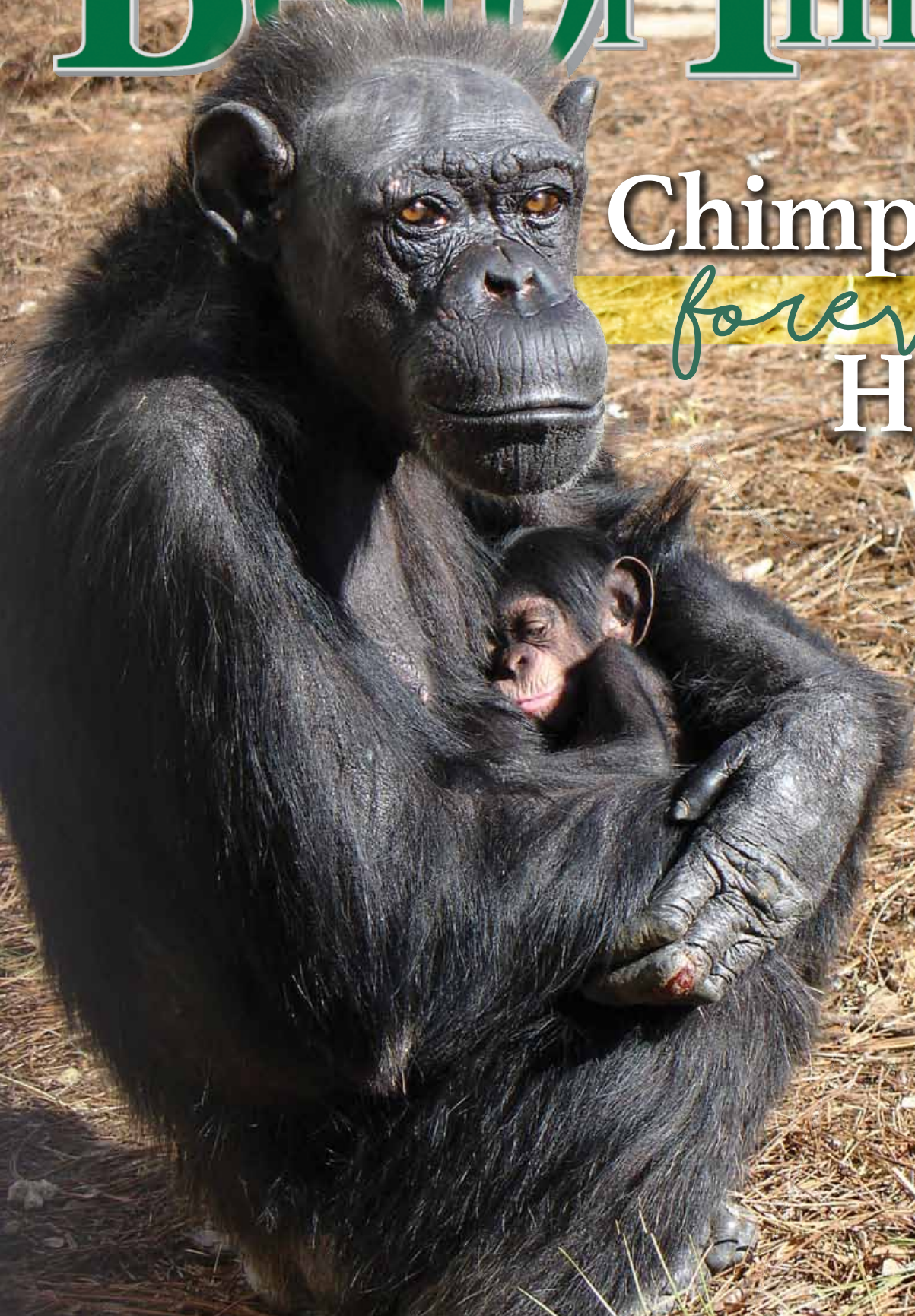


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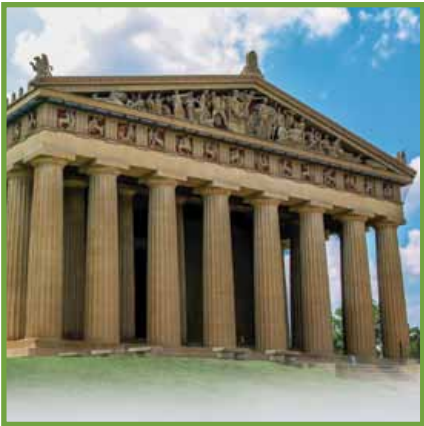
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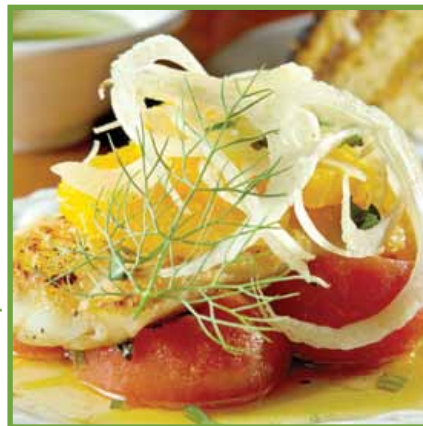
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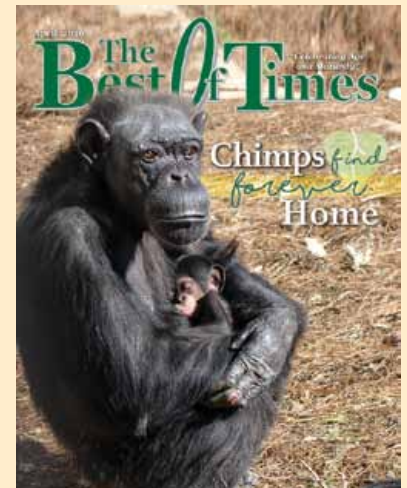
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On the Cover: Teresa surprised the Chimp Haven staff when she gave birth to Tracy in 2007. Photo courtesy of Chimp Haven.

Congratulations to Sherry Hairston of Haughton, winner of our "Search and Win" Contest. She correctly found all 15 Easter Eggs hidden in our March issue and was selected as the winner in a random drawing of all correct submissions.



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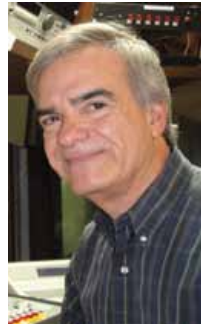
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Blueberries Could Help Fight Alzheimer's

The blueberry, already labeled a “super fruit” for its power to potentially lower the risk of heart disease and cancer, also could be another weapon in the war against Alzheimer’s disease. New research being conducted at the University of Cincinnati and presented at a meeting of the American Chemical Society further bolsters this idea, which is being tested by many teams. The fruit is loaded with healthful antioxidants, and these substances could help prevent the devastating effects of this increasingly common form of dementia, scientists report. Blueberries are already known for their potential to decrease the risk of heart disease and cancer.

Retirement Is Good for Your Health

A landmark study led by University of Sydney and published in the *Journal of Preventative Medicine* followed the lifestyle behaviors of 25,000 older Australians including physical activity, diet, sedentary behaviour, alcohol use and sleep patterns. Their research revealed that retirement was associated with positive lifestyle changes. Compared with people who were still working, retirees had increased physical activity levels, reduced sitting time, were less likely to smoke, and had healthier sleep patterns. The researchers noted that retirement gave people more time to pursue healthier lifestyles.



Does Cranberry Juice Treat a UTI?

A urinary tract infection (UTI) can be an unwelcome visitor - leaving you with the urge to sprint for the bathroom every few minutes. You may have heard that drinking a large glass of cranberry juice can effectively ‘treat’ a bladder infection, but is this remedy more fact or fiction? According to a Texas A&M Health Science Center urologist, drinking cranberry juice to treat a UTI is little more than an old wives’ tale. Cranberry juice, especially the juice concentrates you find at the grocery store, can offer more hydration and possibly wash bacteria from your body more effectively, but the active ingredient in cranberry is long-gone by the time it reaches your bladder. With that said, the active ingredient in cranberry (PACs) can block the adhesion of bacteria to the wall of the bladder. For a UTI to occur, bacteria must adhere to and invade the lining of the bladder. Unfortunately, PACs aren’t present in cranberry juice at all - only in cranberry capsules.

