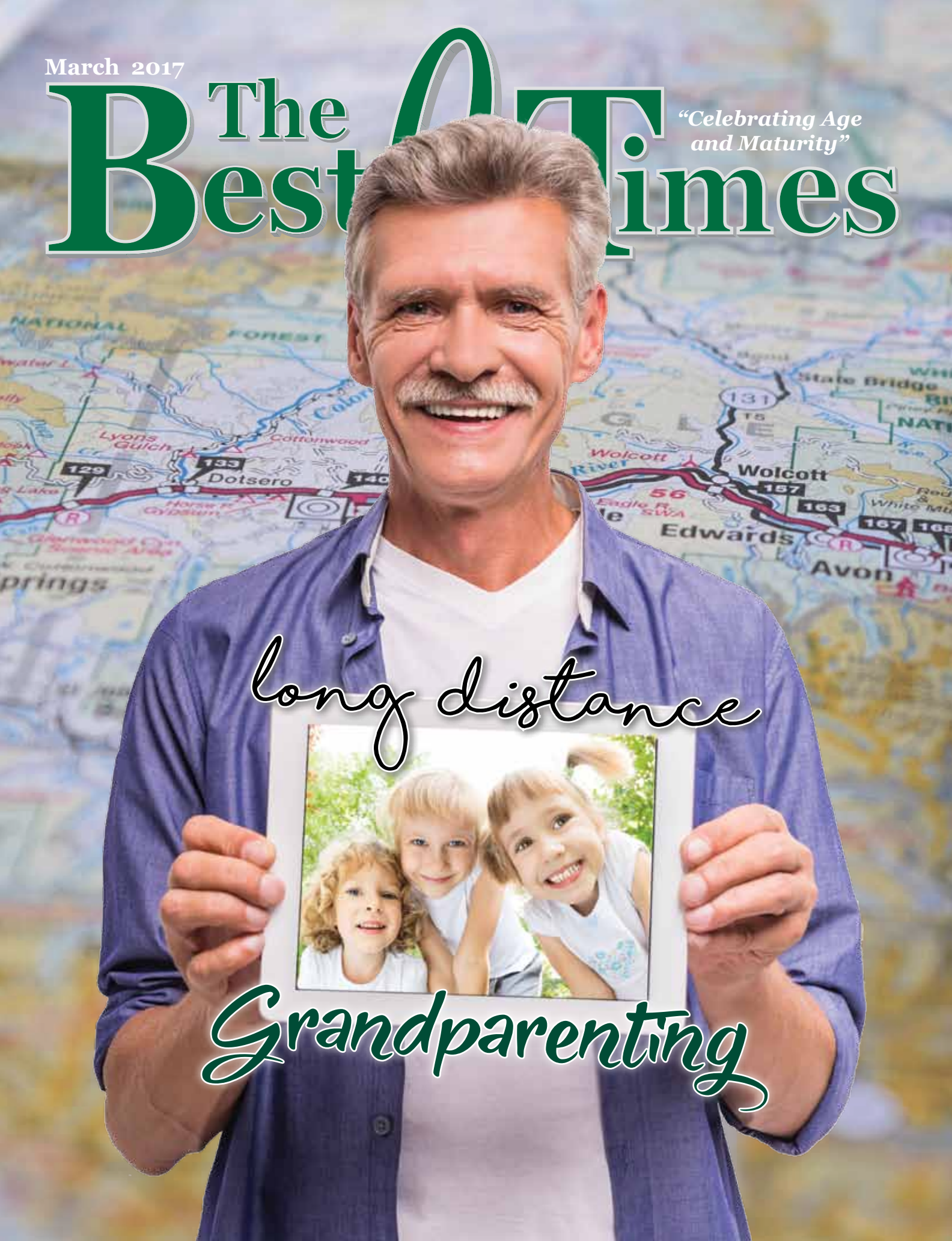


March 2017

The Best *OT* Times

“Celebrating Age and Maturity”



long distance

Grandparenting

Live Here
and
Love
It!



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!

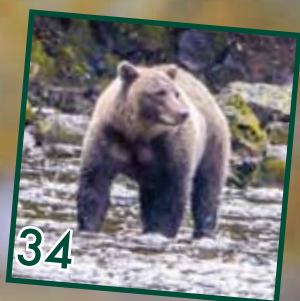
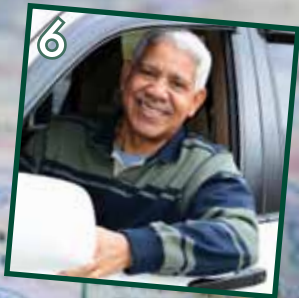
- 🌀 Enjoy the advantages of an independent lifestyle in a safe, secure environment
- 🌀 Enjoy the freedom from household chores and expenses
- 🌀 Make a move while you can enjoy all that an Oaks lifestyle has to offer
- 🌀 Take charge of the decision and make a move on your terms

Live here and *love* it!



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

March CONTENTS



Briefs

- 6 Stat! Medical News & Info
- 8 Our Featured 5
- 10 Shreveport Then & Now
- 11 Snapshot Sleuth

Feature

- 13 Long Distance Grandparenting by Carol J. Alexander
- 18 Warning Signs: 5 Scams Aging Parents Fall For by Lisa Iannucci

Advice

- 20 Money Matters by Nathaniel Sillin
Make the Most of Your Rewards Program
- 22 Counselor's Corner by American Counseling Association
Surviving a Broken Heart
- 24 From the Bench by Judge Jeff Cox
What is the Louisiana Second Circuit Court of Appeal?
- 26 Dear Pharmacist by Suzy Cohen, R.Ph.
Avoiding Salt is Bad For Your Heart
- 28 Laws of the Land by Lee Aronson
The Case of the Joint Bank Account

Columns

- 30 Traveltizers by Andrea Gross
Alaska - Where Fantasy Becomes Reality
- 32 Tinseltown Talks by Nick Thomas
Fifty Years of the Carol Burnett Show
- 34 Page by Page by Jessica Rinaudo
Review of "The Nix" by Nathan Hill

In Every Issue

- 36 What's Cooking?
Smart Start
- 38 Get Up & Go!
- 40 Our Famous Puzzle Pages
- 43 Parting Shots



WILLIS-KNIGHTON MASTERWORKS SERIES

An Evening with the Blade Family

SAT., APRIL 8—7:30 PM

RiverView Theater
600 Clyde Fant Pkwy
Shreveport Symphony Orchestra
Michael Butterman, conductor

This feel-good event celebrates the musical and community achievements of the **Blade Family**, and will include newly created orchestral arrangements, two generations of Blade Family performers, Brian Blade's **Fellowship Band**, and "The Hallelujah Train."



Tickets start at \$20; Students \$12!
www.shreveportsymphony.com
318.227.TUNE (8863)



The Best of Times

March 2017 • Vol. 26, No. 3
Founded 1992 as *Senior Scene News*
ISSN Library of Congress
#1551-4366

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

Publisher

Gary L. Calligas
Gary.Calligas@gmail.com

Editor

Tina Miaoulis Calligas
Editor.Calligas@gmail.com

Design

Jessica Rinaudo
Karen Peters

Account Executives

Patrick Kirsop
kirsop@sbcglobal.net

Mary Driscoll
Ad.TBT.Mary@gmail.com

Webmaster

Dr. Jason P. Calligas

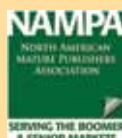
Writers

Carol J. Alexander
Lisa Iannucci

Contributors

Lee Aronson, Judge Jeff Cox,
Irv Green, Andrea Gross,
Jessica Rinaudo, Nathaniel Sillin,
Twin Blends Photography,
Nick Thomas

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 consult properly degreed and licensed professionals 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.



Proudly Presented by:



March 4

Renesting Project Aids the Homeless

Guest: Noel Haacker, Founder and Executive Director

March 11

Safeguarding Your Assets for Needed Long Term Care

Guest: Blake Rainey, SAFE Planning

March 18

Common Items: Then and Now

Guest: Ernie Roberson, area memorabilia collector

March 25

Smoking Cessation Program to Help You Stop Smoking

Guest: Jarrod Mitchell, WK Tobacco Treatment Clinic

Broadcasting every

Saturday morning
9 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

Listen to previously aired
programs at

www.TheBestOfTimesNEWS.com

www.TheBestOfTimesNEWS.com

ARE YOU GAME?

Senior Health & Fitness Expo

Held in Conjunction with the
2017 NWLA Senior Olympics
and proudly presented by
NWLA Senior Olympic Games and *The Best of Times*

Wednesday , March 29, 2017
9:00 a.m. to 1:00 p.m.

Riverview Hall Convention Center
600 Clyde Fant Parkway
Shreveport, LA



People of ALL ages are invited to attend!!

- **FREE** Admission and **FREE** Parking.
- Opening Ceremonies of the 2017 NWLA Senior Olympic Games.
- Obtain **FREE** health screenings and receive health care and other information from exhibitors.
- Lots of entertainment and fun.
- **Free** give-aways.
- Be eligible to receive one of the 80+ fabulous door prizes.
- Emcee will be Gary L. Calligas, host of The Best of Times Radio Hour.

Come visit us at
The Best of Times
booth to receive
your **PRICELESS**
copy of the 2017
edition of
Silver Pages.



DOOR PRIZE ENTRY FORM (YOU MUST BE PRESENT TO WIN)

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____

Email Address _____

Thank you for joining us at the Senior Health & Fitness Fair / Senior Olympics

No Excuses: Real Reason You're Late May Vary with Age

A song is just a song, but as time goes by, something as random as a song's length could be the difference in whether you miss an important deadline or arrive late for an appointment, suggests time-management research from Washington University in St. Louis.

The study, published in the *Journal of Experimental Psychology: General*, shows that people rely heavily on time estimates of past experiences to plan for future tasks and that outside influences, such as background music, can skew our perception of time, causing even the best-laid plans to go awry.

Contrary to previous research, this study found that seniors managed to complete future tasks on time at about the same rate as college undergraduates, although each age group used surprisingly different strategies.

Older adults, who generally see declines in memory and the speed at which they process information, tended to avoid multitasking throughout the study. The study suggests that time-management ability and the ability to perform some types of complex time-based tasks in real life may largely be preserved with age.



March 2017

Sleep Deprivation Handicaps the Brain's Ability to Form New Memories

Studying mice, scientists at Johns Hopkins have fortified evidence that a key purpose of sleep is to recalibrate the brain cells responsible for learning and memory so the animals can "solidify" lessons learned and use them when they awaken -- in the case of nocturnal mice, the next evening. The researchers, all of the Johns Hopkins University School of Medicine, also report they have discovered several important molecules that govern the recalibration process, as well as evidence that sleep deprivation, sleep disorders and sleeping pills can interfere with the process.



"Our findings solidly advance the idea that the mouse and presumably the human brain can only store so much information before it needs to recalibrate," says Graham Diering, Ph.D., the postdoctoral fellow who led the study. "Without sleep and the recalibration that goes on during sleep, memories are in danger of being lost."

Problem Drinking in Older Adults

Older adults suffering from multiple chronic health conditions and depression are nearly five times as likely to be problem drinkers as older adults with the same conditions and no depression, according to researchers at the University of Georgia.

17%

The Hazelden Betty Ford Foundation notes that while substance abuse and alcoholism is a problem many don't attribute to older people, it's "an invisible epidemic," affecting up to 17% of older adults.

Warning Signs and Safety Tips for Older Drivers

Driving can become more difficult for people as they age, and some changes make driving more dangerous if proper precautions are not taken. Older adults may have stiffer joints and muscles, which can affect their ability to turn the steering wheel or brake safely. An individual may also find that it is harder to see road signs and notice sounds, such as horns. Additionally, older adults may have slower reaction times and reflexes. The National Institute on Aging (NIA) suggests that older adults:

- Get vision check-ups once every one or two years and keep eyeglass prescriptions current.
- Drive a car with large mirrors and power steering.
- See a doctor if stiffness or arthritis seems to get in the way of driving.
- Start breaking earlier and keep a bigger distance from the car in front of them.
- Avoid high traffic areas when possible.





Too Much Sitting, Too Little Exercise May Accelerate Biological Aging

Researchers at University of California San Diego School of Medicine report that elderly women who sit for more than 10 hours a day with low physical activity have cells that are biologically older by eight years compared to women who are less sedentary.

The study, published online in the *American Journal of Epidemiology*, found elderly women with less than 40 minutes of moderate-to-vigorous physical activity per day and who remain sedentary for more than 10 hours per day have shorter telomeres — tiny caps found on the ends of DNA strands, like the plastic tips of shoelaces, that protect chromosomes from deterioration and progressively shorten with age.

As a cell ages, its telomeres naturally shorten and fray, but health and lifestyle factors, such as obesity and smoking, may accelerate that process. Shortened telomeres are associated with cardiovascular disease, diabetes and major cancers.

The study found cells age faster with a sedentary lifestyle. Chronological age doesn't always match biological age.

Physical Declines Begin Earlier Than Expected

Physical declines begin sooner in life than typically detected, often when people are still in their 50s, according to a Duke Health study that focused on a large group of U.S. adults across a variety of age groups. The finding suggests that efforts to maintain basic strength and endurance should begin before age 50, when it's still possible to preserve the skills that keep people mobile and independent later in life.

BALENTINE AMBULANCE

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

318.222.5358

3516 Mansfield Rd.
Shreveport, LA 71103

ON CALL

Medical Alert Systems

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

HOME + MOBILE GPS MEDICAL ALERT

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.

No home phone line required.

Protects you at home or while on the go. Service is nationwide.

