

October 2018

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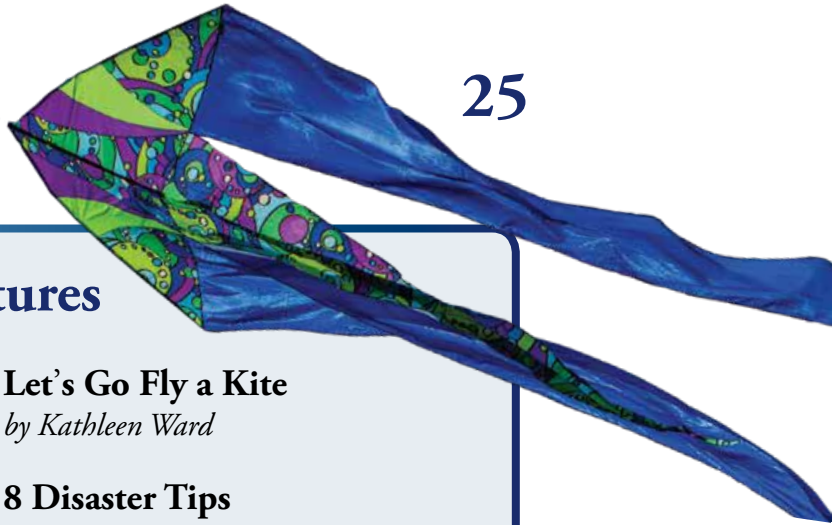
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October 6
"Caring for Family Members"
 Bonita Bandaries, lecturer and author

October 13
"The Shroud of Turin"
 Russ Breault, Dr. John Jackson, Rebecca Jackson, Barry Schwartz, and Dr. Cheryl White

October 20
"State Fair of Louisiana and Senior Day Expo"
 Chris Giordano, President of the State Fair of Louisiana

October 27
"Shreveport Opera 2018/19 Season"
 Jennifer McMenamain, Executive Director of the Shreveport Opera

November 3
"Shreveport Regional Arts Council and Christmas in the Sky"
 Pam Atchison, SRAC President

The Best Of Times

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On the Cover

Lorraine Wallbank will be traveling to Shreveport for the American Kite Association's Grand Nationals, Convention and Annual Meeting from her home in Oklahoma.



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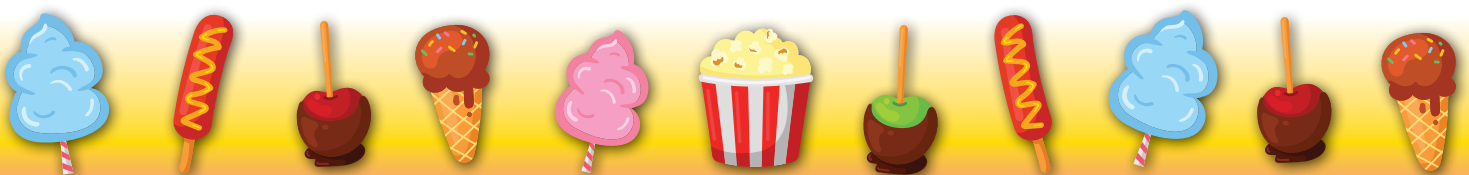
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Medical News & Info

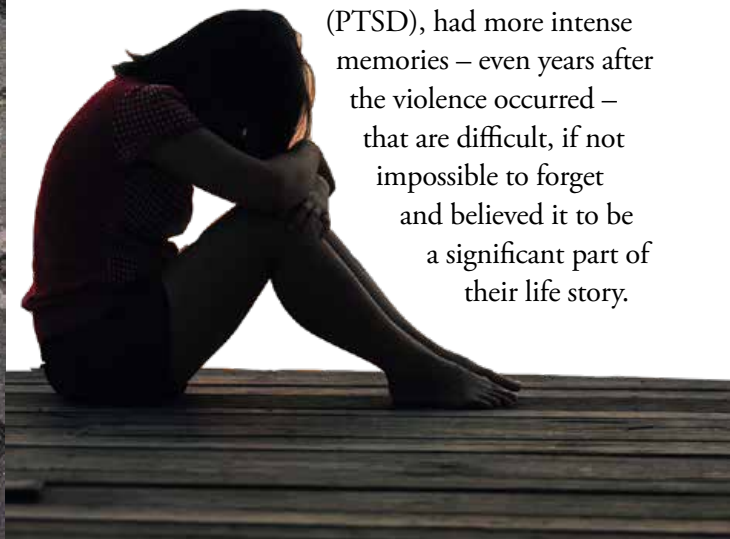
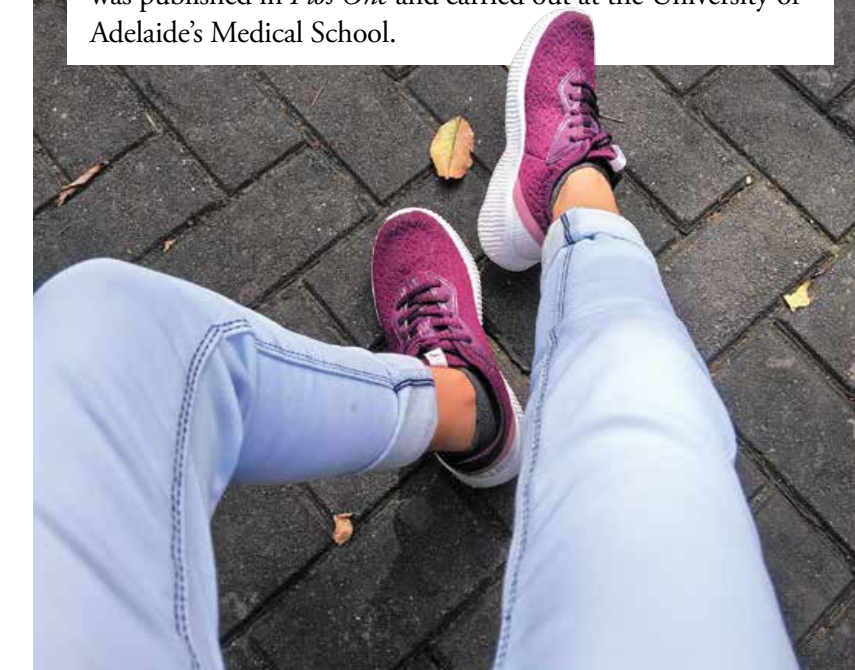
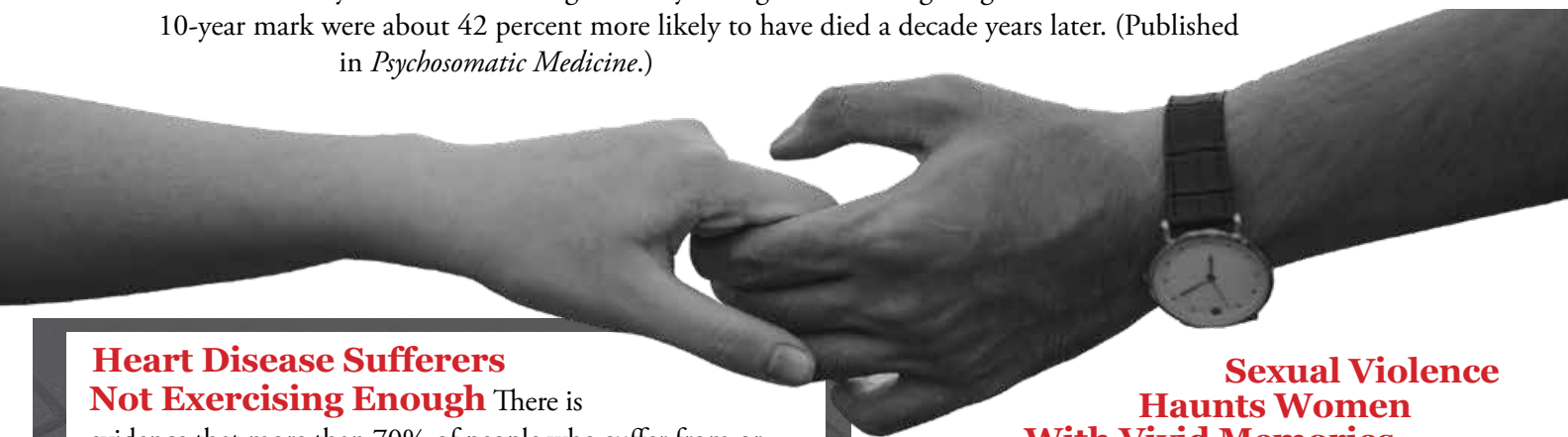
A Responsive Partner Can Mean a Longer Life Research shows having a partner whom you feel understands you, and cares about and appreciates you is linked to better health and well-being. A Cornell University human development expert and his colleagues have just discovered it also can lead to a longer life. The researchers found people who reported a significant drop in their partner's responsiveness over the first decade of their long-term relationship also reported having more negative reactions to common daily stresses; it was those negative reactions to stress that predicted a greater likelihood of dying 20 years after the start of the study. Those who had significantly stronger than average negative reactions to stress at the 10-year mark were about 42 percent more likely to have died a decade years later. (Published in *Psychosomatic Medicine*.)