Adding Stress Management to Cardiac Rehab Cuts New Incidents

Patients recovering from heart attacks or other heart trouble could cut their risk of another heart incident by half if they incorporate stress management into their treatment, according to research from Duke Health. Thirty-three percent of patients who received only cardiac rehabilitation had another cardiovascular event such as a heart attack, bypass surgery, stroke, hospitalization for chest pain or death from any cause. By comparison, 18 percent of the patients who participated in stress-management training during their cardiac rehabilitation had subsequent cardiovascular trouble -- about half the rate of the other group. Both sets of patients who went to rehab fared better still than recovering heart patients who elected not to attend rehab. The findings were published in the American Heart Association journal *Circulation*.



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Our Featured 5



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3

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5

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4

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– Janet F.

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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. If you have special memories to share about these photos, please email Tina at editor.calligas@gmail.com.

The M. Levy Building, at the corner of Edwards and Texas, housed their department store from 1887 until 1956. Later it became the Petroleum Tower. This 16-story building was built in the 1950s and has sat empty for many years. The building was given to Community Renewal International on 2001. Currently, there are plans to renovate the building. (Vintage photo from the Henry Langston McEachern Photographic Collection)



The Address Ford Parking Garage was on Crockett Street. The year of this photo is unknown. (Vintage photo from the Henry Langston McEachern Photographic Collection)

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



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Snapshot SLEUTH

Do you recognize any of the people in these photographs?

The Best of Times is partnering with the library at LSU Shreveport to identify individuals in photos from their collections. If you know any of the individuals in these photos or if you have any memory or comments about the images, email Tina at editor.calligas@gmail.com or Laura at laura.mcmore@lsus.edu. These photos are from the Menasco Studio Collection and are courtesy of Northwest Louisiana Archives at LSU Shreveport.



This is what we know about these photos:

- (left) Cedarcroft Plantation, Greenwood. April 24, 1965.
- (left bottom) The photo is dated May 6, 1965. The poster in the background says Shreveport Civic Opera Guild presents "Maytime Festival of Films". The festival was offered in memory of Jeanette MacDonald (although the poster misspells her name as McDonald) who died in January of that year.
- (below) St. Pauls' Country Store. No date given.



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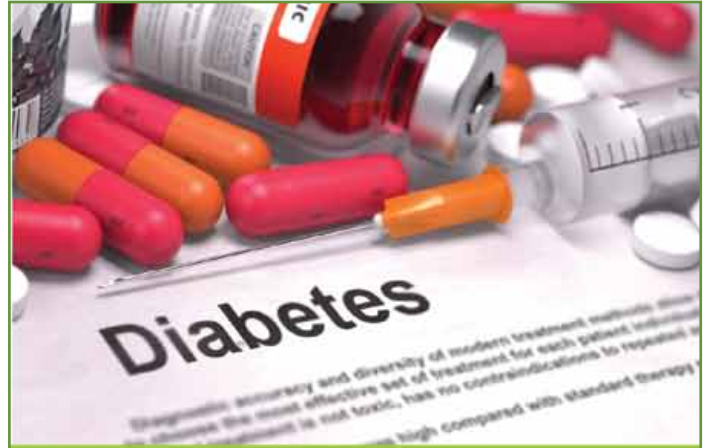


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Chimps *find* *forever* Home

By Kathleen Ward



“In what terms should we think of these beings, nonhuman yet possessing so very many human-like characteristics? How should we treat them? Surely we should treat them with the same consideration and kindness as we show to other humans....” – Jane Goodall

The three women came from around the country to work in a remote park in Northwest Louisiana as part of the staff of 150 at Chimp Haven, the federal sanctuary for troglodytes near Keithville. They will eventually house and care for hundreds of chimpanzees, as the last of the chimps used in medical experiments by the National Institutes of Health are retired.

“As I was driving down that long road I was thinking, ‘I don’t think I’m cut out for this,’” remembers Cathy Willis Spraez, President and CEO, who was enjoying the advantages of having a good job in Human Resources in Atlanta, but out of curiosity answered an ad on a website about the Chimp Haven position. This move would put her in a rural area far from the life she knew.

“Then, coming in, I saw Henry, who stared at me and at that moment I knew I was home.”

Henry is the public face of the chimps of Chimp Haven. He was rescued by police from a neglectful and cruel owner.

“He would put Henry in chains as an oddity on his tow truck and drive around,” she said. He was housed in a 5x5x7 cage, starving and living in filth until the owner went on a trip and asked a neighbor to care for him.

“When the neighbor saw the condition he was in, he called

police,” said Ms. Spraez. “He was at one-half of his normal body weight with ulcers inside and out.” He recovered in the Houston Zoo, then was sent to the unique retirement community of Chimp Haven, where he is living the good life, loved by everyone and the alpha male of his adopted family of former lab animals and pets.

“He looked like a little old man,” she said. Today, at 31 years old, he is content, living at last as he would had he not been in captivity. “He’s in great health,” still her favorite, “and he knows it,” she said.

The staff members have healthy respect for the chimps, who can be ornery and need to stay within their family group. “They are dangerous. They can’t be domesticated, although people have tried. They are strong; they are willful,” said Ms. Spraez.

Also lovable. “People who cared for them in the past” sometimes come for a visit. “It’s amazing when the chimps recognize them,” she said.

“We try to never take them out of their group. They have a best friend in the group. In a captive situation they can act out just as a human would, so we try to give them choices.” Their interactions are much like humans. Chimps share 98% of our human DNA. They hunt, use tools, play jokes and make loyal friends. The bonding occurs very quickly in a group that is



Connie Philipp, Amy Fultz and Cathy Willis Spraezt, pose with Henry

friends. The bonding occurs very quickly in a group that is being introduced to a new chimp.

“They fight. That’s probably how they work out differences, but they are very forgiving. We could take a lesson on how to forgive each other,” said Ms. Spraezt.

Visitors to Chimp Haven are separated only by a small mote from the chimps’ roaming enclosures. Many of them are not confined to cages, but range over a forest and pasture within the confines of their family’s compound, which is separated from the other families by high walls. The groups range in size from just three to 23

chimps. Chimps needing additional care are housed in spacious areas with structures they can climb.

Meetings are sometimes enlivened by chimps climbing up to the top floor of their enclosures just outside the windows of a second-floor conference room.

“The walls and separations are because chimpanzees in the wild live in social groups,” Connie Philipp, Animal Care Supervisor, who moved from Nashville. “They have a best friend in the group.” One old and blind female had a best friend who “helped her, guiding her out the door.”

In the morning, visitors on event days can watch the chimps come out to their feeding area in a group where frozen fruit and other treats make up their breakfast. Although the males all had vasectomies, several of those surgeries failed

have their backs scratched.

“We use heavy plastic spoons. We always have a 6” difference between our fingers and them. We never go in with them,” she said.

As they live out their lives, the three women and the staff charged with their care see new ones come and bond with other chimps and with the staff. Some of the chimps require medication just as aging humans do, with ailments ranging from HIV to diabetes and arthritis. They are taught to

In the morning, visitors on event days can watch the chimps come out to their feeding area in a group where frozen fruit and other treats make up their breakfast.

put their hand out for blood tests and injections.

“We all have our favorites,” she said. They grieve when the inevitable happens and one dies. They recently lost “Grandma”, who at almost 62 was “the matriarch and one of the oldest chimps in captivity. She liked to carry around stuffed animals,” said Ms. Philipp.

Chimp Haven is their last and best home. Efforts began with Amy Fultz, cofounder of Chimp Haven and a former behavioral lab researcher with experience in zoos and sanctuaries. When she found out the NIH was starting a nationwide retirement program, she began planning a place where the

and four babies have been born. Now all the females are on birth control.

“I think this is a perfect example of when nature wins,” jokes Ms. Philipp.

“Sometimes the kids push the limits and the females discipline them,” she said. “There’s sometimes babies who get their mothers in trouble by starting fights.” They like to play the “race game” and to



Above: Valentina Rose, whose birthday is on February 14, enjoys a treat at her birthday party. Next page: Riley, 4, is one of Chimp Haven’s youngest retirees.

chimps could live out their lives as closely as possible to the natural order. It was 1995, in Texas.