800.259.1234 | AcadianOnCall.com

What Makes Us Different...

- Wide range of hearing aids to fit your budget
- Best customer service
- FREE hearing screening

- FREE follow-up visits
- FREE lifetime programming and adjustments to your hearing aids

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.™

Our Featured **5**

The **FIRST DAY OF SPRING** is one thing,
and the **FIRST SPRING DAY** is another.
The difference between them is sometimes as
GREAT AS A MONTH.

– Henry Van Dyke

5

FAVORITE QUOTES celebrating

Spring's Beginning



Springtime is
the **LAND OF
AWAKENING.** The
March winds are the
MORNING YAWN. –
Lewis Grizzard

1



Spring is when you **FEEL
LIKE WHISTLING** even
with a **SHOE FULL OF
SLUSH.**

– Doug Larson

4

In the Spring I have counted **ONE-
HUNDRED AND THIRTY-SIX
DIFFERENT KINDS OF WEATHER**

inside of four and twenty hours.

– Mark Twain

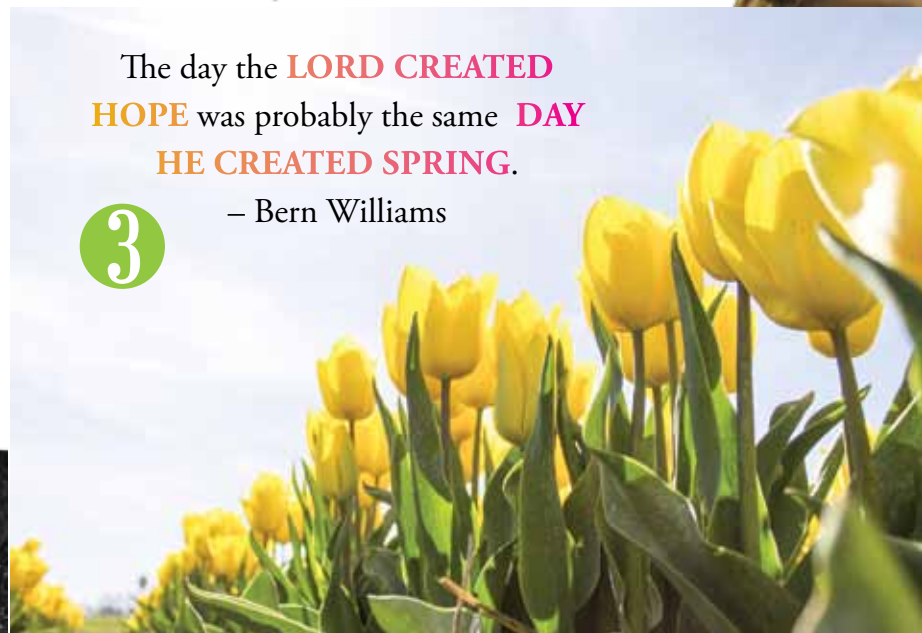
2



The day the **LORD CREATED
HOPE** was probably the same **DAY
HE CREATED SPRING.**

– Bern Williams

3



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.

Shreveport

Then & Now

These photographs, a blending of vintage and current photos of a particular location, are the result of twin brothers Mike and Mark Mangham's fascination with Shreveport history. Vintage photos courtesy of LSU Shreveport Library. If you have comments to share about these photos, please email Tina at editor.calligas@gmail.com. Photos blended and used with permission by Mike and Mark Mangham of Twin Blends Photography. For more photos visit www.facebook.com/twinblendsphotography/.

➔ Terra cotta winged wheels above the entrance at the old Wray-Dickinson building at 308 Market St. symbolizing the entry into a new era. It was built in 1911 to house the Wray-Dickinson Motor Car Co., one of the nation's first Ford dealerships. The company sold Packards, Hudsons, and Fords. The building is now occupied by Origins Bank.



← Ricou-Brewster Building was located on the 400 block of Milam Street. It was built in 1924 on the site of the old Ricou house and named after the prominent grocer Justin Ricou. It was demolished in 1997.

MILES FOR MEALS 2017

RACE STARTS & ENDS AT ZOCOLO

5K & FUN RUN

SUN MAR 12, 2017

REGISTER TO PARTICIPATE OR BECOME A SPONSOR @ CADDOCOA.ORG

FUN FOR THE WHOLE FAMILY • LIVE MUSIC

RACE PARTY 2 - 5 PM

RACE TIME 3:00 PM

Snapshot SLEUTH

Do you recognize any of the people in these photographs?

The Best of Times has partnered with the library at LSU Shreveport to identify individuals in photos from their collections. If you know any of the people in these photos or if you have any memory or comments about the images, please email Tina at editor.calligas@gmail.com or Laura at laura.mcmore@lsus.edu.

All of the photos this month feature images from Mardi Gras celebrations. The photo to the right shows a military recruiter receiving a ticket to a Mardi Gras Ball in 1962. The photos below are from Fair Park in 1960. All of the photos are from the *Shreveport Times* Collection.



(Tear out and post this friendly reminder)

☐ Register for the S.A.F.E. Planning **online video course** and **Learn about Protecting Assets from Nursing Home Costs and Medicaid even if someone is already receiving care.**

safeplanningseminars.net

Download free materials, including our Risk Assessment Worksheet
Available 24/7 for those with busy schedules

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

Have more questions?

Give us a call at 318-869-3133 to learn more.

Don't Lose Everything Paying for Nursing Home Care

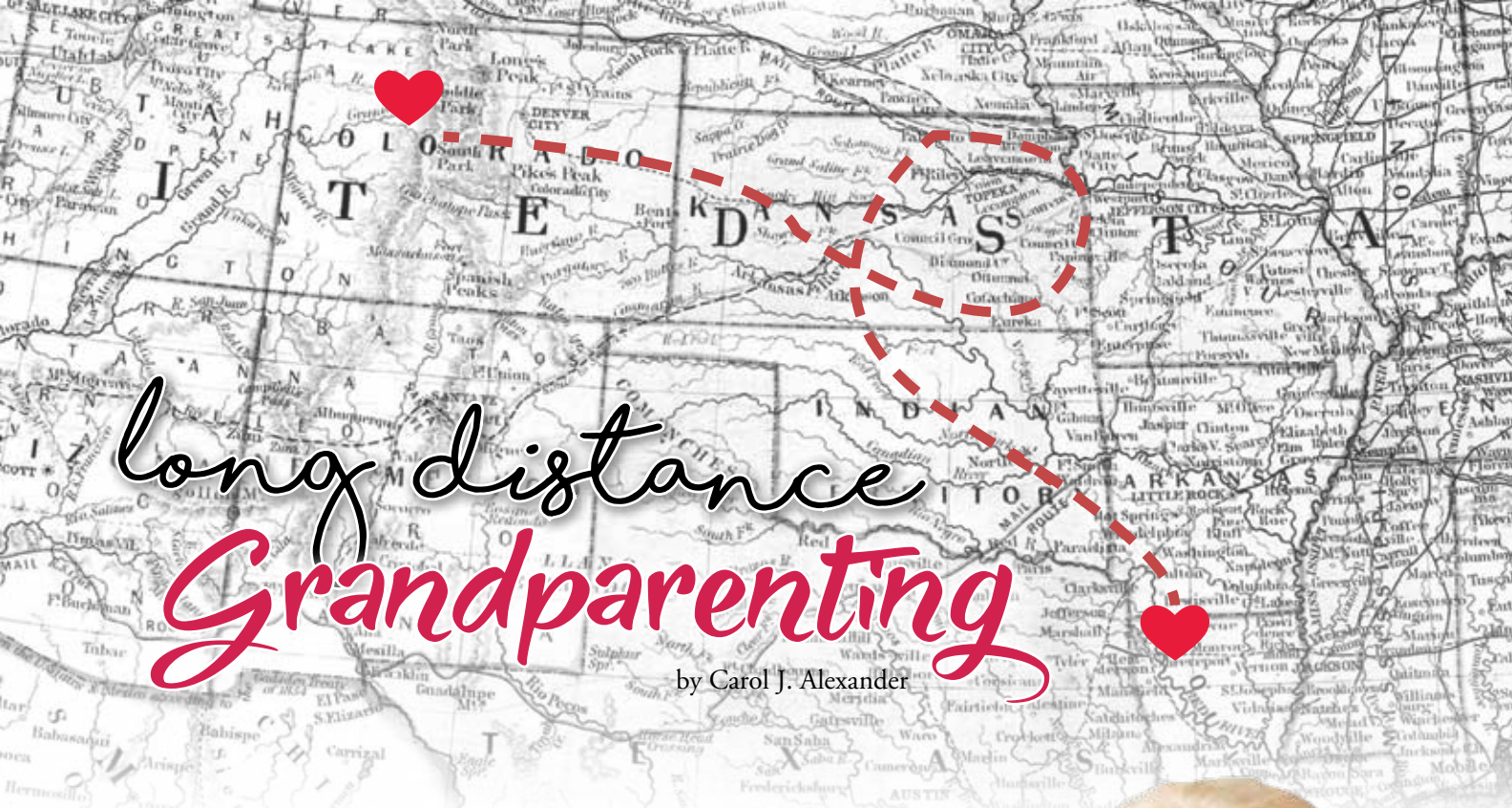
- *Avoid losing all your savings and investments!*
- **Your home is now a bigger target than ever—learn ways to protect it!**
- *Avoid leaving a spouse financially devastated!*
- **Does your will leave everything to your spouse? It might be a HUGE MISTAKE!**
- *How could **changing Medicaid rules and Expanded Medicaid** affect you?*
- **Do you know how a spouse can receive up to \$2,980 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
(318) 869-3133
safeplanning.net

**Does your church, civic group or
workplace need a speaker?**

Give us a call to schedule a speaker
to inform your group about planning
for the single-greatest financial risk
facing most families.



long distance Grandparenting

by Carol J. Alexander

In the classic children's story, *Little House on the Prairie*, Laura Ingalls Wilder describes the parting of the Charles Ingalls family from the rest of the clan. "Grandma and all the aunts hugged and kissed them and hugged and kissed them again, saying good-by." Such was the scene when our family left a major metropolis 13 years ago and headed for the rural countryside - leaving Grandma, Grandpa, aunts, uncles and cousins, 1,000 miles behind.

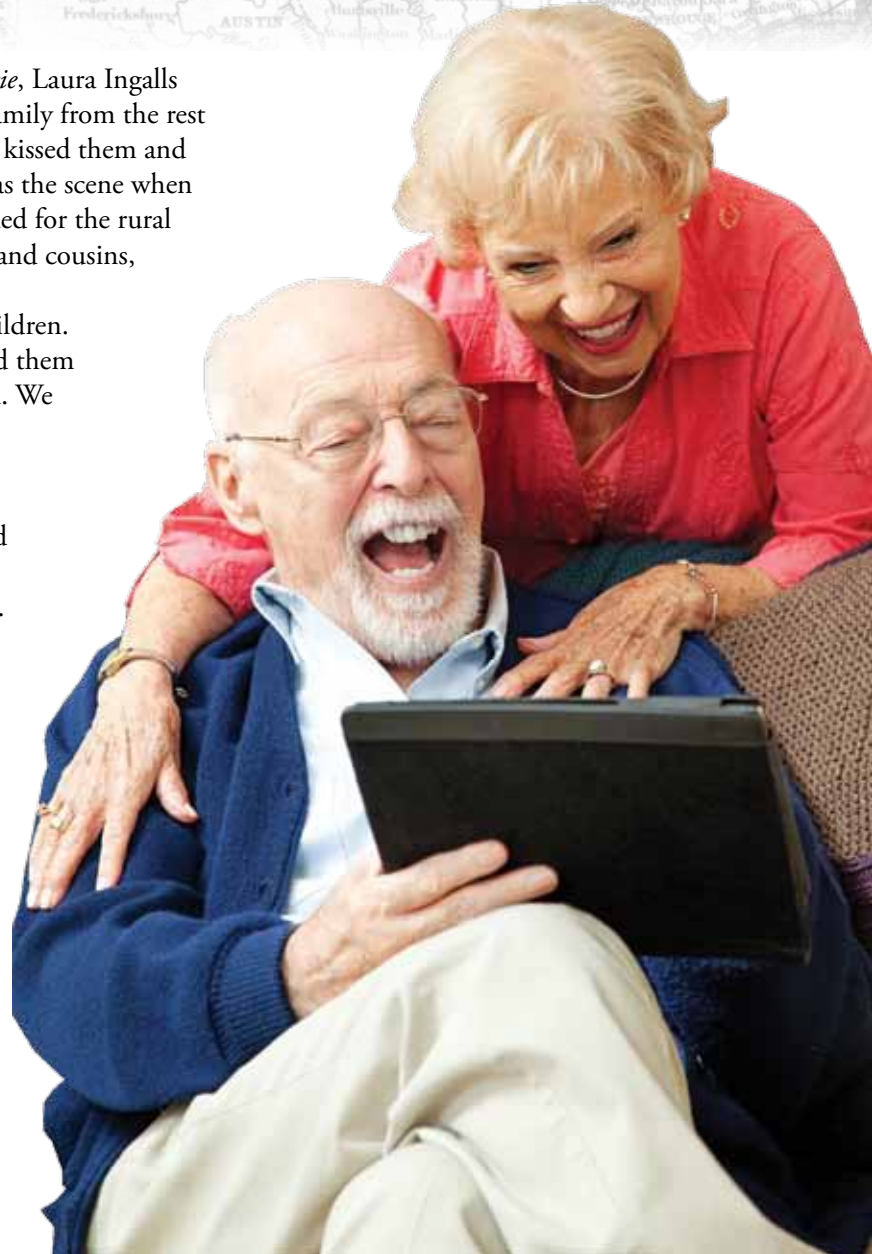
At the time, we felt the move was necessary for our children. We wanted them to grow up in a small town. We wanted them to have chores to do, animals to care for, gardens to tend. We wanted them to walk the streets without fear - roam the woods, play in the river, run through the fields. It was a sacrifice that we have never regretted.