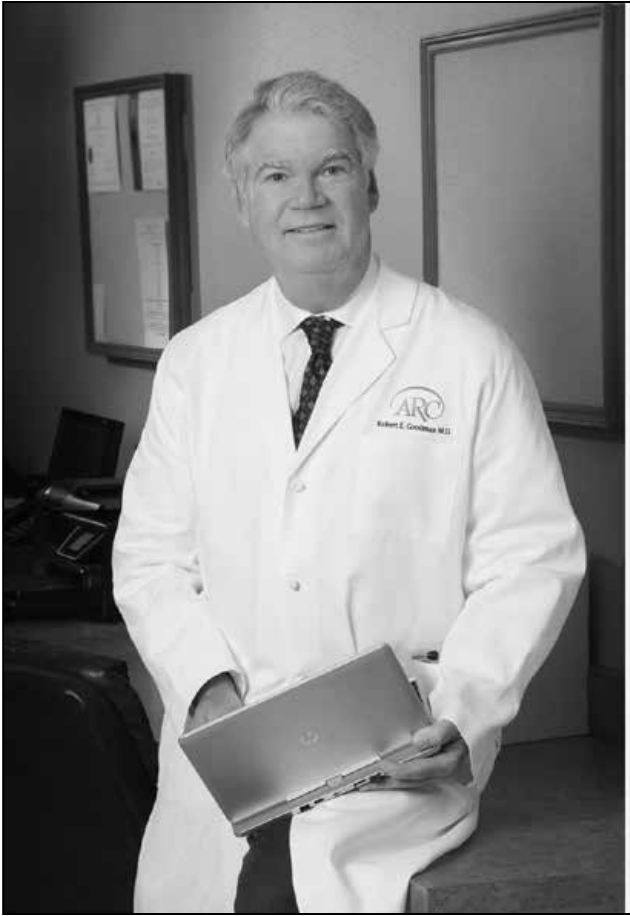
Heart Disease Sufferers Not Exercising Enough

There is evidence that more than 70% of people who suffer from or who are at risk of developing a heart condition due to diabetes, high blood pressure or high cholesterol, do not follow a proper program of regular moderate or vigorous exercise, which is critical for avoiding further complications and even mortality. Light exercise such as taking a walk isn't sufficient. The study was published in *Plos One* and carried out at the University of Adelaide's Medical School.

Sexual Violence Haunts Women With Vivid Memories

Women who are sexually assaulted experience more vivid memories than women coping with the aftermath of other traumatic, life-altering events not associated with sexual violence, according to a new Rutgers University–New Brunswick study. The research, published in *Frontiers in Neuroscience*, found that women who had suffered from sexual violence, even those who were not diagnosed with post-traumatic stress disorder (PTSD), had more intense memories – even years after the violence occurred – that are difficult, if not impossible to forget and believed it to be a significant part of their life story.





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As a First Sergeant in the U.S. Army and Army Reserves, Joe Vance Smith took good care of his Company, supplying “beans, bullets, and bandages” to serve their needs.

Ironically, after 28 years of service and multiple combat tours in Vietnam, the Middle East, Bosnia, and the Iraqi war, Joe nearly became a civilian fatality on his own farm. While using a tractor-powered auger to dig post holes, the spinning shaft caught his pant leg and wrapped it tightly, tearing his foot off at the ankle. After three surgeries, weeks in the VA hospital, and months of rehabilitation, he received a custom prosthesis from an experienced Snell’s practitioner.

“I knew where I was before the accident—and where I wanted to be after I got back on my feet,” said Smith. “That’s what kept me going.”

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Image by Neil Johnson Photography



Autumn's Nutrient-Rich Seasonal Produce

It's fall in Louisiana, which means Friday night lights, autumn colors, slightly lower temperatures, the Louisiana State Fair, and a new batch of fresh, seasonal produce. This season's harvest is full of color, flavor, and nutrition. Be sure to pick up some of these seasonal favorites at the grocery store.



McAlister

PUMPKIN

Previously thought to remove freckles and cure snake bites, and currently used to make jack-o-lanterns, this famous orange squash is rich in vitamin A and gives us a healthy dose of fiber and potassium. Did you know that a pumpkin is technically a fruit? Some fun ways to incorporate pumpkins into your fall fare include adding pumpkin puree to mac and cheese, chili, pancake batter, or oatmeal. And don't forget to save the seeds! Roast them for a delicious snack rich in zinc.

CABBAGE

Cabbage is one of the oldest known vegetables. In fact, we have enjoyed them for more than 4,000 years! Cabbage is part of the cruciferous vegetable family, which are famous for their pungent aroma and rich nutrient content. This vegetable is rich in vitamins C, A, and K, and also provides us with potassium, calcium, and magnesium. Cabbage also contains isothiocyanates, which are known to reduce the risk of certain cancers. So how do we add cabbage into our weekly routine? Make a rainbow slaw using a mix of the different colors of cabbage or use boiled cabbage in soups, stews, and casseroles.

BROCCOLI

Another member of the cruciferous vegetable family and growing in America's gardens for nearly 200 years, broccoli is another fall favorite. These mini-trees

contain vitamin C, vitamin A, potassium, folate, iron, and fiber. Broccoli is also contains several different phytonutrients (sulforaphane, indoles, isothiocyanates, and beta carotene, to name a few), which are important substances that help prevent cancer. Broccoli can be enjoyed as a side dish with any meal or added to a stir fry, salad, soup, or omelet. Broccoli can even be grated, just like cabbage, and made into a slaw. Don't forget about the stalks, either—cube them and add to soups and casseroles for a boost of nutrients.

SPINACH

Made famous by Popeye, this nutritional powerhouse is an excellent source of vitamin C, vitamin A, and folate, and it also provides us with magnesium, manganese, zinc, calcium, iron, and fiber. Spinach contains antioxidants called flavonoids which help our body's natural defenses and have cancer-protective qualities. Unlike most leafy greens, spinach actually delivers more nutrients after it has been cooked instead of raw. Incorporate cooked spinach to omelets, frittatas, mashed potatoes, lasagna, soups, and casseroles. Add raw spinach to sandwiches, wraps, and even smoothies, as this leafy green is very mild in taste.

Fall is famous for many other seasonal vegetables, including okra, collard greens, cauliflower, radishes, mustard greens, turnips, lettuce, and turnip greens. Why buy seasonal? Seasonal produce is often fresher and tastier than foods out-of-season. Not to mention, buying seasonal produce can save you money at the store because their abundance equates to lower costs. Along with our favorite fall activities, now is the time to embrace our seasonal harvest.

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

Autumn's SEASONAL PRODUCE



Pumpkin is rich in vitamin A



Cabbage is chocked full of vitamins C, A & K



Broccoli contains vitamins C, A, iron & fiber



Spinach is a source of vitamins A & C and folate

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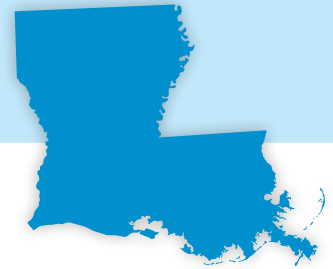
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Care to guess how Penny reacted? Embarrassed? Nope. Regretful? Nope. Apologetic? Nope. Penny reacted by filing a lawsuit against the Office of Vital Records demanding that they take Leonard's name off the birth certificate. She explained

to the Judge that not only had she not agreed to the change, she hadn't even been told, either by Leonard or the Office of Vital Records, about the request for the change. She went on to tell the Judge that she had "purposefully left [Leonard] off the birth certificate, failing to advise [the] hospital staff that she was married when she gave birth." (I've changed the names and some of the facts, but this is the actual quote from this real Louisiana case.)

Penny admitted to the Judge that she had lied to the hospital staff when she told them that she wasn't married. She was convinced that the law says that a baby's birth certificate can't be changed without the mother's consent unless

there is a court order. And she had a copy of a law that said just that.

Sound right to you? It turns out that the law Penny was talking about only applies when a baby is born outside of



marriage, but that's not the law when a baby is born to a married woman. When a married woman has a baby, the law says that the husband will be listed as the father of the baby on the birth certificate. If that doesn't happen for some reason, here's what the law says: "Information pertaining to the mother and father listed on the certificate may be altered with the parent(s)' birth certificate(s), marriage application or child's baptismal certificate." Now I know what you're thinking: I just made a bunch of typos when I quoted that law. Nope. That's exactly what our law says. And it's said that since 1987 and nobody has bothered to correct it since.

The Judge said even with the typos, the law was clear. Penny and Leonard were married and therefore when Leonard sent his marriage certificate to the Office of Vital Records, it was legal for the Office to alter the birth certificate by adding Leonard's name as the father and Penny's lawsuit was thrown out.

Oh, I forgot to mention something! Tell me if you think it should make any difference: Leonard was a woman. That's right, this real-life case involved a marriage between two women. And it didn't make any difference to the Judge's decision.

But I don't think Leonard considers his marriage to be happy anymore.

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



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Early voting for the Tuesday, November 6th election will be held at the Caddo Registrar of Voters office, 525 Marshall Street, Suite 103, at the corner of Milam and Marshall Streets across from the courthouse in downtown Shreveport during the following dates and times:

Open Tuesday, October 23 through Saturday, October 27 (Closed Sunday, October 28)

Open Monday, October 29 through Tuesday, October 30 8:30 a.m. – 6:00 p.m. each day

Please expect to wait 30 minutes to one hour.

All registered voters are eligible to vote on parishwide elections, but must be registered within the districts to vote on City or School Board elections. Voters should bring proof of identification such as a driver's license, governmental ID, etc. For more information or for what's on your ballot, please visit www.caddovoter.org and click on "Am I Registered?" or "What's on my Ballot?"

ERNIE ROBERSON, CERA
Registrar of Voters

The Best of Times
October, 2018

Speed It Up!

My computer is not that old and it's running slow. What are some things I can do to help speed it up?

As an IT consultant, I hear the complaint about a computer running slowly from time to time. In a previous article I discussed how to know when a computer has reached the end of its life. But, if your computer is only a couple of years old and it's starting to slow down, then there's definitely something wrong. The first thing I always do on a machine is pull up the system statistics to get an idea of what the computer is doing and why it is running slowly.



Rinaudo

If you're running a PC with the Windows operating system, the quickest way to pull up the system stats is to open Task Manager. You can open Task Manager by right clicking with your mouse on the task bar and choosing Start Task Manager. When Task Manager opens, it opens by default with the performance tab open showing you a 10,000 foot view of all the important system variables.