“At that time, chimps were used in HIV research,” she said, “but research was dropping off. People were discussing what to do with these chimps. That’s how Chimp Haven was born.” Chimp Haven is the only sanctuary for HIV-positive chimps, who are segregated and housed together away from the other chimps in spacious, comfortable facilities.

The developers of Eddie Jones Park approached the rescue group and offered to donate 200 acres of land at the park, said Ms. Fultz. The NIH began the project by paying for 90% of the first phase of construction and 75% of the first operating costs. They pay nothing toward chimps rescued from private owners, and Chimp Haven is now covering 100% of all construction through fundraising efforts and special educational days as well as generous private donors. Scouts can also earn Chimp Haven badges.

“It was 10 years from the time we incorporated until the first chimps arrived. It started with two on the first day, but we got up to 33 very quickly,” Ms. Fultz said. Estimates of the anticipated population of Chimp Haven are difficult to determine because of the number of elderly, but it will eventually be several hundred. Most of the chimps are still the property of the NIH.

As the chimps roam, they frequently see wild animals. “When they see deer, the new chimps alert the others,” said



Ms. Philipp, but the older residents are accustomed to sharing the property with animals and with people. Occasionally staff members bring their dogs for the chimps to watch, although they don’t interact.

“Emma, who was used in language studies, brought a shovel and pointed to the dogs. She wanted to trade the shovel for a dog,” said Ms. Philipp. “She didn’t get one.”

Chimp Haven’s Spring Fling is from 9:00 a.m. to 1:00 p.m. on April 16. For more information about the programs and opportunities at Chimp Haven, go to www.chimphaven.org.



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EYE CARE AS YOU AGE

Which health screenings and exams are top priorities for you? If you're like most adults, monitoring your weight, cholesterol, and blood pressure is probably part of your health care routine. But what about vision care?

When adults reach their 40s, they often start to notice small changes in their vision, which can impact their daily lives and job performance. Whether having difficulty reading a book or working on a computer screen, such changes can be frustrating, but they can often be addressed by an eye care professional.

A comprehensive dilated eye exam is the best way to detect diseases and conditions that can cause vision loss and blindness. That's because many have no symptoms in their early stages.

According to the National Eye Institute, all adults aged 60 and older should have a comprehensive dilated eye exam, with the exception of African Americans, who are advised to get the exams starting at age 40 due to a higher risk of developing glaucoma at an earlier age. Even if you haven't experienced any issues with your sight, a dilated exam can detect serious eye diseases and conditions such as age-related macular degeneration, cataract, diabetic eye disease, and glaucoma.

During a dilated eye exam, your eye care professional places drops in your eyes to dilate, or widen, the pupil. This lets more light enter the eye, similar to the way an open door lets

more light into a dark room and allows your eye care professional to get a good look at the back of your eyes to examine them for any signs of damage or disease.

Regular eye exams go a long way in helping you see well for a lifetime. But there is more you can do. Experts at the National Eye Institute recommend following these additional steps to protect your vision.

1. Live a healthy lifestyle. Living an overall healthy life is good for your eyes. This includes:

- Maintaining a healthy weight. Being overweight or obese increases your risk of developing diabetes and other systemic conditions, which can lead to vision loss from diabetic eye disease or glaucoma.
- Eating healthy foods. You've heard carrots are good for your eyes, but eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens is important for keeping your eyes healthy, too. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.
- Not smoking. Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract and optic nerve damage, all of which can lead to blindness.

2. Know your family history. Talk to your family members about their eye health history. It's important to know if

anyone has been diagnosed with an eye disease or condition since many are hereditary. This will help to determine if you are at higher risk for developing an eye disease or condition.

3. Use protective eyewear. Protect your eyes when playing sports, working with hazardous materials, or doing chores like mowing the lawn. Protective eyewear includes safety glasses and goggles, safety shields and eye guards specially designed to provide the correct protection for a certain activity. Most protective eyewear lenses are made of polycarbonate, which is 10 times stronger than other plastics. Many eye care providers sell protective eyewear, as do some sporting goods stores.

4. Wear sunglasses. Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation. Exposure to excess sunlight can increase your risk of cataract and age-related macular degeneration, tissue growth on the white part of eye that can cause discomfort and blurred vision.

You can find more information on these preventive measures and dozens of other vision-related topics at www.nei.nih.gov.

Family Features

Common Eye Diseases and Conditions

Just as the rest of your body ages, so do the eyes. The following are common diseases and conditions associated with aging that can be detected with proper monitoring from an eye care professional:

- **Cataract.** People who experience this clouding of the lens in the eye often report increased glare and fading of colors.
- **Diabetic eye disease.** A complication of diabetes and a leading cause of blindness, its most common form is diabetic retinopathy, which happens when the disease damages small blood vessels inside the retina.
- **Dry eye.** Dry eye can feel like stinging or burning, and can lead to blurred vision or even vision loss if left untreated.
- **Glaucoma.** Glaucoma is a group of diseases that can damage the eye's optic nerve and result in vision loss and blindness. Open-angle glaucoma is the most common form of the disease.
- **Age-related Macular Degeneration (AMD).** AMD is a disease that blurs the sharp, central vision you need for "straight-ahead" activities such as reading, sewing, and driving. AMD affects the macula, the part of the eye that allows you to see fine detail.



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The advertisement features a photograph of the Cedar Hills building, a large multi-story structure with a central entrance and a sign that reads "CEDAR HILLS". A red banner in the top left corner says "Call Today & Schedule Your Tour!". Below the photo, the name "Cedar Hills" is written in a large, green, cursive font. Underneath that, the text "Senior Apartment Homes" is displayed. A quote follows: "We pride ourselves in excellence and aim to provide all our residents with the gold standard in senior living. With rent based on income, and all utilities included, our seniors can enjoy luxury living worry free. Come home to Cedar Hills. 'Where apartments become homes and friends become family.'" At the bottom, the address "7401 St. Vincent Ave" and phone number "318-861-6915 (Ext 2)" are listed. The bottom right corner shows a small inset photo of an apartment interior with a dining table and chairs, and a house icon.



The Case of the Barking Dog



After almost fifty (50) years of mystery solving, Scooby Doo and the gang finally decided to retire. They bought a house together over in Union Parish and dedicated themselves to a life of leisure. For Fred, that meant golf, Shaggy planted an herb garden, and for Scooby, a life of leisure meant going outside in the back yard every day and barking his head off.

And he would have gotten away with it too, it weren't for his meddling neighbor, Jim Neighbors (not his real name.) Mr. Neighbors was really bothered by Scooby's barking. (For those of you who don't have grandchildren, Scooby is not only a world famous mystery solver; he is also a dog.)

Does Mr. Neighbors have any legal rights? Isn't there a nuisance law in Louisiana? There is, but there is also a law that says in most circumstances you can do what you

want on your own property. Sometimes these competing interests can cause neighbors who can't get along to end up in court. This, unfortunately, is exactly what happened to Scooby and Mr. Neighbors. (The names have been changed, but the case is a real Louisiana case.)

Mr. Neighbors explained to the Judge that he used to go outside all the time. He loved fishing off his dock in his backyard, and part of his yard was specially set up for sunbathing. But Mr. Neighbors said that with the dog barking and yipping all day long, he just lost his desire to engage in outside activities. Mr. Neighbors also told the Judge that Scooby's barking was loud: often louder than the television inside his home. And because Mr. Neighbors was a world famous singer, he had an in-home recording studio that the constant barking rendered useless.

Sound like a nuisance to you? Scooby's gang told the Judge, and Mr. Neighbors agreed, that Scooby was an old dog. As soon as the sun went down, Scooby went to sleep. So there was never any barking at night and Mr. Neighbors never lost any sleep

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because of Scooby's barking.

Here's what the law says: "The barking, howling, and whining of dogs may constitute a nuisance and may be enjoined if the barking results in serious annoyance to neighboring residents and interferes with the reasonable use and enjoyment of their property."

In one South Louisiana case, there was a not-for-profit animal shelter next door to a convent of nuns. The nuns said that the constant barking kept them from sleeping. They sued, and the nuns won.

In another Louisiana case, there was a fellow who lived in a very rural area. He had seventeen (17) dogs, so there was constant barking. This bothered the nearest neighbor, who lived about 250 yards away. The neighbor sued and he also won.