At first, the transition was difficult. Our oldest son had pavement withdrawals; but the nearby creek soon won his heart. Grandma, I think, had the hardest adjustment. Over time, however, she began to see the benefits. And, she never gave up nurturing her relationship with the children.

Fostering a long distance relationship between children and adults takes effort - on all sides. But it can be done. Here are some ideas proven to work for other families:

What's the parent to do?

Do what you can to facilitate communication. After our major move, the first thing we did was purchase an unlimited long distance plan. Since the time our children were very young, regular phone time with Grandma, Aunt Kim and Uncle Jerry has been the norm. Grandma never tires of



the little boys' unending telling of silly jokes. She even has a few of her own to tell. Uncle Jerry will listen as they play music and Aunt Kim loves to hear about all the daily goings on in the country. Frequently, friends will call and ask, "Was your phone off the hook? I tried for hours and couldn't get through." "No," I reply, "The kids were just talking to Grandma."

Parents should also **encourage other forms of communication**. Grandparents and aunts and uncles love to get mail from their little loved ones. Encourage letter writing and picture drawing. What do you do with all those school papers that come home? After they've spent a week on your refrigerator, package them up and send them off to distant relatives.

If the distant relative has some technological know-how, encourage your teen to e-mail or text them regularly. Betty Grayham, grandmother of twelve, was included on her daughter's family cell phone plan so that she could text her family members in Denver for free. Imagine her smile when she receives a text that reads, "Happy birthday, Nana. Love, Kemel." Or, a picture text with the message "Look at how much snow we got today."

Make it a point to visit at least once a year. "I think it's very important to visit them," says Joanna Horner. "We make it a priority to visit my parents in Tennessee once a

year and my parents come our way once a year." Be aware of your parent's health when they discuss travelling. Aging parents that should not drive long distances can fly instead. In addition to Colorado, Grayham has a daughter in Florida. They both fly her to their prospective homes every other year for a lengthy visit. Alternatively, they visit her on the opposite years. Offer to help out with the airfare, or pay it if necessary, to keep the bonds strong.

Send pictures regularly. Before the digital age, I always got double prints from the developer so that I could share the extras with the family. Now, I rarely print photos. But if Grandma is not computer savvy, please don't tell her to go on Facebook to see your pictures. Make the extra effort to mail photographs to her. If you find it a hassle to stand in your local photo lab printing pictures, try an online service. A web search for digital photo printing will provide a myriad of sites where you can upload your photos directly from your card. You can then choose traditional prints or have your shots made into gifts like calendars, clothing, books, or stationery. Or, give Grandma a digital frame and periodically send a new memory card with up-to-date snapshots of the kids.

For Christmas, or another special occasion, compile home movies onto a DVD. If Grandma doesn't have a computer, she can pop it into the DVD player and watch it on TV anytime she wants. In fact, send it to aunts, uncles, and

Encourage *letter writing* and *picture drawing*. Distant relatives love to *get mail* from their little loved ones!



family friends that do not see the children regularly. This is not a costly project. Over the course of a year, using an inexpensive point and shoot type camera, allow your children to take a few videos on their own. My children love to take impromptu movies of each other playing musical instruments, doing stunts on the bicycle, or just plain being silly. The older ones have even staged skits using stuffed animals and puppets that send their parents into side-splitting laughter. These little videos are wonderful candidates for Grandma's DVD. You can also include slide shows of photos you took of them. Using software that is probably already on your computer (Windows DVD Maker is one), it will only cost you the time you put into it.

What's the *grandparent* to do?

If possible, get online. As frightening as it may sound for a lot of older folks, the Internet is how people communicate today. Social networking is all the buzz. But social networking is nothing new. You already have a social network. It includes your family, classmates you still keep in touch with, members of your church or bridge club, those you see at the gym or grocery store. In the computer realm, social networking simply means how people group themselves and find each other online. Facebook currently is the most popular social networking website. On there you will find personal pages, business pages, fan pages for celebrities, and pages for various organizations. You join up with others on Facebook by 'friending' each other and then following what they 'post,' or say, on their pages. Understand that while having a paper photograph to frame for the top of the piano is what you're accustomed to, that today's generation is happy with viewing photos on their computer. Facebook is also where many people post pictures of themselves and their families. Other popular social networking sites include Twitter, LinkedIn, and MySpace.

Try Skype. If you have a computer, install the relatively new communication software, Skype. This interface allows people to video call each other free of charge. Using a webcam, you are able to see the person you are talking to on your computer screen. "My husband and my brother-in-law were both excited about getting Skype when my sister and her family moved to Uganda four years ago," shares LeAnn Wakeman. "My sister's children were young—two, four, six, and eight—when they left the United States. Without Skype the younger ones would likely have no memories of their aunt, uncle, and cousins."

Send packages. Collect goodies for your distant grandchildren. Whenever you see a little something at a yard sale you think one of them would like, buy it. Pick up books, toys, music, even clothes and shoes and pop them in the mail. Don't worry about spoiling them. That's what grandparents are supposed to do. When purchasing though, keep the cost of postage in mind. And remember that sending several small packages over the



Don't be Intimidated by *technology*



Many seniors are intimidated by technology. But you needn't be. There are plenty of opportunities to learn the basics of e-mail, Facebook, text messaging, or Skype. Contact the following places to see if they have a class or workshop to help you:

Your public library

The Parks and Recreation Department

Local technical school or junior college

Your own grandchild or other young person

Or, if you already have some computer experience try the tutorials on one of the following websites:
www.learnthenet.com/learn-to-social-network/

www.pcbargainhunter.com/articles/computer-basics-for-seniors.html

www.aarp.org/technology/social-media/info-06-2010/Network_Be_Safe_and_Have_Fun.html

Call the grandkids *on the phone*.
 Have a nice *long chat*. Listen to
 their *silly stories*... Share stories
 about *your childhood*.



course of the year is better than one huge one.

Call the grandkids on the phone. Have a nice long chat. Listen to their silly stories. Listen to how the ball game went, the driver's test, the prom. Share with them stories about your childhood.

Invite them for a visit. When your grandchildren are old enough for you to manage for an extended period of time, offer for them to come and stay a weekend, a week or whatever feels comfortable. Joanna Horner's oldest daughter said that she got to know her grandparents in a way she never would by spending a week with them last summer. Put what you would normally do on hold and take the time to spend with them, doing the things they would enjoy.

In Laura Ingall's day, a long distance move probably meant never seeing your loved ones again. "Back in the Big Woods so far away," wrote Wilder, "Grandpa and Grandma and the aunts and uncles and cousins did not know where Pa and Ma and Laura and Mary and Baby Carrie were. And sitting there by the camp fire, no one knew what might have happened in the Big Woods. There was no way to find out." Today's world is much smaller. And with the latest technology, it seems to get smaller all the time. Take advantage of these methods, or even the more traditional ones, and your loved ones won't seem far away at all. In fact, they can be just a text message away. •

Freelance writer Carol J. Alexander and her six children have used all these methods to stay in touch with their long distance relatives.



Care with
 Compassion



318-222-5711

8720 Quimper Place, Ste. 100
 Shreveport, LA 71105

www.lifepathhospicecare.com

We accept Medicare, Medicaid and most private insurances.

Voted BEST Plumber by SB Magazine

Rinchuso's
 PLUMBING & HEATING INC.

**WITH OVER 50 YEARS OF
 CONTINUOUS SERVICE TO
 THE INDUSTRY**

- Repairs
- Remodeling
- New Construction
- Water Heaters
- High Velocity Water Jetting
- Sewer & Drain Service
- Dishwashers
 & Disposals Installed

**24 HOUR
 EMERGENCY SERVICE**

671-1820

**607 Mount Zion Rd.
 Shreveport, LA 71106**



LMP-125
 L.A. MECH. CONTRACTOR # 19734

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

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

Warning Signs:



The last thing you want to see is your aging parent falling for a scam that cons them out of hundreds, if not thousands of dollars. Unfortunately though, it happens - often. According to a 2011 study by the MetLife Mature Market Institute, the annual financial loss from senior financial abuse is around 2.9 billion dollars. Then, of course, there's the pain and sufferings and lose of assets. Here are 5 of the more common scams your aging parents may fall for:

1. MEDICARE/HEALTH INSURANCE SCAMS:

According to the National Council on Aging, this is one of the top financial scams targeting seniors. Since every U.S. citizen or permanent resident over age 65 qualifies for Medicare, it's easy pickings to scam them out of money. The cons pose as a Medicare rep to get older people to give out personal information.

2 HOME REPAIR SCAM: Deborah Liss Fins with the Aging Life Care Professionals says that this one is extremely common. "Someone rings the doorbell and offers to fill the driveway and they'll charge less money than a regular contractor," she says. "The person wants to save money and agrees to pay, but then either the job isn't done well or they say that other things need to be done for more money. Then there are threats if the person doesn't pay."

3. MEDICAL EQUIPMENT SCAM: The FBI, which has a Common Fraud Schemes webpage that provides tips on stopping fraud, says that senior citizens should be aware

DINNER *with a* DOC



Stephen W. Lewis, OD
of WK Eye Institute

leads an open forum on cataracts, laser surgery, glaucoma and overall eye health.

Tuesday, April 4 | 6 – 7:30 p.m.
Southern Faire, 1726 Elizabeth Ave., Shreveport

\$30 per person -
\$50 per couple \$25 for WOW members

To register, call **(318) 212-8225** or online at **wkhs.com**.





5 Scams Aging Parents Fall For

By Lisa Iannucci
© CTW Features

of medical equipment fraud where equipment manufacturers offer “free” products to individuals. Insurers then are charged for products that were not needed and/or may not have been delivered.

4. NEED HELP SCAM: This scam actually happened to Fins’ mother. “She got a call late at night and the person said, ‘Hi Grandma, I need bail money.’ The first thing the senior will say is ‘are you OK?’ and usually give the grandchild’s name,” Fins says. “That’s all the person needs to hear. Luckily my mother caught on, but some people don’t.”

The National Council on Aging says that once the con artist is in with the grandparent, they usually will ask for money to be paid via Western Union or MoneyGram, which don’t always require identification.

5. REVERSE MORTGAGE SCAM: Using your parent’s fear of financial insecurity, a scammer may convince the senior that a reverse mortgage is the answer to their problems, while in reality seniors are being scammed out of their money or home.

How can you tell if your parent fell for one of these?

“It’s hard because if you’re not involved in their finances, it might not be easy to tell, but they will probably be embarrassed about something,” Fins says. “Maybe a bill hasn’t been paid or they suddenly need money when you know they had it before. Sometimes it’s hard to tell until something actually happens.”



MIGHTY MOVERS

MOVING • PACKING • DELIVERIES
(318) 429-7592

We make MOVING easy!
Anywhere!

PACK • MOVE • UNPACK
10% Discount for Senior Transition

DOT #1470525 MC # 555318 LPSC #7254  323 Hamilton Rd.
Bossier City, LA



Always
BEST CARE
ABC
SENIOR SERVICES

Home Health, Private Sitters & CNAs
Care that allows seniors to stay HOME!


VA Approved

- State Licensed • Fully Insured & Bonded
- Covered by workers comp
- Background Checked • CPR Certified

(318) 424-5300
abc-shreveport.com

Make the Most of Your Rewards Program Membership

I'm often intrigued and sometimes inspired by stories of people traveling the world using points and miles. There's a well-known (within certain circles, at least) man who earned over a million airline miles by purchasing more than \$3,000 worth of pudding during a special promotion in 1999. Or, you might have heard about people using coupons during a grocery store's membership-only sale to get food and household products for free.

While I might not be as enthusiastic as some world travelers, or as extreme as some couponers, I do see the benefit in a program that's free to join and offers you potentially money-saving perks. However, I also know it's important not to get so caught up that I wind up spending more money than I would otherwise. As a friend of mine loved to say, "never spend a dollar to save a nickel."

The perks of membership.

There are many loyalty or rewards programs to choose from and the rules and benefits can vary. For example, a grocer's program might offer the same in-store savings and exclusive coupons to all its members. By contrast, travel rewards programs often have tiers, different levels of membership with varying benefits depending on how often you travel or how much you spend. While the basic

tier may offer discounted hotel rates or free Wi-Fi, the higher tiers might come with free room upgrades (including to coveted suites) and guaranteed early check-in and late check-out.

Recognize why companies might have rewards programs. When you're a big fan of a company or product, getting rewarded for your loyalty can be great. After all, it's a free perk if you were going to make the purchase anyway. But try not to get too attached to a particular company or product based solely on the rewards program.

Buying something simply because you get a discount as a member, or making a purchase "for the points," might be a waste. You could find yourself with a pantry full of products that are slowly going bad, or paying more for a trip because you didn't comparison shop the offerings from other airlines or hotel chains.

Joining a rewards program could lead to overspending if you're not careful. Recognizing that the programs could be designed to get you to spend more, and more often, can help you refrain from overspending. Here are a few additional ways to make sure you maximize your benefits.



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



• Don't double-count your savings. You're tricking yourself if you consider the rewards points from a retailer's program as savings when making a purchase and then consider the same points as savings (again) when you redeem them for store credit. Count the rewards once, or don't make them part of your buying decision at all.

