place Rehab Center



Barbara and Ken Norris



Local musician Dan Gardner entertains.



Flo the Clown congratulates special Door Prize winner, Gary Lafitte, who won a package valued at over \$300

★ YOUR CHOICE

CONFUSED?
GOD has only ONE way!!
It is found in The BIBLE!!

**BIBLE
STUDY
IS
IMPORTANT**

To enroll in a free,
non-denominational
Bible Correspondence
Course send
your name and
mailing address to:

**BIBLE
CORRESPONDENCE
COURSE**

2045 East 70th St.
Shreveport, LA
71105

BALENTINE AMBULANCE

Basic and ADVANCED Life Support
Medicare & Medicaid Approved
Known for Quality & Caring

318.222.5358

3516 Mansfield Rd.
Shreveport, LA 71103



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

This is No Time to Delay

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

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

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

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



Joe Gilsoul



Lee Aronson

Gilsoul & Associates, LLC

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

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

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

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

FREE Seminars!
To be held in the Gilsoul & Associates conference room in a warm, relaxed atmosphere.
Limited to 8 attendees.
Call 524-9966 to reserve your spot.