Starting at the top, CPU is displayed. This is a counter showing you a percentage of the central processing unit or processor that is currently being used. If your processor is showing 100% or near that, then that's a pretty good sign of why the machine is running slow.

The next item displayed is Memory Usage. A computer's memory is its working space to store programs and all of the data that's used by the programs in order to effectively run them. If the processor runs out of memory, then its only course of action is to start storing the data onto the hard drive. When this situation occurs, it's like replacing your

Formula One car with a Model T. If your system is showing high memory usage, then this a pretty good indicator of why it's running slow. This usually leads to investigating why the memory usage is high. If you're running more and more programs at one time, or new programs that use more memory, then you may need to upgrade the memory in your computer.

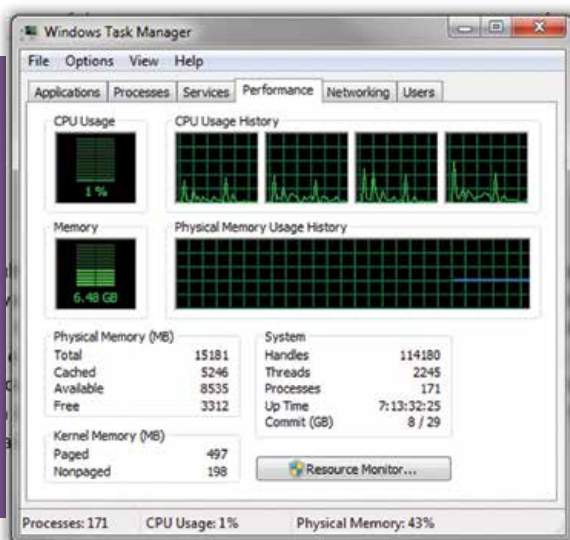
Task manager is an excellent place to start when you're sure something is wrong, but don't know where to begin.

For Mac users the equivalent of Task Manager is the program called Activity Monitor. You can easily open Activity Monitor by browsing under Applications and then under Utilities. When Activity Monitor opens, it opens with the CPU tab chosen by default. Towards the bottom you will see total usage broken down by System - which is the operating system; User, which is programs that you are running on your machine; and Idle, which is a portion of the processor that is not being used.

You can choose one of the other system variable tabs at the top to display their information. Just as the CPU and memory statistics gave us a direction to look at, so do these statistics in the Mac world. Activity Monitor is a wonderful tool to help solve slow running Mac issues.

The next time you find your computer suddenly running slowly, you now have the tools to investigate what's going on and troubleshoot the issue. By looking at the CPU and Memory usage, you can help determine where the problem lies.

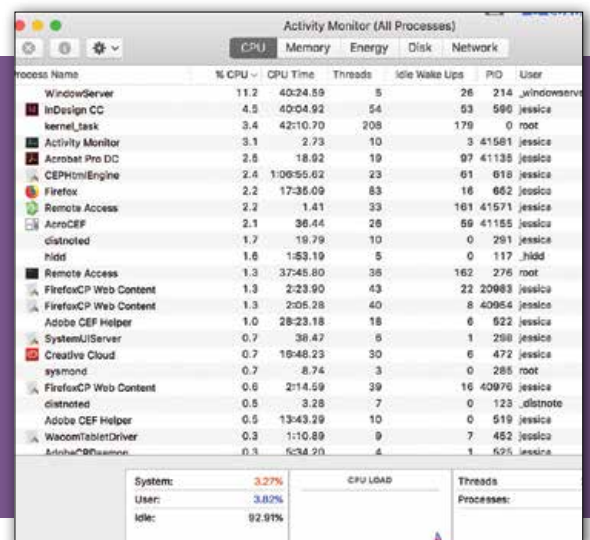
Mark Rinaudo has worked in IT in Shreveport for more than 20 years. He is the owner and operator of Preferred Data Solutions. Email mark@preferreddatasolutions.com to submit a question for this column.



< Left: Windows Task Manager.

> Right: Mac's Activity Monitor.

These are both great tools for figuring out what's slowing your computer down.



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Column
Tinseltown Talks
by Nick Thomas

Elvira's Halloween Safety Tips for Pets

Disguised as little goblins, ghosts or ghouls, kids will soon be prowling the streets in their annual Halloween quest to extort candy from



Thomas

benevolent neighbors. But for some family members, the spooky festivities can turn

downright dangerous.

Whereas a candy overdose may induce the occasional bellyache in kids, sweet treats can lead to more serious problems for pets. The greatest danger comes from chocolate which contains theobromine, a chemical especially toxic to dogs. Despite the name, theobromine contains no bromine but derives its name from Theobroma meaning, more or less, 'food of the gods' – quite appropriate for the heavenly confectionery.

Other dangers for dogs include raisins which can affect kidney function. Special vigilance is also needed around inquisitive puppies that might sneak wrapped treats leading to possible throat or bowel obstructions from tinfoil candy wrappers.

Halloween food hazards are less of a concern for cats, since they don't usually have a sweet tooth but they still face dangers this time of year.

When it comes to cats and Halloween, no one is more familiar with the nocturnal October ritual than actress Cassandra Peterson, better known to millions as Elvira, Mistress of the Dark, who passed on some Halloween pet advice.

Sporting an oversized black wig, a low and behold form-fitting black dress, and enough makeup to give the Avon lady a hernia, Peterson has been playing the campy Elvira character since 1981 when she poured herself into the famous tight-fitting attire to host late-night horror movies for a Los Angeles television station.




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Whereas a candy overdose may induce the occasional bellyache in kids, **sweet treats can lead to more serious problems for pets.**



Peterson has used her popularity and high public profile to support a number of causes, including animal welfare. Though her witty, wisecracking humor is a treat for adults, she finds nothing funny about tricks that some people play on cats, especially black cats which are traditionally associated with the darker side of Halloween.

“There’s always a few pranksters who may tease, injure, steal, or even kill pets during Halloween,” she warned. “Many animal shelters are aware of increased thefts of black cats around Halloween and some won’t even adopt out black cats during October.”

Of course, weird costumes and spooky rituals are standard for the Mistress of the Dark who recalls many interesting Halloween stunts of her own, such as being buried in a coffin for up to 30 minutes at a time while preparing to emerge for filming. “I think I’ve spent more time in a coffin than any person alive!” she said.

But for Halloween, her message is a simple one. “It’s a good idea to place pets in a secure, quiet room during the trick-or-treat evening hours. I just hope people will do their best to watch out for all animals not only at Halloween, but throughout the year.”

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



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Can the News Affect Your Waistline?

Today's headlines often carry an overwhelming amount of bad news. Whether your information is coming from TV news, your local paper, the Internet or conversations with friends, odds are good that most isn't good news.

All that bad news can bring stress that can certainly affect your waistline and other factors in your life. Simply hearing about bad things can raise the levels of anxiety and stress you're experiencing.

When our stress levels increase, it's a natural reaction that we look to things that will comfort us, even if we don't consciously realize we're doing that. And one of the easiest and most common ways to find a little comfort is to reach for some food.

It's called "stress eating" because it feeds an emotional rather than a physical hunger. Food, especially sweet things, triggers emotional and chemical reactions in our bodies that make us feel better. Another negative story out of Washington? I think I need maybe just one more donut.

Stress eating is one of the most common sources of excessive weight gain. And while it may offer a temporary "good" feeling, it also directly affects our health and self-image.

The key to fighting stress eating is to recognize that it's happening to you. Try to analyze why you're eating the next



time you reach for a snack. Are you physically hungry, or simply stressed, bored, worried or unhappy?

When it's emotional eating that is adding those extra pounds, try to find other activities to help calm you down without adding calories. Exercise, for example, is one of the best. It not only burns calories and improves muscle

tone but also boosts the action of feel-good neurotransmitters in your body. Something as quick and simple as a walk around the block will do the job.

Other substitutes for that unneeded snack can include reading a book, listening to music or talking to a friend. Any activity that helps calm you down without reaching for food is a step in the right direction.

And if you find you really must have a snack, make it a healthy one such as a piece of fruit.

Eating in response to stress is a common but very fixable problem. Often simply becoming aware of stress eating can help in minimizing the problem. If you need help in overcoming stress eating, consider seeking the help of a professional counselor.

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

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A collage of images for Azalea Estates. It includes a large photo of the building's exterior, several smaller photos showing different interior spaces like a lounge and a dining area, and a large photo of an elderly couple sitting at a table with a meal and a drink. The couple is smiling and talking on a mobile phone.

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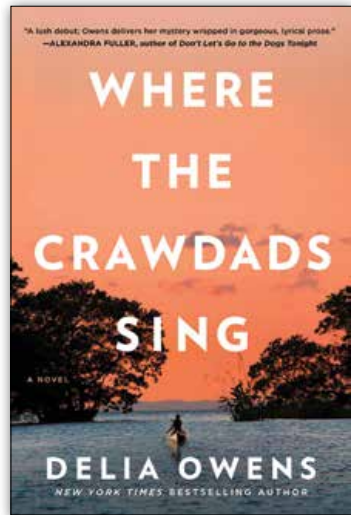
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Where the Crawdads Sing

by Delia Owens

Where the *Crawdads Sing* tells the story of Kya, a young girl abandoned by her family, one at a time, until she's left to figure out how to live on her own out in the marshes of the Carolinas in the 1950s. The beginning of the story is painful to read at times, as a young girl has to try to figure out how to take care of herself, alone in nature, with no money and isolated by the prejudice of the townsfolk, who call her the "Marsh Girl." But author Delia Owens quickly wrapped Kya around my heart. I rooted for her when she stayed up all night and dug mussels in the muck to exchange for money and other items. I felt gratitude with her when she made a friend in Jumpin' - the gas man and a fellow outcast by virtue of the color of his skin. And I loved with her as Tate wound his way through the marsh week after week to teach her how to read.