• Keep your programs organized. Points in some programs expire if you don't use them within a specified period or have recent account activity. You could use a website, app or spreadsheet to help track your accounts, how many points or miles you've earned and when they expire.

Another way to avoid overspending is to consider your net cost when comparison shopping. To do this, you'll need a list of the dollar value of each programs' rewards points. You could take a shortcut and copy the values other enthusiasts place on each program's points. Or, you could make estimates of your own based on trips or purchases you regularly make.

Now you'll know when 1,000 points are worth \$1 or \$10 and can plan your purchases accordingly. In the end, you want to be able to make as close to an apples-to-apples comparison as possible, inclusive of the value you place on the rewards.

Bottom line: Consumer rewards programs offer a wide variety of benefits, including exclusive savings and complimentary perks. While it's often free to join the programs, and you could get rewarded for doing so, keep the big picture in mind and be careful about letting your membership lead to unnecessary purchases.

Nathaniel Sillin directs Visa's financial education programs. To follow Practical Money Skills on Twitter: www.twitter.com/PracticalMoney.



Dr. Nadia Gomes

Pediatric to Geriatric



Caring for the entire family with a special interest in women's health and pediatric care, Dr. Nadia Gomes has joined CHRISTUS Primary Care Associates – *Shreveport Bossier* and is now accepting new patients.

- Comprehensive family medicine
- Pediatrics, including well child visits
- Women's health – cryotherapy, biopsies
- Joint injections
- Incision and drainage
- Individualized care
- Healthy lifestyle counseling

Dr. Gomes is originally from Canada but completed her Family Medicine residency at LSU Medical Center and has since made Louisiana her home.

Office hours: Monday through Friday, 8 a.m. – 5 p.m

Schedule your
appointment now.
844.CPG.DOCS
(844.274.3627)



CHRISTUS®

Primary Care Associates - *Shreveport-Bossier*

1460 E. Bert Kouns Industrial Loop, Suite 700
Shreveport, LA 71105
christushealth.org/shreveportprimarycare



Surviving A Broken Heart

Yes, Valentine's Day has come and gone, but perhaps it wasn't a happy holiday for you. Love may be wonderful, but not every relationship is going to last forever and when the present love of your life announces that he or she is out the door, it's anything but wonderful.

So how does one cope with the loss and pain that a broken relationship usually brings, whenever it may happen? One starting point is the age-old adage to let time be the healer. Give yourself distance from the breakup and you'll also gain perspective. You'll see that eventually your broken heart will heal, but it's necessary to do that healing at your own pace, not someone else's.

But what can you do to handle that initial period of pain? Here are some practical tips to help:

- 1 Recognize this as a loss**, similar to the death of someone close to you. It's fine to mourn, but don't beat yourself up or feel guilty for being sad or angry.
- 2 Acknowledge that the day will come** when you will get better. Time really does heal.
- 3 Take care of yourself physically.** Get lots of rest but don't languish in bed. Exercise. Eat well and sensibly. This is not the time to pig out nor the time for stringent dieting.
- 4 Put structure in your life.** Stick to your regular schedule as much as possible during the week. Make plans for evenings, weekends and holidays.

AC Duct Cleaners

Air Duct Cleaning • Odor Removal • Air Purification System

"Respiratory problems including asthma and allergies are on the rise and is the 6th leading cause of chronic disease in the United States, costing the health care system \$18 billion annually. It can be attributed to dust and mildew spores; pet hair, dander and outdoor pollens that become trapped in your AC duct system."

Call Today For a
FREE Inspection
(318) 218-0770



What you can't see
CAN hurt you

Rotobrush

5 Realize you really aren't alone. Seek the support of others. It's okay to accept comforting but don't wallow in repeated story telling

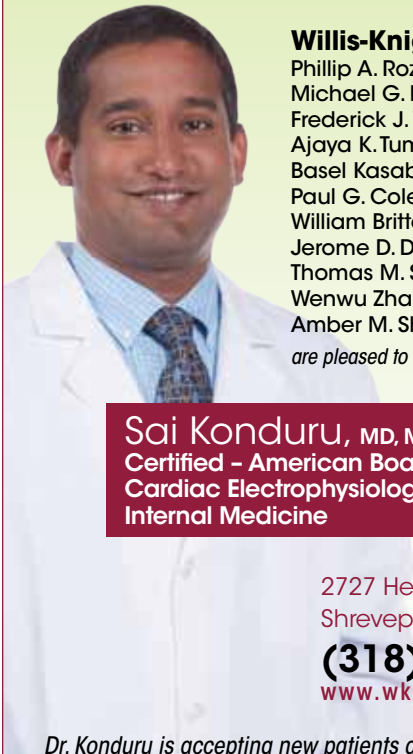
6 Be aware of the rebound. This is not the time to rekindle old, failed relationships, nor the time to start a new one.

7 Forgive your ex-lover. Forgive yourself. Celebrate the good in the relationship ended, but don't hold on to mementos from it. They can keep you stuck in the past. Honor what you had, then let it go. Accept that when something's over, it's over.

8 Reaffirm yourself. Accept it's okay not to be in a relationship and that you are still a good person.

Taking these simple steps can help minimize that pain and put your life back on a positive, solid footing. And one day soon you will be able to commend yourself for your courage and your survival. You made it! And hopefully, come next Valentine's Day, you'll again be a participating member of the relationship celebration.

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



WK
WILLIS-KNIGHTON PHYSICIAN NETWORK
and
Willis-Knighton Cardiology
Phillip A. Rozeman, MD, FACC
Michael G. Futrell, MD, FACC, FSCAI
Frederick J. White, III, MD, FACC, FCCP
Ajaya K. Tummala, MD, FACC
Basel Kasabali, MD, FACC
Paul G. Cole, MD, FACC
William Britton Eaves, II, MD, FACC
Jerome D. Danzell, MD, FACC
Thomas M. Smith, MD, FACC, FSCAI
Wenwu Zhang, MD, PhD, FACC
Amber M. Shah, MD, MPH
are pleased to announce the affiliation of

Sai Konduru, MD, MPH
Certified - American Board of Internal Medicine
Cardiac Electrophysiology, Cardiology,
Internal Medicine

2727 Hearne Avenue, Suite 301
Shreveport, LA 71103
(318) 631-6400
www.wkcardiology.com

Dr. Konduru is accepting new patients and most insurance plans.

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

Always incorporating the newest technology for clearer vision.

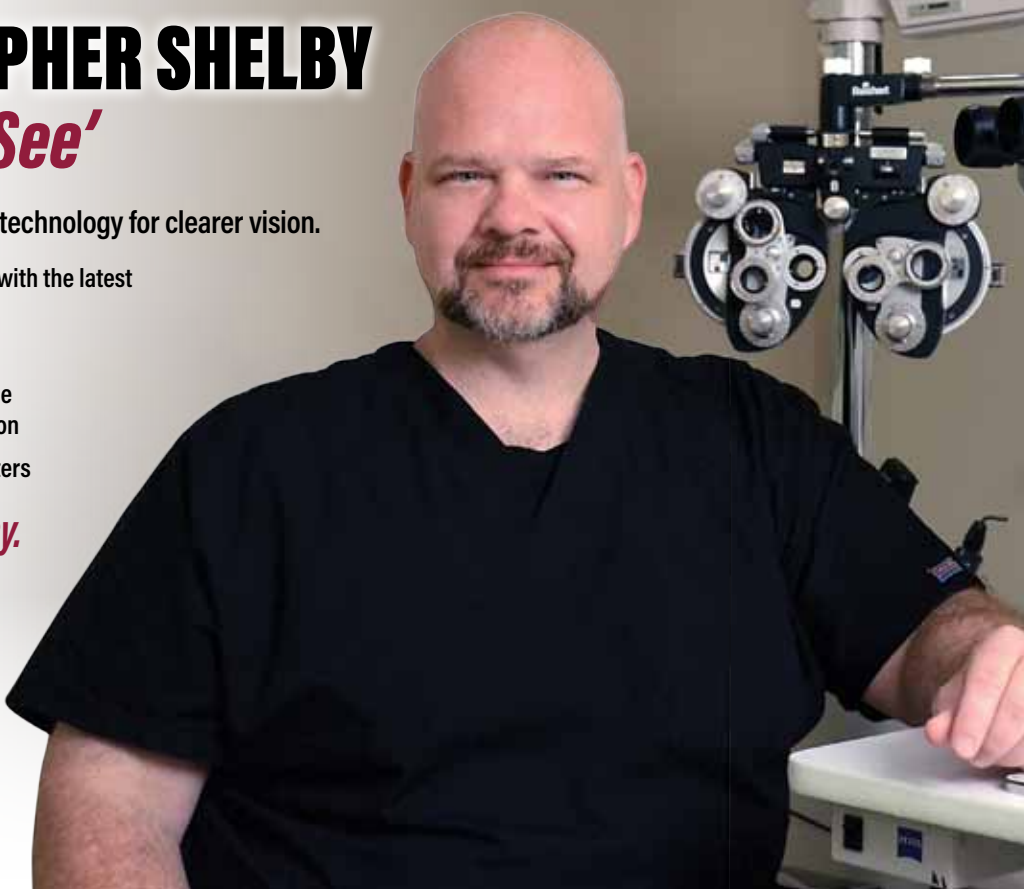
- Laser cataract surgery techniques with the latest in multifocal and toric lens
- I-Stent technology for glaucoma
- The implantable miniature telescope for age related macular degeneration
- Laser treatment for removal of floaters

Trust your eyes to Dr. Shelby.

For more information,
call or go online to:

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

WK EYE INSTITUTE
PIERREMONT



What Is the Louisiana Second Circuit Court of Appeal?

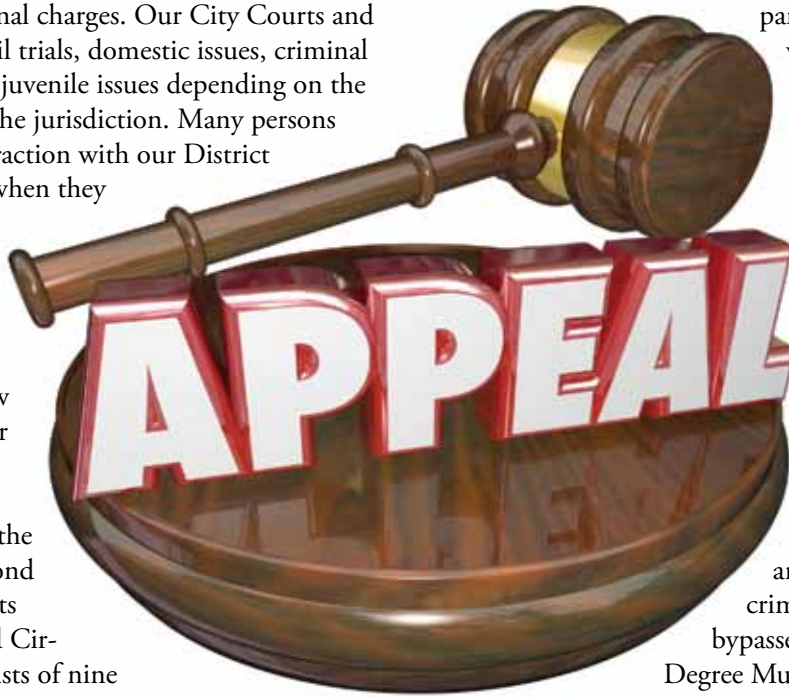
City Courts and District Courts are the courts with original jurisdiction in the State of Louisiana. This means that cases are started in these courts by the filing of a lawsuit or criminal charges. Our City Courts and District Courts handle civil trials, domestic issues, criminal issues, traffic matters, and juvenile issues depending on the location of the court and the jurisdiction. Many persons in our local area have interaction with our District Courts on a regular basis when they receive their favorite piece of mail, the jury summons. But most persons in our local area do not interact with the higher level courts or know what happens at the higher level.

The next level of court after the District Court is the Court of Appeal. The Second Circuit Court of Appeal sits in Shreveport. The Second Circuit Court of Appeal consists of nine

judges who are elected from three election districts in the 20 northernmost parishes of Louisiana. The middle district, from which I was elected, consists of nine

parishes: Bossier, Webster, Bienville, Jackson, Union, Lincoln, Claiborne, Caldwell, and Winn Parishes. Three judges are elected from this district on staggered terms, meaning that no two judges from this district will be on the ballot in the same election year.

The Courts of Appeal are intermediate courts. These courts have appellate jurisdiction over all civil matters, all matters appealed from family and juvenile courts, and criminal cases that are tried by a jury. The only criminal case tried by a jury that bypasses the Court of Appeal is a First Degree Murder trial where the Death



THE MOST CAPABLE FAMILY VEHICLE.

2017 PACIFICA
Uconnect[™] | SiriusXM[®] | Bluetooth[®]

STOW 'N GO, 8.4" TOUCH SCREEN, STOW 'N VAC,
BUILT-IN GAMES, PLUG-IN HYBRID AVAILABLE W/ 80 MPGe*

NOW AVAILABLE AT
HEBERT'S Town & Country
CHRYSLER • DODGE • JEEP • RAM

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

*Manufacturer's estimated miles per gallon of gasoline equivalent (MPGe.) Actual mileage may vary.

Penalty has been imposed by the jury. These cases go directly to the Louisiana Supreme Court for review.

A Court of Appeal also has supervisory jurisdiction to review interlocutory orders and decrees in cases which are heard in the Trial Court within their geographical circuits. This means that if a Trial Court makes a ruling that a litigant feels may jeopardize their case, that litigant is allowed the opportunity to seek a ruling from the Court of Appeal on whether or not the Trial Court was correct in their ruling. Some of these rulings are applied for by litigants in the middle of trial and have to be decided by the Appellate Court within strict time delays. In addition, any election type issues are appealed to the Court of Appeal and have to be decided on a very short time frame.