So what would you do if you were the Judge in Scooby's and Mr. Neighbor's case? In that actual case, the Judge spent some time studying an old Louisiana case that involved a rooster. Here's a

direct quote from that old rooster case: "We cannot conceive of a normal person, endowed with ordinary sensibilities and ordinary habits, being greatly discomforted by the announcement of a new day from the well-trained voice of a stately cock." There were three (3) judges who presided over that rooster case, and all three held that "the cheery outburst at the break of day [of the big red rooster] cannot be so disturbing as to become a nuisance to a normal person."

The Judge in Scooby's and Mr. Neighbor's case decided, "Here, [Scooby], just like the rooster, [was] simply producing the sounds that came naturally to [him.] These barks were no different than those of any other dogs." Because the barking did not conflict with Mr. Neighbor's sleep, Mr. Neighbors lost his case.

Lee Aronson is a Shreveport attorney with Lineage Law, LLC, an estate and business planning law firm serving clients throughout Louisiana.



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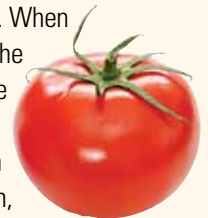
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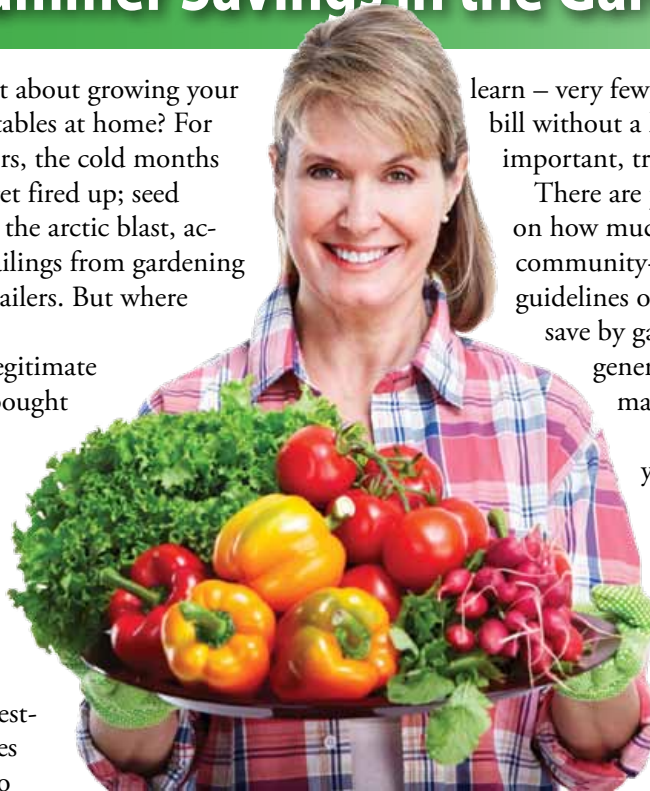
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Growing Summer Savings in the Garden

Have you ever thought about growing your own fruits and vegetables at home? For experienced gardeners, the cold months are when their imaginations get fired up; seed catalogs seem to blow in with the arctic blast, accompanied by companion mailings from gardening accessories and equipment retailers. But where can amateurs start?

To maintain a garden as a legitimate financial alternative to store-bought food, it's important to understand the underlying costs involved. Some gardeners spend substantial bucks on fancy tools, equipment, gardening clothes, deluxe fertilizers or supplies, which sounds counter-intuitive to a money-saving alternative. Investing in home gardening requires frugal spending and a desire to



learn – very few people wipe out their entire produce bill without a little preparation, knowledge and most important, trial and error.

There are plenty of studies (www.garden.org/) on how much people are investing in home- and community-based gardens, but very few reliable guidelines on how much money you can actually save by gardening. That's because it's tough to generalize results based on geography, climate and skill sets.

Nevertheless, if you still want to get your hands dirty, here are some general steps to take before you dig in:

Harvest as much local gardening knowledge as you can. The word "local" is very important. Planning a home-based edible garden in a sunny West Coast backyard is very different than planting a series of clay pots on a Midwestern terrace. Start with a

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close look at your climate and growing conditions before buying anything.

Plant only what you'll eat. If you want a salad garden, stick to lettuce that can be planted and harvested repeatedly in one season. Maybe you'll also want to plant a tomato plant or two. If you generally buy a lot of a particular vegetable, try and grow that first. The more you want to eat the food you're planting, the more interest you'll take in making it a success.

Keep your first effort as inexpensive as possible. Generally, the cheapest way to grow plants is from seed you start growing indoors. Some people have special lights and shelving for indoor seed starting, but if you're planning on only a few plants, it's best to start modestly. Consult experts about the most effective and frugal way to start your desired plants from seed at home and set a growing schedule that culminates in actual planting outdoor. Sometimes it's better to stick with a few borrowed or garage sale hand tools and recycled containers that will work just fine for seeding and drainage.

Keep learning as you go. When you start gardening, even if it's only a pot or two where you're growing from seed, start an annual garden journal that details what you've purchased (with prices), what's worked well and all questions and answers you've gathered along the way. You might even discover new plants you'd like to grow next year. Re-reading your journal before you start your gardening planning in winter is a great way to shape your growing and cooking priorities for the coming year.

Bottom line: Homegrown food usually tastes better for two reasons – it's fresher than anything you can buy and you have the pride of growing it yourself. However, making an economical home garden takes know-how, knowledge and as minimal initial investment as possible.

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

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Funeral Costs and Payment Alternatives

In the last few weeks, I have been visiting with various groups around the local parishes. The topic always comes up where I was raised and what my family did before I was a judge. When I tell them that I grew up in the funeral home and cemetery business, people always have questions about the costs related to a funeral and how to pay for those costs.

I have been watching the paper lately and watching offers that the local funeral homes and cemeteries are offering for package deals. When I say package deals, if I am referring to the cemetery, I am talking about the grave plot, marker, vault, opening and closing of the grave, and escort costs to the cemetery, if the funeral home is not located in the cemetery. A package deal from the funeral home will be the casket, professional services to care for the body, use of the funeral home, and costs of the hearse and other vehicles used in the funeral procession, along with other items depending on what the family selects or is offered.

In looking at the paper and talking to various friends of mine in the funeral home and cemetery industry, costs of these services are rising every day. Most people do not want to consider these costs until they absolutely have to deal with them and most people are having a difficult time in this economy even making ends meet. Unfortunately, we will all face this difficult time at some point and there are some things that may make the financial burden a little less on the surviving family members.

First, if you can pre-plan your funeral and buy your cemetery spaces pre-need, you will always save money. Funeral homes and cemeteries will run package deals from time to time that offer certain discounts. If you can afford to take advantage of these opportunities, these package deals can save several hundred dollars. Both the cemeteries and funeral homes will allow you to pay a monthly amount in order to



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pay for the package deals. Pre-planned cemetery packages and funeral packages can be paid for in monthly installments that last a definite amount of time and not be paid for over your lifetime. Pre-planning allows you to freeze the costs in today's prices.

Second, you can buy life insurance. Life insurance policies can be used to purchase funerals and cemetery plots at the time of need. The only problem with purchasing these items at the time of need is that you do not receive a discount. Further, depending on when the person passes away, costs may have doubled or tripled from today's prices. Buying a life insurance policy can help with the costs of these items, but the family may need the funds from a life insurance policy for other expenses. Additionally, depending on when a person applies for the life insurance policy, they may not qualify for the life insurance policy.

Finally, you can save the money you may need. Unfortunately, no one knows how much cash they will need at the time someone passes away. Depending on the health of the person and final needs, the cash may be gone by the time the person passes away.

The best solution is to try to pre-plan and take care of your final wishes before something happens. By pre-planning, you can save money and make sure your final wishes are followed.

Judge Jeff Cox is the 26th Judicial Court Judge for Bossier/Webster Parishes, Division C.

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5 Ways to Save Your Brain & Learn Faster

I lost my car at the mall and had to ask the security guy to drive me around and find it. I was practically in tears after roaming around the parking lot for 20 minutes. At the time, I just thought, "I'm losing my mind, how do I not remember this?!"

Then I thought about it, I have a hundred million thoughts in my head, and when I parked, I parked at a location I never usually park in near a store I never go to. And I had been wrapped up in an important and intense conversation on the phone (while I was driving and parking) and... are you assuming these are excuses? Maybe so. But it made me think that memory loss, and other injuries of the brain could impact your quality of life. It's scary.