Rinaudo

The imagery in this book is so alive. Kya is raised by the land - feeding the gulls cornbread mush, accumulating a collection of rare bird feathers and shells, navigating the marsh with her father's fishing boat and teaching herself how to live off the land

and water. She takes refuge in the dark and shadowy places when others - the truant officers and mischievous boys from town - come to call for her, and she can slip in and out of trees and brush quicker than the animals who live there.

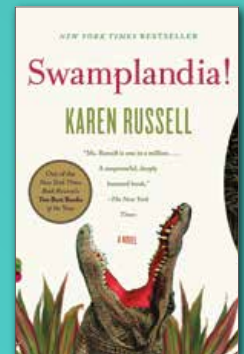
The coming of age part of this story is as beautiful as it is heartbreaking, but it is heightened by the death of Chase Andrews. His story in the present runs alongside that of Kya's in the past, until the two finally begin to intersect, casting Kya as the suspect in Chase's possible murder. As the focus and suspicions of the sheriff and the townspeople narrow in on Kya, the tension ramps up. Just as I felt my emotions tangled up with young Kya, I held my breath with her when she was placed under their scrutiny.

Kya's story is surprising and painfully beautiful. It's rich with Southern landscape and culture - the good and the bad - and an underdog story quite unlike any other I've ever read. Before I had even finished this book, I was telling friends they needed to pick it up.

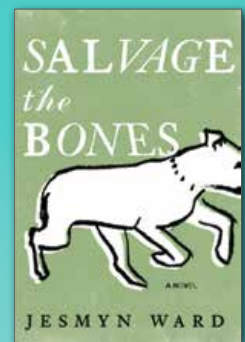
Grade: A

Jessica Rinaudo is an editor and writer who has fostered a love of reading since childhood. She lives in Shreveport with her husband and four children.

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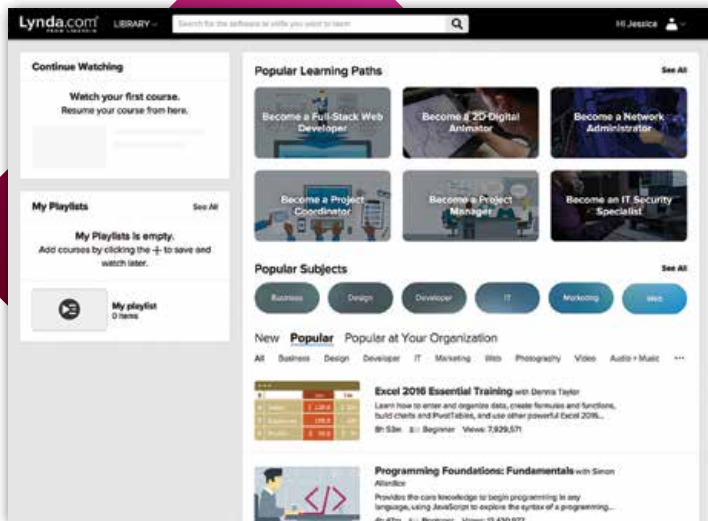
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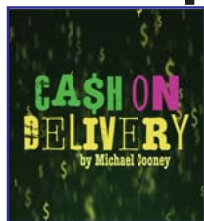
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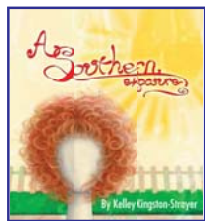
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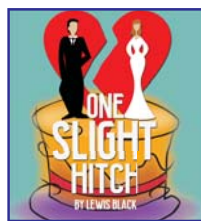
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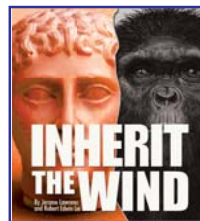
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Our Favorite **5** Facts About Kites

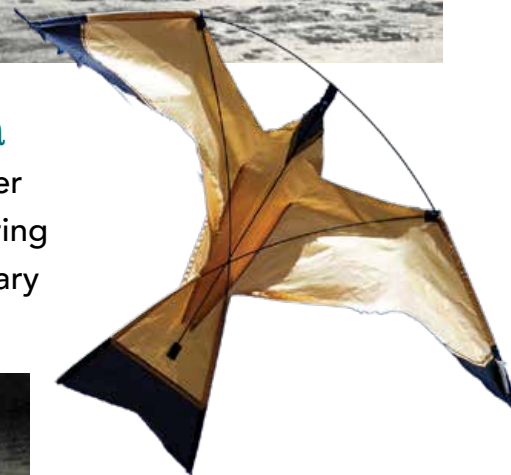
1 Kites in India evolved into **Fighter Kites** and are used to try to strike other kites down at festivals every year.

2 If you've ever flown on an airplane, you can thank a kite! **Kites were instrumental in the research of the Wright brothers** as they created the first airplane in the late 1800s.

3 In 1752 **Benjamin Franklin** famously used a kite to prove that lightning was caused by electricity.

4 **Kites were invented in China** and were first made with paper and were said to be used for measuring distances, testing the wind and military communications.

5 Some **kites are used as bird scarers** to keep real birds out of gardens.



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Let's GO FLY A KITE

by Kathleen Ward

It should be a pretty good week for flying kites, with winds expected to be tracking at 6.7 mph (the low end of the desired kiting range) and temperatures in the 70s. Around 175 of the world's best kiteflyers will be giving Shreveport its first chance to see high-level competition as they compete during the October 15th to 20th American Kite Association's (AKA) Grand Nationals, Convention and Annual Meeting.

Named for the graceful aerial acrobatics of the kite bird, kites have been flying for more than 2,500 years and come in all shapes and sizes, with and without tails. Most variations will be flying during this annual event, which is one of the world's largest kite gatherings. All events, which determine the 2018 AKA national champion kite makers and kite stunt pilots, are free and will be held on the grounds of LSUS and at the Shreveport Convention Center.

Participants Sir Kevin and Janet Wolfe of Shreveport are both competition kites and kiting teachers who started flying kites as children. They design and make elaborate, colorful kites in a variety of styles.

"My father taught me how to make the traditional 'Eddie' (diamond-shaped) kite when I was in junior high school," said Sir Kevin, who was named after his grandfather. "My kites were of newspaper and light sticks I found in the fields. I liked using the comic pages because of the bright colors."

"I have made hundreds since I began using ripstop nylon. I liked making kite trains and flew trains of 50

AKA members Lorraine and Tom Wallbank will be traveling from their home in Oklahoma to Shreveport for the Grand Nationals.

"Today is the day when bold kites fly,
When cumulus clouds roar across the sky."

Robert McCracken





Children chase a kite at the American Kite Association's Grand Nationals, Convention and Annual Meeting.

Eddies at a kite festival,” he said. “I’ve made kite arches with over 200 on the line. One of my favorites was an eight-box kite train that needs high winds for liftoff. I have a delta wing with an 18-foot wingspan. I once owned a cicada kite that stood 15 feet tall.” He and Janet have taught children how to make kites in “Pennsylvania, Arkansas, Florida, here in Shreveport and in Grand Isle,” he said.

Fellow AKA members Tom and Lorraine Wallbank, who will be traveling from their home in Oklahoma, also attend kite conventions and festivals around the country.

“Some people swear beach flying is the best. There you can put a kite up, leave it all day. Being from Kansas I’m a plains kind of guy,” said Tom. “I prefer a wide-open, well-maintained field. So, I’m looking forward to flying at the LSUS campus. The AKA convention brings together a very talented group of kite makers/fliers for almost an entire week. That’s enough time to get to know people, build relationships and learn from this great group of people. It’s inspiring.”

“I enjoy being out on the field just before sunset flying a stunt kite. A quiet time to relax and have a slow

dance with the kite against a beautiful sunset,” said Tom, who competes in kite making and stunt kites. He won Best Kite Accessory for computer controlled light array for a quad line

stunt kite in 2017. “That was a fun project, to paint images across the night sky for photography. Yes, we fly kites at night too.”

“My joke about Tom’s kite building is, ‘and then he put lights on it!’ I love them, though it’s hard to not stumble over dark ground in the field while walking backwards,” said Lorraine. “When I was nine, I had an inexpensive diamond kite that I flew over our cow pasture. I got into trouble a lot for scaring the milk cows. I was in my 20s when I started doing more flying with (triangular-shaped) deltas, my favorite style of kites, and learning how to fly dual-line stunt kites.”

AKA officials visited Shreveport and selected LSUS because of “four competition-sized fields on our 1,700 foot by 600 foot space” said Leigh Anne Chambers, LSUS Director of Events



Around 175 of the world’s best kiteflyers will be giving Shreveport its first chance to see high-level competition as they compete during the October 15th to 20th American Kite Association’s (AKA) Grand Nationals, Convention and Annual Meeting. <http://kite.org/>

Management. The grassy lawns are perfect for a picnic and a rare chance to see hundreds of kites fly together each day at 1 p.m. during the Mass Ascension event.

“On Saturday, in conjunction with the activities of the AKA, LSUS’s Pioneer Heritage Center will be hosting Pioneer Day, our annual fall event. We have an open house of the museum and showcase local folk life demonstrators, living historians and musicians,” said Chambers.

Competition events, featuring different types of kites each day, will be from 11 a.m. to 2 p.m. Wednesday through Friday on the east side of the LSUS campus, with kite flying from 1 to 5 p.m. daily,

practically dance as they make their extremely lightweight kites, loop, soar and dip to the applause of other kites and fans who appreciate the skill required to maneuver the kites without wind. That competition is from 7 to 9 p.m. Wednesday, October 17, in Ballroom B of the Convention Center.

“Kiting for me is a way to simply relax and forget the hustle and bustle of everyday life. Playing tug-of-war with the wind lets me focus on nature and feel free. I’ve never met a kite flyer who was hard to get

Photo: Tom Wallbank won Best Kite Accessory for computer controlled light array for a quad line stunt kite in 2017.



and an opportunity to learn about and watch different types of kites each day from 1 to 2 p.m.