One unique feature of the Court of Appeal is that the court is able to review questions of fact, as well as questions of law, in civil cases. The Trial Court is charged with the responsibility of trying the case, judging the credibility of witnesses, and determining which evidence will be allowed or not allowed in the case. The Court of Appeal gives great deference to the original trier of the facts and should not overturn the decision of the Trial Court unless that court committed manifest error. In criminal cases, the Court of Appeal may review only questions of law.

The Second Circuit Court of Appeal hears cases from the top 20 northernmost parishes of the State of Louisiana. Three judges are randomly assigned

to sit on a panel to hear each case that is appealed. Two judges must concur in order to reach a decision. The court can take the following actions on a case that is appealed: affirm, reverse, affirm in part and reverse in part, remand the case with instructions, or reverse and render a decision. If a judge does not agree with the majority, then that judge can write a dissent. The person who loses the appeal can then ask for a rehearing. If the rehearing is granted, the rehearing will be heard in front of a five judge panel which will then render a decision.

The only court higher than the Court of Appeal in the State of Louisiana is the Louisiana Supreme Court, which may or may not decide to listen to a case that has been decided by the Court of Appeal.

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



ESTATE PLANNING SEMINAR

By **JOSEPH GILSOUL**, Attorney at Law

**Wednesday, March 15th
at 2:00 p.m**

Call Priscilla Griffin or Pat Covington for reservations at 318-524-3300

Joseph Gilsoul
Attorney at Law

Waterview Court Senior Living
2222 East Bert Kouns Industrial Loop
Shreveport, LA 71105
www.waterviewcourtseniorliving.com

Free and open to public!

★ 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

DISCOVER WHAT'S NEW AT SCI-PORT!

A POP MEMBERSHIP STARTS AT
JUST \$130 FOR A FAMILY OF FIVE.

Memberships are perfect holiday and
birthday presents for grandkids!

sciport.org/pop

Sci-Port Discovery Center | 318.424.3466 | sciport.org | #DiscoverSciPort | 820 Clyde Fant Parkway Shreveport, LA

Avoiding Salt is Bad for Your Heart

Before you reach for the salt shaker, you need to know that the kind of salt you eat matters. Typical table salt found in almost all kitchens and restaurants is similar to the industrial chemical used to de-ice highways. Not very appetizing, is it?

Despite its bad rap as a prime driver of heart disease, good salt is actually an essential component of a healthy diet. Even the mainstream medical establishment is starting to understand that good salt isn't the bad guy it's been made out be. In 2010, a study published in JAMA found that (in exactly the opposite of what most of you think about salt consumption), the risk of heart disease and related deaths rises with seemingly modest salt reductions. Yes, rises!

This is troubling when you consider that the U.S. Dietary Guidelines have steadily recommended American reduce their sodium intake, from 6,000 mg per day in the 2005 guidelines to 2,300 mg per day in the 2015 guidelines.

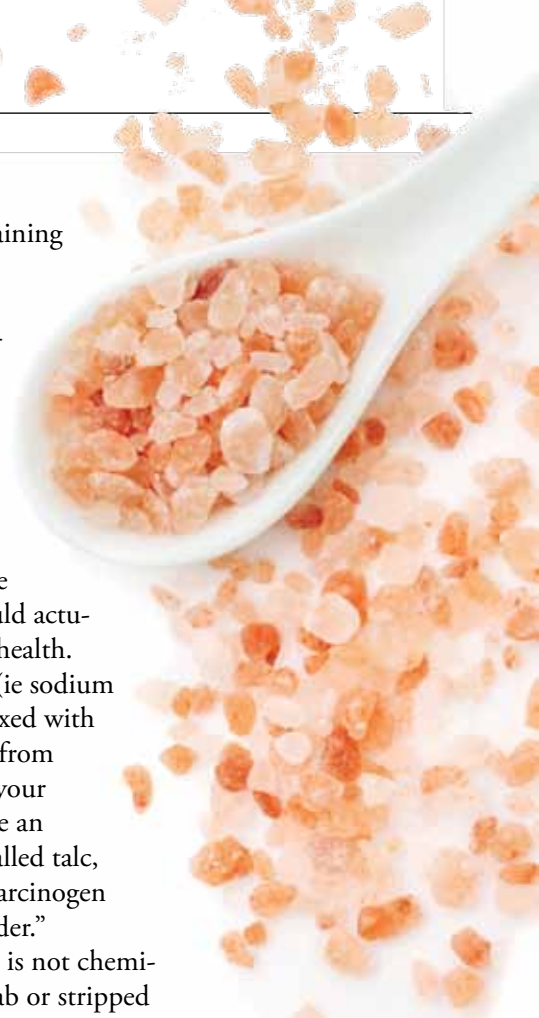
Another 2010 study published by researchers out of Harvard, found a link between a low-salt diet and an increase in insulin resistance, which is the gateway problem that leads to diabetes and obesity.

Table salt is so refined that I consider it a food additive and not a food. It's high in sodium and chloride only, it has been

stripped of life-sustaining minerals like copper, iodine, potassium, magnesium, chromium, zinc, and iron. There is nothing left except sodium chloride. It's nutritionally naked. Sea salt is different. Avoiding sea salt (the unrefined kinds) could actually be bad for your health.

Refined table salt (ie sodium chloride) is often mixed with chemicals to keep it from clumping up inside your shaker. They may use an anti-caking agents called talc, which is a possible carcinogen found in "baby powder."

Unrefined sea salt, is not chemically modified in a lab or stripped



CUTENESS THAT JUST WON'T QUIT

Lauren and Sam Brimer were so thankful that their firstborn baby Sawyer, was already sleeping through the night at such an early age, but when they noticed that the back of Sawyer's head on the left side seemed abnormally flat, they became concerned. Their pediatrician referred them to maxillofacial specialists who had Snell's Orthotics and Prosthetics scan Sawyer's head.

On a return visit, a second scan showed no improvement and the specialists diagnosed the problem as plagiocephaly (flattened head syndrome). The doctors referred the Brimer's to Snell's to have Sawyer fitted for a cranial helmet.

"You can tell they love what they do," Lauren said. "Everyone at Snell's was so sweet and genuine. When Sawyer would get anxious during scanning they would sing or talk to him to help him relax."

After making sure Sawyer wore the device the prescribed 23 hours per day, his parents proudly report that his treatment was successfully concluded and the helmet removed a few weeks before his 1st birthday.



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

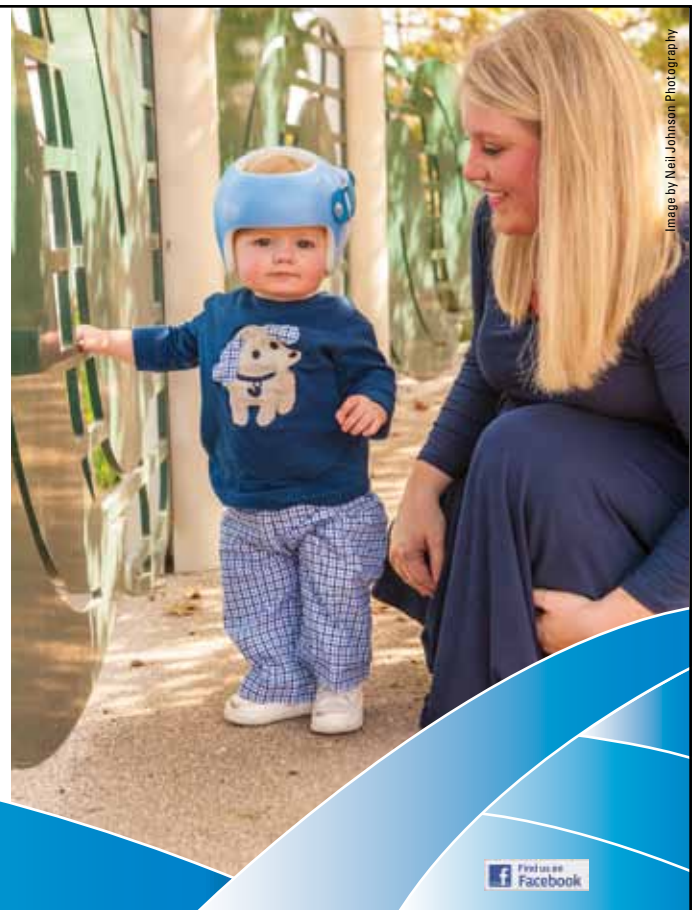


Image by Neil Johnson Photography



of it's minerals. Be careful because sea salt can also be refined too much. But colorful, unrefined sea salt is essentially water from a sea (or river) that gets evaporated and purified. These types of salts should not dramatically impact blood pressure like table salt, in fact they offer healthy minerals which drive 1000's of metabolic reactions all day long. I will now list a few salts, but please go to my website to read the longer version of this article which includes other unique salts:

- **Pink Himalyan Salt.** The color comes from iron oxide, but this one has over 80 trace minerals, the most of any type of salt.
- **Red Alaea Hawaiian Salt.** This sea salt starts white but then develops a beautiful rich red color when it's dried in salt ponds that are lined with red volcanic clay (known as alaea in Hawaiian). That red hue comes from the presence of iron.
- **Celtic or French Grey Sea Salt.** This comes from France, and gets its color from the clay found in the tidal pools where the salt is dried. It is a particularly good source of magnesium.

This information is not intended to treat, cure, or diagnose your condition. Always consult your physician for all medical matters. Visit www.SuzyCohen.com. ©2017 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.



Now Leasing!

**AFFORDABLE
SENIOR HOUSING**

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

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

FIVE FACTS your doctor should be telling you about CoQ10:



01

Sparks Energy – Many cases of heart failure are actually caused by a lack of CoQ10. CoQ10 sparks energy in every cell of your body including your heart which is your body's largest energy user. Without enough CoQ10, your heart doesn't pump blood as efficiently as it should.

02

Feel Younger –The lack of energy we call "aging" is often just a CoQ10 deficit. Your body naturally produces CoQ10 throughout your life, but production drops as you get older. When people start taking CoQ10, they often feel 10 years younger.

03

Coq10 Is A Powerful Antioxidant – It cleans up the destructive free radicals that are by-products of the energy production process.

04

On A Statin Medication? – If you're on a statin medication, you **MUST** take CoQ10. Not only do statins stop cholesterol production, but they also hinder your body's production of CoQ10. That's why many people end up with muscle aches and weakness while taking statins.

05

What Brand To Choose
Not every CoQ10 supplement works. The form of CoQ10 you take affects how well it is absorbed into your body. We like Boudreaux's brand CoQ-10 Pre-Emulsified Liposomal (PEL) Delivery System. Evidence has shown that pre-emulsified CoQ-10 delivery forms show increased absorption over powdered forms.



BOUDREAUX'S
SPECIALTY  **COMPOUNDING**

2551 Greenwood Rd, Suite 110
Shreveport, LA 71103
(318) 631-2005

The Case of the Joint Bank Account

Two friends, Joey and Chandler (not their real names), moved to New Orleans. When they found out how expensive everything was, they wondered whether it had been a horrible mistake. In order to save money, they decided to become roommates. In order to please their new landlord, and hopefully make things easier on themselves, they opened a joint bank account.

Chandler soon got a job as an accountant. Joey, on the other hand, wanted to be an actor. For years, Chandler was putting a lot more money into the joint account than Joey, but they both used the account. They would both make deposits and withdrawals and didn't worry about it much. Even though Chandler was an accountant, neither he nor Joey kept any kind of records about who put



money in or who took money out. It just wasn't a problem. Until Joey died.

His family showed up for the funeral and Gina, Joey's sister, quickly alienated everyone by searching Joey's and Chandler's apartment. During her search, she found a bank statement for the joint account. Care to guess where Gina went next? That's right: to the bank, where she demanded every penny of the money in the account.

The bank, of course, refused to give Gina anything. So she left the bank in a huff and went to Chandler with her hand out. It turned into quite a scene; Chandler was so offended that he went to the bank, closed the joint account and kept all of the money for himself.

Sound fair to you? How about legal?

An advertisement for the WAITR app. On the left, a smartphone displays the app's interface, showing a menu item 'Shrimp St. Charles' with a price of 3.00 and a total of 15.49. On the right, the text '— MEET —' is above the WAITR logo, which consists of a stylized 'W' and 'R' forming a bowtie shape. Below the logo is the tagline 'Discover. Order. Eat.' and three icons: a smartphone, a dollar sign, and a fork and knife. A white box contains the text 'SEE YOU IN OCTOBER'. At the bottom, it says 'CARRYOUT OR DELIVERY' and 'DOWNLOAD NOW FOR FREE', with buttons for 'Google play' and 'Download on the App Store'.

Here's what Louisiana law says: just because your name is on a joint bank account does not mean that all the money in the account is yours. If you put the money in, then it's your money. Even after you die. So if you put \$100 into a joint account with someone named Monica and Monica puts \$20 into the account, \$100 belongs to you and \$20 belongs to Monica.

But Joey and Chandler's situation was much more complicated. No one had any idea who put what in or who took what out. What do you do in a situation like that? A judge will presume that everyone on the account is entitled to an equal share. Which means that because they had no good proof, Chandler is only entitled to 50% of the money and Joey's heirs are entitled to the other 50% of the money.

When Gina, who was Joey's only heir, found out that she could have gotten half of the money, she sued. But she didn't just sue Chandler. She also sued the bank for letting Chandler take all of the money out of the account.