Your brain should be properly 'fed' and 'exercised' and in good shape. I can teach you how to save your brain, and support yourself if you're dealing with memory issues, brain fog, or mild issues related to traumatic brain injury (TBI) or Toxic Encephalopathy.

I'm only offering suggestions to save your brain today, I'm not sure what's safe for you or effective for your individual condition

so please speak to your neurologist before trying any of these supplements:

Fatty Acids - Why not, your brain is made of fat? Fat is an integral part of your brain, so it's first up for that reason. One of the most important types of supplements you can take would be something high in DHA, docosahexaenoic acid. You'll find DHA in supplements labeled "DHA" as well as in Salmon Oil, Fish Oils, Chia Seed Oil and Krill.

Mullein Root - A little harder to find, it has mild anti-spasmodic effect. Since it has an affinity for facial nerves, some holistic doctors suggest Mullein for Bells Palsy, Trigeminal Neuralgia or other facial nerve pain syndromes associated with brain-injury.



Acetyl L carnitine - It's capable of repairing brain cells (neurons) and it is known to prevent age-related memory decline. It turns into acetylcholine in the brain which can help you with learning. Doctors often suggest it for stroke victims.

Ginkgo biloba - A well-known herb that sends blood up to your brain and it could help with both

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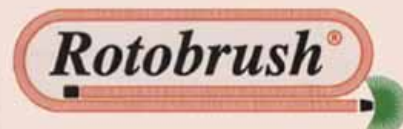
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short and long-term memory. It seems to help balance the various catecholamine neurotransmitters (dopamine, norepinephrine, adrenalin) as well as serotonin and cortisol levels! Taken together this can help revitalize a fading memory, reduce anxiety and improve your mood.

Ashwagandha - This is known to help with thyroid function over time by raising thyroid hormone levels but it can make you sleepy. Studies suggest that it's a good choice if you have insomnia related to any brain injury, including TBI.

For a more comprehensive list of brain-saving supplements, please sign up for my newsletter at suzycohen.com and I'll send you the extended version of this in a newsletter.

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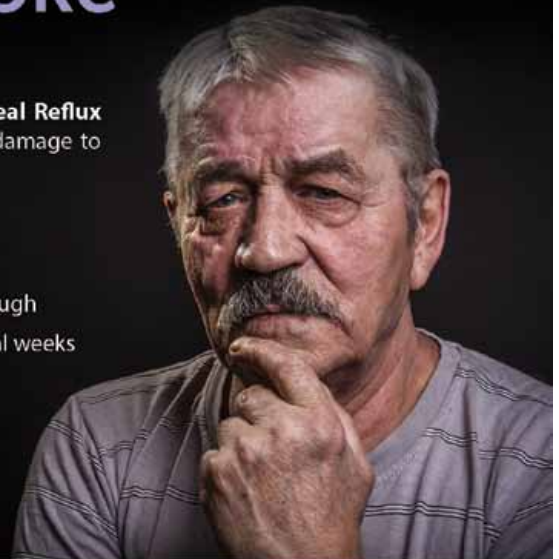
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THE TEMPLE ON THE HILL

Story by Andrea Gross; photos by Irv Green

The Nashville Parthenon is a near-exact replica of the one that was built in Greece in the fifth century BC.

The statue of Athena, goddess of wisdom and prudent warfare, is 42 feet tall.



IT'S AN EYE-POPPING, HEAD-SCRATCHING SIGHT. THERE, RIGHT IN THE MIDDLE OF MIDDLE AMERICA, STANDS ONE OF THE MOST RECOGNIZABLE BUILDINGS IN EUROPE: THE GREEK PARTHENON, GENERALLY CONSIDERED ONE OF THE WONDERS OF THE ANCIENT WORLD.

What in the name of Zeus is this historic monument doing in Nashville, Tennessee?

Of course, the Tennessee building is a replica, but it looks much more like the temple where Socrates and Plato debated the merits of democracy than does the one in Athens. The original Parthenon, built in the fifth century B.C., shows its age. Some of the columns have crumbled; most of the roof is gone, and the marble sculptures that decorated its exterior are now in the British Museum of London, the center of a longstanding dispute between England and Greece. What's more, the giant statue of Athena, which was created by Pheidias, the most famous sculptor of his time, disappeared 1,500 years ago.

In contrast, the building in Nashville is in perfect condition.

My husband and I are awed by the 50 graceful Doric columns, which like the original are ingeniously tapered so that to the eye they appear straight while they actually tilt slightly inward, an architectural trick to make them appear regally tall.

Inside we're mesmerized by a 42-foot tall statue of Athena, reproduced by Nashville sculptor Alan LeQuire. The goddess of wisdom and prudent warfare, whom the Parthenon was built to honor, is attired in a flowing gown and gilded with eight pounds of 23.75 carat gold. In her right hand she holds an adult-size statue of Nike, the goddess of victory.

In short, Nashville's Parthenon resembles the original as it was, not as it is.

This, of course, gets us back to our original question: Why Nashville?

Why wasn't such a monument built in a city like Tarpon Springs, Florida, where more than ten percent of the population traces its ancestry back to Greece? Nashville doesn't even rank in the top seventy largest Greek-American communities.

The answer dates back to the mid-1800s, when the city was known as a center of wisdom, art and learning. It was the first

city in the South to have a public school system, and it had more colleges and universities than other cities of its size. Proud Nashvillians said that in their reverence for knowledge and love of philosophical debate, they and the ancient Greeks were kindred spirits.

In addition to thinking like the Greeks, the city had a Greek flair due to its abundance of Greek Revival architecture. Citizens were inordinately proud of its buildings, many of which were graced with stately colonnades and porticos. Nashville became known as “The Athens of the South.”

Thus, in 1897 when it was asked to erect a pavilion for the state’s Centennial Exposition, it seemed natural to build a life-sized model of the Parthenon. The building was only intended to last for the six-month duration of the Exposition, but the citizens balked at tearing it down. Instead they replaced the temporary structure with a permanent one, which was completed in 1931.

Today the Nashville Parthenon serves as the city’s art museum and houses a permanent collection of paintings by 19th and 20th century American artists. Other galleries are used for temporary exhibits. In addition, it hosts a series of free educational programs that range from panel discussions to formal lectures.

As for Nashville’s Greek atmosphere, its streets are still filled with fine examples of classical Greek architecture. Not far from the Parthenon, the Tennessee State Capitol, modeled after a Greek temple, sits atop Nashville’s own acropolis.

In 1955 the capitol, which was then nearly 100 years old, needed a fix-up. We drive to the north side of the building where we find some of the original pillars that weren’t used in the restoration. They’re scattered on a small patch of grass, where they bear an eerie resemblance to the ruins of ancient Greece.

Later we explore the area near West End Avenue and Belle Meade Boulevard, where many homes have the trademark Greek columns and porticos. The most famous of the Greek Revival homes belongs to Andrew Jackson, the seventh president of the United States. His home, The Hermitage, was originally built in the Federal style, but after being destroyed by a fire, it was rebuilt with the classical elements that were more in vogue at the time. A smaller home, Tulip Grove, on the outskirts of Jackson’s estate, provides an even better example of the Greek style.

Finally, we go to the Athens Family Restaurant. It’s housed in an architecturally bland building but is renowned for its authentically spiced Greek food, including gyros and souvlaki.

Of course, in what is altogether fitting for the culture that practically invented democracy, the chefs also serve thoroughly American hamburgers!

Fragments of pillars lie near the Tennessee State Capitol, giving visitors the feel as if they are wandering among Greek ruins



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Vintage Cavett Returns to TV



The battle for late-night talk show dominance is nothing new to TV audiences. In the 60s and 70s, three prominent hosts sometimes went head-to-head for the coveted ratings bragging rights.

“There was a time when Johnny Carson, Merv Griffin, and myself were all opposite each other,” noted Dick Cavett from his home in New York.

With the addition of “The Dick Cavett Show” to the Decades Network line-up at the beginning of February (see www.decades.com for schedule), the trio of former competitors are again filling late-night niches, this time as

reruns on cable networks – Carson’s “Tonight Show” on Antenna TV since January and “The Merv Griffin Show” on getTV since last October.

“We all had great entertaining guests, but it was also a rough period for America – Vietnam, Nixon, civil rights and a bevy of assassinations,” said Cavett. “People seem to like the nostalgia of these old shows, even if it means looking back at troubled times.”