Beautiful art kites, memorial kites, kites with moving parts and with and without tails will be on display, accompanied by instruction and educational outreach every day. All types of kites will be displayed and sold at the ‘Fly Mart’ trade show from 7 to 9 p.m. Thursday in Ballroom C-D of the Convention Center.

“My favorite times with other kite flyers tend to be admiring the skill and talents they bring to the field, whether flying their fantastic creations or simply carving the air into arcs and lines with a quad line kite,” said Lorraine.

Many of the indoor kites

along with. We all enjoy sharing ideas and helping other,” said Sir Kevin.

“For me, kite flying has always been about relaxing and enjoying the tug of the kite, cloud watching, listening to the birds talk,” said Lorraine. “The best place I have ever flown a kite is when I’m walking it home, on a short line from the field to the car. It’s like leading a tired but happy horse home at the end of the day.”

For more information on the competition and convention, visit <http://kite.org/> and www.SBFunGuide.com. For a quick lesson on kite flying go to <http://www.nationalkitemonth.org/how-to-fly-a-kite/>. •



Sir Kevin with the portrait kite painted of a friend's grandson and his black Lab.



Sir Kevin uses a sewing machine and makes many like this one.



SHREVEPORT *Then & Now*

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Vintage portion of both photos were taken by Jack Barham.



< A snagboat is a steamboat with an apparatus for removing impeding debris (such as snags) from inland waters. This blended image shows the Snagboat "Aid" on the Red River in downtown Shreveport. The Aid was built in 1869 in Pittsburg, PA and was originally designed to remove sunken steamboats on the Mississippi and Ohio Rivers. It was sent to Shreveport in 1873 to finish up the removal of the Great Raft that had formed on the Red River here.

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You just never know when severe weather will strike, you never know when you'll have to jump in your car and evacuate... or rush down into the basement for a tornado! It's important to have a plan but I can't say everything here in 500 words, so read the complete version which is 3 times longer at suzycohen.com. In the meantime, this will get you started:

1. MEDICATIONS - Keep a handwritten list in your wallet. Even better (if you have the time) is to stick the prescription label onto a piece of paper so all your dosing information is shown. I'd also keep the list on your smart phone. When the power goes out, pharmacies can't access your medication profile on the computer anymore. Your list allows paramedics to give you the correct pills or shots.

2. ZIPLOC WITH WATER - Fill a Ziploc bag about 75 percent full with some fresh water, then freeze it. Keep several frozen at all times. If you need to leave in a hurry grab them. While frozen, it can protect insulin, food or liquid antibiotics. As it melts, you'll have pure water which you can drink in an emergency.

3. PORTABLE CHARGER - Buy a portable cell phone charger (aka power bank) and a transistor radio, it can be hand-crank, battery operated, or even solar-powered.

4. DISHWASHER STORAGE - Your dishwasher is waterproof so if floods are anticipated, store photo albums and documents inside the dishwasher. When the water recedes, they should be perfect.

5. LOVED ONE LIST - If a rescuer wants to call your loved one or spouse to assure them of your safety and rescue, having a handwritten "Loved One List" is invaluable. Let's face it, nobody knows phone numbers by heart anymore.

6. CHILDREN - I lived in Florida for 35 years, and when the hurricanes barreled through, I always made sure that my kids were pleasantly distracted with puzzles, painting, beading or "camping" in the (safer) hallway.

7. EMERGENCY KIT - You can buy some very nice ones on Amazon or Costco, or you can create your own like this:

DIY First Aid Kit

- * Analgesics like ibuprofen or acetaminophen
- * Hydrocortisone and antibiotic ointment
- * A little blanket and a pair of socks
- * Toothpaste/brushes and deodorant
- * Small salt shaker to replenish electrolytes
- * Spare undies if you're evacuating to a shelter
- * Eyeglasses or contacts
- * A whistle to call for help
- * Spare keys to your house/car
- * A multi-purpose knife



- * Flashlights/batteries
- * N95 or N100 mask
- * Ziplock bags and toilet paper

8. MAP - If you have to drive because of an immediate evacuation, and you can't use GPS in your car, or your smart phone, then an actual map is a blessing. Just get in the car and drive to safety!

Suzy Cohen is a licensed pharmacist. This information is not intended to treat, cure, or diagnose your condition. Always consult your physician for all medical matters. Visit www.SuzyCohen.com.

DISASTER ASSISTANCE

The Governor's Office of Homeland Security and Emergency Preparedness (GOHSEP) serves as the Governor's Authorized Representative for disaster events and is responsible for coordinating resources for state and local governments, private non-profits and our Louisiana citizenry.

For more information, visit www.gohsep.la.gov

There are lots of things to think about when your family, pet or business is impacted by a natural or man-made disaster. After a disaster, in returning home you are faced with the need to rebuild, cleanup, and seek financial and/or other assistance.

For information on how to register for Federal Disaster Assistance, visit **www.disasterassistance.gov** or **call 1-800-621-FEMA (3362)**.

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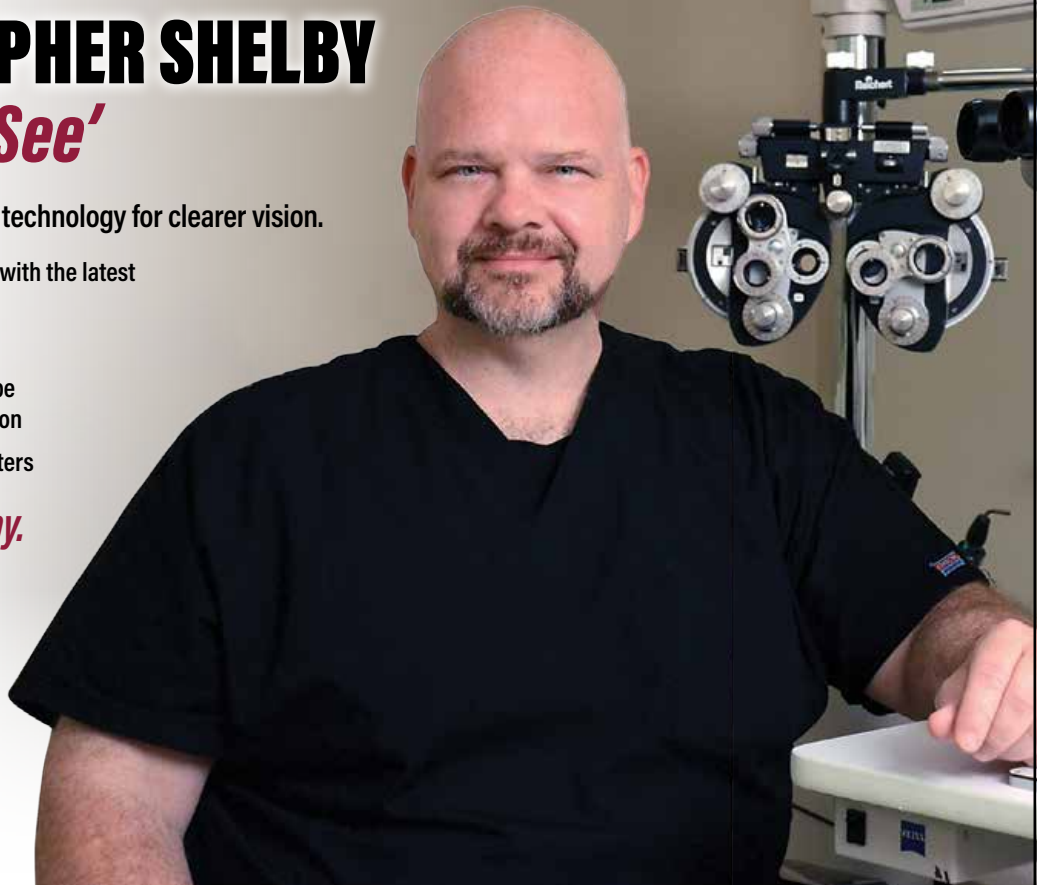
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Snapshot SLEUTH

Do you recognize any of the people or events in these photographs?

The Best of Times has partnered with Archives and Special Collections of the LSU Shreveport Library to identify individuals and events in their collections. Please email Tina at editor.calligas@gmail.com or Laura at laura.mclemore@lsus.edu if you have any memory or comments about these images.



1. Centenary choir rehearsing, 1961. 2. The hula hoop craze comes to the ladies shoe department, September 1958 3. Three of the Port Players in Shreveport (La), September 1966. 4. Two girls dressed in rabbit costume doing the twist at either a convention or fundraiser in a Shreveport hotel, 1962. A "Hi-Fi" and a stack of 45 rpm records at the right. (All photos by Jack Barham)



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.

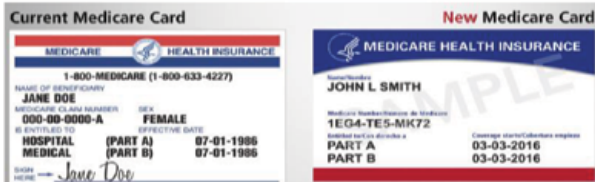
Right now is the time to visit Planchard Eye & Laser Center for your cataract screening and take advantage of your current health insurance or Medicare plan.

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



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NEW MEDICARE CARDS **SCAM**



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

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

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



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Down Home Apple Pie Popcorn

Yield: 10 cups

- 3 tablespoons melted butter
- 1 teaspoon vanilla extract
- 2 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon ground allspice
- $\frac{1}{8}$ teaspoon ground nutmeg
- 8 cups popped popcorn
- 1 cup dried apple chips, broken into large pieces
- $\frac{1}{4}$ cup toffee bits

Heat oven to 300 F. Whisk melted butter with vanilla. Toss brown sugar with cinnamon, allspice and nutmeg.

Toss popcorn with butter mixture. Sprinkle evenly with brown sugar mixture. Stir. Transfer to baking sheet lined with parchment paper.

Sprinkle apple chips and toffee bits over top. Bake 15 minutes, or until toffee bits start to melt. Cool before serving.