The bank was able to quickly get out of the lawsuit. That's because Louisiana law says that a bank "does not have to inquire as to the ownership for one of the joint account holders to withdraw funds." In fact, the law says that "a bank is authorized to allow withdrawals by any joint account holders without affecting the ownership of the funds" and the bank is relieved of liability in disputes between joint account holders.

Chandler, on the other hand, was not so lucky. He ended up having to pay Gina half of the money in the account.

A similar thing happened to one of the co-owners of a famous bar down in New Orleans. But in that case, the joint bank account wasn't in Louisiana. It was at a Mississippi bank, and Mississippi law is different than Louisiana law. Mississippi law says that when someone with a joint bank account dies, the money in the account is presumed to belong to the survivor. Which means that if Joey and Chandler had moved to Jackson, Mississippi, instead of New Orleans, Louisiana, then Chandler would have been able to keep all of the money.

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






INSURANCE SOLUTIONS


MIKE SAKIEWICZ
<http://an.insure/mikesakiewicz>

 **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*



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



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

ALASKA

WHERE FANTASY BECOMES REALITY



Story by Andrea Gross; photos by Irv Green

I've been aboard the ship one hour when a fellow passenger spots orcas off to the left, three hours when the captain sees humpbacks 100 yards to the right. The next morning a bald eagle soars overhead while I'm eating breakfast. For someone who grew up in places where a neighborhood park was considered a wilderness area, Alaska is an alternate universe.

My husband and I are aboard the *Island Spirit*, a 32-passenger ship that's one of the smallest commercial vessels to ply the Inside Passage. During a nine-day outing we weave into small inlets that are off-limits to larger vessels, visit a limestone grotto that's hidden in a fairytale forest and hike to a rocky glacier fronted by a field of grass and wildflowers.

What we don't do is check email (no wi-fi), use our cell phone (no cell service) or give two hoots about the state of the world. We are wonderfully, blissfully disconnected.

Before we left home, we made a Bucket List of Alaskan Must-Sees. Number One: Bears.

Along with six other passengers we take a sturdy skiff to a narrow stream that's bridged by a small waterfall. The driver turns off the motor. After about five minutes a bear ambles out of the forest, walks to a rock, stares into the stream. He's a picky one, evidently not too hungry, because although the water is polka-dotted with salmon, he merely makes a few half-hearted attempts to catch one and then wanders away.

Meanwhile an older bear walks down the same path, scoops up

✓ a salmon and, before he leaves, looks straight at us as if posing for a photo. This bear should be a tourism ambassador.

✓ *We cross Number One off our Bucket List and concentrate on Number Two: Whales.*

With the flexibility offered by a small ship, the captain can alter course based on whim, weather or, as we soon learn, whales. He steers the boat up to a large group of the giant mammals — not just any whales but huge humpbacks engaged in bubble net feeding, a ritual that involves surrounding small fish (usually herring) with a “net” of bubbles, pushing the trapped bait to the surface and in a genetically choreographed dance leaping out of the water to devour their catch. It is, for me, the highlight of the trip. I give it a Bucket List star.

Petersburg, settled by Norwegian immigrants, is a thriving coastal community.



Alaska is home to all three types of American bears: the brown, the black and the polar.



A deft captain can often steer his ship close to giant whales.

Of course, we also see other marine creatures — sun starfish, a sea lion trying to climb a buoy, a variety of iridescent jellyfish, and sea anemones that shimmer like glass sculptures.

✓ **Bucket List Number Two — check. We move on to Number Three: Small Towns.**

After a quick stop in Tenakee Springs, a tiny community of fewer than 100 people, we dock in the comparatively large fishing village of Petersburg, population 2,000. The town is out-of-reach for big-ship travelers, but small ship visits provide enough tourists to support a three-block long Main Street that includes a top-notch bookstore, a hardware store that has morphed into a full general store with everything from bear-themed socks to seven-legged crab magnets, and a bar that offers beer, pool, music and painting classes — all at the same time.

✓ **Our final Bucket List item: Wilderness.**

It's early morning when we board the skiff for the ride to Dawes Glacier. The sky is gloriously blue, the temperature chillingly cold. I pull my scarf up to cover my face and then I hear it — the sounds of crashing ice. Large chunks of ice are breaking off the end of the glacier and splashing into the water. In other words, the glacier is calving, or birthing, icebergs.

But it isn't until that afternoon when we reach Ford's Terror that we experience Alaskan-style Wilderness. The secluded fjord is guarded by a narrow channel that can only be traversed at specific times and by very small ships. The Island Spirit is one of the few — if not only — commercial ships to overnight in

Ford's Terror. I can't decide whether to be thrilled by the area's beauty or terrified by our isolation, as was Ford, the naval surveyor whose adventure gave the inlet its name.

The following morning we awaken to a universe of complete solitude. The water is calm, the trees high, the clouds low and the air misty due to an overnight rain.

We spend the day exploring the area by kayak and skiff. The mist adds to the magic, and we're reluctant to return to the ship. But the captain has reminded us that we have only fifteen minutes when the waters will be calm enough for us to safely exit the fjord. Otherwise, we'll be trapped by the tides for another six hours. Tempting to be sure, but we all have planes to catch.

Our bucket list is complete. Our Alaskan fantasy has become a reality.



Alaska's waterfalls range from an estimated height of 2,000 feet (Thunder Falls near Petersburg) to trickles that spill down almost every hill.

For an expanded version of this article, see our companion website, 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

NOW LEASING!



**CANAAN
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**

Fifty Years of The Carol Burnett Show

A couple of years ago, visitors to Carol Burnett's home might have observed the comedy legend glued to the TV set, binge-watching every episode of her old variety show. But it wasn't a case of extreme celebrity vanity sweeping through the Burnett household.

"I'd been getting calls from writers wanting to interview me about the show," said Ms. Burnett from Los Angeles. "So I thought, maybe I should write a definitive history of the 11 years I worked on 'The Carol Burnett Show' because, after all, I was there!"

Her timing was perfect. "In Such Good Company: Eleven Years of Laughter, Mayhem, and Fun in the Sandbox" was published late last year as a prelude to this year's 50th anniversary of the show, first broadcast in September, 1967. Scrutinizing the episodes, Burnett jotted down notes to help with the book preparation.

"I watched all the episodes – over 270 of them – in a period of several weeks. I fast-forwarded through the sketches that I remembered, but really wanted to jog my memory about the ones I'd forgotten. Watching also helped me remember behind-the-scenes stories and the great variety of guests that appeared each week."

As she progressed through the viewing marathon, Burnett says it was fascinating to observe the cast evolve.

"We all improved over the first 3 or 4 years. Harvey (Korman) was brilliant from the beginning, but even he honed his craft. Vicki (Lawrence) was 18 and right out of high school at the start, so Harvey took



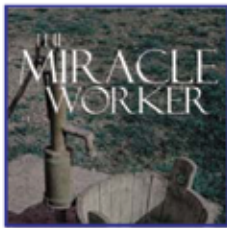
THE SHREVEPORT LITTLE THEATRE

95th SEASON 2016-2017

Shreveport Little Theatre... a **GEM** in American Theatre!



September 15-25, 2016



November 3-13, 2016



December 1 - 11, 2016



March 2 - 12, 2017



April 20 - 30, 2017

ALL FIVE MAINSTAGE SHOWS

For only: \$95 (adults) or \$87 (seniors, students, active military)

a savings of \$10 off individual ticket price

SLT

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

her under his wing teaching her accents and giving her acting tips. She absorbed everything like a sponge and millions of viewers watched her evolve into a brilliant comedienne.”

Audiences were also treated to a parade of weekly special guests throughout the series, which collectively could be considered a history of Hollywood from the period.

“We might have had more famous guest stars than any other TV show,” Burnett suggested. “My husband (the late Joe Hamilton) was producing the show and we would say let’s call so-and-so and ask him or her on the show.”

But their guest wish list wasn’t always fulfilled.

“We wanted Bette Davis and had a standard fee for all our guest stars, but she asked for too much money,” recalled Burnett. “I wanted to pay her more but we couldn’t because everyone would have wanted more.”

In addition to its impressive guest list, the show is legendary for the cast ‘breaking up’ during filming.

“People remember those sketches and think we did it all the time but we really didn’t,” she laughed. “Nor did we ever do it on purpose and it was mostly when Tim (Conway) was on. We’d tape two shows on Fridays with different

audiences. Tim would do it the way we rehearsed for the first taping, then go crazy for the second without telling anyone what he would be doing.”

For all her television work, Burnett amassed an incredible collection of honors, including 3 personal Emmy’s just for “The Carol Burnett Show.”

“Of course, I’m proud of the awards and they’re sitting on a shelf – but I don’t go and polish them every day!” she laughed.

Already an author of several other popular books on her life and career, her latest 320-page memoir on the show has been warmly received by critics and fans. She says she wasn’t too concerned about finding an audience for a book about a 50-year-old TV show.

“It still airs on cable and there are old and new fans watching it. But I really just wanted to get the memories down on paper for myself and if others enjoy it, that’s the cherry on top of the sundae.”

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 600 magazines and newspapers.



Carol Burnett (center) with Tim Conway, Harvey Korman, Lyle Waggoner and Vicki Lawrence (1992 CBS publicity photo)

CLASSICS WITH A
Twist
2016 2017

The Strand

The Nitty Gritty Dirt Band
FRIDAY, SEPTEMBER 9, 2016

NEIL SIMON FESTIVAL'S
Driving Miss Daisy
FRIDAY, OCTOBER 7, 2016

Live And Let Die
A SYMPHONIC TRIBUTE TO
THE MUSIC OF PAUL MCCARTNEY
FRIDAY, NOVEMBER 18, 2016

Fame The Musical
THURSDAY, DECEMBER 1, 2016

Shanghai Acrobats
FRIDAY, DECEMBER 9, 2016

Pippin
FRIDAY, JANUARY 27, 2017

42nd Street
SATURDAY, MARCH 4, 2017

The Black Jacket Symphony
MICHAEL JACKSON'S "THRILLER"
SATURDAY, MARCH 18, 2017

RODGERS & HAMMERSTEIN'S
Cinderella
SUNDAY, JUNE 11, 2017

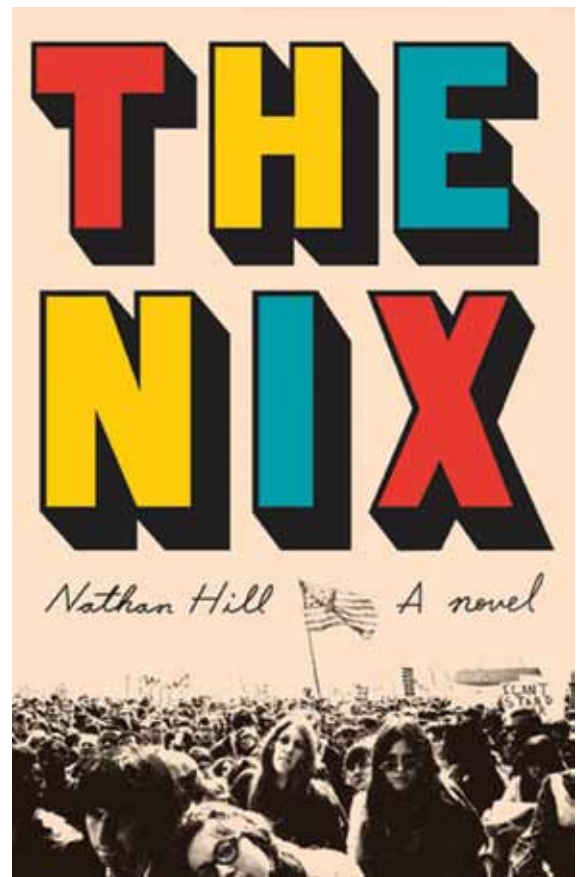
THE STRAND THEATRE
(318) 226-8555 or thestrandtheatre.com

Review of *The Nix*

On the surface, *The Nix* by Nathan Hill is the story of Faye, who, during a political parade, throws rocks at a controversial Conservative political figure and suddenly becomes a massive news story. It's also the story of her estranged son, Samuel, and his failed writing career, as well as all of the people who have come in and out of their lives throughout the years. It's a sweeping story that bounces back and forth across decades, paralleling the revolution of the Vietnam era with that of the more modern political era.

But *The Nix* is so much more than that. It's a look at how history, especially the history of other people in the characters' lives, play a critical and sometimes all-consuming role of shaping them as people. Time and again, the characters in this book demonstrate this. Samuel blames all his failures on his mother leaving and obsesses over his childhood love. Faye is haunted by anxiety attacks instilled by tales her father once told her of a house demon. Bishop and Bethany, twins and Samuel's childhood best friends, have their own demons that motivate their terrible behavior. There's a videogame-obsessed friend of Samuel's who seeks to improve himself, only to constantly make excuses and drown in his own compulsions. There's Alice, a hippie and college friend of Faye's who makes a bad decision with a police officer that comes back to haunt Faye. There's even a young college student of Samuel's who works doggedly to get him fired and epitomizes the perceived mindset of the Millennial generation.