Transplanted from the Midwest to New York, Cavett began his journey to late-night as a copy boy for Time magazine in 1960. After sending some jokes to then “Tonight Show” host Jack Paar, he was soon hired as a writer.

Throughout the 60s, Cavett continued to write for others, including Carson, as well as tackling stand-up himself, but eventually inherited his own daytime show at ABC in 1968.

Known for his in-depth and well-researched interviews, enlivened with a touch of witty commentary, Cavett soon graduated from daytime to late-night as “The Dick Cavett Show” and attracted

guests that competitors envied.

“Fred Astaire rarely gave interviews, but wanted to come on my show,” said Cavett. “When he did, he danced for God’s sake, and the audience went wild.”

But not all Cavett’s guests were so obliging, such as David Bowie’s 1974 tense appearance in which the singer fidgeted with a cane throughout the interview.

“He was the single most nervous guest I ever had,” noted Cavett. “I wanted to take that cane and throw it in the orchestra.”

A year earlier, Marlon Brando’s appearance was a scoop, although the actor preferred to discuss the plight of Native Americans rather than acting.

“When I asked for his thoughts on the success of ‘The Godfather’ movie, he mumbled that he didn’t want to talk about films,” recalled Cavett. “So I quipped ‘Did you like the book, “The Godfather”?’ That got a big laugh from the audience and after he paused, he threw me that million dollar Brando grin.”

A huge Marx Brothers fan, Groucho Marx was one of Cavett's early guests.

"Groucho came on with his writing friend Harry Ruby and it was pure gold. But that's one of the early episodes that went missing, probably recorded over when studios reused videotapes. It still gives me bad dreams to think the tape might have been turned into 'Let's Make a Deal.'"

Cavett became friends with Groucho, but says that was an exception, rather than the rule. He was also more than just a rival to one of his late-night competitors.

"Johnny Carson and I were actually good friends," said Cavett, who turns 80 in November. "About a year before he died, I had a wonderful evening with him at a restaurant and we talked for hours about our shows and some of the guests we had over the years."

Many were among the greatest celebrities of the Twentieth Century (see www.dickcavettshow.com).

"People have been asking me constantly over the years if they will ever see all those full episodes of 'The Dick Cavett Show' on TV again," he said. "Well now they can."

Photos - Top left: Groucho Marx and Dick Cavett (photo provided by Dick Cavett); inset: Dick Cavett today (photo courtesy of Keith Munyan).

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

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Review of *Kitchens of the Great Midwest*

K*itchens of the Great Midwest* is, in a way, a collection of short stories of people in and around Minneapolis whose lives, in one way or another, are forever changed and altered by food. But these glimpses into their lives ultimately tell the life story of Eva Torvold.

From infancy to adulthood, Eva and her exceptional food palate weave in and out of people's lives, stirring joy, anger, envy, love and even hysteria. In some chapters, her appearances are brief, and in others they are the crux of the story. Only once does Eva tell her own story, and then when she is still a girl. As each chapter began, I felt like a passenger on public transportation, searching through the crowd for Eva. When does she enter? How can she possibly be connected

to this person? And then there she was. Her presence, upbringing, personality and reactions to the story's characters made me constantly want to root for her, to be her friend.

This book is many things: a look at how we view and judge one another, a love letter to music, a shared communion of how we grieve, and, ultimately, an examination of "foodie culture" and the people who are obsessed with the intricacies of flavors and ingredients in gourmet food.

I love that Stradal tackles the world of food from so many angles: traditional family-made lutefisk, spicy food eating contests in restaurants, dessert bars at the state fair, supper clubs and gourmet restaurants. He deftly inserts humor in all the right places, especially so when



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food snobbery and “ingredient sourcing” reach an over-the-top fever pitch. There is love and appreciation for all food, from gourmet just-picked-from-the-cornstalk-this-morning corn succotash, to the nostalgic joy of simply made dessert bars your mom could have made for the church potluck. There are even a few recipes scattered through the story for good measure.

The writing is beautiful and each character is distinct and well developed. There is one chapter where it seems that Stradal tried too hard to push the hardness of a character with an overabundance of harsh language, but it’s forgivable, just as the character is flawed and forgivable.

And at the heart of it all, Eva Torvold emerges as a relatable, intelligent and strong woman who, despite the lot she was dealt in life, manages to see the good in everyone and uses her extraordinary palate to maneuver through pepper eating contests, bad dates, snobby supper clubs to ultimately become an exceptional chef who makes people weep over her food, which is in essence, her life’s tale.

A character near the end of the book sums up Eva perfectly: “She’s told me that even though you won’t meet her tonight, she’s telling you her life story through the ingredients in this meal, and although you won’t shake her hand, you’ve shared her heart. Now please, continue eating and drinking, and thank you again.”

Take this one to the beach and enjoy.

Grade: B+



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Hearty Heart-Healthy Dishes

FAMILY FEATURES

It may sound contrary to your healthy eating plan, but the human body actually needs some types of fat for heart and brain health. One common source is cooking oil, such as olive oil. Of the cooking oils most commonly used in North America, olive oil contains the most monounsaturated fat, which is widely recognized for its potential role in reducing the risk of coronary heart disease. In fact, beginning in 2016, olive oils will display the American Heart Association's Heart Check-Mark® to alert consumers about olive oil's heart-healthy benefits. Experience the distinctive tastes of different varieties of olive oil in these delicious dishes and find more heart-healthy recipes at AboutOliveOil.org.

Day Boat Cod with Melted Tomatoes and Shaved Fennel and Orange Salad *(Serves: 4)*

olive oil
salt and pepper, to taste
4 cod filets (6 ounces each)
Olive Oil Melted Tomatoes
(recipe follows)
Orange, Fennel and Olive
Oil Salad (recipe follows)
4 lemons, cut into eighths

Heat oven to 400° F.
 Heat medium sized saute pan on high. Add olive oil and heat. Salt and pepper cod. Add cod to hot oil and sear very hard on one side, until fish is golden brown and crisp.

Transfer cod to baking sheet that has been brushed with olive oil. Place cod in oven until it starts to flake, about 12 minutes. Remove cod from oven and keep warm.

Using spoon, portion Olive Oil Melted Tomatoes onto four large dinner plates. Allow some flavored oil to

puddle on plate. Carefully transfer cod on top of warm tomatoes.

Then top cod with Orange, Fennel and Olive Oil Salad. Squeeze lemon wedge over entire plate.

Olive Oil Melted Tomatoes

8 large Roma tomatoes,
peeled, seeded, cut in half
salt and pepper, to taste
6 basil leaves, shredded
3 tablespoons parsley,
chopped
1 lemon, zested
6 large garlic cloves, peeled
and sliced thin
extra-virgin olive oil

Heat oven to 325° F.
 Place tomatoes in 9-inch cake pan and season to taste with salt and pepper. Scatter herbs, lemon zest and garlic on top of tomatoes.

Drizzle tomatoes with extra-virgin olive oil, which should come up about three-quarters of the way on tomatoes.

Cover with foil and bake until tomatoes are tender, approximately 40 minutes.

Orange, Shaved Fennel and Olive Oil Salad

½ large fennel bulb, sliced
thin on mandolin
2 medium oranges, rind and
seeds removed, cut into
slices
½ medium lemon, juice only
3 tablespoons extra-virgin
olive oil
1 tablespoon parsley,
chopped

salt and pepper, to taste
 Combine all ingredients and gently toss just before garnishing cod.

Vegetable Frittata with Roasted Asparagus

(Serves: 6)

- | | |
|--|---|
| 6 large eggs | 1 roasted red pepper, peeled, deseeded and diced |
| 1 Tbs. water | 1 Tbs. parsley, chopped |
| 2 Tbs. Parmesan Reggiano, grated, plus additional for garnish | 1 Tbs. basil, chopped |
| 1 tsp. garlic, minced | 3 Tbs. extra-virgin olive oil |
| 2 tsp. shallots, small diced | 1 cup cremini mushrooms, sliced |
| 1 cup russet potatoes, peeled, small diced, boiled until tender, drained and chilled | salt and pepper, to taste |
| | ¼ cup fontina cheese |
| | Lemon, Basil and Garlic Roasted Asparagus (below) |

Beat eggs with water, then beat Parmesan into egg mixture and reserve.