Tip: Add chopped pecans for extra crunch.



Pop Up Sweet Treats

FAMILY FEATURES

When it's time for a sweet treat, look for seasonal goodies that complement fun fall activities. For example, reach for an option like whole-grain, fluffy and crisp popcorn which can be an easy, DIY snack.

Combine sweet and salty flavors to create something delicious to devour like Coconut Popcorn Crunch Pie or delightful Down Home Apple Pie Popcorn.

To better serve a crowd, try these Popcorn S'mores or Key Lime Popcorn Clusters at your next family gathering or fall cookout with friends.

For more popcorn recipe ideas, see page 36 or visit popcorn.org.



Key Lime Popcorn Clusters

Yield: about 32 clusters

- 8 cups popped popcorn
- 4 whole graham crackers, finely chopped, divided
- 1 jar (7 $\frac{1}{2}$ ounces) marshmallow creme
- $\frac{1}{4}$ cup butter or margarine
- 2 tablespoons grated lime peel
- 1 tablespoon key lime juice

Line 9-inch square pan with foil.

In large bowl, combine popcorn and all but 2 tablespoons graham cracker pieces

In large glass bowl, microwave marshmallow creme and butter on high 1 minute. Stir until butter is melted. Stir in lime peel and lime juice.

Pour marshmallow mixture over popcorn, mixing thoroughly.

Using damp hand, firmly press mixture into prepared pan. Sprinkle with reserved graham cracker pieces. Refrigerate 2 hours until firm.

Lift foil from pan. Break popcorn mixture into clusters.

Coconut-Popcorn Crunch Pie

Yield: 12 servings

- 2 quarts popped popcorn, unsalted
- 1 can (4 ounces) flaked coconut, toasted
- 1 cup sugar
- 1 cup light corn syrup
- ½ cup butter or margarine
- ¼ cup water
- 2 teaspoons salt
- 1 teaspoon vanilla
- 1 quart vanilla, spumoni or butter pecan ice cream
- fresh fruit, for topping (optional)
- chocolate sauce, for topping (optional)

In large, buttered bowl, mix popcorn and coconut. In saucepan, combine sugar, syrup, butter, water

and salt. Bring to boil over low heat, stirring until sugar dissolves. Continue cooking until syrup reaches hard crack stage (290-295 F).

Stir in vanilla. Pour syrup in fine stream over popcorn mixture; stir until particles are evenly coated with syrup.

On buttered, 12-inch pizza pan, spread half of popcorn mixture in thin layer, covering bottom of pan. Mark off into wedge-shaped servings; set aside. Repeat using remaining popcorn mixture; cool.

Cover one layer with ice cream; top with second popcorn layer. Store in freezer. To serve, cut in wedges. Serve with fruit or chocolate sauce, if desired.



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:
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Pop Up Sweet Treats



Από μια ελληνική κουζίνα με αγάπη



Translation:
"From a
Greek kitchen
with love"

Sponsored by
**The Ladies Philoptochos
Society of St. George
Greek Orthodox
Church**

**Tuesday
November 20**

Greek Pastry Sale

Our delicious (and hand-made!) pastries and frozen items are that perfect accompaniment to your holiday meal or as a special gift for teachers, family, and friends.

**Prepaid orders will receive priority in availability.
Pastries will be available on NOVEMBER 20 on a limited basis only.
Preorders must be received by November 15.**

To obtain an order form, call (318) 747-4478
or visit the church's website at www.gosaintgeorge.org.
All sales and preorder pickup on November 20.
10:00 a.m. to 5:30 p.m.
St. George Activities Center, 542 Wichita, Shreveport.

THANK YOU FOR YOUR SUPPORT!

Popcorn S'mores

Yield: 20 pieces

- 1 cup firmly packed light brown sugar
- ½ cup butter
- ½ cup corn syrup
- ½ teaspoon baking soda
- 10 cups freshly popped popcorn
- 1 package (10 ½ ounces) miniature marshmallows
- 2 cups mini graham cookies
- 1 cup chocolate chips

In medium saucepan, combine brown sugar, butter and corn syrup.

Cook over high heat 5 minutes; remove from heat and stir in baking soda.

In large bowl, combine popcorn and marshmallows.

Pour sugar mixture over popcorn to coat.

Gently stir in graham cookies and chocolate chips.

Spread mixture evenly into greased 15-by-10-inch pan.

Let cool completely. Break into pieces.

(Tear out and post this friendly reminder)

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

October 18th (Thursday) at 10 am-Noon

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

Our last Estate Rescue workshop of 2018

Reserve your seats 24/7

Online: safepanningseminars.net/event1

Or by Phone: 318-869-3133

Don't Lose Everything Paying for Nursing Home Care

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



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

Can't wait? Call now for help!

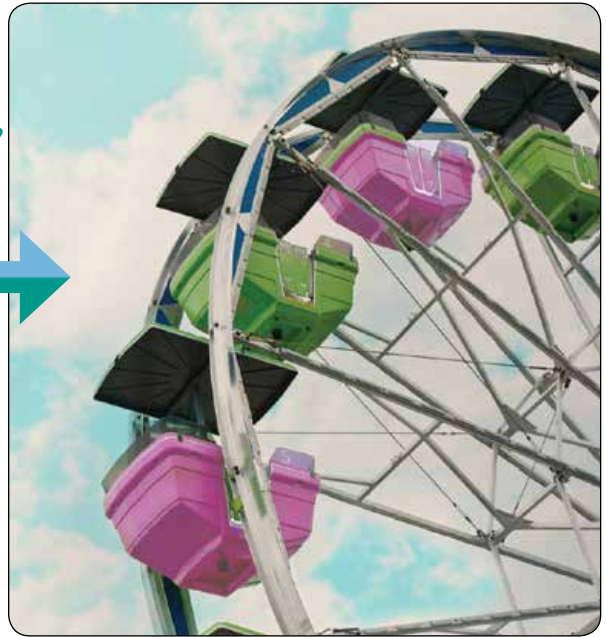
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safepanning.net

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

Download FREE materials, including our Risk Assessment Worksheet

SAVE the *Date*



Senior Day at the Fair • October 25

CONCERTS

• An Evening with Broadway Star Ashley Brown

Presented by Shreveport Symphony Orchestra. **Saturday, October 27** at 7:30 pm. First Baptist, 543 Ockley Dr, Shreveport. Straight from Broadway, where she triumphed in the title role in *Mary Poppins* and played Belle in *Beauty and the Beast*. \$66 to \$15. For tickets visit shreveportsymphony.com or call 318-227-8863.

cornerback, will serve as special guest, share information on playing with the Cowboys, provide commentary during the game, and be available for photos and autographs. 2 p.m. - Meet and Greet with Everson Walls, 3:25 p.m. - Kick-off. Diamond Jacks Casino and Resort (Ballroom), 711 DiamondJacks Blvd, Bossier City. Tailgate food, snacks and refreshments will be served. **FREE** admission to AARP members and their guests, but you must register to attend by visiting www.aarp.cvent.com/AAR-PLA2018MemberTailgateEvent or by calling 1-877-926-8300. **FREE** parking. For more information contact Linedda McIver at (504) 485-2161 or Troy Broussard at (225) 376-1144.

EVENTS

• AARP Member Tailgate Party

Hosted by AARP Louisiana. **Sunday, October 21** during the Dallas Cowboys and Washington Redskins football game. Everson Walls, Grambling State alumnus, former Dallas Cowboys and New York Giants defensive



Ashley Brown • Oct. 27

• Mission Marketplace Preview event on Friday, **November 2** from 7 to 8:30 p.m. for a \$10 admission. **FREE** to attend on Saturday, November 3 from 10 a.m. to 2 p.m. Broadmoor United Methodist Church, 3715 Youree Drive in Shreveport. Featuring handmade items for sale – foods and

beverages, jewelry, pottery, woven baskets, candles, scarves, dolls, soaps, purses and Christmas items from artisans. Mission Marketplace is a faith-based, ecumenical initiative to improve the lives of people all over the world by hosting a yearly "market" where fair-trade gifts are sold. Proceeds support underdeveloped nations to fight poverty. Local non-profits and ministries also participate.

• Octoberfest' Health Fair

Hosted by the Bossier Council on Aging, Monday,

\$24.99 ALL-YOU-CAN-EAT PRIME RIB & SHRIMP BUFFET

SATURDAYS

Tax and gratuity are not included.
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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

October 29 at 202 Sibley, Benton from 9 am to 12 noon. Local medical professionals, members of law enforcement, Medicare and other agencies with services for the aging. Diabetes screening and other basic health information. Mammograms for women aged 40 and over. **FREE** and open to the senior public. For info, contact Debbie Gay at BCOA: 318-965-9981.

• Senior Day Expo at the Louisiana State Fair

Thursday, **October 25**, 10 am to 3 pm in the Hirsch Coliseum at 3701 Hudson Avenue in the Louisiana State Fair Grounds in Shreveport. Presented by The Best of Times. **FREE** parking, **FREE** admission, and **FREE** admission to the State Fair midway. Please bring a canned good or non-perishable food item for the Food Bank of NWLA. **FREE** copies of the 2018 Silver Pages – Senior Resource Directory. Fun, entertainment, prizes, giveaways, health screenings, flu and pneumonia shots (Limited number available. Medicare card required for “no charge” shots.), shingles shots, and info from over 100

exhibitors. For info, email gary.calligas@gmail.com.

• Shroud of Turin 3-Day Speaking Event

The Cathedral of St. John Berchmans of Shreveport invites the general public to attend the following presentations regarding “The Shroud of Turin” in the Parish Hall of the Cathedral of St. John Berchmans, 939 Jordan St. in Shreveport. For tickets to the dinner or for additional info, call (318) 221-5292, or visit sjbcathedral.org.