Over and over throughout the book, the choices of supporting charac-



<p>Information and Referral</p> <p>▲</p> <p>Skills Training</p> <p>▲</p> <p>Consumer Center</p> <p>▲</p> <p>Loan Closet – Durable Medical Equipment</p> <p>▲</p> <p>CPR/First Aid</p> <p>▲</p> <p>Employment Services</p>	 <p>NEW HORIZONS INDEPENDENT LIVING CENTER</p> <p><i>Enabling people with disabilities to live independently</i></p> <p>Non-Profit Non-Residential</p> <p>There was a time when people thought “independent living” was limited to “accessible doorways” and “special parking...” but that day is OVER!</p> <p>318-671-8131 1-877-219-7327</p> <p>Website: www.nhilc.org www.Facebook.com/NHILC 1111A Hawn Avenue, Shreveport, Louisiana 71107</p>	<p>Hearing Aids</p> <p>▲</p> <p>American Sign Language Interpreting</p> <p>▲</p> <p>Advocacy</p> <p>▲</p> <p>Peer Support</p> <p>▲</p> <p>Personal Attendant Services</p> <p>▲</p> <p>Telecommunications Access and Equipment</p>
---	--	---

ters change and manipulate the lives of Samuel and Faye, and each of their stories is a crucial piece of the “Why did she do it?” puzzle.

Even outside of the characters’ personal decisions and history, the protests of the Vietnam war become an important scene for the story, as do the more recent protests of the Occupy Wall Street movement. Again history repeats itself and Hill doesn’t shy away from portraying the good and bad of both sides of the political movements.

The Nix is a long book, but the characters and all of their stories are well developed and interesting. And even though their tales may seem completely different and unrelated, they slowly and deftly weave together to create a fascinating ending.

The overarching message of the book seems to be not to forget the past, but also not to be consumed by it. And in a time of current political tension and protest marching, when everything seems so new and outrageous, *The Nix* is especially poignant and a great reminder of where we’ve been and an example of how we can choose to live our lives in these situations.

Grade: B+

Jessica Rinaudo is an editor and graphic designer who has fostered a love of reading from a very young age. She lives in Shreveport with her husband and four children.



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.



PLANCHARD EYE & LASER CENTER

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

PROUD SPONSOR

YOKEM

318-798-3773

THANK YOU FOR MAKING US #1
IN NEW CAR SALES, USED CAR SALES, SERVICE, & COLLISION.



YOKEMTOYOTA.COM

HIGHER STANDARDS, LOWER PRICES!



White Pizza Frittata

Recipe created by Rachel Cooks; 8 servings

- 1 tablespoon extra-virgin olive oil
- 1 large clove garlic, minced
- 12 ounces frozen spinach, thawed and water pressed out
- 12 large eggs
- ¼ cup skim milk
- ¼ teaspoon ground black pepper
- ½ teaspoon dried oregano leaves
- ¾ cup part-skim ricotta cheese
- ½ cup grated Parmesan cheese
- ¼ cup minced fresh basil
- ½ cup shredded, part-skim mozzarella cheese

Heat oven to 325 F.

In oven-safe skillet, heat olive oil over medium heat. Add garlic and cook 2 minutes, or until fragrant. Once garlic is fragrant, add spinach; break up to incorporate and heat.

In medium bowl, whisk together eggs, milk, pepper, oregano, ricotta, Parmesan and basil.

Add egg mixture to skillet, reduce heat to low and cook 1 minute, stirring gently. Move to oven and bake 25-30 minutes, or until eggs are almost completely set.

Carefully remove from oven and add mozzarella. Return to oven and bake until mozzarella is melted, about 5 minutes.

May be served hot, at room temperature or cold.

SMART START

FAMILY FEATURES

A commitment to health and wellness means taking care of yourself and your family, exercising and eating right. A nutrient-rich breakfast can set you up for success each and every day. Dairy foods like milk, cheese and yogurt are good sources of high-quality protein, which is an essential part of a healthy diet. Learn more about the role of dairy in a healthy diet at MilkMeansMore.org.

Ricotta & Fig Oatmeal

Recipe created by Foxes Love Lemons

Servings: 1

- ¾ cup milk
- ½ cup old-fashioned rolled oats
- 1/8 teaspoon kosher salt
- 2 tablespoons ricotta cheese
- 2 dried figs, halved
- 1 tablespoon sliced almonds
- 1 tablespoon honey

In microwave-safe bowl, stir together milk, oats and salt. Microwave on high 2½ minutes, or until oats are tender and most liquid is absorbed.

Remove bowl from microwave; stir in ricotta. To serve, top with figs and almonds, and drizzle with honey.



Blueberry Buckwheat Pancakes

Recipe created by *The Chef Next Door*; Servings: 4

3/4 cup buckwheat flour	1 3/4 cups lactose-free, 2 percent milk
3/4 cup all-purpose flour	2 tablespoons vegetable oil
2 tablespoons sugar	1 teaspoon pure vanilla extract
1 1/2 teaspoons baking powder	2 cups fresh blueberries, plus additional for topping (optional)
1/2 teaspoon baking soda	2 eggs
1/2 teaspoon salt	2 cups fresh blueberries, plus additional for topping (optional)
2 eggs	2 cups fresh blueberries, plus additional for topping (optional)

In large bowl, whisk together flours, sugar, baking powder, baking soda and salt. In small bowl, beat eggs then add milk, oil and vanilla; mix well. Stir wet ingredients into dry ingredients and mix to combine.

Heat griddle or large skillet over medium heat. Using 1/4 measuring cup, pour batter onto griddle. Gently place several blueberries all over surface of pancakes.

Flip pancakes when bubbles start to form around edges and bottoms are golden brown. Cook on other side until golden brown, about 2 minutes. Remove to plate and cover to keep warm.

Top pancakes with additional blueberries and syrup before serving, if desired.

Huevos Rancheros Oats

Recipe created by *Comfortably Domestic*; Servings: 2

Oats	1 1/2 tsp light olive oil
1 cup 2 percent milk	1 can (10 ounces) diced tomatoes with green chilies
3/4 cup water	1/4 teaspoon chipotle chili powder
1/8 teaspoon salt	2 eggs
1 cup old-fashioned oats	kosher salt

Huevos Rancheros

1/2 cup sweet onion, peeled and chopped	1/4 cup sharp cheddar cheese, freshly grated
---	--

In medium saucepan over medium-high heat, bring milk, water and salt to boil. Stir in oats. Reduce heat to medium-low and simmer oats, stirring occasionally, 4 minutes. Remove oats from heat and place lid on saucepan. Set aside.

In nonstick skillet over medium heat, saute onion in olive oil until soft, about 4 minutes. Stir canned tomatoes with green chilies and chipotle chili powder into onions to combine. Continue to heat salsa to boil, about 1 minute. Make two wells in middle of tomato salsa. Crack eggs into wells. Season eggs with salt and pepper, to taste. Cover skillet and poach eggs in salsa to desired doneness; about 3-4 minutes.

Divide oats evenly between two bowls. Spoon eggs and salsa over oats. Serve immediately with cheddar cheese.



The Best Of Times

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. Programs begin at 10:00 AM. Senior Tech Talk, with emphasis on beginner skills, Fridays at 10 AM. **FREE**. 676.7900.

CONCERT

Mozart & Bizet - Presented by the Shreveport Symphony Orchestra on Saturday March 11 at 7:30 PM at Riverview Theatre, 600 Clyde Fant Pkwy, downtown Shreveport. Featuring internationally acclaimed soloists, violinist Elissa Lee Koljonen and violist Roberto Díaz. Tickets are \$19 to \$59. Call (318) 227-8863 or email tickets@shreveportsymphony.com. www.shreveportsymphony.com

EVENTS

10th Antiques and Keepsake Faire -

Presented by The Woman's Department Club, 802 Margaret Place, Shreveport. Friday, March 31 and Saturday, April 1, 9:00 am to 4:00 pm. Featuring antiques, furniture, crystal, china, kitchen wares, jewelry, linens, books, silver items and much more. **FREE** admission and open to the public. For information call 318-222-4186 or wdc_wdc@aol.com

Miles of Meals - Hosted by the Caddo Council on Aging. Sunday March 12th from 2 pm to 5 pm at Zocolo Restaurant, 436 Ashley Ridge in Shreveport. The purpose of the event is to raise the public's awareness of hunger

in the senior community; to grow the volunteer and donor support to deliver more hot meals to someone at risk for hunger; and to enable funding for additional services for seniors in the area. Live music, jambalaya lunch, drinks, and family activities. There will be a 5K Run at 3 pm and a Fun Run when the 5K participants are finished. To register, please call 318-676-7900 or visit their website at www.caddocoa.org

MEETINGS

Arklatex DNA Interest Group -

Wednesday March 8 from 12:30 PM until 3:00 PM in the large meeting room of the Broadmoor Library, 1212 Captain Shreve Drive, Shreveport. Learn how to use DNA testing from AncestryDNA and FamilyTreeDNA in genealogy research. **FREE** and open to the public. For information contact: Jim Jones, phone (318) 773-7406 or email jgjones09@gmail.com.

Ark-La-Tex Genealogical Association Meeting - Saturday, March 11 from 1 to 3 PM at the Randle T. Moore Center, 3101 Fairfield Ave, Shreveport. Mike and Mark Mangham, Twin Blends Photography, will present "Capturing History from the Ground and the Air". Also, genealogist Sonja Webb will discuss "Chronicling America" - a Library of Congress project to digitize historic newspapers". This program is **FREE** and open to the public. For information call 746-1851 or email jjohnson747@suddenlink.net.



GENCOM Genealogical Computer Society meeting - Sunday March 26 from 2:00 p.m. to 4:00 p.m. in the large meeting room of the Broadmoor Branch Library, 1212 Captain Shreve Drive, Shreveport., The program will be "Basic Genealogy." There will also be an introduction to using Google Earth to enhance your research. Refreshments will be served. Anyone is invited to attend. **FREE**. For information, call Kathy Love 318 377-6394.

SEMINAR

Ark-La-Tex Genealogical Association Spring Seminar - Saturday, April 1 from 9 a.m. - 3:30 p.m. at the Miciotto Family Life Center, St Jude Catholic Church, 4700 Palmetto Rd, Benton (located between Benton and Bossier City). Featured speaker will be Caroline M. Pointer, professional genealogist and writer. Registration fee is \$40 and includes lunch if pre-registered. For



LARRY GATLIN & THE GATLIN BROTHERS

MARCH 4 | **ticketmaster**[®]

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



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



further information and registration instructions visit: www.rootsweb.ancestry.com/~laaltga/ or email jjohnson747@suddenlink.net.

Balance Does Matter - The Caddo Council on Aging along with the LSU Health Shreveport's School of Allied Health Professions will host "Balance Does Matter" beginning on Thursday, March 2nd from 6 to 8 pm at St. Luke's United Methodist Church's Fellowship Hall, 6012 Youree Drive in Shreveport. Additional seminar sessions will take place on Thursdays, March 9th, March 16th, and March 23rd from 6 to 8 pm at the same meeting location. "Balance" is an issue that many individuals have problems with whether it is feeling a little off or actually losing your balance. These classes will help you understand more about factors that can affect your balance and how you might be able to improve those factors. The seminar

is **FREE** and open to the public, but you must reserve your seat as space is limited. Call today at 318-676-7900.

Estate Planning Seminar - Presented by Joe Gilsoul at Waterview Court, 2222 East B Kouns, Shreveport. Wednesday March 15th at 2 pm. **FREE** and open to the public, but reservations are requested by calling Priscilla Griffin or Pat Covington at 318-524-3300

Medicaid Planning Seminar - Presented by Gilsoul and Associates. Monday March 13. 1:00 - 3:00 pm at the Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Dr, Shreveport. Seminar to explain using Medicaid to pay nursing home costs and the many planning opportunities. **FREE** but reservations are required. Call 524-9966.

THEATRE

42nd Street - Strand Theatre, 619 Louisiana Avenue, Shreveport. Saturday March 4 at 8 PM. This classic tale is the story of a starry-eyed young dancer, Peggy Sawyer, who comes to New York to audition for Broadway. It includes some of the greatest songs ever written, including "We're In The Money," "Lullaby of Broadway," "I Only Have Eyes for You" and "42nd Street." Tickets are \$42.50 - \$72.50. Call 318-226-8555 or visit www.thestrandtheatre.com.

Joseph and the Amazing Technicolor® Dreamcoat - Presented by Stage Center at Emmett Hook Center, 550

Common St. in downtown Shreveport. March 23, 24, 25 at 7:30 PM, March 26 at 3:00 PM, March 30, 31 at 7:30 PM, April 1 at 2:00 PM & 7:30 PM. The irresistible family musical about the trials and triumphs of Joseph, Israel's favorite son. This new production is a reimagining of the Biblical story of Joseph, his eleven brothers and the coat of many colors. Tickets are adults \$22, seniors \$20, students/kids \$18. For tickets, call 218-9978 or email stage-centerla@gmail.com.

Pageant - Presented by The Shreveport Little Theatre, 812 Margaret Place. Shreveport. March 2, 3, and 4, 10, and 11 at 7:30 pm; March 5 and 12 at 2:00 pm. This musical comedy features six contestants (played by men) who compete in evening gowns, talent, swim-wear and spokes model. Audience members choose the winner at each performance! All Tickets: \$25. For tickets call: (318) 424-4439 or email boxoffice@shreveportlittletheatre.com

Sister Act - Presented by the Emmett Hook Center at First United Methodist Church, 550 Common, Shreveport. March 3, 4, 10, 11 at 7:30 pm; March 5 & 12 at 3 pm. *Sister Act* tells the hilarious story of Deloris Van Cartier, a wannabe diva whose life takes a surprising turn when she witnesses a crime and the cops hide her in the last place anyone would think to look - a convent! For tickets call 429-6885 or visit emmett-hookcenter.org.

SINBAD
 APRIL 1 | **ticketmaster®**
 711 DiamondJacks Blvd | I-20, Exit 20A | 1-318-678-7777
 1-866-5JAXMAX (552-9629) | www.diamondjacks.com
DIAMOND JACKS CASINO HOTEL 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



TEACH YOUR GRANDKIDS
HOW TO USE A COMPUTER
SO THEY CAN ENJOY
THE BEST OF TIMES, TOO...