Combine garlic, shallots, potato, pepper, parsley and basil, and set aside. Heat extra-virgin olive oil in 12-inch non-stick saute pan over high heat. Add mushrooms and saute until they start to brown. Reduce heat to medium and add reserved vegetable mixture. Saute for about 1½ minutes. Season with salt and pepper, to taste. Add additional olive oil, if needed, then add reserved egg mixture to hot saute pan.

Cook 2-3 minutes until egg cooks and sets on bottom. Transfer saute pan to broiler and broil until light and fluffy, and almost totally set, about 2-3 minutes. Sprinkle fontina cheese on top of frittata and place back under broiler until melted, about 2-3 minutes. Remove to cutting board and cut into six triangle servings. Place one serving in center of plate. Garnish each portion with four stalks of Lemon, Basil and Garlic Roasted Asparagus. Sprinkle each portion with Parmesan.

Lemon, Basil and Garlic Roasted Asparagus

- | | |
|---|--|
| 3 tablespoons fresh Italian parsley leaves, finely sliced | 24 large asparagus stalks (snap bottoms of each stalk) |
| 1 lemon, zested | ¼ cup extra-virgin olive oil |
| 1 large garlic clove, minced | salt and pepper, to taste |
- Heat oven to 400° F.

Combine parsley, lemon zest and garlic. Set aside.

Place asparagus on sheet pan in one layer and drizzle with olive oil. Season with salt and pepper. Roast 15-20 minutes. Sprinkle with parsley mixture and place back in oven for 3-5 minutes.



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CONCERT

Canadian Brass - April 10 at 4:00 PM in First United Methodist Church Sanctuary, 500 Common Street, downtown Shreveport. **FREE** and open to the public. For more info call 429-6887.

Johnny Rivers - Saturday, April 23 at 8:00 PM. Strand Theatre, 619 Louisiana Avenue, Shreveport. Johnny Rivers to perform his big hits. Tickets are \$52.50, \$45.50, \$29.50. Call (318) 226-8555 or email strand@thstrandtheatre.com.

Pines of Rome Orchestra Spectacular - Shreveport Symphony. Saturday, April 30 at 7:30 PM. RiverView Theater, 600 Clyde Fant Pkwy, Shreveport. Features the original "surround sound" experience, Pines of Rome, and other nature-inspired orchestral showpieces. Free concert conversation at 6:40 PM. Tickets are \$19 - \$59. Call (318) 227-8863 or email tickets@shreveportsymphony.com. www.shreveportsymphony.com.

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Senior Center Fun - Randal T. Moore Center, 3101

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- Thursday April 7 - 10 AM. "End of Life Care" by Steve Bordousky
- Thursday April 14 - 10:00 "ABCs of Funeral And Cemetery Planning" by Eric Gipson
- Thursday April 21 - 10:00 AM "What Are We Doing To Help" by Janice Crittendon
- Thursday April 28 - 10:00 AM "Senior Safety" by Lt. Richard Corbett
- Friday April 8, 15, 22, 29 - 10:00 AM. Senior Tech Talk. Introduction to Laptops, tablets and smart phones and other tech tips.

EVENTS

2016 Bossier Council on Aging Style Show and Luncheon - "Musical Memories" Tuesday April 26 11:00 AM - 1:00 PM. Hilton Garden Inn, 2015 Old Minden Road, Bossier City. \$30 per person. For more info call 318-741-8302.

2016 Croquet Classic - Saturday, April 30, on

the LSUS lawns from 8:30 am - 1:00 pm. Organized by Community Renewal. All levels of play are welcome! Players and guests are asked to wear white, a croquet tradition. A progressive luncheon will be provided by Southern Fork catering. Proceeds from the event go to support the Adult Renewal Academy, an adult literacy program. For more info or to register, visit www.communityrenewal.us/event/2016-croquet-classic-2/

2016 Northwest Louisiana District Senior Olympics - The Senior Olympics continues through May 31:

- Friday, April 22 Chip & Putt, 8:30 A.M., Northwood Golf Course, 5000 Northwood hills Dr., Shreveport.
- Friday, April 22 Golf, 9:15 A.M., Northwood Golf Course, 5000 Northwood Hills Dr., Shreveport
- Saturday, April 23 Bocce Ball, 9 A.M., Knights of Columbus, 5400 E. Texas, Bossier City
- Monday, April 25 Pool, 8-Ball, 9-Ball, 9 A.M., Randal T. Moore Senior Center, 3101 Fairfield Avenue, Shreveport
- Thursday, April 28 Marksmanship, 1 P.M., 22



rifles and pistols, Shooters USA, 357 Magnum Dr., Bossier City.

• Thursday, April 28 Table Tennis, 5:30 P.M., Bossier Recreation Offices, 3223 Old Shed Road.

• Saturday, April 30 Horseshoes, Recreational, 8 A.M., Advanced 9 A.M. KC Hall Bossier City.

• Saturday, April 30 Archery, 9 A.M. Registration, Red River Archery Range, 4099 Radcliff Rd. Sport.

Chimp Haven's Spring Fling - 9:00 a.m. to 1 p.m. on April 16. 13600 Chimpanzee Place, Keithville. Visitors will be able to see more of the chimpanzee residents in natural wooded habitats. www.chimphaven.org.

FREE Head & Neck Screenings - April 15 from 8:30 am to 3:30 pm. Faculty from the LSU Health



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MEETINGS

Ark-La-Tex Genealogical Association Meeting

- Saturday, April 9 from 1 to 3PM at the Randle T. Moore Center, 3101 Fairfield Ave (corner of Fairfield Ave and Kings Hwy), Shreveport.

The featured speaker is Leigh Scott Lewis, Educator. Her presentation will be on "Orphan Trains." This program is **FREE** and open to the public. For information call 746-1851 or email jjohnson747@suddenlink.net.

The GENCOM DNA Interest Group Meeting

- Tuesday April 12, 10:00 AM until 12:30 PM in the large meeting room of the Broadmoor library. Mary Lowery Nordberg, PHD will present on the use of genetic DNA testing to discover existing DNA profiles that predispose a person to developing certain medical conditions. The meeting is **FREE** and open to the public. For info contact Jim Jones, phone (318) 773-7406 or email jjones09@gmail.com.

The GENCOM Genealogical Computer Society Meeting - Sunday, April 24 at 2:00 PM in the large meeting room at the Broadmoor

Library, 1212 Captain Shreve Drive, Shreveport. Sonya Webb will present a program entitled "Sharing Your Genealogy Research Online With Family Members." This program will cover how to use the internet and cloud storage services to organize genealogy research and share research and family stories with your family members. The meeting is **FREE** and open to the public. For information contact: Jim Jones, phone (318) 773-7406 or email jjones09@gmail.com.

Northwest Louisiana Master Gardeners Spring Plant Sale - Saturday, April 9. 8:00 AM until Noon at the Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Large Selection of perennials, shade & native plants. Also Hydrangea, Louisiana

Iris & Angel Trumpets plus plenty of Confederate Roses & Morning Glory Trees. For more information, call (318) 698-0010 or visit www.lsuag-center.com/nwlamg

THEATRE

The Sunshine Boys - April 21, 22, 23, 29, and 30 at 7:30 pm. April 24 and May 1 at 2:00 pm. The Shreveport Little Theatre, 812 Margaret Place, Shreveport. "Lewis and Clark" was top billed vaudevillians for more than 40 years. Now they aren't even speaking. When CBS requests them for a history of comedy retrospective, a reluctant reunion brings the two back together, along with a flood of memories and laughter. \$20. Call (318) 424-4439 or email boxoffice@shreveportlittletheatre.com

Shreveport Department of Otolaryngology/Head & Neck Surgery at Feist-Weiller Cancer Center at 1405 Kings Hwy in Shreveport. The screenings involve a quick, simple and painless physical examination of the head and neck area. It is **FREE**, but appointments are required. To schedule a screening, call 318.675.6262.

SPAR Spring Musical Splendor Review - Hosted by Shreveport Parks and Recreation (SPAR). Wednesday, April 6. 10 am to 1 pm at the Riverview Hall, 600 Clyde Fant Parkway in Shreveport. This musical event will feature performances of the SPAR senior community choirs from A. B. Palmer, Airport Park, Hattie Perry, David Rains, and Bill Cockrell. **FREE** and open to the public. For additional info, please call 318-673-7845.