- “CSI Jerusalem” with Russo Breault - Thursday, **October 11th** at 6 pm. Examine the scientific evidence of the crucifixion; what may have happened in the tomb, and the exploration of the post-resurrection body as related in Scripture. **FREE**.

- “Buffer Dinner and Shroud Panel Discussion on: Does the Shroud really contain the face of Jesus?” - Friday, **October 12th** at 6 pm. Panelists include Dr. John and Rebecca Jackson, Russ Breault, Barrie Schwartz, Dr. Cheryl White, and Father Peter Mangum. \$50 per person.

- “Morning Talk about the Shroud of Turin” - Saturday,

October 13th at 9 am. As a member of the 1978 Shroud of Turin Research Team, Dr. John Jackson will share his research on scientific and forensic evidence about the Shroud. **FREE**.

• Style Show and Luncheon

Hosted by St. Pius X Ladies Guild at Trinity Heights Baptist Church, 3820 Old Mooringsport Rd. 12 noon to 2:00 PM on Saturday Oct. 6. Lunch by Angelwood Catering. Dillard's presents new Fall fashions. Door prizes. \$25 in advance from any Guild member or call 422-9803/525-4511.

• Taste of South Shreveport and Business Expo

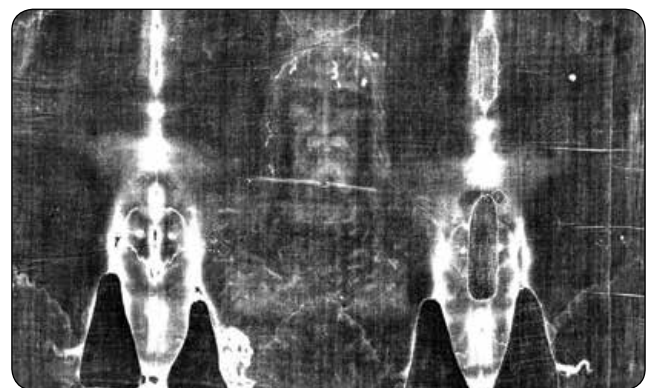
Tuesday, **October 16** from 3 pm to 7 pm at the Summer

Grove Baptist Church, 8924 Jewella Avenue in Shreveport. Attendees will be able to taste food and beverages from businesses located in South Shreveport and learn about the services and products offered by businesses who will be exhibiting. Door prizes and other giveaways. Hosted by the Southern Hills Business Association. Admission and parking are **FREE**. For more information, please call 318-990-2737 or visit www.southernhillsshreveport.org.

MEETING

• Creative Art Connection monthly meeting

October 8th, 6:00 – 8:00pm. 630 Barksdale Blvd., Bossier City, in The Annex. Featuring Multi-Media artist Paige Powell who will focus on her digital collages and →



Shroud of Turin • Oct. 11-13



JOHN MICHAEL MONTGOMERY

OCTOBER 19

Must be 21 or older | I-20, Exit 20A | 1-318-678-7777 | 1-866-552-9629 | 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

GET YOUR TICKETS TODAY!





Chinese Warriors of Peking • Oct. 13

the process involved and where she gets her sources. **FREE.** For more information call Carolyn Pitts (318-965-0798) or Beverly Maleby (318-861-3324).

SEMINARS

• Engaging Aging

An informative series designed to help the Shreveport/Bossier City community with aging and available resources. These hour-long sessions are open to the public. Saint Matthias Church near Cross Lake at 3301 Matthias Dr. Light refreshments. For more info call 635.5354 or stmatthiasshreveport@gmail.com.

- Healthy Aging: **October 3 @ 5 P.M.** Address distinct health issues.

- Aging with Grace: **October 10 @ 11:30 A.M.** Spiritual dimensions of aging.

- Challenges: **October 17 @ 5 P.M.** Discuss resources for aging.

- Visions for Last Chapter: **October 24 @ 11:30 A.M.** Consider planning.

• Estate Rescue 2018

Thursday, **October 18,** 10 a.m. to noon at the

Broadmoor Branch Library, 1212 Captain Shreve Drive, Shreveport. Presented by SAFE Planning. Learn about protecting assets from nursing home costs and Medicaid, even if someone is already receiving care. This is the last Estate Rescue workshop of 2018. Reserve your seat at safepanningseminars.net/event1 or call 318-869-3133. **FREE.**

• Medicare 101

Informative seminar on the basics of Medicare, Medicare Supplement and Medicare Advantage. **October 11.** Seminar will be repeated on **November 8** and **December 13** from 10 a.m. to 12 noon. Bossier Central Library, 2206 Beckett Street, Bossier City. Register at the Reference Desk or by calling (318) 746-1693. Registration is suggested, but not required. Refreshments.

SENIOR CENTER FUN

• Caddo Council on Aging

9:30 Coffee and Cookies; 10 am program. **FREE.** For more information call 676.7900.

- Thursday, **October 4.** 10:00 a.m. “Identity

Theft”, Bill Gibson, Regions Bank. Valencia Community Center, 1800 Viking Drive, Shreveport.

- Thursday, **October 11.** 10 a.m. “Public Hearing, Caddo Council on Aging Services”. Valencia Community Center, 1800 Viking Drive, Shreveport.

- Monday, **October 15.** 10:30 – 11:30 a.m. “Public Hearing, Caddo Council on Aging Services”. Oil City Community Center, 107 Furman Street, Oil City, LA

- Tuesday, **October 16.** 10:30 – 11:30 a.m. “Public Hearing, Caddo Council on Aging Services”. New Hill CME Church, 8725 Springridge-Texas Line Road, Keithville, LA 71047

- Thursday, **October 18.** 10:00 a.m. “Chair Aerobics with Nora”, Nora Wilbert. Valencia Community Center, 1800 Viking Drive, Shreveport

- Thursday, **November 1.** 10 a.m. Kickoff event to honor family caregivers. Bonita Bandaries, author of “A Caregiver Tip a Day”. Valencia Community Center, 1800 Viking Drive, Shreveport.

- Fridays, **October 5, 12, 19, & 26.** 10:00 am Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tech tips. Valencia Community Center, 1800 Viking Drive, Shreveport

THEATRE

• A Southern Exposure

Presented by Shreveport Little Theatre, 812 Margaret Place, Shreveport. **October 25, 26, 27, November 2 & 3** at 7:30 p.m.; **October 28**

& November 4 at 2 p.m. Set in a small town in 1990’s Kentucky, this comedy/drama centers around a year in the life of four strong southern women as they learn about love, family and the power of the female spirit. \$20 - \$22. Call (318) 424-4439.

• Chinese Warriors of Peking

Saturday, **October 13** at 8 pm at the Strand Theatre, 619 Louisiana Ave., Shreveport. This production is filled with high-intensity martial arts and breathtaking acrobatics, to tell the tale of two rival martial arts disciplines competing in the ancient Chinese capital of Peking. Tickets are \$45, \$35, \$27. Visit thestrandtheatre.com or call 318-226-8555.

• Jersey Boys

Sunday, **October 21** at 7 p.m. at the Strand Theatre, 619 Louisiana Ave., Shreveport. This is the story of Frankie Valli and the Four Seasons in the Tony Award-winning phenomenon. Tickets are \$75, \$61, \$46, and \$25 for students. Visit thestrandtheatre.com or call 318-226-8555.

• Mamma Mia!

October 5 – 21 at Emmett Hook Center, 550 Common Street, Shreveport. The ultimate feel-good musical. A mother. A daughter. Three possible dads. And a trip down the aisle you’ll never forget! \$25 adults, \$20 seniors/military, \$15 children/students. For tickets call 318-429-6885 or visit www.emmetTHOOKcenter.org.

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- DECIDING IF THEY CAN STAY AT HOME OR IF THEY NEED TO MOVE TO AN ASSISTED LIVING/NURSING HOME?
- ASKING THEM TO STOP DRIVING?
- WONDERING HOW TO PAY FOR THE CARE THEY DESERVE?

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for the future or already in the nursing home, we can help your family. Do not make these difficult decisions alone. **Schedule an appointment with us today.**

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PUZZLE page

Turn to page 47 for solutions.