Now,
on the softly glowing
screen of your computer,
you can page through
THE BEST OF TIMES
(and the Silver Pages, too!),
reading it as effortlessly
as a printed copy in hand.
NO DOWNLOADING,
NO PRINTING IT OUT,
NO "REGISTERING,"
NO "SUBSCRIPTION,"
NO MESSIN' 'ROUND.



TheBestofTimesNEWS.com
click on "issue viewer"

The Best of Times Crossword (answers on page 42)

1	2	3	4			5	6	7	8		9	10	11	12	
13					14						15				
16				17							18				
19							20			21		22			
			23			24		25			26				
27	28	29					30		31				32	33	
34				35				36		37					
38			39		40				41		42				
43				44		45				46		47			
48					49		50				51				
			52				53		54						
55	56				57			58		59			60	61	62
63			64			65			66						
67						68						69			
70						71						72			

Copyright ©2017 PuzzleJunction.com

Across

- 1 Ionian gulf
- 5 Rancher's concern
- 9 Wight, for one
- 13 Like some losers
- 14 Ditto alternative
- 15 Ship part
- 16 Leaving one's country
- 18 Fencing sword
- 19 Come into view
- 20 Butts
- 22 ___ de Triomphe
- 23 Hammett hound
- 25 Subsequently
- 27 Being the ghost
- 31 Beethoven's "Moonlight ___"
- 34 Dog holder
- 35 Dye-yielding shrubs
- 37 Supreme Teutonic god
- 38 Methane's lack
- 40 Esau's father

- 42 Codfish
- 43 Rice wine used in Japanese cooking
- 45 Prevent legally
- 47 ___ Jeanne d'Arc
- 48 Type of feeder
- 50 Academic term
- 52 Early Judean king
- 54 Sketched
- 55 Asian language
- 57 Starch from cuckoopint root
- 59 Fit for farming
- 63 Reo maker
- 65 Detective's clue
- 67 Resting on
- 68 Magazine release
- 69 Female deer
- 70 Cunning
- 71 He loved Lucy
- 72 The "E" of B.P.O.E.

Down

- 1 Like some salts
- 2 Cavort
- 3 Misstep
- 4 Lemnos locale
- 5 Billboard listing
- 6 Kuwaiti ruler
- 7 Kidney-related
- 8 Tenets
- 9 One of the Clantons
- 10 Secession advocate
- 11 Salacious look
- 12 Monthly util. bill
- 14 Gin cocktail
- 17 Haile Selassie disciple
- 21 Put on board
- 24 Biscotto flavoring
- 26 Form of ether
- 27 Atomic weapon
- 28 Sound
- 29 Unconventional

- 30 Tumbler
- 32 Oncle's wife
- 33 Wrath
- 36 Stuffed
- 39 Bar mitzvah, e.g.
- 41 Friend
- 44 "A Doll's House" wife
- 46 Nobility
- 49 Ghoulish
- 51 Bandage
- 53 Red seaweed
- 55 Baker's unit
- 56 Choir voice
- 58 Trunk growth
- 60 Get-out-of-jail money
- 61 Coupling
- 62 Expires
- 64 Operative
- 66 "Certainment!"

Sudoku (Answers on page 42)

Each row, column and box must contain the numbers 1 to 9.

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

Copyright ©2017 PuzzleJunction.com

Tracking Trivia!

compiled by Gary Calligas

Test your trivia knowledge.

The answers can be found on page 44.

1 Of the seven classic wonders of the ancient world, which is the only one still in existence today? Can you name the other six?

2 Each of the 50 United States has an official nickname. For example, Delaware is the "First State" and Oklahoma is the "Sooner State". What are the nicknames for the states of Arkansas, Louisiana, and Texas?

3 How many voyages did the explorer Christopher Columbus make to the new world? Where did he land?

4 Which teams played in the first Super Bowl game in 1967? Who won?

5 Shreveport is home to Fort Humbug. What was it's purpose?

6 Archaeological records indicate that people shook hands as far back as the 5th century BC. What is believed to be the original purpose for shaking hands?

7 What is the item in the picture to the right and where would you find it?



European Rivers (answers on page 42)

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

Copyright ©2017 PuzzleJunction.com

- | | | | |
|---------|------------|---------|----------|
| Aare | Elbe | Rhone | Tweed |
| Argens | Great Ouse | Seine | Ural |
| Arno | Loire | Severn | Vistula |
| Avon | Mersey | Somme | Volga |
| Clyde | Mondego | Tagus | Volturno |
| Danube | Pechora | Thames | Yser |
| Daugava | Peene | Tiber | |
| Dnieper | Rhine | Touques | |

"ANSWERS FROM THE EXPERTS"

Send your question to TBoT, PO Box 195 10, Shreveport, LA 71149 / Experts: Call Gary at 318.636.5510

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.

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.

I have heard of a new lens implant for cataract surgery that will eliminate glasses. Does Medicare pay for it?

This is an exciting time to have cataracts. There is a new Multifocal Lens Implant called Restor that allows a wide range of vision without glasses. 80% of patients who have received the lens never have to use glasses, ever! Medicare and/or insurance covers part of the lens and surgery, the rest will have to be paid out of pocket. If you think you have cataracts and would like to learn more about the Restor Lens, call us at 212-3937.

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

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



Toni Camp
Regional Hospice Care Group
8660 Fern Avenue, St. 145
Shreveport, LA 71105
(318) 524-1046
See our ad on page 18.



Vicki Ott
Highland Place
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 9.

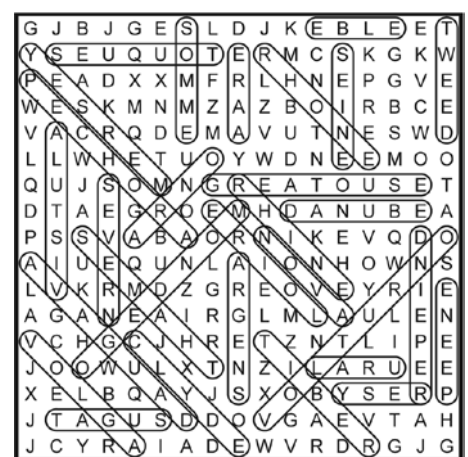
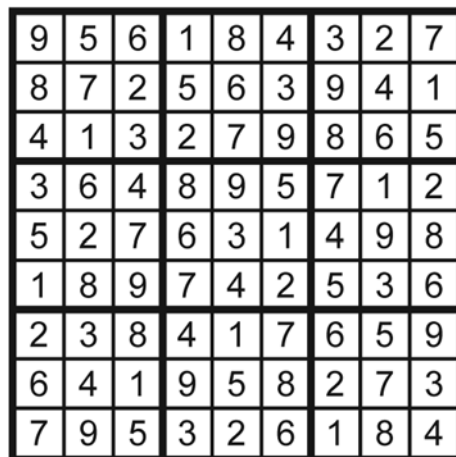


Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
See our ad on page 23.



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

puzzles on pages 40 - 41



March



PARTING SHOTS

Share your photos
with us.
Email to
editor.calligas@gmail.com

Krewe of Elders Grande Bal XIX was held on January 28 at Reeves Marine Center. This year's theme was "Puttin' on the Ritz".



Royalty (L-R) Duke & Duchess of Wisdom Michael & Pamela Brown, Duke & Duchess of Longevity Jerry & Dianne Harmon, Co-Captain Bill Stell, Queen LaWanda Turner, King Rick Turner, Captain Randy Mobley



Julia Collins, Liz Skyles, Pat Stell, Wanda Cunningham, Linda Young



AJ & Cathey Cascio



◀ Troy & Patsy McGee,
Amy & Luke Stetson

CATCH COLON CANCER EARLY

age 60

age 50

age 40



GIS GASTROINTESTINAL
SPECIALISTS A.M.C.

Did you know that **colon cancer is 90% curable if caught early**? All men and women should begin routine screening for colon cancer at age 50 or older (45 if African American). Call **(318) 631-9121** to schedule a colonoscopy or visit gis.md.

Tracking Trivia!

ANSWERS

1 The Great Pyramid of Giza is the only ancient world wonder that is still in existence. The other six were The Hanging Gardens of Babylon, the Mausoleum at Halicarnassus, The Lighthouse of Alexandria, the Colossus of Rhodes, the Temple of Artemis at Ephesus, and the Statue of Zeus at Olympia

2 Arkansas is the “The Natural State”; Louisiana is the “The Pelican State” and Texas is the “The Lone Star State”.

3 Christopher Columbus made four voyages to the new world between 1492 and 1502, but he never actually reached the mainland of North America. Rather he landed on various Caribbean islands.

4 Super Bowl I took place on January 15, 1967 at Los Angeles Memorial Stadium between the Green Bay Packers and the Kansas City Chiefs. Green Bay won by the score of 35 to 10. Tickets only cost \$12 each, but the game was not a sellout game with 33,000 unsold tickets. It was televised by both CBS and NBC with a 30 second commercial costing \$42,000.

5 It is thought that handshakes were originally meant to make sure that the person you were meeting wasn't carrying a concealed weapon. The hand clasp proved that your hand was empty and shaking was meant to dislodge any weapons hiding up the sleeve.

6 Fort Humbug was a military site created in 1864 to fool Union forces into believing the area was heavily armed. It was stocked with fake cannons made out of felled trees and it actually worked. Fort Humbug was the unofficial name which probably stemmed from the soldier's belief that the fort was totally useless.

7 The card catalog was a familiar sight to library users for many generations, however it has been effectively replaced by the online public access catalog (OPAC).

March PARTING SHOTS CONTINUED

Feist Weiller Cancer Center, in conjunction with University Health, sponsored a free Family Health Day on February 4.



▶ Dr Cherie Ann Nathan, Dr Ameya A Asakar, Ellen Lewis, and Daphne Williams



▶ Dr Sanjay Juneja, Dr Richard Mansour, and Dr Srinivas Devarakonda



▶ Mary Delcastillo and Frances Menhennett

▶ Feamula Bradley, Linda Scott, and Donald Rusley



The Best of Times publisher Gary Calligas gave a presentation to the Parkinson Support Group on Feb 10.

Jackie Lapcevic, Dave and Rita Buckley, and Richard Larned



KTAL and Fit for Life presented Health and Wellness Expo 2017 on February 11 at the Shreveport Convention Center.



Keynote speaker Brandi Evans related her weight loss success story



Casie McDowell (right) was selected as one of the 5 contestants in the 12 week weight loss competition. Shown here with Elaine Tilley.



Jennifer Gieseke and Linda Galano



Tristan Patton, Hannah Eggens, Jeremiah Pepper, and Juanita Wolf

(Parkinson Support Group continued) Johnnie Smith, Ken Wodke, Dan Weber, and Pam Neff



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
Signature Community of Senior Living Management Corporation

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

March

PARTING SHOTS CONTINUED

To help area seniors celebrate Valentine's Day, the Bossier Council on Aging held its annual Sweetheart Luncheon on February 7 at Horseshoe's RiverDome.



Doug and Madge Rimmer with Catherine Vanderberry




Kay Cates and Ray Urban



▲ Shirley Ray, Betty Reddix, Diadra Churchman, Linda Feierlein, Blanchie Player, and Carolyn Webb

◀ Jim and Kay Aldrich with Doyle and Jo Ann Blasingame



**LIBRARY OF
VAPOR**

Bossier Crossroads Shopping Center
1700 Old Minden Road, Suite 101-C
Bossier City, LA 71111

(318)584-7227
<http://www.libraryofvapor.com>

Emmett HOOK Center
at First United Methodist Church
presents

**SISTER
ACT**

Music by Alan Menken Book by Cheri Steinkellner & Bill Steinkellner Lyrics by Glenn Slater

Additional Book Material
Douglas Carter Beane

Mar 3, 4, 10, 11 at 7:30 pm Tickets Available
Mar 5, 12, 2017 at 3:00 pm Feb. 20, 2017
Tickets: \$15, \$20, \$25 429-6885 or
emmetTHOOKcenter.org

550 Common Street; Shreveport, LA 71101
Presented through special arrangement with Music Theatre International
Based on The Touchstone Pictures Motion Picture written by Joseph Howard

Bossier Regional Arts Council held their quarterly WAM (Wine, Art & Music) event on February 8 at Boomtown Casino's 1800 Prime Steakhouse.

Jennifer Burke,
Megan Davenport,
Elizabeth Namie



Darden Gladney
and John McAdams



Chris Stoll with featured artist
Diana Teeters

John Storey was selected by AARP Louisiana to receive the 2016 AARP Andrus Award for Community Service. Storey was recognized at the Renesting Project in Bossier City on February 7.



AARP LA Executive Director Denise Blocher presents the 2016 AARP Andrus Award for Community Service



Denise and John Storey with Renesting Project Executive Director Noel Haacker and Bossier City Mayor Lo Walker

Giving you the hand you need

to live independently at home ...

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



Offering stylish, contemporary plus size fashions online with our store coming soon to the Shreveport- Bossier City area.



Visit www.artofcurves.com to place online orders.

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.



Call to sign up
for our next Medicaid
Planning seminar
Monday, March 13
1:00 p.m. to 3:00 p.m.
at the Broadmoor Library.
524-9966



Joe Gilsoul



Lee Aronson

Gilsoul & Associates, LLC

2950 Fairfield Avenue, Suite 300 • Shreveport, LA • 524-9966
visit us at • www.gilsoul-law.com • or email us at • 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.