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ACROSS

- 1 Pump up the volume
4 Touse
8 Leading man?
12 Shelter
13 Declare openly
14 “— Valentine”
15 Ninny
16 Shake in the grass?
17 Skip over
18 Signal receiver
21 Grazing area
22 Weeding need
23 Moon-related
26 Barbie’s companion
27 Pile of chips
30 Press
31 Proof abbr.
32 Suitable
33 Tackle’s teammate
34 Curly-tailed dog
35 Money of India
36 “No seats”
37 Be below par
38 Geological shifter
45 Cupid’s forte
46 Cupola

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45						46				47		
48						49				50		
51						52				53		

- 47 Massa-chusetts cape
48 Pocket bread
49 Renders speechless
50 Early bird?
51 Dither
52 Sail holder
53 Put into words
- 5 Palate appendage
6 Performances for one
7 Wrapped
8 Home
9 Ms. Moore
10 Writer Kingsley
11 Legend
19 Verve
20 A billion years
23 Falsehood
24 Grecian vessel
25 Affirmative action?
26 Frat party need
27 “Great
- Expectations” lad
28 Indivisible
29 Ball-bearing item
31 Erstwhile
32 At capacity
34 Expert
35 Most mature
36 Juice-box item
37 Heights
38 Reveille’s opposite
39 Send out
40 De Pablo of “NCIS”
41 “The Music Man” venue

DOWN

- 1 “Oh, woe!”
2 Arizona city
3 Nuisance
4 “Das Lied von der Erde” composer

Puzzle answers on page 40. ©2015 King Features Synd., Inc.

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 E S I U R C N W P Z Y P O L X
 V U T R Q P R A T S O H G C O

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Cargo	Hospital	Pirate	Tall
Clipper	Merchant	Sailing	Treasure
Container	Naval	Space	Whaling
Ghost	Passenger	Star	

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Sudoku

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

Difficulty: ★★

★ Moderate ★★ Challenging
 ★★★ HOO BOY!

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 MAKING SENSE OF INVESTING

ANSWERS FROM THE EXPERTS

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

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



Toni Camp
Regional Hospice Care Group
8660 Fern Avenue, St. 145
Shreveport, LA 71105
(318) 524-1046
See our ad on page 11.

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

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



Vicki Ott
Highland Place
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 48.

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
Pierremont Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
www.ShelbyEye.com
See our ad on page 22.

I have a rotator cuff tear. Do I need surgery?

It depends. Rotator cuff tears are a common source of shoulder pain, which increases in incidence with advancing age. A person can have a rotator cuff tear without experiencing pain. (The incidence varies from a reported 5% to 40%.) 40% of tears will enlarge, and of these, 80% will be symptomatic. 20% of patients remain symptom free for a 5 year period. There is no evidence that delaying surgery to attempt a non-operative treatment protocol adversely affects results. If you have significant weakness and/or a large tear, surgery may be advisable sooner. MRI's are valuable tests to determine tear anatomy and degree.



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

(Puzzles on pages 38 - 39)

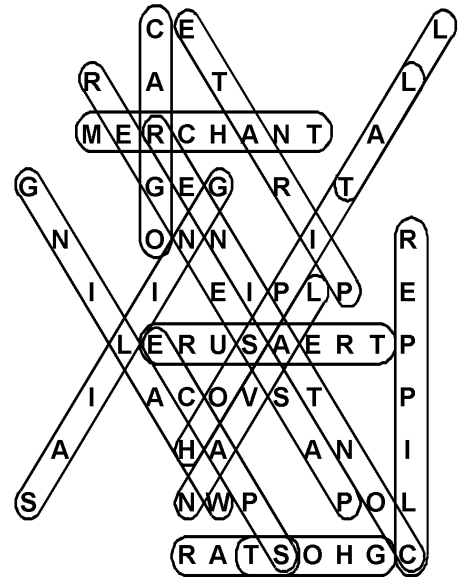
— King Crossword —

Answers

Solution time: 24 mins.

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

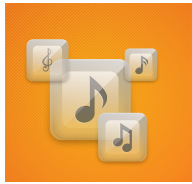
— SHIPS



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

April PARTING SHOTS

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



The Shreveport Symphony held their Stars and Stripes Gala on March 12th at Eldorado Resort Casino in Shreveport.

Judy and Bill McColgan



Dr. Jack and Anita Berg with Olivia Butterman and Dr. Elizabeth Webb



Lois and Kirby Rowe

Andrea Ruth Pizza, Tiffany Michaela Jones, and Dody Dolese Nolan as the Victory Belles with Shreveport Symphony Orchestra's Executive Director Lois Robinson (in gray)



Libby and Tom Siskron with Susan Harrison

AP

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PARTING SHOTS (CONTINUED)

The Miles for Meals 5K and Fun Run

was held on March 11 benefiting Caddo Council on Aging's Meals on Wheels program.

CCOA Executive Director Mary Alice Rountree with husband Doug and running buddy Scout



Kim Adkins (holding Walker) with Rickey Gilcrease



James, Kyle, Marla, William and Thomas Moore



Carla Jones, Lindsay Crump, Anna Morris, and Doc Voorhies



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ERNIE ROBERSON, CERA
Registrar of Voters

The Best of Times
April, 2016

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PARTING SHOTS (CONTINUED)

The Shreveport Little Theatre Guild presented their

Night of the Stars Gala, "Applause to Broadway", on Friday March 4 at East Ridge Country Club.



Marianne and David Mosteller



Holli Hennessy, Vicki Franks, Debbie Glassell, and Karen Kennedy

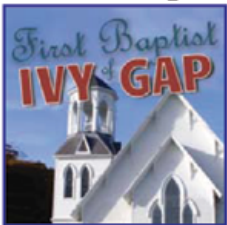


Neal and Bob Mottet

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November 5-15, 2015



January 7-17, 2016



Feb 25 - March 6, 2016



April 21 - May 1, 2016

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Andrew and Sarah Porter



Al and Sue Wyche



Teresa and David Allen

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On March 16, Humana Louisiana Employer Group VP Rhonda Bagby (right) presented the Humana TotalHealth Award to Barksdale Federal Credit Union's Human Resources Director Michelle Cohen and Credit Union President and CEO Rod Taylor at the Credit Union's administrative offices in Bossier City.



Retired area attorney Pat Hennessy autographs a copy of his first book, "Cane's Break", for Rebecca Miller at Anvil Bar & Grill on February 17.

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KYLE A. MOORE



VICKIE T. RECH
Client Care Coordinator

Our family was challenged with finding solutions to the many problems we were facing while handling affairs for our mother. Through the recommendations of a friend, we found our way to Kyle Moore and Vickie Rech. We cannot express sufficiently our deep appreciation for the incredible job they did and are doing for our mother. The many complexities of her financial situation are being handled professionally, in a timely manner and with compassion for our family. We consider them friends as well as legal advisors and highly recommend them!

-Darlene Franks Pace & Carolyn Franks Browning

I cannot even begin to thank you enough for how you took such great care of my parents' affairs and helped us through the tall weeds of wrapping up all of the end of life business concerns.... I was able to focus on what was going on with family without worry because I knew all of the legal things were handled well. I particularly appreciated your compassionate interactions with us. You never made us feel inferior for asking so many questions or even the same questions over and over. It is astounding how cloudy the mind becomes during these times. Thinking clearly was quite a chore. I can tell you that we have highly recommended your office to many others. Hiring your firm was one of the best decisions we made during the past several years. I have tears in my eyes recalling so many of the events of this passage of time and I can assure you we navigated it much more gracefully with your help. Thank you again for everything. Quite sincerely thanking God for you.

-Terri Miller and family



CARING FROM THE HEART



Front Row (L to R): Chasity Ellis, Vicki Ott, Jennifer Cole
Seated (L to R): Somanya Jackson, Kacee Ferrier
Back Row (L to R): Angie Hayes, Charlotte McCune, Donnie Flint



Vicki Ott, Executive Administrator
Angie Hayes, Assistant Administrator
Donnie Flint, Director of Nursing
Charlotte McCune, Assistant Director of Nursing
Kacee Ferrier, Director of Rehab
Chasity Ellis, DPT/Assistant Rehab Director
Jennifer Cole, Admissions Director
Somanya Jackson, Clinical Liaison

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