Crossword

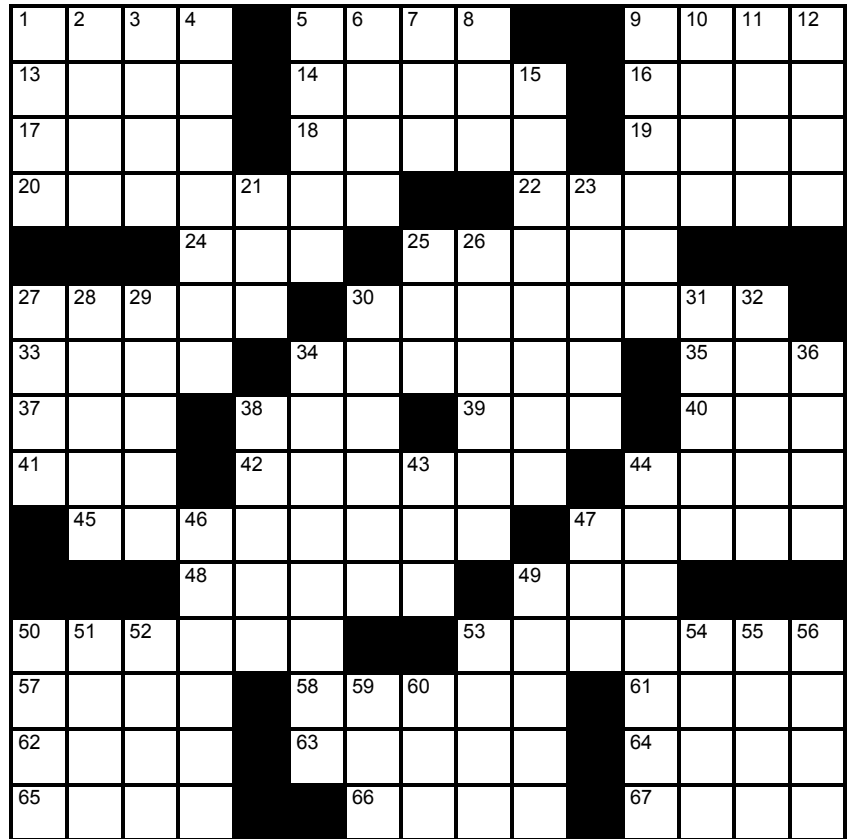
Across

- 1 Doe's mate
- 5 City in Arizona
- 9 ___-majesté
- 13 Poi source
- 14 Improvise
- 16 Passionate
- 17 Mixed bag
- 18 Tennyson poem
- 19 Babylonian goddess of the watery deep
- 20 School for special training
- 22 Lots
- 24 Social connections
- 25 Sphere
- 27 Bender
- 30 Service animal
- 33 Word of regret
- 34 Supplies food
- 35 Ornamental vase
- 37 Colo. neighbor
- 38 ___ favor (please, in Spanish)
- 39 "That's amazing!"
- 40 Corn site
- 41 Soupçon
- 42 Mouthed off
- 44 Campbell of "Party of Five"
- 45 Unchanged through the years
- 47 Enticed
- 48 Bizet work
- 49 Groceries holder
- 50 Ride, so to speak
- 53 Offspring
- 57 Stratford's river
- 58 Winter warmer
- 61 Silkworm
- 62 Miner's quest
- 63 Blue-pencils
- 64 Cash drawer
- 65 Was in the red
- 66 Short run
- 67 Bygone blade

Down

- 1 Greek promenade
- 2 Soft mineral
- 3 Horne solo
- 4 Halloween treats
- 5 Hurts badly
- 6 Small whirlpool
- 7 Crafty
- 8 Have a bug
- 9 Came to earth
- 10 Demonic
- 11 Trig function
- 12 Harbor postings
- 15 Crimson
- 21 Storm dir.
- 23 Way too weighty
- 25 Kind of feeling
- 26 Feudal lords
- 27 Hourglass contents
- 28 Skirt fold
- 29 Spiritual leader
- 30 Jennifer of "Elektra"
- 31 Kind of space
- 32 Woodlet
- 34 Combine
- 36 Requisite
- 38 Warms up
- 43 Airport figures (Abbr.)
- 44 Small but valuable pieces of information
- 46 Complained
- 47 Neighbor of a Vietnamese
- 49 Full of chutzpah
- 50 Saintly glow
- 51 Swear to
- 52 Went by car
- 53 Flower holders
- 54 Ireland
- 55 Sudan crosser
- 56 Jodie Foster's alma mater
- 59 Eccentric
- 60 Tom Clancy subj.

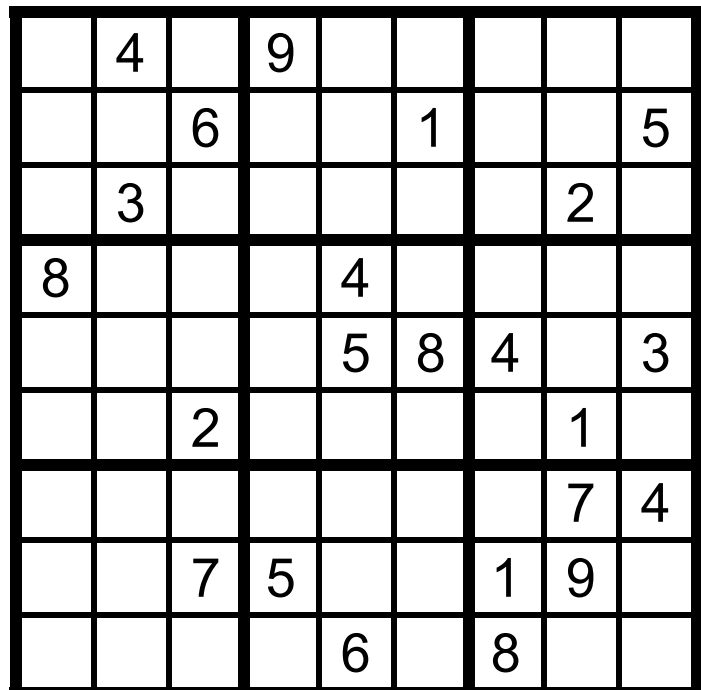
Crossword



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Sudoku

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



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Word Search

TV Comedies Through the Years

ALF	ODD COUPLE
BENSON	SCRUBS
CHEERS	SEINFELD
FRASIER	SOAP
FRIENDS	SPIN CITY
GET SMART	TAXI
HAPPY DAYS	THAT GIRL
I LOVE LUCY	THE NANNY
MASH	THE OFFICE
MAUDE	TIL DEATH
MISTER ED	TOPPER
MONK	WINGS
NEWHART	YES DEAR
NEWSRADIO	

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

GIS

WELCOMES

John N. Bienvenu, M.D.

MEDICAL SCHOOL

M.D. Degree - LSU School of
Medicine, Shreveport, LA

RESIDENCY

Internal Medicine Residency -
LSU School of Medicine,
Shreveport, LA

FELLOWSHIP

Gastroenterology &
Hepatology Fellowship -
LSU School of Medicine, Shreveport, LA

BOARD CERTIFICATIONS

ABIM Certified in
Gastroenterology & Internal Medicine



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SPECIALISTS A.M.C.

Dr. Bienvenu is now seeing patients at our Mabel Street Location.
Call (318) 631-9121 or visit gis.md to schedule an appointment.



Answers from the Experts



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

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

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



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

Will Medicare cover my mother's care in a nursing home?

While Medicare does not pay room & board fees for one actually "living" in a nursing home, there are portions of nursing home care that are covered. Medicare covers 100 days of skilled nursing care when the doctor feels that either nursing or rehabilitation services for Medicare Part A insured persons are needed following a recent hospitalization of 3 or more days. Additionally, Medicare Parts B & D may pay for your mother's medications and physical, speech or occupational therapies ordered by a physician while she is in a nursing home. Depending upon the financial situation, nursing home room & board is generally paid by the individual, Medicaid, or Long Term Care Insurance.



Vicki Ott
Highland Place
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 17.

I am 70 years old and am very nearsighted. I noticed that area doctors have been promoting LASIK to correct nearsightedness. Am I a candidate at my age and does Medicare cover any part of the costs?

LASIK is usually not a first option for people over age 65 because of cataracts. There is a new Multifocal Lens available now called ReStor that allows people with cataracts to see like they did at 25! 80% of people who have the Restor lens implanted are completely free from glasses. Medicare does cover some of the cost of the new lens. To find out if you are a ReStor candidate, call our office at 212-3937 for a screening exam.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
See our ad on page 31.

My shoulder hurts. Should I play through the pain?

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



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



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
Houghton, LA 71037
(318) 949-9415



parting ●● ●●● shots

GUILD

The Shreveport Symphony Guild held their annual open house and membership social on September 13th at the Symphony House.



Kiki Casten, Maestro Michael Buttermann, and Alyce Labanki



Brett Andrews, Elizabeth O'Bannon, Debbie Graham



2018 | 2019



LEE GREENWOOD

Saturday
September 22, 2018 - 8 pm

CHINESE WARRIORS OF PEKING

Saturday
October 13, 2018 - 8 pm

JERSEY BOYS

Sunday
October 21, 2018 - 7 pm

A CHARLIE BROWN CHRISTMAS

Thursday
December 20, 2018 - 7 pm

PRESERVATION HALL JAZZ BAND

Friday
January 25, 2019, - 8 pm

THE OTHER MOZART

Saturday
March 9, 2019 - 8 pm

JEFFERSON STARSHIP

Saturday
April 13, 2019 - 8 pm

SPAMALOT

Sunday
April 28, 2019 - 7 pm

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

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AMBULANCE**

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

318.222.5358

3516 Mansfield Rd.
Shreveport, LA 71103

AARP

AARP Chapter 3568 held their regular monthly meeting on the first Monday of the month at noon with record attendance to hear speakers Larry Bagley and Gary Calligas.



Rev Charles and Mary Griffin



Rev. David Greer and LA State Representative Larry Bagley

AWARDS

Shreveport Community Service hosted their 2018 awards dinner at the Wyndham Garden Shreveport on Friday, September 7. The Appreciation Award was presented to Attorney Mary Jackson.



Lakeshia Holden, Attorney Mary Jackson, Deborah Young and Candy Welch

MEET

WAITR

Discover. Order. Eat.

SEE YOU IN OCTOBER

CARRYOUT OR DELIVERY
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FEIST WEILLER

Feist Weiller Cancer Center held their 21st annual Life Savers Gala on September 15 at Sam's Town Casino and Resort. This year's theme was Boots & Bikers, with jeans and T-shirts encouraged.



Marcus Hobgood, Angela Hobgood, Angela Gonzalez, and Becky DeKay



Lisa and Ken Babin



Merritt and Virginia Chastain



Michelle Katz, Dr. Ghali Ghali, and Dr. Stanford Katz



Mike and Leesa Rosenzweig



Vicki and Dennis Wissing

Puzzle ANSWERS

Crossword

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

Sudoku

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

Word Search

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

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When a higher level of care is needed at "Home" we can help you find the **missing piece!**

Did you know
Regional Hospice provides?

- Medications provided and delivered to your door at no cost*
- Full time Physician available 24/7
- Aide services for bathing, personal care, and feeding
- Social Worker to assist with resources
- Chaplain to provide spiritual support
- Medical equipment delivered to your home at no cost*
- RN available 24 /7 including holidays and weekends
- Nurse/team visits scheduled as often as needed
- Respiratory Therapist on staff full time
- Physical, Occupational, and Speech Therapist available

Shreveport
318.524.1046

Minden
318.382.9396

Homer
318.927.9217

Coushatta
318.932.9465

"Home"-your home, nursing home, assisted living

*when covered by the plan of care



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